

Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

November 2016



Council News

****Reminder:** November is “Native American Awareness/Heritage Month”.

At last month’s meeting we were happy to accept Lisa as a member of our Family Circle.

Our Healing of the Water ceremony, Sat Oct 15, was a great sacred day. We had many guests/first timers, who enjoyed the experience. We started with prayers and songs. Everyone had a chance to offer their prayers to the water, Mother & Father. The ladies offered songs, we had balance. There was a presentation of gifts from some of the members, of which; a new American flag decorated with horse hair and other symbols associated with me, as well as the Council (was not expecting such a gift). Then, it was my honor to be the link between Creator and Anna. The name given to me, for Anna, was/is Crimson Firefly. She is happy with her name as it did/does have personal ties to her youth. After which, we offered the ceremonial pipe to all in attendance. To conclude the event, we retired to our house to share pot luck and socialize. It was a total beautiful day from beginning to end. I want to thank all the members that participated, and all the guests/friends that attended. Creator was indeed smiling upon us. We were told that there were even ancestors attending, and they were pleased.

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.

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..

Veteran’s Day Friday Nov 11



See you at the next meeting: Sunday Nov 6

Contents:

- Page 1; Council news.
- Page 2; Lighter Side. Spiritually Speaking
- Page 3; Adverts, Events, Teachings
- Page 4; Native Teaching
- Page 5; Native Story
- Page 6; Upcoming Event
- Page 7; Native Recipe
- Page 8; Assorted info. Charity Info. Inspirations. Message from 3 Horses.

It’s Social time!!



We are happy to announce that we will be hosting our Fall & Winter Pot Luck Lunch and Dance Socials at the Tiverton Rod & Gun Club 1529 Fish Road, Tiverton RI

Dates: Saturday Nov 12
Saturday Dec 10
Saturday Jan 14
Saturday Feb 11

All Socials start at noon till approx. 5:00
It is “pot luck” so we ask all to bring something to share.

Coffee, Soda & Water
(provided by the Council)

Drumming & dancing with
The Soaring Eagle Singers
All Native entertainers are welcome
(please contact us)

Food, raffles, dancing & afternoon fun
Guests always welcome. Bring a friend or 2.

On the lighter side:



Spiritually Speaking

"We're sitting on our blessed Mother Earth from which we get our strength and determination, love and humility, all the beautiful attributes that we've been given. So turn to one another; love one another; respect one another; respect Mother Earth; respect the waters-because that's life itself!"

Our entire point of view can be altered by making one change to align with the principles of the Great Spirit. Let's say we decide to become respectful. As we become respectful, our attitude will change. We will automatically draw into our lives knowledge about the other principles of the Great Spirit such as love, appreciation, trust, beauty, and peace of mind. By focusing on these principles, we will let go of selfishness, self-centeredness, self-pity, dishonesty, and fear. You focus on respect, you get respect; you focus on love, you get love; you focus on the Red Road, you get peace of mind.

Great Spirit, let me learn the lessons of respect.

Phil Lane - Yankton Sioux



"Money cannot buy affection."

In these modern times we put too much emphasis on material things and on money. We believe that money is power. If we have money, people will respect us. If we have money, people will admire us. If we have money, we can have anything we want. Maybe we can purchase anything in the material world, but we cannot purchase anything in the Unseen World. The Unseen World is not for sale. It can only be given away. Love, affection, admiration, trust, respect, commitment -- these must be earned or given away. If we use these things from the Unseen World, we are using real power.

My Creator, let me demonstrate Your power today. Let me be loving to all I meet.

Mangas Coloradas – Apache

Upcoming Events:

Sun Nov 6

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

Sat Nov 12

Fall Pot Luck Lunch & Dance Social
Tiverton Rod & Gun Club, 1529 Fish Rd Tiverton RI
401-683-4589 12:00 – 5:00

Sun Dec 4

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

Sat Dec 10

Winter Pot Luck Lunch & Dance Social
Tiverton Rod & Gun Club, 1529 Fish Rd 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.

Thanksgiving



For some, above is what Thanksgiving is all about, or, a prelude to Christmas shopping.

The idea of Thanksgiving should be a time of reflecting, being with family and giving thanks to the Great One Above for all that we have.

Many generations have passed, and the legend or reason behind the first Thanksgiving celebration, has been lost.

Take a moment to remember, if the Wampanoag hadn't had pity on the Pilgrims, there wouldn't have been a great day of gathering to Give Thanks.

Let us take the time to give praise & gratitude to the Great Spirit.

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
(Official photographer of the Aquidneck Indian Council)

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

the Enchanted Cottage

404 Main Road, Suite 2, Tiverton RI
508-617-6024 enchanted11@cox.net
**Visit their Website: www.enchantedkottage.com

ANNA ROSA

Language Teacher
Private lessons

ITALIAN FRENCH SPANISH
ENGLISH FOR SPANISH SPEAKERS



cell 401-323-5955

roses9@yahoo.com

Aquidneck Land Trust

790 Aquidneck Ave. Middletown, RI 02842
401-849-2799 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 2017 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 evroty@aol.com

THE MEDICINE WHEEL TEACHING

by: *Bev Morningstar*

Introduction: What is a medicine wheel?

