

# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

May 2015



### Council News

On Sat March 28<sup>th</sup> we hosted our 8<sup>th</sup> Annual Indoor Pow-wow and Spring Gathering at Knights of Columbus hall. We thank Eagle Sings for drumming with us. We thank all the vendors for attending. We thank Red – Fire Bear’s Grill, for doing a great job in the kitchen. We thank all the dancers, veterans, Native and non-native people who came and enjoyed themselves. Also thank you to all the members who pitched in from the beginning thru to the very end. Pow-wows are a lot of work, but it is good to see others having a great time gathering, dancing and socializing.

On May 11, we hosted the “Planting of the Corn” ceremony, along with a “Pipe” and a “Fire” ceremony. We were happy to see so many members, friends and guests. As part of the “Corn” ceremony, the ladies of the Council gathered to offer up prayers. The corn that was planted into Mother was filled with their prayers. There were some first time people attending our ceremonies. We are always happy to educate the newcomers. Later there was drumming/dancing and eating, a time to rejoice and enjoy yourselves with your extended family members, a time of renewal. After conducting the three intended ceremonies, Raven Speak offered prayers for the Smith family, in honor of Helen, who unexpectedly crossed over Easter weekend. The afternoon ceremonies were dedicated in her honor. We thank everyone for attending, and thank all those who brought food to share. We also thank Emma (Helen’s grand daughter) for being our “Corn Maiden”, Gabe for being a junior “Warrior” and escorting the maiden, Eagle Sings drum, for honoring songs and Red’s - Fire Bear’s Grill for the great cook-out food.

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 May 3**

### Contents:

Page 1; Council news.  
Page 2; Lighter Side. Spiritually Speaking  
Page 3; Adverts, Events  
Page 4; Editorial  
Page 5; Event Invitation  
Page 6; Native Recipe  
Page 7; Assorted info. Charity Info. Inspirations.  
Message from 3 Horses.

### *The Three Sisters*



© Amelia Hansen, Corvus Art

Certainly the most well-known of Native American agriculture guilds, this grouping most often includes Corn, Pole Beans and Squash and was developed by the original inhabitants of this continent as a supplement to their hunting and gathering, each was grown to be stored after the harvest through the cold season. There is a very intricate web woven here, one which strengthens each of the plants involved. On the surface each plant inhabits a different level, the squash spread across the ground and provides shade which in the heat of summer will protect vital moisture in the soil, the corn shoots straight up towards the sun and in doing so provides the perfect structure for the vigorous pole beans plants to ascend. While doing this the roots of the Pole Beans are fixing nitrogen into the soil, which is much-needed by her nitrogen hungry sisters. The harmony persists even after harvest, these plants provide a balanced supply of protein and carbohydrates when eaten together!

On the lighter side:



---

## *Spiritually Speaking*

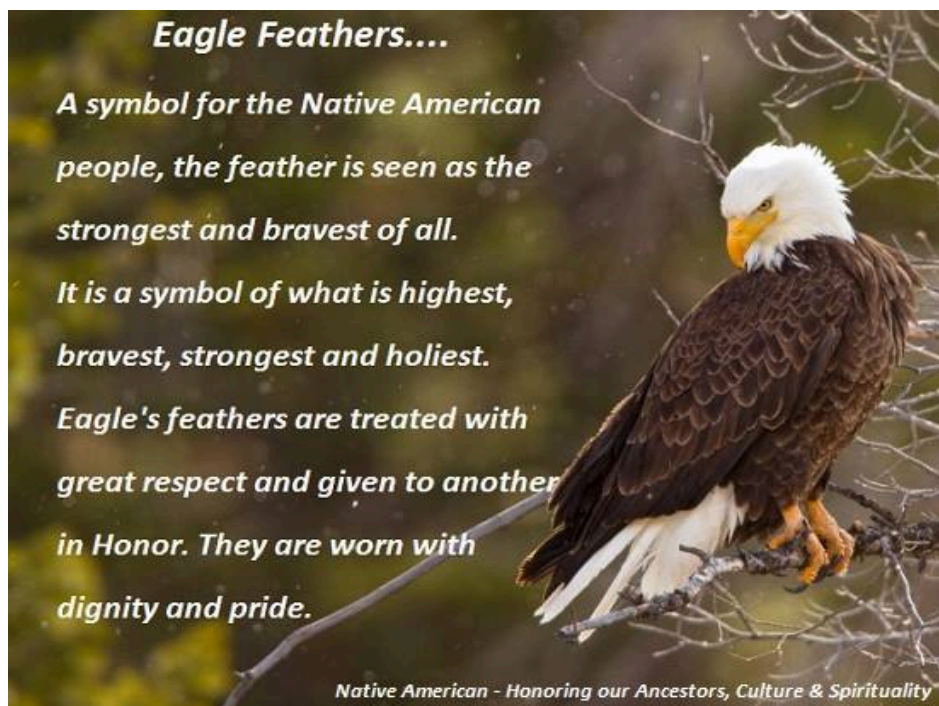
We are put on the earth to participate in life. We have a beautiful mind, we have the ability to pray, we have the ability to change, we have the ability to accept, and we have choices. All things God created are constantly changing. This constant change causes our circumstances to change. Sometimes we say life is difficult. During these times we need to use our tools: the tools of prayer, and the tools of meditation. We are designed to change and live joyfully on this earth. The only requirement for living joyfully is to live according to the laws, principles and values given to us by the Creator.

