

Aquidneck Island Intertribal Indian Council

(est. Oct. 14, 2007)

Newsletter

September 2016



Council News

Highlighting the summer's events:

June 18th & 19th We were happy to drum at the Pratt Farm Sobriety Pow-wow. We thank Don Manidoogek for inviting us. It was a great time drumming next to Turtle Moon and Medicine Bear.

July 1st – 4th we had our annual gathering with camping and a fireworks display on the 4th.

July 9th & 10th we were invited to drum at the Rhode Island Indian Council pow-wow in Warwick. Thank you Cochise and Chester for the invite.

Aug 7th We were honored to be asked to attend Tiverton Rod & Gun Club's Black Powder Shoot & Mountain Man Days which has now become, "The Annual Blessing of the Rifles Shoot". Along with Chief 2 Bears, we blessed the shooters and offered honoring songs and drummed/sang and reconnected with some old friends... It turned out to be a great day.

Aug 14th We journeyed to the Wig Wam Spiritual Camp in Onset. We always enjoy drumming for Patti and her members. Plenty of food and fellowship. And again, it was good to reunite with old friends.

At this meeting, there will be much discussion on plans for the fall & winter month's socials and events, and discussion on "grants" and fund raisers. We are already receiving requests for "Native American Awareness Month" (Nov) programs.

It is with deepest sympathies that we mourn the passing of Jennifer's father. He was in a nursing home for some time with complications, and it was hoped that he would recover. He is at rest and no longer in pain. It is our hope that Spirit will meet him in the Above World and show him mercy and peace.

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..

See you at the next meeting: Sunday Sept 4

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Message from 3 Horses.



Great Spirit, Creator, I ask You to pour out Your blessings upon our people, our friends and families, the sick, ill and injured; body, mind or spirit.

Watch over our family and friends who have crossed over.

Give peace to all who have lost a loved one. Ease their sorrow.

A-ho!

On the lighter side:





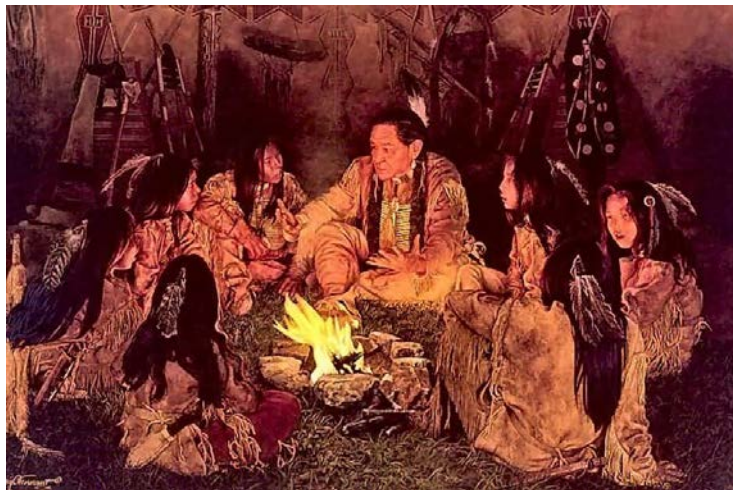
Spiritually Speaking

“When you get older and you are ready, your ancestors will show up to guide you.”

Joe Coyhis, Stockbridge-Munsee

Many of us, when we are young, spend a portion of our lives in learning. Unfortunately, some of us spend this time learning the hard way. When we are young we sometimes think we know everything. Sometimes we do foolish things. As we get a little older, we realize we don't know anything. This is when we become teachable. There is a saying that goes, when the student is ready, the teacher appears. We usually aren't teachable unless we are ready. The ancestors are waiting and willing to help. When we are ready, many beautiful teachers start to come into our lives. Then we really start to grow and mature. We are ready for the spiritual lesson.

Creator, help me to become ready and teachable.



