

# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

May 2016



### Council News

At last month's meeting we read an application for Membership from Whitney. At this month's meeting we will hear her application for the second time and the members will be allowed to ask questions, before voting upon her request. Come out and meet Whitney, if you haven't already, and welcome her to our extended family.

Also at last month's meeting, we had received a package from All Saints Academy, filled with letters from students telling us how much they enjoyed our presentation at their school. The letters were divided up amongst the attending members and we are in turn responding to their individual letters, answering any of their questions and addressing their comments about our fun way of educating and drumming and dancing.

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..

Our prayers go out to/and for: Lisa, Sonny, Steve, Marie, Ashley, Al, Jenn's father, John, Nathaniel, and all of our extended family members who are sick, ill, or injured.

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 1*

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### 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.

The medicine wheel is divided into four parts. 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 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.

On the lighter side:



## *Spiritually Speaking*

"Our people don't come in parts. Either you are Indian, or you are not."

*--Nippawanock, ARAPAHOE*

We really need to take a look at how Indian People are talking about Indian People. We say there are Rez Indians, Traditional Indians, Urban Indians and Breeds. This type of thinking will keep us separated. An Indian is an Indian, a brother is a brother, a sister is a sister. We are all related. Today, let us respect ourselves and our people. Today, let me realize Indians are Indians.

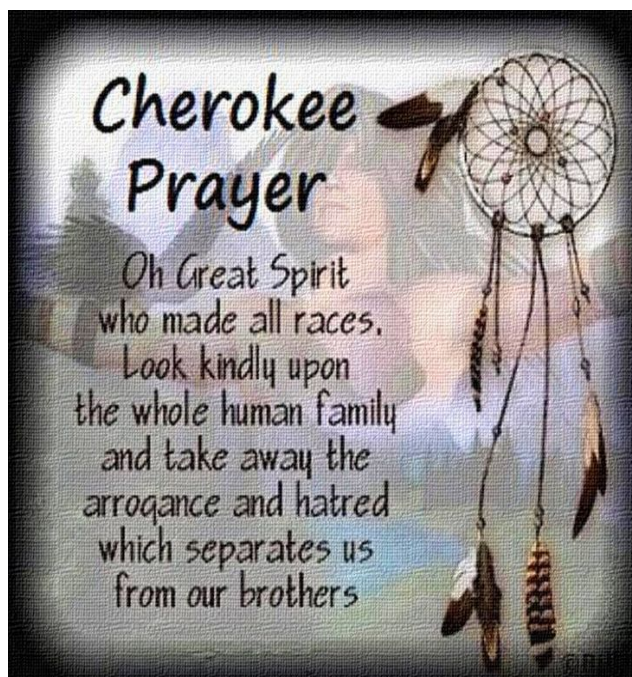
Great Spirit, let me see the Unity of the People. Indians are Indians.

"The concept that we are all related is one of the basic philosophies of Sioux religion."

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

The Medicine Wheel teaches the four directions of the races, Red people, Yellow people, Black people and White people. These four directions are symbolic of all races. Everything in the circle is connected and related. All races are brothers and sisters. If we are related to each other, then it is important to love one another as brother and sister, aunt and uncle, Fathers and Mothers, Grandfathers and Grandmothers. We need to care for each other and especially respect each other. We need to honor one another's differences whether that difference is the color of our skin or our opinions. We should respect differences.

My Creator, let me feel the connectedness to all things. Let me know the lessons I need to learn today. Above all, let me feel my connectedness to You.



## Upcoming Events:

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

Sun June 5  
Aquidneck Indian Council's Monthly  
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.

## Morningstar's Healing Circle



This month's lesson is about what the wolf teaches us. Wolves are known to Native Americans as teachers so many of you will ask what is the lesson they teach? Wolves gather in a pack they watch out for their family members and defend their territory as well. They are loyal defenders of the elderly ones and the pack leader. They allow the dominant male rules the pack and guides it well from intruders. They teach us about loyalty to one's family, friends, and our children. From the wolves you may learn about forgiveness, truthfulness well as about community, selflessness, generosity and to trust your insights. They communicate through their body language, growls, or a glance. They are known also as path finders of new ideas and ways to seek out like our human race has a strong sense of family. At times wolves will go out of their way to avoid conflict by showing signs once again with their body stance/language. They are very often understood because of tales told about them. Each of us carry a wolf spirit in us do we choose to be the one that is howling and complaining all the time, snarling at another person filled with, anger one ready to fight or do we choose to be the more peaceful one? It is up to all of us to choose which one we would desire to be.