*Rolling Thunder, Cherokee*

---

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 God's will?

*Frank Fools Crow, Lakota*





## Upcoming Events:

Sun May 3

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

Sat May 9

Benefit for Helen Smith  
Rusty's Bar & Grill, 44 Wave Ave Middletown RI  
401-741-1527 3:00 - 6:00

Sat May 16

Spring Garden Kickoff & Native Cultural Education  
Norman Bird Sanctuary's Three Sisters Garden  
583 Third Beach Road, Middletown RI

**\*\*No fee**, but call for registration 401-846-2577 12:00 - 2:00

Sun June 7

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

\*\* 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.

## *Benefit in memory of Helen Smith*



Saturday May 9

Rusty's Bar & Grill  
44 Wave Ave Middletown RI

Tickets \$20.00

Spaghetti Dinner - served: 3:00pm to 6:00pm

Entertainment: D.J Mike Nasiff

Raffle Items - Silent Auction - 50/50 Raffle

For donations or further information contact

Robin Raven Speak (401)741-1527

\*\* Tickets also available at Rusty's Bar and Grill.

## 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*

Bristol RI

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

(Peer-to-peer Recovery Coach Specialist & 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 2015 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:

## Friendship

by: *Dreams of Wolves*



In April we had the Corn ceremony and the Pipe ceremony and also the Tobacco (Fire) ceremony. It was a very beautiful day, the sun was shining, a little windy, but still a perfect day.

As the ceremony was going on, I looked out at all the friends that were there. It was such a great sight to see. I had a good feeling.

We also had a ceremony for a friend that had passed away. Her family attended and was there for the whole day.

My most favorite part was to see Eagle Sings and to have Kevin and his drum members sing a journey song for our friend.

We have so many wonderful friends and I thank Creator for each and every one of them.

They were all here for us and that is the best feeling, and we will always be there for them. They are special to us.

After the ceremonies were over, we did a little drumming and dancing.

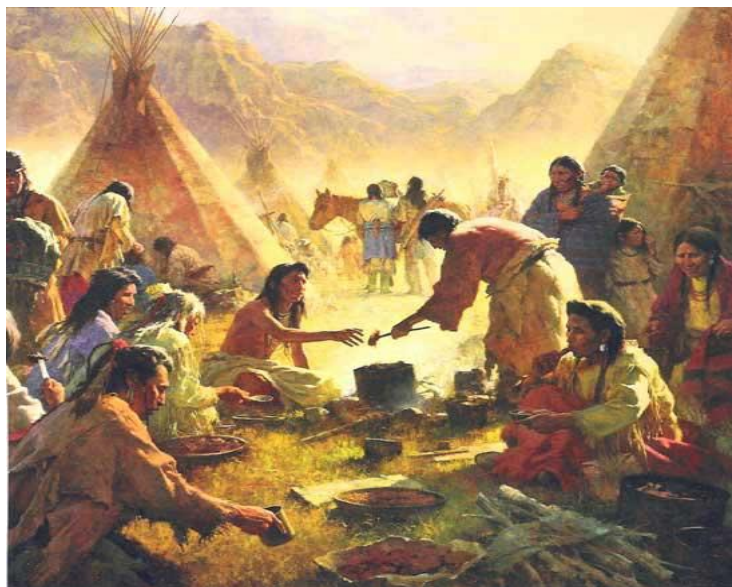
While all this was going on, our prayers were lifted up to the Creator, the hawks were around us all afternoon.

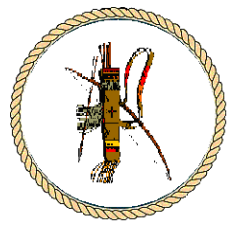
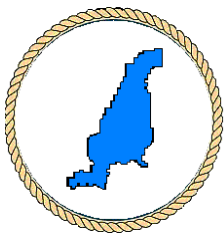
We all came down to eat and enjoy each other's company, and enjoyed the rest of the afternoon, each sharing our thoughts and ideas, and just good conversation.

