



# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

January 2015



### Council News

At last month's meeting, we held our annual Nikoma, Christmas party and gift gathering for St Joseph's Indian School. As in years past; our people came together to help the children of St Joes. We shipped out 8 cases of assorted school supplies, winter hats, scarfs, gloves, HBA products, toys and other needed items. Thank you to the All Saints Academy for the donation of school supplies and to all the members who continue to help support our elected charity.

On Sat Dec 13 we held our Winter Social at Sandywoods Farm. It was a fun time for all. We thank Eagle Sings for drumming and singing with us. Good food, good fun and a big amount of raffle items. Hope to see all our friends at the next 2 Socials.

On Sat Dec 20 we took a bus trip to see the Holiday Light extravaganza at Our Lady of La Sallette Shrine. It was good to go as a group. For some of those, this was the first time ever going. I hope the experience will be imprinted on the hearts for a lifetime.

\* Note: This month's meeting will also be our "Annual" (yearly) meeting. All reports for 2014 will be read and plans will be discussed for 2015. Plan to attend and let your voice be heard.

\*\* On Sat Jan 10<sup>th</sup> 12:00 – 5:00 we will be hosting another "Winter Potluck Lunch and Dance Social Gathering" at Sandywoods Farm in Tiverton. (See page 6 for info). Eagle Sings will be joining us in drumming, and the floor is open to dance and enjoy yourselves. If there are any Native entertainers who would like to join us, please contact us. There is no admission fee, we just ask that you please bring a dish to share and come join us for a fun filled afternoon.

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..

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 Jan 4**

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### *"Happy New Year"*



*As Mother Earth pours out the blessings given to us from Wakan Tanka, let us all remember, we all drink from the same river of life.*

*Let us all come together in peace and unity and work towards another good year.*

On the lighter side:



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## *Spiritually Speaking*

"We cannot escape remembering the important things that have happened, and we cannot escape the awareness of the important things that have not happened."

*--Ralph Salisbury, CHEROKEE*

There is a Master Plan. There are Natural Laws that run the universe. Everything on the earth has a purpose. Change is constant. That which is built is constantly being destroyed. That which is loose is being used to build new things. Nothing can be destroyed, only rearranged. Change will happen and every setback is only temporary. In other words, the Creator is in charge. We are not in charge. He designed the universe. He runs the universe and He will change what needs to be changed. As humans, it is easier for us to participate in all of this if we are spiritual. We need to be tuned in. Therefore, God gave us the spiritual concept of acceptance. When things change, we can change ourselves through the principle of acceptance.

Great Spirit, let me live today in acceptance of Your will. Today let us do it Your way.

"If people are going to get back into balance, one of the things they have to do is seek the truth. They have to start really speaking the truth themselves, and that's a difficult thing to do. The way it is now in the world, we don't mind lying."

*--John Peters (Slow Turtle), WAMPANOAG*

Well everybody's doing it. Do unto others before they do unto you. If it wasn't for bad luck I would have no luck at all. These are excuses and rationalizations for giving up accountability. Be true to yourself. Seek the truth, the Great Spirit is the truth. The truth shall set you free. This is the truth. We cannot be free if we are dishonest nor can we live a balanced life if we are dishonest. As we grow, we need to start taking stands. All warriors take stands. The warrior's belief is constantly being aligned to truth. The warrior will always know where he/she stands.

Great Spirit, help me today to seek Your truth, not my truth.



## Dues time:



Dues for 2015 can be paid at the 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 28  
After Christmas Social  
First Spiritual Brockton Church  
243 Winthrop St. Rehoboth, MA (Grange Bldg. Rte 118 & 44)  
1-508-436-3105 12:00

Sun Jan 4  
Aquidneck Indian Council's Annual Meeting  
222 Middle Rd, Portsmouth RI  
401-683-4589 1:00 - ?

Sat Jan 10  
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.

## Happy New Year



## Please support our advertisers:

For all your photography needs  
Photos: stills, motion or slideshows of any & all occasions.

### *Capture the Moment Photography*

Lora {Lone Wolf} Parker  
401-662-0068 [terra2570@aol.com](mailto:terra2570@aol.com)  
(Official photographer of the Aquidneck Indian Council)

Mystical products for the New Age.  
Natural & Native items & collectables.

### *the Enchanted Cottage*

Fall River MA  
508-617-6024 [enchanted11@cox.net](mailto:enchanted11@cox.net)  
\*\*Visit their Website: [www.enchantedkottage.com](http://www.enchantedkottage.com)

Acrylic painting – on Canvas, Wood, Stones, etc.

### *Painting with Inspirations*

Robin {Raven Speak} Riley  
(Addiction Counsellor & Reiki Master)  
401-741-1527 [ronbinriley826@yahoo.com](mailto:ronbinriley826@yahoo.com)

Handcrafted one of a kind jewelry, dream catchers,  
lithographs, Native American men's ribbon shirts,  
ladies' ribbon dresses, rattles, blankets & more?

### *Zartiphin's Emporium*

Leilani {Strong Woman Spirit Chaser} Cardoza  
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

### Just Let it Go

by: Robin Raven Speak



When you fight the truth of the way your situation is, you create a state of fear, upset, and tunnel vision. You destroy your ability to find solutions and tend to make your situation worse. To handle a situation, you need effective action, not resisting. Resisting keeps you from seeing the action you need to take. Letting go is the internal process that removes the resisting so you can see what you need to do.