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## **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.

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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: Who's to Judge?

by *Dreams of Wolves*



We are a group of people that are of different Nations. We try to live the Native culture and try to teach in schools and in the public about the culture.

The chairman teaches about mixed Native cultures, part of the teachings is about not stereotyping. It seems people like to bash things they don't understand or know about.

As a group we try to learn how other Natives do things, their ceremonies, their ways. Our group is a very spiritual group and we are always open to the teachings of people of other Nations.

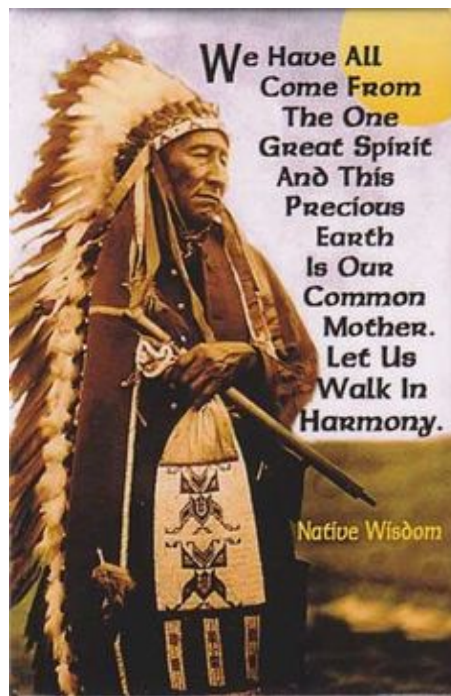
Granted we are light in color, but we still have Native blood. Some of us are not Native at all but still want to learn about and be part of the culture.

It seems that all the things we teach sometimes turn right around and slaps us with a large negative cloud hovering over us.

It is too bad that people judge others without getting to really know them, but all we can do is go on and maybe we will be understood someday.

Our Native people live their culture and follow the Red Road. No matter what other people think, or feel about us, we are true to the culture. All people do things, once in a while, that might be frowned upon. But, instead of bashing, maybe you might want to show them how to do it the correct way. That would make friends, instead of bringing in negativity & hate.

So, may Creator be with all of us and may those that really haven't spent any time with us, to get to know us, do so first to learn what we are all about.



## **Editorial: Renewal of One's Spirit**

*by Beverly Morningstar*

Introduction: A time for a renewal of our spirits is upon us, and it intensifies with a world filled with greed, wars, and misguided egos. What should one do to renew their spirits you may ask? The following suggestions may help you.

The first thing a person has to do is to cleanse themselves of negative thoughts and energies that may be attached to them. How does one do this you may all ask? The answer lies with the teachings of the elders/ancestors. The first thing they did was to cleanse themselves with sage then cleanse the area they were in. Understanding that by cleansing the area was just as important as cleansing their mind and bodies of negative energies. After doing this they asked our Creator for guidance by prayer and meditation. Our ancestors knew/recognize that it is He who knows what path we should take in life. Secondly, they did not allow their egos to think they had all the answers to life problems.

Often after when smudging themselves and the area, they would then add sweet grass, tobacco, and even the sweetness of lavender to call in the help of their ancestors, it also helped in creating a sense of peace and relaxation. Allowing them to quiet their minds and allow the Creator and their ancestors to communicate with them. Smudging plays a very important role when doing ceremonies.

Connecting with Mother Earth was very important to them as it should be with us. It is better to be in nature when seeking out the help of our Creator/ancestors. By sitting on the ground we are not only grounded, but we are connected to the energies of Mother Earth as well. Remember to just sit quietly and listen/watch for the sign and messages that are being given to you. For some of you it may take a few times before you can calm your mind and allow yourselves to see, feel, and hear what it is that all our relations are trying to teach/tell you. Just practice patience and you will receive what you need at this time in your life. Many times one will receive revelations concerning a particular object to be used in prayer ceremonies. They may include something from nature or a song to sing honoring our ancestors. Our intentions when seeking guidance should always be to help us grow spirituality and deepen our relationship with our Great Spirit.

We are all called to grow spiritually and deepen our relationship with him. One has to let go of their ego and recognize that we should always be learning and gaining wisdom for the good of ourselves and others. The wisdom we learn each day is to be passed on to the next generation. When we are open to receiving, the Creator will always give us knowledge in some form or another.



