

Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

March 2016



Council News

At last month's meeting, we voted on Anna's request to become a part of our extended family.

We also discussed plans to help the town of Coventry celebrate their 275th Anniversary by co-hosting a Pow-wow tentatively August 20. More to come, as we work out the particulars.

On Thurs Feb 11 we were asked to conduct a presentation at the Tiverton Middle School. We weren't sure what to expect, there were well over 150 students in attendance. We always do what we do best, educate and have fun while doing that. As always, my part is the history lessons and speaking out against "negative stereotypes". Seeker of Owl Wisdom taught the history of the wood flute. Buffalo Child told a story of how the Stars became in the Sky, then we did what we do best; brought the medicine. I explained the difference in the songs, and demonstrated how men dance. After that Dreams of Wolves demonstrated "Women's Traditional" dance. The girls wanting to dance outnumbered the boys. Even the teachers came out and got involved. It was a good time, and I for one was happy that we were able to teach the children & share our culture.

On Sat Feb 13 we held our final Winter Social, for this season, at the FOP. It was cold, but it was a fun time for all. We thank all that attended. Good food, good fun and a big amount of raffle items. Thanks to Eagle Sings Drum for joining us and drumming with us. Hope to see all our friends at our Indoor PW.

****Special Event: Our 9th Annual Indoor Pow-wow.** At time of writing this newsletter, all tables have been reserved. If any become available, I will notify those waiting. ----->

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 March 6

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Aquidneck Indian Council 9th Annual Indoor Pow-Wow



Saturday March 26th

9:00 – 5:00 {Grand Entry @ noon}

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

**Drumming, Dancing, Flute music, Storytelling
and more.**

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

Refreshments available

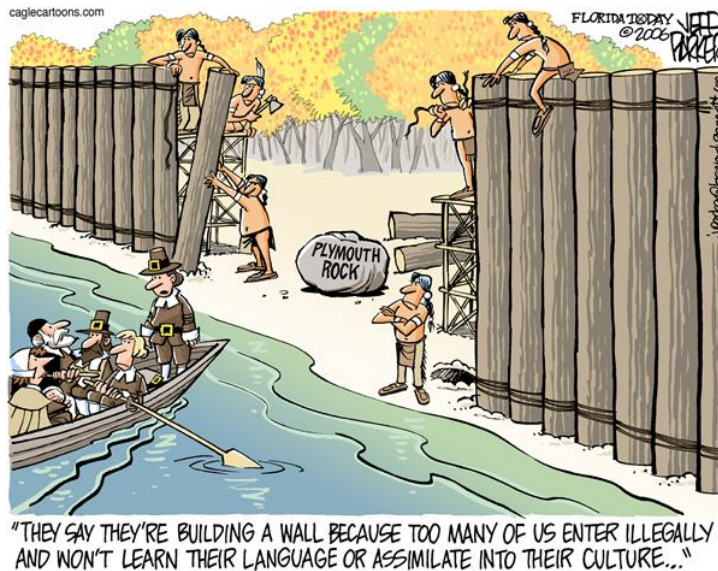
**Drums: The Soaring Eagle Singers and invited
drums.**

Flute Player: Scott Shuffitt

Free Admission (Donations gladly accepted)
Proceeds to help support St Joseph's Indian School and
The Aquidneck Indian Council's charities**

**** This is a drug free and alcohol free event ****

On the lighter side:



Spiritually Speaking

"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.

"The sacred fire used to heat the rocks represents the eternal fire that burns at the center of the universe."

--Dr. A.C. Ross (Ehanamani), LAKOTA

Our Sweat Lodge represents the womb of Mother Earth. This is the place of forgiveness. The altar is the place where the Grandfathers are heated. The Sweat Lodge and the altar represent the whole story of the universe. The Sweat Lodge and the ceremonies are sacred. The Great Spirit gave these things to us to help us. He taught us to do the ceremonies in harmony with Mother Earth. We need to know and understand these things.

Great Spirit, let me understand harmony.