Eagle Sings went up on the hill to their drum and played my two most favorite songs. We sang with them and I felt so honored when they asked me to sing with them. I get to learn some of the Native language thru song. We prayed the drum closed and so was the day.

Good friends, good drumming, singing, good food and most of all, a good day to be able to enjoy with each other.

*Thank you Creator for giving us such special friends...*





The  
**AQUIDNECK ISLAND**  
**INTERTRIBAL INDIAN COUNCIL**



Invites you to attend  
*Norman Bird Sanctuary's*  
*"Spring Garden Kickoff"*  
*With Native American Cultural Education*



At the Good Garden  
Three Sisters garden bed

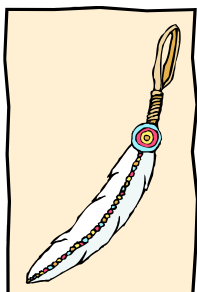
Saturday May 16

583 Third Beach Rd.  
Middletown RI

12:00 – 2:00



Education, drumming, singing and dancing provided by  
the Aquidneck Indian Council and the Soaring Eagle Singers



Event is open to all "Free of charge",  
\*\*but you must call to register for this event

**401-846-2577**

[normanbirdsanctuary.org](http://normanbirdsanctuary.org)

[rholbert@normanbirdsanctuary.org](mailto:rholbert@normanbirdsanctuary.org)





## Native Recipe

# “Green” Potato Soup



Watercress is a member of the mustard family. The Indian found it successful for several medicinal purposes. For example, it increased the flow of urine, as does Flax and Goldenrod, among others. It was also believed to ease labor pains and dissolve Gallstones.

### Ingredients:

4 or 5 large potatoes	1 bunch watercress, chopped	1 large onion, chopped
5 tablespoons butter	1 ½ quarts chicken broth	2 tablespoons parsley
1 cup cream	pinch each: salt, pepper, nutmeg & sugar	

### Instructions:

Saute` the onion in 4 tablespoons of butter, until golden.

Cube potatoes and simmer in chicken broth until soft. Add watercress, parsley, salt, pepper, nutmeg and sugar.

When cooled, add the cream and remainder 1 tablespoon of butter.

Keep hot, but DO NOT BOIL.

Serves 4

# Next meeting:



**\*\* Sunday May 3, 1:00**  
**@ 222 Middle Rd Portsmouth**

*Guests Always Welcome*



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

1301 North Main Street  
Chamberlain, SD 57325  
www.stjo.org

### 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

### AIIC contact info:

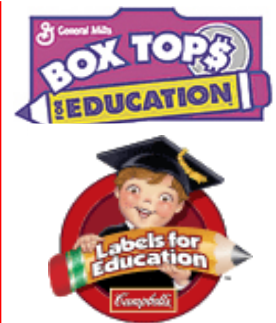
3 Horses Sly Fox (Don Sly), Chairman  
Dreams of Wolves (Barbara Sly), Secretary  
c/o 222 Middle Rd. Portsmouth, RI 02871  
401-683-4589

Email: [aquidneck\\_indian@verizon.net](mailto:aquidneck_indian@verizon.net)  
Website: [www.aquidneckindiancouncil.org](http://www.aquidneckindiancouncil.org)

### 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:

"Someone needs to explain to me why wanting clean drinking water, makes you an 'activist', and why proposing to destroy water with chemical warfare - doesn't make a corporation a 'terrorist'!"

*Winona LaDuke*

### From 3 Horses:

Did you ever notice that there are times you are so busy you can't focus? You are planning this, or thinking about that, or trying to fix other people's problems, to the point you don't realize the “now” and time slips through your hands. That seems to happen a lot, especially when you are the person that people look to for guidance or answers. We all seem to find ourselves in that position don't we?

Yes, there are a lot of things to keep a busy Council such as ours, occupied. But we all need to take the time to be with other family members and just be at peace with each other, as well as with ourselves. Take the time to remember, when there are two or more gathered - Creator is there. As you sit and talk with your brother or sister, Great One Above is listening. As you relay your problems, questions, uncertainties, HE hears your needs or problems. When you feel overwhelmed, let HIM enter the conversation, let HIM enter your head and more especially - your heart. When you feel overwhelmed, say this little prayer – *Creator, Great Spirit, I ask you to enter my heart & head and ease my troubled thoughts and show me what YOU want me to do...*

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.*