First of all; it is a circle that Native Americans have respected all their lives. The word medicine to most Native Americans means power; a vital source of energy that can be drawn upon as well as directed.

Everything is done in a circle with Native Americans from the way they built their homes to their sweat lodges. When the elders came together they sat around a fire in a circle. The reason for this was everybody mattered and was treated as equals and they were united in power. To the Natives life is a circle from birth to death. It was not only the Native Americans that felt circles were important other religions did as well. The medicine wheel was used as a place to find balance and harmony, in one's life. It was a teaching aid as well a tool to help one discover their life's purpose.

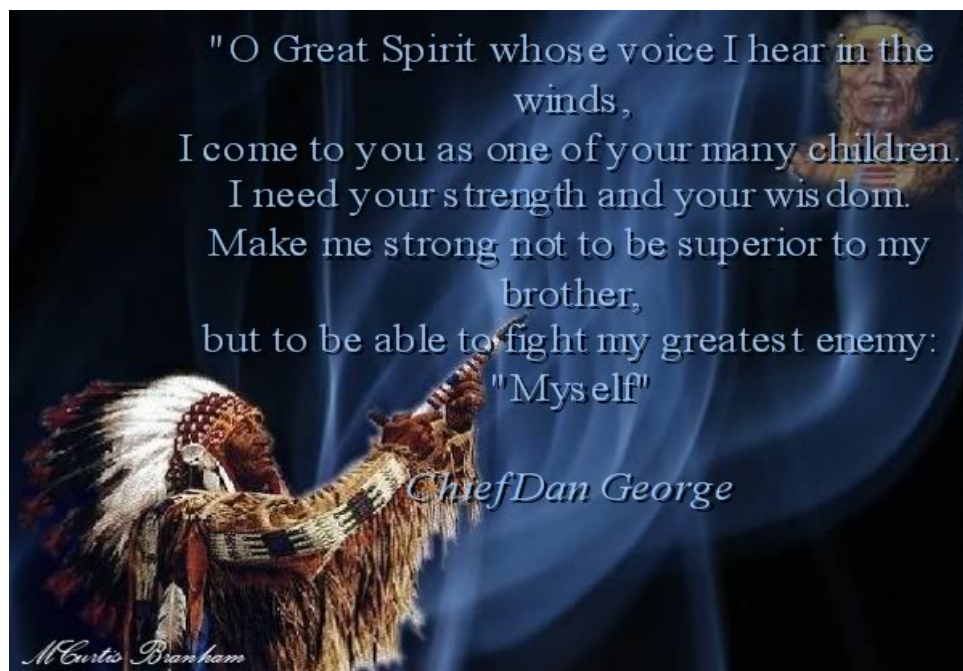
For many years the knowledge and wisdom about the Medicine Wheel was hidden/guarded it has only recently been revealed by Shamans, Wallace Black -Elk, Sun Bear of the Bear Tribe and several others who feel now is the time to do so. Some are calling this a time when the Native American and other people will come together to share the teachings to help mankind help and heal Mother Earth and her inhabitants.

Some have also called this the time of the Time of the Rainbow Path Finders who will come together and become true caretakers of Mother Earth. They come as teachers, shamans and healers working together with one goal in mind that is to help Mother Earth heal as well as her people.

A person enters into the circle by a specific starting point which is determined by the moon /month they were born in. As you enter into the circle the entrance gives you certain powers, gifts, and responsibilities. The starting points are also watched /governed by the Spirit Keeper of that particular direction. As one walks around the wheel you should try to learn about the different moon/months and what they represent.

The Medicine Wheel teaches us life is about change and about yourselves, and help us to know what we need to change/manifest in our own life. Each moon/month, animal, plant, mineral, Spirit Keeper and color teaches us many lessons we need to learn to grow spiritually. Each direction teaches us about their characteristics, as well as their healing and spiritual qualities. One has to remember that the proper lessons we need to learn will come at the right time as well as the teacher who teach the lesson.

The Medicine Wheel represents the Circle Of Life. The four directions, the four seasons, and the four elements make up the sacred hoop of life. This ritual/ceremony emphasizes the restoration of one being in balance helps with personal growth and transitions.



Conclusion: Our Ancestors/Elders have found that by walking the Medicine Wheel it one gives answers, ideas, and methods to help others deal with life's issues and situations. The Medicine Wheel can be defined as a Circle of Knowledge that helps to restore wholeness and power in one's life.

Native Story

A Passamaquoddy Legend: The origin of the Thunderbird.



This is a legend of a time long long ago. Two Indians desired to find the origin of the Thunderbird. They traveled north and came to a high mountain. These mountains were a place of magic. They drew apart back and forth, then closed together quickly.

One Indian said, “I will leap through the cleft before it closes. If I am caught, you continue on to find the origin of the Thunderbird.” The first one succeeded in going through the cleft before it closed, but the second one was caught and crushed.