Upcoming Events:

Sun Mar 6

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

Sat Mar 26

9th Annual Indoor Pow-wow and Spring Gathering
K of C Hall, 7 Valley Rd, Middletown RI
401-683-4589 9:00 – 5:00

Sun April 3

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

Sat April 23 (rain date Sun 24th)

Aquidneck Indian Council's
Annul "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. 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.

A bit of history:



Wovoka woke the Native nations when he originated the Ghost Dance Religion in 1889. A prophet and spiritual leader, Wovoka believed there would one day be a time when all Indian people – those living and those who had died – would be reunited. In early 1890, the Ghost Dance Religion spread to many tribes throughout the west. Also in 1890, the Office of Indian Affairs outlawed the religion, arresting those who participated in it. After the death of Sitting Bull (who was arrested for suspicion of being a Ghost Dance leader), Big Foot and his band traveled to Wounded Knee where he and 300 other men, women and children, were killed.

Despite of the prohibitory law, practice of the Ghost Dance continued in secret until 1978.

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Aquidneck
Land Trust

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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 2016 Season

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

evrotty@aol.com

Editorial: Who/what is a Native American?

by *Bev Morning Star*

Introduction:

I had an opportunity this fall to take a friend to see a Native American Pow Wow it was their first time to attend one and I was really happy to take him. After being there for a short time showing him around I could see his lack interest in being there. I waited for a while to see if his interest would peak, however I could see he just wanted to leave. I decided that was the best thing to do under the circumstances so we left. On our way back home I asked why he had shown so much disinterest. This was his reply to me "All I saw was a bunch of white people dancing around banging on drums and singing the same song it just did not make sense to me". I am now going to do my best to describe to all of you as I described him what it is to be a Native American.

First of all; being Native American isn't necessarily about blood; it goes deeper than that is what is in one's heart and spirit.

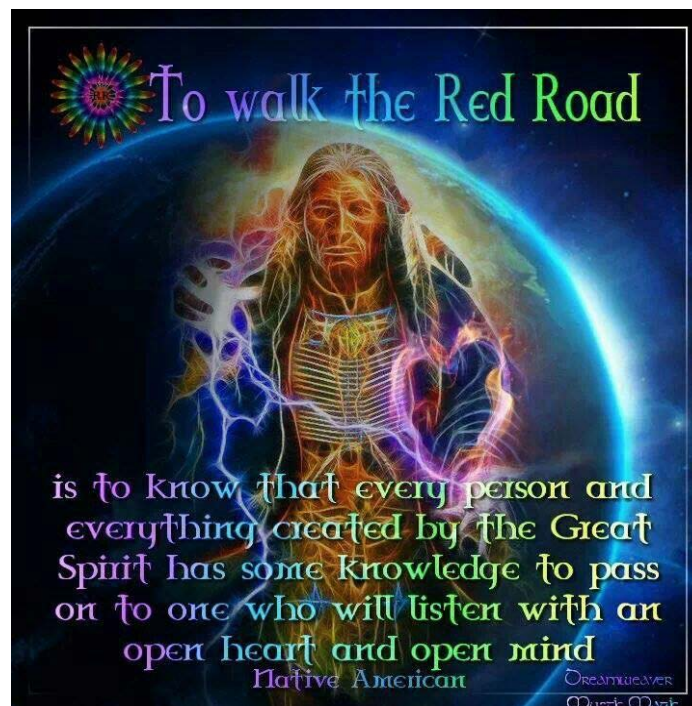
Secondly; we are deeply rooted in our culture and believe everything is sacred. We consider Mother Earth which sustains us with food and water, the animals, trees, plants and all living things created by Great Spirit to be sacred as well. They are given to us by him for a purpose it is our responsibility to treat them with respect and care for them.

The last thing; is that our elders want everybody to know that they have passed on teachings and wisdom we need to embrace in order to walk the red road. One of their most important messages they teach us is that we are all connected and should treat all people with respect. This means; it does not matter what the color of your skin, race, or religion is, we are all brothers and sisters created to live on Mother Earth in unity as well as peace.

