

# Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

## Newsletter

October 2015



### Council News

At last month's meeting we discussed the relocation of our Fall and Winter Pot-luck Lunch and Dance Socials. Our Socials will be held at the **Middletown FOP Lodge #21, 464 Mitchell's Lane, Middletown RI**. It is off East Main Road (Rte. 138) at the Portsmouth – Middletown line. You can find it by magic talking box (GPS) or contact us for directions.

The dates are: Nov 14, Dec 12, Jan 9 & Feb 13

There will be a flyer in Nov, Dec, Jan & Feb's newsletter.

Sat & Sun Sept 19 & 20; we were invited to drum at Eagle Sings Wellbriety pow-wow. We were happy to be there to support Kevin & Terri, and their people, as this was a special event for them and they have always supported our Council with our indoor pow-wows and our fall/winter Socials. I was/we were honored to be asked to perform an honoring song by the family in memory of a special person who has crossed over. For privacy reasons, I cannot give her name, but, thank you MRDC for the chance to honor "he who crossed over", and thank you for remembering us with your kind words. We were also approached by a mother, who informed us that 2 years ago she had come to the, then 13 Moon Clan pow wow, for the first time and she and her children had heard one of original songs, "Going to the pow-wow". She told us that before she goes to any Native event, she asks her children where are they going, and they sing our song back to her. It is things like these that let us know the medicine we offer is touching people. Our *Thanks* to "Eagle Sings", and the "Metis Wolf Clan", for the opportunity to offer Creator's medicine to the people.

At this month's meeting, we have a membership application to be read for the 2nd time, and voted upon. For those who don't know her, come and meet Marie.

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 Oct 4**

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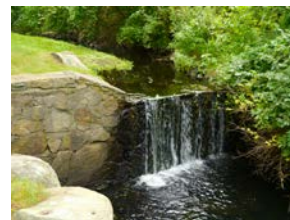
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Message from Dreams of Wolves.

### *Healing of the Water ceremony and Pipe ceremony*



## *Saturday, Oct 24, 2015*

\*\* (rain date Sun Oct 25) \*\*



@ Founders Brook Park  
Old Boyd's Lane, Portsmouth RI  
{Call for directions}

Ceremony to start at 12:00

Followed by a Pot Luck late lunch & dancing  
@ 222 Middle Rd Portsmouth  
(please bring something to share)

Natives: Regalia please  
Non-natives: Casual

On the lighter side:



"So why do they call  
you Dances With Wolves?"

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## *Spiritually Speaking*

"Listen to all the teachers in the woods. Watch the trees, the animals, and all living things - you'll learn more from them than from books."

*Joe Coyhis, Stockbridge-Munsee*

Nature is a living example of how communities live in harmony. If you go into the forest or mountain and sit still and watch, ask yourself, what lessons are being taught? Then watch how the animals conduct themselves. The trees could represent diversity. The flowers could represent people. Notice how everything in nature assists one another. See how balance works. See how conflict is handled. Can you see acts of forgiveness? Can you spot respect? Nature is full of wisdom if we will only consider her to be our teacher.

My Creator, today let me learn from nature.

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"To me, the wisdom the Elders have to manifest is in teaching people how to live in harmony and balance with each other and the Earth."

*Sun Bear, Chippewa*

You cannot give away what you don't have. You need to give away what you have in order to keep it. Our Elders have lived their lives with a lot of trial and error. They have experienced how to do things well and they have experienced what didn't work for them as they grew old. They know things about living that we don't know. So, through the years the Elders have gained wisdom. They usually have a whole different point of view because of all their experiences. There are two ways to learn. Someone tells us what they did and we do the same thing or someone tells us what they did and we choose not to do it. Both of these paths will help us to live.

My Creator, teach me about choices and decisions and consequences. Put an Elder in my life to guide me.

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"Make Medicine"

*Wooden Leg, Cheyenne*

To "make medicine" is to engage upon a special period of fasting, thanksgiving, prayer and self-denial, even of self-torture. The procedure is entirely a devotional exercise. The purpose is to subdue the passions of the flesh and to improve the spiritual self. The bodily abstinence and the mental concentration upon lofty thoughts cleanses both the body and the soul and puts them into or keeps them in health. Then the individual mind gets closer toward conformity with the mind of the Great Medicine above.

