

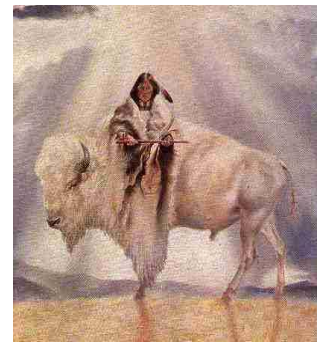
Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

February 2020

We're still here



Council News

At our Annual Meeting, on 1/5, 2019 reports were read and accepted. There were discussions and motions made to make additions/amendments to our existing Rules & Regulations/By-laws. These motions have been written and will be discussed once more at the Feb meeting before being "accepted" as Amendments.

On Sat 1/11 we hosted our January 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 and Joe G for playing guitar. We had a bunch of first timers attending. Thank you to all who came and made the event fun.

Upcoming event: On Sat 2/8 we will be hosting our February Pot-luck Lunch & Dance Social Gathering. This event is open to the public. All are invited to join us in a family oriented gathering. Food, fun, dance and enjoy. Info on page 4.

Advanced notice: 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. The date is Sat March 28, more in next month's newsletter.

Our prayers go out to all of our extended family members who are sick, ill, or injured. Jo-ann Bird Song was admitted to the hospital with a brain aneurism. Our prayers go out to her for a speedy and full recovery. 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 have resumed, 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 Feb 2nd**

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Message from 3 Horses.

We invite you to attend

our February Potluck - Lunch, Dance Social Gathering



Sat Feb 8th

12:00 – 5:00

**@ Sandywoods Farm, 43 Muse Way,
Tiverton, RI**

**Raffles, Dancing and afternoon fun.
Open to the public - all are welcome.**

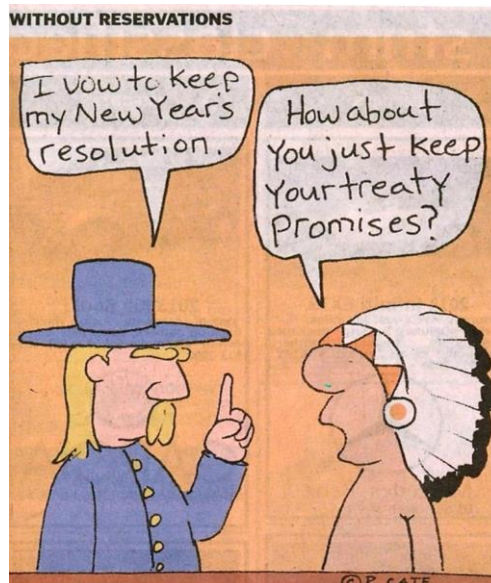
**Please bring something to share.
(Coffee, water & soda will be provided by the Council)**

Drumming by: the Soaring Eagle Singers

All Native entertainers welcome. Call us.

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

On the lighter side:



Spiritually Speaking

"The basis of knowledge is the fire, rock, water, and green. But when that power was given to man, he used it to twist his own mind. Tunkashila gave man just one drop of that wisdom."

Wallace Black Elk, LAKOTA

All of Nature has the wisdom to follow the Natural Laws. All of Nature knows how to live in harmony and use this wisdom in a good way, with exception of the human being. Often we misuse this wisdom. Wisdom always remains with those who use it in the proper way. Nature has used this wisdom well, so now we need to go to Her so we humans can relearn and change our lives. May we start doing this today, before it is too late.

Creator, let me be open to the lessons that Nature can teach me.

"The one who wishes to be a true medicine person must be a person of faith, and they can only work successfully with those who also have faith."

Fools Crow, LAKOTA

Medicine People are spiritual beings who have made a decision to seek the Red Road. They sacrifice and seek the way of the Creator. After many years of dedication, the Grandfathers teach them about power, and about laws, and about how to use the medicine. The Medicine People develop tremendous faith in their medicine and in the Creator. When we go to the Medicine People, we too must have faith so they can help us. We can only be helped if we want to be helped. Because the Medicine People know how to help – that is only one half of it. The other half is up to us. We must have faith that the medicine has powers to help.

My Creator, faith is belief without evidence. Today, give me the faith. Let me trust that You are running my life. Let me know You are in charge of all things. Let my mind not wonder; let me stand strong on Your path today.