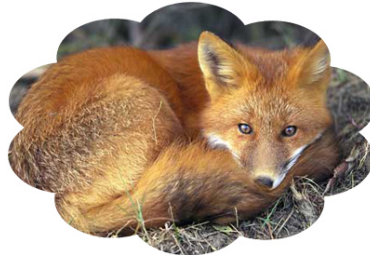
Our elders are some of our greatest teachers they share their wisdom and knowledge if we are willing students to listen. They teach us there are many lessons to learn on our paths in life if we will only quiet our tongues, listen with our ears, and opening are hearts to retain all the truths that are spoken by them. They teach us the ancient ways to give thanks first to our Creator, to be free from all bigotry, hate, and jealousy towards our sisters/brothers who inhabit this planet with us. We are to care for on another while we walk on Mother Earth and teach our young people to do the same.

Conclusion:

Most of all they teach us just because one dances in a sacred ceremony, sings, drums, wears Native American clothing and puts a feather in his/her hair does not make them Native it is what lies deep within one's heart and soul. To clarify what the reason is why we dance, sing, drum, play our flutes, it is to honor our Great Spirit, to thank our ancestors/spirit for their wisdom and teachings.



Native Teaching:



Fox Medicine

Fox is a master at the art of camouflage. Like all members of the canine family, they make exceptional parents. The fox's keen sight and hearing make it an excellent predator. Its tail serves as a balancing device when it stands on its hind legs to peer over the tall grass in search of a mouse, gopher, or field rat. It is a survivor, able to exist in the unpopulated countryside. Its ability to be unseen makes it a superb family protector.

The Fox's ability to meld into one's surroundings and be unnoticed is a powerful gift when one is observing the activities of others. This allows it to be the protector of the family unit. If danger arises, Fox is johnny-on-the-spot. Great Spirit has honored Fox with the duty of keeping the family together and safe. Fox accomplishes this through the ability to observe undetected, without making others self-conscious. Fox is always concerned with the safety of family members and is an excellent talisman for those who travel.

If Fox has chosen to share its medicine with you, it is a sign that you are to become like the wind, which is unseen yet is about to weave into and through any location or situation. You would be wise to observe the acts of others rather than their words at this time. Use your cunning nature in a positive way; keep silent about who and what and why you are observing.

Its keen eyesight also has the ability to see movement and objects on the very edges of the field of vision. Those with active fox medicine can often see Spirit, and the beings "between worlds". If this is an ability that you'd like to develop, practice at twilight and call upon fox energy to help you. With fox's super-sensitive hearing, you may also be able to hear Spirit.

Its tail is considered to be one of the most sacred parts of the fox. While the actual body of the fox is very small, the mass of hair that protects it gives the impression of greater bulk. Hair and fur are ancient symbols for energy and fertility. Fox has two kinds of fur, its short dense undercoat and its long stiffer guard hairs lying above. For one with fox as a totem, hair is very important. If a change is needed on certain levels, changing the hair to reflect this desire helps to activate fox medicine and its magic of shape shifting. The changeability of the colors reflects change of the expression of the inner force.

The ears and tail of the fox have messages for you. The ears help the animal to keep cool in the summer as they expel body heat through the ears. If you're too warm, pull your hair away from your ears; if you're cold, let your hair cover your ears. The tail acts as a portable blanket to keep the nose and feet warm. Do you sleep in socks? Do you always want something on your feet? The tail also says that you have the ability to protect yourself from unpleasant and uncomfortable situations and relationships, and can stay cozy and warm with your own inner strength.

The fox also has a highly developed sense of smell, and you may be very aware of smells, odors, and their subtle differences. And aroma therapy would be a beneficial study for anyone with fox medicine. You are also alert to unpleasant situations and/or danger because something just "doesn't smell right". The study of aromatherapy may be just the thing for you.

With Fox medicine you know instantly what will happen next. After observing for a while, you will become aware of a certain predictability in given situations and be able to quickly make your move. Fox medicine teaches the art of Oneness through its understanding of camouflage.

Much like the clowns in the rodeo, Fox can keep the raging bull from stampeding a friend or family member. Fox can use silly tactics as a brilliant camouflage move. No one could guess the sly power behind such ingenious maneuvers.

Fox has long been thought of as a nuisance to farmers however the fox is actually a great asset to farmers as the fox consumes a great number of bugs and especially mice and other rodents. Foxes are mostly carnivores (meat-eaters). Most foxes hunt alone. They are nocturnal; they hunt mostly at night. Fox eats small amounts frequently throughout the day which is significant for those with fox as a totem.