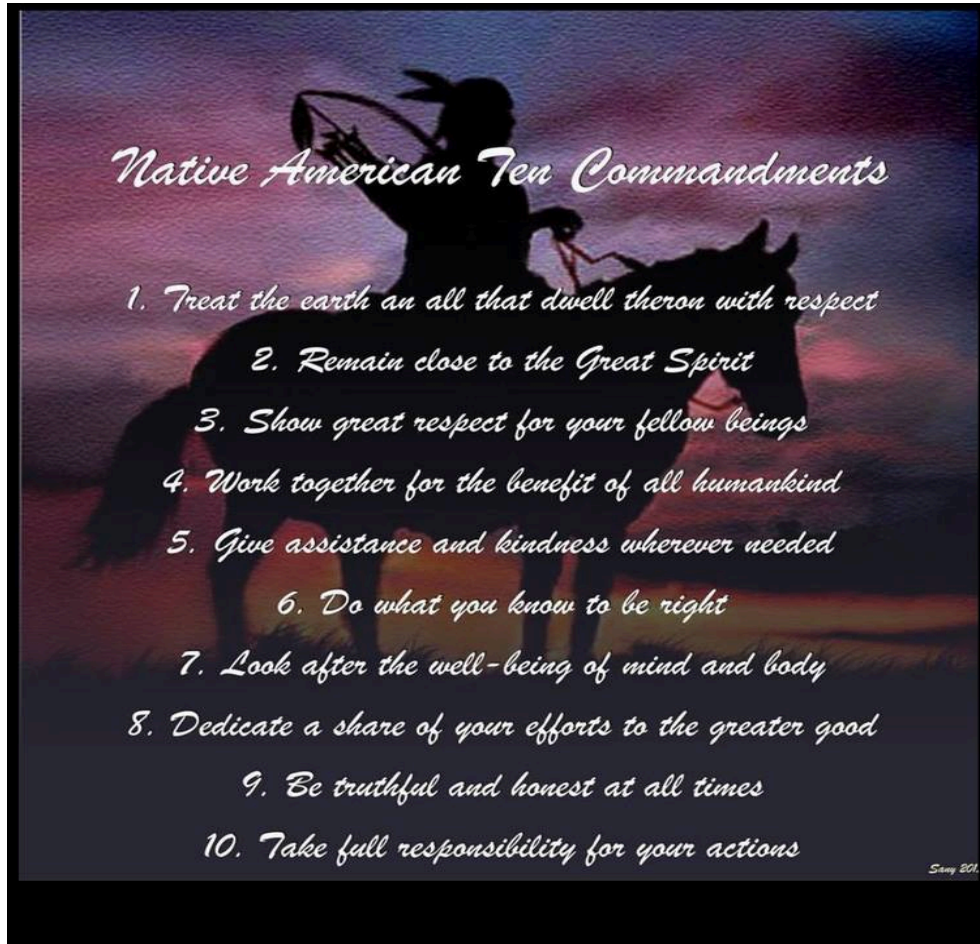


"Everything is laid out for you. Your path is straight ahead of you. Sometimes it's invisible but it's there. You may not know where it's going, but still you have to follow that path. It's the path to the Creator. That's the only path there is."

*Leon Shenandoah, Onondaga*

Everything on the earth has a purpose and a reason for its existence. Every human being is a warrior and every warrior has a song written in his/her heart and that song must be sung or the soul forever remains restless. This song is always about serving the Great Spirit and helping the people. This song is always sung for the people. Many times I need to learn much about the difficulties of life. I need to know this, so I must experience it. Then I can be of use to the people. Because I am experiencing difficulty does not mean I have left the path or that I have done something wrong. It means I'm doing the will of the Great Spirit during these times of testing. I need to pray constantly to keep a good attitude.

Great Spirit, this I know - You will never leave me, only my doubting makes it seem like You do. This I know - Your love is always dependable, only my doubting makes it seem like You do. Today remove the doubts from my belief system and allow me to stand straight and see You with straight eyes.