To see an example of letting go, find a time in your life when you were actively resisting something. Then, for whatever reason, you stopped the resisting and said, "The heck with it." You stopped fighting your situation and moved on with your life.

Notice what happened the moment you let go of the resisting. You got your peace of mind back. The fear and upset disappeared. You also saw everything differently. Everything looked different because the tunnel vision was gone. Instead of 3 degrees of possibility, you had 360 degrees. Now notice what happened to the area of life that you were resisting. It started clearing up. Life always takes care of itself when we get our egos out of the way.

Letting go is the inner action that stops the resisting. This in turn removes the fear, upset, and tunnel vision. Instantly, you restore your ability to see clearly. You become creative and able to discover solutions you could never have seen before.

A good way to see how letting go works, is to look at the nature of fear. Fear is a state of mind and is created by resisting a future event. For example, if I have a fear of losing someone, I am resisting the future event called, "losing someone." The more I resist losing the person, the bigger my fear. The bigger my fear, the more I am threatened. The more I am threatened, the more I hang on and push the person away. By my resisting the future event, I make my fear come true.

To have my fear lose power, I need to do the opposite of what creates it. Instead of resisting the future event, I need to be willing for my fear to come true – not in my actions, but in my heart. In my actions, I will do everything I can to save my relationship, but in my heart, I am willing to lose it.

The moment I become willing for my fear to come true, the fear loses power. I restore my ability to see clearly and become very effective in handling my situation. Solutions appear and this area of life starts clearing up. This is the essence and opportunity of letting go.

So my message to you today is. Stop keeping the power of fear that has been formed in your path. Everyone you have walking around you is a teacher in some sort of way; whether they are an elder that speaks with wisdom, or a child that just looks at you with purity.

Remember we all have skeletons. We all have people who dislike us for some strange childish reason. And we all seem to listen more to negative gossip than to positive possibilities. So let it go and just let it be until you have witnessed something that is or can hurt someone.

*Be Blessed*

If you live in fear of the future because of what happened in your past, you'll end up losing what you have in the present.

# Four Directions Prayer

by Vera Dery



Creator, it is I. Thank you for today's sunrise, for the breath and life within me, and for all of your creations. Creator - Hear my prayer, and honor my prayer.

As the day begins with the rising sun, I ask, Spirit keeper of the East, Brother Eagle - Be with me. Fly high as you carry my prayers to the Creator. May I have eyes as sharp as yours, so I am able to see truth and hope on the path I have chosen. Guide my step and give me courage to walk the circle of my life with honesty and dignity.

Spirit keeper of the South, Wolf - Be with me. Help me to remember to love and feel compassion for all mankind. Help me to walk my path with joy and love for myself, for others, for the four legged, the winged ones, the plants and all creation upon Mother Earth. Show me it is right for me to make decisions with my heart, even if at times, my heart becomes hurt. Help me to grow and nurture my self-worth in all ways

Spirit Keeper of the West, Brown Bear - Be with me. Bring healing to the people I love and to myself. Bring into balance the physical, mental and spiritual, so I am able to know my place on this earth, in life and in death. Heal my body, heal my mind and bring light, joy and awareness to my spirit.

Spirit Keeper of the North, White Buffalo - Be with me. As each day passes, help me to surrender, with grace, the things of my youth. Help me to listen to the quiet, and find serenity and comfort in the silences as they become longer. Give me wisdom so I am able to make wise choices in all things which are put in front of me, and when time for my change of worlds has come, let me go peacefully, without regrets, for the things I neglected to do as I walked along my path.

Mother Earth, Thank you for your beauty, and for all you have given me. Remind me never to take from you more than I need, and remind me to always give back more than I take.



The

# AQUIDNECK INDIAN COUNCIL



*Invites you to attend*

our Winter Potluck - Lunch, Dance Social Gathering

Sat Jan 10<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

### *Stuffed Squash*



#### Ingredients:

2 acorn squash, split & seeded  
½ lb ground pork or veal  
¼ cup milk  
1 teaspoon salt  
1 small onion, chopped

½ lb ground beef  
½ cup uncooked oats or bread crumbs  
¼ cup brown sugar  
¼ teaspoon mace

#### Instructions:

Bake squash, cut side up for 45 minutes at 325\*.

Meanwhile, in a bowl combine beef, pork (or veal), oats (or bread crumbs), milk, onion, mace and salt. Sauté until meat is thoroughly cooked.

Remove squash from oven and fill cavities with meat mixture, and sprinkle each half with brown sugar.

Bake 15 minutes more and serve.

Serves 4



## Next meeting:



**Sunday Jan 4, 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 slippers 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:

Life, the circle, a measurement with no beginning and no end.

*Phillip Deere, Creek*

### From 3 Horses:

Another year has come and gone. A new calendar is beginning. A lot of things have happened within our Tiyosopae (*extended family*). We have had many happy times and new experiences; we have also had some sad times. I guess you could say we have balance: negative and positive. I'd like to think the positive outweighs the negative. There is a lot of learning, teaching and healing still to be done in this upcoming year. I ask everyone to lend their support and add their input. We are a family and families cannot grow unless we share ideas and support each other.

Honor the Sacred. Honor the Earth - our Mother. Honor the Elders. Honor all with whom we share the Earth: the Four-legged, two-legged, winged ones, swimmers, crawlers, plant & rock people. Walk in balance & beauty. *May the Great One Above bless each and every one of us... Aho*

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

*Happy New Year,*



*3 Horses & Dreams of Wolves*

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