Calendar of Events:

Sun Feb 2nd

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

Sat Feb 8th

February Pot-luck Lunch & Dance Social
Sandywoods Center for the Arts
43 Muse Way, Tiverton RI
401-683-4589 12:00 - ?

Sun March 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

** 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 Medicine Wheel: (a Red Road lesson)



The Medicine Wheel is the symbol of all creation. This ancient emblem represents all of life's forces. The Medicine Wheel explains our existence. It tells what is true and what is needed to live.

Those four parts represent the whole of a person, the whole of the Creator, or the whole of the universe. A Medicine Wheel representing life would include birth/death, childhood, adulthood and old age. The medicine wheel is divided into four parts.

The Wheel may symbolize "self" – spiritual, emotional, physical and mental. If a person lacks one aspect of the wheel, or one section is sick or lagging, the Medicine Wheel will remain unbalanced and the self will not be whole. Once the area is mended, the self can focus on its path.

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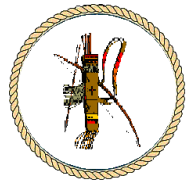
Contact: Rev Patti Craig

1-508-436-3105

evrotty@aol.com



Wintu Tribe



The
AQUIDNECK INDIAN COUNCIL

Invites you to attend our

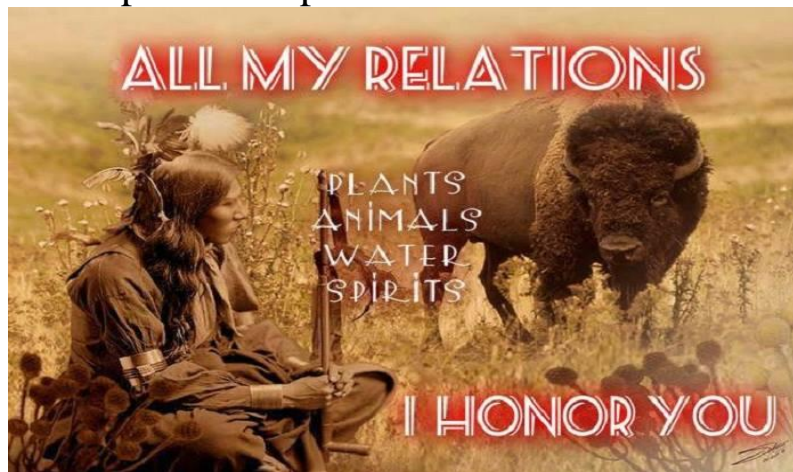
February Potluck - Lunch, Dance Social Gathering

Sat Feb 8th 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

All Native entertainers welcome. Call us.

****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

For more info contact us at

401-683-4589

Aquidneck_Indian@verizon.net

www.aquidneckindiancouncil.org

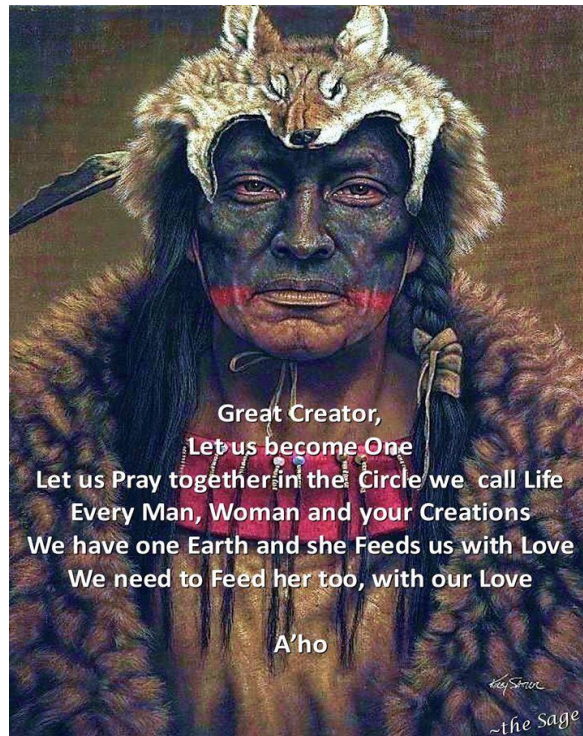
The Aquidneck Island Intertribal Indian Council is a non-profit volunteer organization for the preservation of mixed Native American Tribal Heritages and Ancestral ways and makes no claims as to be an authority nor expert on any specific Tribe or Nation.