## Upcoming Events:

Sun Oct 4

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

Sat Oct 24

Healing of the Waters Ceremony  
Founder's Brook  
Portsmouth RI  
401-683-4589 12:00 - ?

Sun Nov 1

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.

## Journey Home

by Karen Morning Star

Father;

Free my troubled spirit so it may soar once again  
beyond Your open sky.

Let me journey through Your vast universe amongst  
the stars and galaxy.

Fill me once again with Your spirit of unconditional  
love, my heart beat in perfect rhythm with harmony.

Let my mind see that which my eyes fail to do, teach  
me what I must know so I may help others.

Release me from all negativity, take me home, back  
to a place where I once was long ago.

Let me hear Your voice whispering Your message  
throughout all Your creation, let me feel Your  
guiding presence in everything I do.

More than ever, move me toward the path in which  
You've chosen for me.



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Land Trust**

790 Aquidneck Ave. Middletown, RI 02842

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[chuckallott@ailt.org](mailto:chuckallott@ailt.org)

Preserving the Island's open spaces and natural character for the lasting  
benefit of our community.

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***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

[evrotv@aol.com](mailto:evrotv@aol.com)

## Native Teaching: *Horse Medicine*



Horse, like Dog and Cat, is one of those animals who has made an alliance with humankind. For thousands of years Horse has helped us to carry our burdens, grow our crops, travel our roads, even fight our wars.

One of the most striking things about Horse is a dignity that is impossible to diminish. Even pulling a plow or bearing the meanest burden, Horse maintains a noble bearing. Horse has shouldered his burdens without surrendering his essential nature. Even after his thousands of years of servitude when let loose to run wild Horse becomes in a very short time the untamed spirit he was destined to be.

Perhaps this is Horse's greatest medicine, the knowledge that no matter what we have borne in the past, there always exists in us the waiting seed of our true selves. Horse shows us how to carry our burdens with ease and with dignity, but more importantly, he shows us that we are always and forever free.

The first thing one notices about Horse is his impressive size and physical power. He is among the biggest and strongest of the animal kingdom, especially among those animals who have close interaction with humankind. Horse medicine teaches us how to tap our own inner power and use it to enrich our lives whether that energy is used to run across the plains kicking our heels in joy and celebration of life, or to pull a plow while growing food to sustain life. Invoke Horse medicine for personal empowerment, for accessing your own power.

Horses are very socially oriented and live in relatively permanent herds. Normally among animals who form stable groups the males will, upon reaching maturity, strike out on their own while the grown daughters will stay in the mother's clan. But horses, both male and female, will leave the security of home to find, or form, their own herd. Invoke horse if you haven't yet gained complete independence and need to stand on your own feet now that you are an adult. Horse medicine helps us to find our own place in the world.

A new born horse gets up and is moving about an hour after it is born. Whenever we begin something new, we are starting a learning process, like the new colt who is trying to use his legs for the first time. And like the colt, we are unsure of our footing and will wobble at first on shaky legs. This initial experience is the hardest part of any new project. But if we persist in our efforts, we'll soon be galloping towards our goal. Therefore, we invoke Horse medicine to get us through the early stages of new learning.

Who has not gazed in awe at the beauty of Horse in motion? Anyone who has ever ridden a horse knows that when he is trotting it is almost impossible to stay in the saddle. But when we allow the horse to set his own pace and he begins to gallop, then riding becomes a pleasure. We become one with the horse in an easy undulation across the plains. Horse teaches us that when we give our heart and soul full rein and let our spirit find its own rhythm, then we will ride through our lives with beauty and grace.

The most important thing to know about Horse is its ritual of child rearing. When Horse suckles its young the mare begins to be pulled down. Her back will sway, and her entire body seems to lower itself upon her legs. She gives her life to support life. When Horse deems it time for the colt to maintain on its own she refuses to let the little one suckle. Horse is one of the few animals that will wean the colt without human influence. She will not allow her young to destroy her own body. Here, Horse medicine is teaching us when we have done our job to push the colt out on its own. I think this is very important. We cannot let our children drain us dry. If so we become haggard and swayed.

Horse medicine is telling us all to spread our wings and fly and let the little ones who would suck us dry stand on their own two feet.