On the other side, the first Indian saw a large plain with a group of wigwams, and a number of Indians playing a ball game. After a little while, these players said to each other, “It is time to go.” They disappeared into their wigwams to put on wings, and came out with bows and arrows and flew away over the mountains to the south. This is how the Passamaquoddy Indian discovered the homes of the Thunderbirds.

The remaining old men of that tribe asked the Passamaquoddy Indian, “What do you want? Who are you?” He replied with the story of his mission. The old men deliberated how they could help him.

They decided to put the lone Indian into a large mortar, and they pounded him until all of his bones were broken. They molded him into a new body with wings like Thunderbird, and gave him a bow and some arrows and sent him away in flight. They warned him not to fly close to trees, as he would fly so fast he could not stop in time to avoid them, and he would be killed.

The lone Indian could not reach his home because the huge enemy bird, Wochowsen, at that time made such a damaging wind. Thunderbird is an Indian and he or his lightning would never harm another Indian, But Wochowsen, great bird from the south, tried hard to rival Thunderbird. So Passamaquoddy feared Wochowsen, whose wings Glooscap once had broken, because he used too much power.

A result was that for a long time air became stagnant, the sea was full of slime, and all the fish died. But Glooscap saw what was happening to his people and repaired the wings of Wochowsen to the extent of controlling and alternating strong winds with calm.

Legend tells us this is how the new Passamaquoddy Thunderbird, the lone Indian who passed through the cleft, in time became the great and powerful Thunderbird, who always kept a watchful eye upon the good Indians.





The

AQUIDNECK INDIAN COUNCIL



Invites you to attend

our Fall Potluck - Lunch, Dance & Social Gathering

Sat Nov 12th 12:00 – 5:00

@ Tiverton Rod & Gun Club, 1529 Fish Rd, 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

All Native entertainers welcome.

****This is an Alcohol & Drug Free Event****

Directions to: Tiverton Rod & Gun Club

From Fall River, Providence, and points north, take Route 195 east to Route 24S. Follow 24S to Fish Rd exit in Tiverton. Take left off the ramp and follow Fish Rd approx. 2 miles past the Tiverton Police station. Tiverton Rod & Gun Club is on your right. If you see Bulgarmarsh RD, you passed it.

From southern RI, take the Jamestown and Newport bridges and continue through Middletown & Portsmouth on Route 114 (West Main Road) to Route 24N. Once across the Sakonnet River Bridge, take Fish Rd exit. Bear to right at Police station and follow approx. 2 miles.

For more info contact us at

401-683-4589

Aquidneck_Indian@verizon.net

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

Pheasant with Chestnut Stuffing



There were unlimited amounts of game birds in the eastern woodlands (especially in RI) when the colonists arrived; including partridge, grouse, wild duck, pheasant, quail and wild turkey.

Some common Native stuffings: Currants, Wild Grapes, Chestnuts & Hazelnuts

Ingredients:

2 3lb Pheasants

2 tablespoons bread crumbs

1 stalk celery

½lb bacon

2lbs Chestnuts

1 small grated onion

1 tablespoon marinade (your choice)

salt, pepper or other spices (to taste)

Instructions:

Stuffing:

Roast 2lbs of chestnuts, cool & peel. Grate in blender or processor. Add 2 tablespoons of bread crumbs, grated onion, chopped celery, 1 tablespoon of marinade and mix well.

Stuff 2 Pheasants. Rub the birds outside with salt, pepper and/or other spices.

Cover the breasts with uncooked strips of bacon.

Roast at 450* for 15 minutes> then lower temp to 325* for 30 to 40 minutes.

Serves 2 - 3

Next meeting:



**** Sunday Nov 6, 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
222 Middle Rd. Portsmouth, RI 02871
401-683-4589

Email: aquidneck_indian@verizon.net
Website: 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:

"People say that crisis changes people and turns ordinary people into wiser or more responsible ones."

Wilma Mankiller, Cherokee

From 3 Horses:

As of writing this month's newsletter, I want to reflect back to what I wrote last month. If you remember, I stated that we have/had been looking for a hall to host our Nov – Feb Socials, but we had not had any luck due to technicalities. I said I was going to put it in Creator's hands. I also said if HE wanted us to have this gathering, HE would show us a way. I am happy to say that with HIS guidance, and our friendship with Lady Hawk & Mota Hota Ska, we have made arrangements to have our socials at the Tiverton Rod & Gun Club (flyer/invite attached on page 6). I hope you will be able to join us, I know it's not the same as a pow-wow, but it is still a chance for HIS children to gather and enjoy each other's company, eat, talk, dance, and maybe even win a raffle prize. With November being a busy month for us, this Social will be a chance to have fun and relax.

Also remember, November is Native American Awareness & Heritage Month as well as Veterans Day and Thanksgiving. As always we will be very busy fulfilling requests for presentations/observations. Try to attend any/some of the functions. It is always good to educate the people on Native culture, to do away with some of the stereotypes. Sometimes this can be done with song. *Let the calling of your heart be heard by all, most especially to Great One Above and to our ancestors.. Don't be afraid to sing..*

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.