

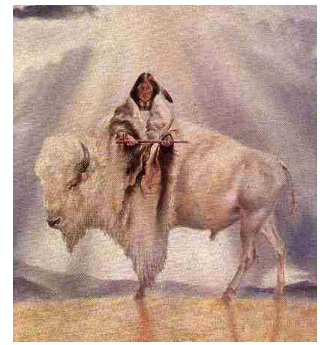
# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

May 2019

*We're still here*



### Council News

At our April meeting, we discussed our 12<sup>th</sup> Annual Indoor Pow-wow. We talked about future events. At this time it looks like June is going to be a very busy month for us.

Also at our last meeting we were happy to have 7 guests. It is always good to see that there is interest in our Council by outsiders. We have always opened our doors to anyone, Native or non-native, who wants to learn and participate in our events. We hope to see more guests at our May meeting.

I am sad to say that a Native veteran Henry Poitras has crossed over. We met him at the RI Veterans Home in Bristol, a few years back, when we first visited our other friend John, and when we conducted a visitation/presentation there, he was so happy to see us. He sat in the front row singing along with us and so proudly held his choker as he sang. Strong Woman was passing around rattles, during the presentation, and Henry was so happy to join in. He will be missed, but we hope to see him again in the Above World.

At the writing of this newsletter, we haven't yet conducted the Planting of the Corn ceremony. I always try to get the newsletter completed and out at least 1 week before the next meeting. So, we will discuss the Corn ceremony and the rest of the event at the meeting. Hopefully we will have a new name to bestow at the event.

Our Big Event for this month is on May 11<sup>th</sup>, our Council Yard Sale. More info on page 6. ----->

Our prayers go out to 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.

Open drum practices every Thurs night at 6:00. All are welcome to attend. If in doubt – call before you come.

*Next meeting is May 5<sup>th</sup>*

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## Council Yard Sale



*Spring Cleaning Time*

**Saturday May 11**

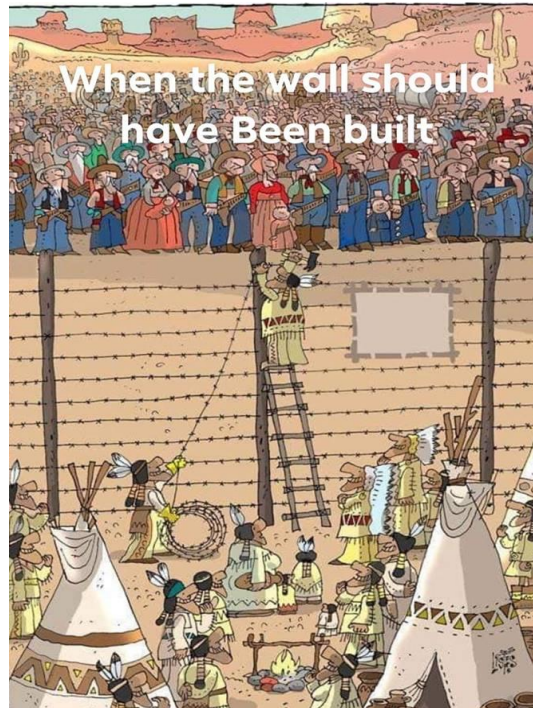
**9:00 – 3:00**

**\*\* No Earlybirds \*\***

**222 Middle Rd**

**Portsmouth**

On the lighter side:



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### *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*

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There are two wills available for us: self-will and Creator'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 Creator's will?

*Frank Fools Crow, Lakota*



**Upcoming Events:**

Sun May 5  
Aquidneck Indian Council's monthly Meeting  
222 Middle Rd, Portsmouth RI  
401-683-4589 1:00 - ?

Sat May 11  
Council Yard Sale  
222 Middle Rd, Portsmouth RI  
401-683-4589 9:00 - 3:00

Sun May 19  
Horse Play Open House  
143 Gilbert Stuart Rd  
Saunderstown, Rhode Island 02874  
(401) 294-3565 12:00 - 4:00

Sun June 2  
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.

**Did you know:**



**The Spiritual significance of the Tipi (tee-pee)**

The tipi of the Southern Plains people is much more than a shelter. It embodies many of the values so important to Native traditions and culture.

**The fifteen poles represent the following values:**

- |              |                     |
|--------------|---------------------|
| Obedience    | Respect             |
| Humility     | Happiness           |
| Love         | Faith               |
| Kinship      | Cleanliness         |
| Thankfulness | Sharing             |
| Strength     | Good Child Rearing  |
| Hope         | Ultimate Protection |

*Right down to the Control Flap poles.*

Which represents; that we are all connected by relationships and we depend on each other.