Native History: Who Was the Seneca Chief Cornplanter?

by: *Bev Morningstar*



Have you ever heard of the Seneca Chief Cornplanter? He was the son of a Native America woman and a white man. He was born sometime in the 1700's along the Genesee River in upstate New York. He was also known as John O'Bail by many white folk. Cornplanter grew up among the Seneca Nation and believed he was part of them. He was made fun of by his playmates because of his color. Finally his mother told him the truth that he was not a full native. Cornplanter had an opportunity to visit his father in Albany, N.Y. He had remarried to a white woman and although they treated him well Cornplanter did not fit in. While fighting in the Revolutionary War he later captured his father. He tried desperately to get him to return and to come live with him, however, his father refused and was returned to his home. Cornplanter was forgiven for his participation in the Revolution when he sided with the United States in the War of 1812 for part that he had played in it. He had offered to lead his people against the British, however by that time he was not allowed because of his age. He was honored years later by the colonist for his friendship; however he said he was told by the Great Spirit to not have any further contact with the whites. He died around the age of ninety in 1866 and a monument was erected in his memory on his reservation in the state of Pennsylvania.



Editorial: Stand Up and Be Counted

By Dreams of Wolves

STAND UP AND BE COUNTED

2020 has already had a tough start. A few of our members have been ill, sick or in the hospital. When members are sick, and not present, they are missed a lot.

However, even when we are short people, we still come through. We have had a lot of changes over the years. We also have had people come and go, but no matter, we do what we have to and accomplish what we set out to do.

We are a very small Council, but in the long run, we have done more than larger Native groups. So we always say, it is better to have “quality” than “quantity”.

Maybe for the new year we might get both, sure would be nice. As the years go on, it gets harder to do things, we need to try to find some new people who would/could benefit from belonging to a Council family such as ours. In the meantime we have to pull together and keep following the path.

We have had our Socials and so far we have had some people attend that we haven't seen in a while. It is always great when people come back to visit and get involved. It reminds us of how much we miss each other, when we are apart for a long time.

We are a small family, so we really have to work closer together. We ALL need to take part in helping: just “showing up” does not mean you did something, or helped out. We need to work together, as a team, as a family to accomplish the events we schedule. Don't wait for someone else to do it. It is OUR responsibility to do our part keeping this Council focused and together.

So this is a new year, so let's get it together, be a strong team/Council/family member so we can keep conducting our cultural events and help educate the public as well as ourselves.

CHANGE BEGINS WITH YOU

Teamwork



Native Recipe

Iroquois Soup



Ingredients:

1 lb fish	½ lb sliced mushrooms
2 qts water	4 packages beef bouillon
2 tablespoons cornmeal	1 large onion, chopped
1 ½ cups dried lima beans (*cheat: 1 10-15oz can)	1 clove garlic, minced
1 teaspoon parsley	1-2 tablespoons butter
Extra seasonings to taste: dash of basil, black pepper and salt	

Instructions:

****Soak lima beans overnight - or cheat & use canned.**

Sauté minced garlic, onion and fish in butter, stirring frequently to break fish into pieces (approx. 5 minutes).

Then add water, bouillon, mushrooms, parsley, basil, pepper, cornmeal, salt and drained lima beans.

Cook until beans are soft (approx. 30-40 minutes).

Serves 4 - 6

Next meeting:



**** Sunday Feb 2, 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:

"Peace rules the day when you let the Great Spirit rule your heart."

--3 Horses, COMANCHE

From 3 Horses:

Wow Feb already, it seems like we were just celebrating Christmas. The months are going by too fast. There are always things to be done. We sometimes look so far ahead, we don't see the now. I will admit that it happens a lot more than we'd like to think. We all look forward to spring, we don't look forward to winter. But, we need winter to perform its part in the circle of life, the changing of seasons. Things must die, or fade away, to be reborn or rejuvenated in the spring. So, yes it may seem cold and blah, but it is needed.

As we look ahead, do not forget the now, nor the past. We learn from the past. We live in the now. *"Creator, Great One Above, may each one of us enjoy ALL the days You lay before us. May we use them and never waste them. Grant us many more days here upon Mother"*.

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

3 Horses & Dreams of Wolves



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(see *Dreams of Wolves* for a detailed list)