Fox is considered to be persistent, yet is gentler and less aggressive than the wolf. Fox teaches us about feminine magic, but this does not imply that it is a totem for women. Rather, both men and women who have the fox as a totem are being told to stay in touch with the feminine side of their personality and character.

If fox shows up in your life it is a sign that you are to be aware of the actions of the world around you. The world is shape shifting and growing into new patterns all the time. Use the art of camouflage and keep cunningly silent about who and what you are observing. After observing for a while you will become aware of certain patterns of predictability in situations and you will know what to do. Fox's medicine of camouflage teaches Oneness with all.

Aquidneck Indian Council

9th Annual Indoor Pow-Wow



Hosted by:

*The Aquidneck Island
Intertribal Indian Council*



Saturday March 26th
9:00 – 5:00 {Grand Entry @ noon}
Knights of Columbus Hall
7 Valley Road, Middletown RI

{Just off Rte114 West Main Rd & Rte 138 East Main Rd}

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

Drums: The Soaring Eagle Singers
and invited drums.

Flute Player: Scott Shuffitt

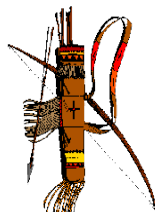
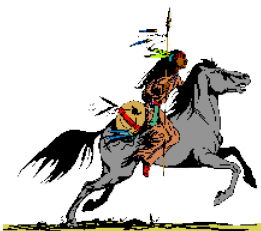
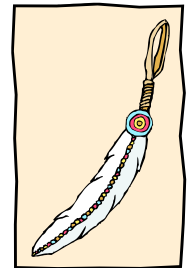
Drumming, Dancing, Flute music, Storytelling and more.

Free Admission (**Donations gladly accepted)

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

**** This is a drug free and alcohol free event ****

For directions or information: Contact the Council Secretary
@ 401-683-4589 or aquidneck_indian@verizon.net



Visit us at: www.aquidneckindiancouncil.org

Native Recipe

Acorn Squash Baked with Apples



Ingredients:

2 Acorn squash (split and scooped out)
3 apples - pared sliced or diced
Nutmeg and cinnamon to taste

½ cup brown sugar
1-2 tablespoons butter

Instructions:

Par boil squash for 15 minutes.

Mix ½ cup of brown sugar with the sliced/diced apples, add nutmeg and cinnamon.

Fill scooped out cavities of squash with apple mixture, dot with butter.

Bake 40 minutes @ 325*

Serves 4

Next meeting:



**** Sunday March 6, 1:00**
@ 222 Middle Rd Portsmouth
Guests Always Welcome



St. Joseph's Indian School
We serve and teach, we receive and learn.

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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

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&

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products labels. ----->

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



Inspirational:

"The most important thing you can do during the course of the day is to pray."

--Joe Coyhis, Stockbridge - Munsee

From 3 Horses:

We have been very lucky this winter. No big storms. No frozen pipes or other damage that comes with freezing temperatures. We can talk all day about weather, but what we need to direct our attention to, is the overall betterment of our council family. What can we do to peak the interest of everyone? We obviously all like the social aspect of our culture. Some like the education. Some like drumming and singing. Some like the spirituality & healing. Sometimes in our busy life it is hard to make time to get together and really practice/indulge in these various functions.

There are many calls for us to come together and drum, more especially our Socials and Indoor Pow-wow. When we come together around the drum, we should not forget the pipe. I have been told, by one of our late Elders, that we should let the pipe guide our hearts & minds. Sometimes we forget that she lays sleeping, waiting to be woken and used for prayer. I know we think it is okay to look up and talk with the Great Spirit, but I think the pipe would help us to better connect with the Ancient One Above. As a close circle, let us open our minds and hearts and hear what she has to offer. Let us stand in a circle and talk & smoke. Let us remember that being together as a family is good, but giving away "medicine" is the greatest thing we can do. If we forget the Medicine, we have forgotten everything. *Creator, let me remember who I am, and my purpose – to share the medicine you give to me...*

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.