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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.  
[www.OnisetWigwam.com](http://www.OnisetWigwam.com)

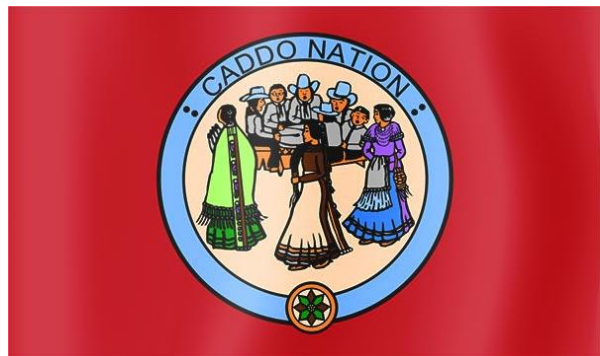
or

***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)



Caddo Nation

## 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 Teaching: Sign Language

by Bev Morningstar



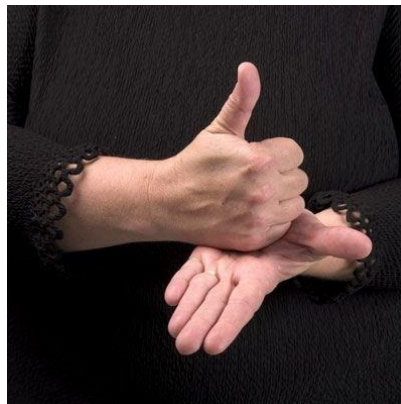
Sign Language was used by many tribe to communicate with one another their gestures often resemble the writings that are often found painted on the walls of caves. It is very much similar to the same sign that is used today for those who are unable to hear/speak. Our ancestors did not have any alphabet to go by, until the Cherokee Nation decided to come up with their own.

Sign language is said to have come from the part of the country where the buffalo was hunted. The different tribes would gather together for a hunt and the only way they could communicate to each other was to use hand signals. This was used as gestures to show whether they were friendly or a hostile tribe. After many years of imperfections they finally perfected so that it was easily understood by many different tribes.

When using their form of sign they used either one or both hands to signify what they were trying to express. They may have pointed toward the sun to point out the position of it to signify an event that might occur that day. If a person wanted to indicate a full day they would point to the east move their finger over their head and gradually move it to the west indicating a full day.

It is interesting to see that sign is still used these days as a means to communicate to others.

Conclusion: Our ancestors were filled with a desire to communicate with others in a peaceful manner; Today Creator we ask You to teach us a new way to talk to others - with peace and respect, in all our words.

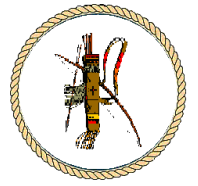


*A-ho!!*



*The*

**AQUIDNECK INDIAN COUNCIL**



*Invites you to attend our*

# Council Yard Sale



*Good Stuff Cheap*

Saturday May 11 9:00 – 3:00

**\*\* No Earlybirds \*\***

**222 Middle Rd Portsmouth**

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)

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## Non-Native Recipe

### Philly Cheesesteak Stuffed Peppers

*(\*\*I know it's not Native, but it is so good)*



#### Ingredients:

1 lb Thinly Sliced Sirloin Steak (or you can use deli roast beef)  
8 Slices Provolone Cheese  
1 Medium Sweet Onion...  
3 Tbs. Butter  
Salt and Pepper – to taste  
4 Large Green Bell Peppers  
1 pound White Mushrooms  
3 Tbs. Olive Oil

#### Directions:

Slice a thin piece off each pepper lengthwise, remove ribs and seeds. Slice onions and mushrooms. Sauté over medium heat with butter, olive oil, and a little salt and pepper. Sauté until onions and mushroom are nice and caramelized. About 25-30 minutes.

Salt and pepper the steak and sauté in a little olive oil until just not pink. About 5 minutes.

Preheat oven to 400\*

Add steak to the onion/mushroom mixture and stir to combine. Line the inside of each pepper with a slice of provolone cheese. Fill each pepper with meat mixture until they are overflowing. Top each pepper with another slice of provolone cheese.

Bake for 15-20 minutes until the cheese on top is golden brown.

## Next meeting:



**\*\* Sunday May 5, 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](mailto:aquidneck_indian@verizon.net)  
Website: [www.aquidneckindiancouncil.org](http://www.aquidneckindiancouncil.org)

### Inspirational:

Convince the world by your character that Indians are not as they have been shown.

*Chief John Ross, Cherokee*

### From 3 Horses:

As some of you may know; at one time, before we officially started this Council, we owned a 60' Thunderbird. There are many folk tales in the Iroquois Nation of the power of the majestic Thunderbird. Myself, coming from a Plains background, looks to the horse as a source of power. A while back, I had a strange dream of horses. After having the dream interpreted, it was telling me that, not only is the horse a totem of power, which we all know, but also a symbol of dedication and leadership. I believe that Creator speaks to us through dreams. I feel He's telling us to continue to walk the Good Red Road, keep looking ahead, get closer to Mother Earth, speak on behalf of our ancestors and get closer to the family bond. I feel that this says it all:

*"Society today is way off track. Unfortunately, many Native people are caught up in these modern times. The Elders are telling us we must wake up! We must come back to the culture because this is where His laws are. If we don't follow these laws, we will be unhappy. We cannot do things just because everybody else is doing them. This does not make it right. We must follow what the Great Spirit says we must do. We need to pray hard for the courage to come back and live according to the culture. It will be difficult at first but worth it in the end. We must teach our children the culture".*

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

### *3 Horses & Dreams of Wolves*

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1301 North Main Street  
Chamberlain, SD 57325

[www.stjo.org](http://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

### **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)