Conclusion: Let us recognize; we do not have all the answers in life, but rather that we should always seek out the Creator's wisdom when we wish to grow spiritually he will always give us guidance. A'ho

## Story of the “Three Sisters”



*Different people told different versions of this story. This is a Cherokee version:*

Once upon a time there were three sisters. The first sister was very tall and strong; her name was Corn Girl, and she wore a pale green dress and had long yellow hair that blew in the wind. Corn Girl liked to stand straight and tall, but the hot sun burned her feet and hurt her. And the longer Corn Girl stood in her field, the hungrier she got. And every day more weeds were growing up around her and choking her.

The second sister was very thin and quick and fast, and her name was Bean Girl, but she wasn't very strong. She couldn't even stand up on her own. She was good at making food, but she just had to lie there stretched out on the ground, and she would get dirty and wet, which wasn't good for her.

The third sister, Squash Girl, was short and fat and wore a yellow dress. She was hungry too.

For a long time, the sisters didn't get along. They each wanted to be independent and free, and not have anything to do with the other two. So Corn Girl stood there with her sunburned feet and got hungrier and hungrier. And Bean Girl lay there on the ground and got dirtier and wetter. And the little fat sister Squash Girl was hungry too.

So Bean Girl talked to her sister Corn Girl and said, "What if I feed you some good food, and you can hold me up so I don't have to lie on the ground and get all dirty?" And Corn Girl thought that was a great idea. Then little Squash Girl called up to her tall sister, "How about if I lie on your feet and shade them so you won't get sunburned?" Corn Girl thought that was a great idea too.

So the Three Sisters learned to work together, so that everyone would be healthier and happier. Corn Girl helped Bean Girl stand up. Bean Girl fed Corn Girl and Squash Girl good food. And Squash Girl shaded Corn Girl's feet and kept the weeds from growing up around them all.

And that's why the Iroquois and the Pueblo people and the Aztecs and everybody in between planted their corn, their beans, and their squash together in the same field - the Three Sisters.



# Native Recipe

## *Salmon Fluff*



The American Salmon are larger than those in Europe. They were once as plentiful as Codfish in major rivers of the Northeast.

After many successful seasons, the Indians knew the exact time of the year the Salmon would spawn. When this “run” up the rivers began, the men and the children would gather on the banks to catch as many as they could so they might dry and smoke them for winter use.

Sometimes the dried fish were pounded into a flat sheet, like pemmican, and stored in baskets.

They had all type of fishing gear, but dip nets were the most common, followed by harpoons and weirs.



### Ingredients:

16 oz of Red Salmon  
1 teaspoon salt  
½ cup milk

3 tablespoons butter  
½ teaspoon dry mustard  
½ cup cream

3 tablespoons flour  
½ teaspoon Worcestershire  
4 eggs separated

### Instructions:

Prepare 1 ½ hours before serving. Preheat oven to 375\*

Butter a 1 ½ quart soufflé dish. In a saucepan melt butter and stir in flour, salt, mustard and Worcestershire until blended. Stir in milk and cream until thickened.

Cool a bit; then beat in egg yolks, one at a time. Flake salmon in a separate bowl and add liquid and all to mixture.

In another bowl, beat egg whites to stiff peaks, then fold into mixture. Pour it all into soufflé dish and bake 40 – 45 minutes. Serve immediately.

Serves 4

# Next meeting:



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

*Guests Always Welcome*



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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](mailto:aquidneck_indian@verizon.net)  
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(see *Dreams of Wolves* for a detailed list)



### Inspirational:

Our trails lead to and through nature. All nature is within our beings. Let the people never forget this bond that binds us to all living things. May our hearts be home to tradition and our spirits circle the Hoop that binds our people to all that is. Such is our way and such we will hold sacred.

*3 Horses, Comanche*

### From 3 Horses:

We have been through a lot over the last couple of months. Our metal has been tried/tested by outsiders. We have spent much quality time together. We have learned much about each other, our strengths and our weaknesses. The one thing we have found out about each other, when it’s 4<sup>th</sup> down with 9 yards to go {a little football terminology}, we don’t punt, we press on. And for that, we have grown.

If you noticed the “Spiritually Speaking” passages are about unity, we are one, not parts, we are whole. We are a family. Yes, we may be thin bloods, mixed bloods, etc, but we are all united under one Great Spirit, under one all seeing God, the Creator of all that is. What a concept!! *Creator, help people see our hearts, not the darkness or lightness of our skins....*

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.*