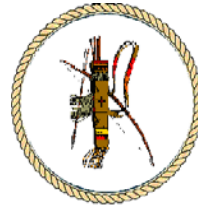
The horse shows both earthly strength and unearthly powers. It is regarded highly throughout the world and connected with the magical powers of shamans. With the help of the horse's speed, a person can cover long distances in a relatively short period of time. The horse has also made transportation of goods a lot easier. It is, therefore, the first and foremost totem animal of civilization. The power of an engine to this day is measured in horsepower.

Riding a horse conveys a sense of freedom. It teaches that power cannot be attained by force, but rather that it is given to him who is willing to accept responsibility in a respectful manner. Just as the horse carries its rider on its back, the rider carries responsibility for everything around him. The power of the horse is the wisdom to remember all the steps in one's life and learn from them. This includes experiences from a previous life. Real power is strength used with wisdom. This requires love, compassion, and the willingness to share one's achievements and insights with others. It is important not to let our ego deny us access to this power.

Horse is a journey to power through balance, wisdom, and responsibility.



A.I.I.C.



*You are invited to join us at the:*

*Healing of the Water ceremony  
and Pipe ceremony*

(Healing of the Water is an Ojibwa/Chippewa style ceremony whereby everyone is invited to offer their prayers and blessings upon a certain body of water, {the brook}, for all water to be clean and purified. The prayers then flow over Mother Earth and touch every other body of water that this brook is connected to.)

Hosted by: **THE AQUIDNECK INDIAN COUNCIL**

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*Saturday, Oct 24, 2015*

*\*\* (rain date Sun Oct 25) \*\**

**@ Founders Brook Park**

Old Boyd's Lane, Portsmouth RI

{Call for directions}

Ceremony to start at 12:00

Followed by a Pot Luck late lunch & dancing @ 222 Middle Rd Portsmouth

*(please bring something to share)*

Music performed by *the Soaring Eagle Singers*

Natives: Regalia please

Non-natives: Casual

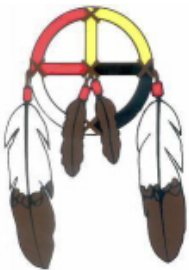
R.S.V.P.: on or before 10/17

(Or for information)

Don or Barbara Sly

{3 Horses or Dreams of Wolves}

401-683-4589



## Native Recipe

### Okra Patties



Okra is not a Native American grown vegetable (like squash, corns or beans), but is considered a delicacy in the American Deep South, particularly when breaded with corn meal and deep fried. Okra is a popular health food due to its high fiber, vitamin C, and folate content. Okra is also known for being high in antioxidants and helps combat/control diabetes. Okra is also a good source of calcium and potassium.

1 lb fresh okra or 1 (18 ounce) bag frozen cut okra  
1/2 cup onion (chopped)  
1 teaspoon salt  
1/4 teaspoon pepper  
1 large egg  
1/2 cup water  
1 teaspoon baking powder  
1 pinch garlic powder  
1/2 cup flour  
1/2 cup cornmeal  
oil (for frying)

Combine cut okra, onion, salt, pepper, water and egg. Mix well. Combine flour, baking powder, cornmeal and garlic powder. Add to okra mixture, stirring well. Drop about 1/4 cup portions into about 1/2" hot oil. Fry over medium heat until well browned on both sides. Drain on paper towels.

# Next meeting:



**\*\* Sunday Oct 4, 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  
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)

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



### Inspirational:

When you see a new trail or a footprint you don’t know, follow it to the point of knowing.

*Uncheedah, Santee Sioux*

### From Dreams of Wolves:

Wisdom is a wonderful thing, if only people could understand the wisdom of the Native peoples. Their ancestors passed their wisdom down to each generation. Sometimes when we get angry, our wisdom becomes a little tarnished and we make a mistake. We are human - we are allowed to make mistakes. In the Native world, each Nation has their ways of doing things. Who are we to judge their ways, as long as they are on the right path. Why do we feel that if something isn't done the way we think it should be done, that we have the right to carry tales, criticize or spread rumors? If you really do not live in the Native way, you should not judge.

We all have wisdom - use it right and try to understand, not judge. If you don't know something, or, why something was done: ask. That is how you get your wisdom.

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.*