"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 Sept 4
Aquidneck Indian Council's Monthly
222 Middle Rd, Portsmouth RI
401-683-4589 1:00 - ?

Sat Sept 17 (rain date Sun 18)
Country Day at Pardon Gray
Pardon Gray Preserve, Main Rd Tiverton RI
401-816-0126 10:00 – 4:00

Sun Oct 2
Aquidneck Indian Council's Monthly
222 Middle Rd, Portsmouth RI
401-683-4589 1:00 - ?

Sat Oct 15
(Rain date: Sun Oct 16)
Healing of the Water Ceremony
Founders Brook, Old Boyds Lane Portsmouth
401-683-4589 12:00 - ?

** 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:

Black Elk was born in 1863 on the Little Powder River. When he was 9 years old, he received a vision that gave him a "special power", a power instrumental in his later becoming a prominent member of his tribe. A religious medicine man, he traveled the world and spoke to many about his beliefs and spirituality. In 1950, on the Pine Ridge Reservation, he crossed over.

Sequoyah (1770-1843), Cherokee, developed a syllabary for the Cherokee language and opened many new doors for his fellow people. It took Sequoyah 12 years to finish his work, and he will be remembered as one of the only people in world history to create an entire syllabary on his own.

One of the most well known Native leaders of Ohio is Chief Tarhe (the Crane). In 1794 the Wyandot leader was involved in the Battle of Fallen Timbers and fought for the rights and land of his people. In the War of 1812, at the age of 70, Tarhe led his warriors into battle. He was known by whites and Indians alike as a noble man.

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790 Aquidneck Ave. Middletown, RI 02842
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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 2016 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

Native teaching: How did a person become a medicine man/woman?

by Bev Morningstar

Introduction: Many people think that anyone in a Native American community could become or be called a medicine man or medicine woman. This certainly is and was not the case for the Native American tribes.

First of all; most of the time there was a history of medicine men/woman in a family lineage. Secondly, they could be either; a man, woman, and sometimes a gifted child. Thirdly, the families of the medicine people did not share their secrets to anybody unless they were to become next in line.

For those who became medicine people it was a huge responsibility they had to prove themselves as such. There was months; sometimes years of training before they were an accomplished medicine person. They had to learn about the different variety of plants and roots and how to apply them to the proper illness. One had to have a special connection to the plant life and choose the right one for healing a variety of different illnesses. Many times a healer would pray to the Great Spirit for a vision to help them find just the right plant.

Most of the medicine healers knew at a young age that they were different than the other children of the tribe. This was due to them having many visions and hearing their name called when there was no one near them. Black Elk was a great renowned healer and medicine man. He too was called at an early age to become one. At an early age they would have a strong connection to nature, animals, water, and birds as well the crawling insects. They would talk to the trees and plants and understand signs that would go unrecognized by others. When a family member was chosen, the medicine person recognized certain traits that the child, woman, or man had. Then the lessons and long hard hours to become a healer begin, the person also must have a great desire to become a healer.

Contrary to believe most of the medicine people are not chosen by the tribal members but by the Creator who gives them messages in visions as to who and how they heal.

When it is a family member who passes on the secrets/knowledge it was also given to them by other family members and usually there is a long history of grandmothers and grandfathers who were called to be healers. Once the healer is shown to have healing abilities they are then recognized as one by the tribe and are allowed by the elders to heal others...



Conclusion: Those who were chosen to be medicine men/woman had unique abilities they had compassion for all of GOD'S creation and to hear guidance not only from Great Spirit, and the Sprit world, but also from the animals and nature itself this is why they were chosen to become healers.

Native Teaching: the Seven Philosophies of being a true Native man

The wisdom of Native Elders is contained in the Seven Philosophies and is offered to Native American men so that they may be better fathers, sons, husbands, uncles, relatives, friends, Tribal members and citizens of the countries in which they live. The Seven Philosophies point the way towards a return to the values of Native American culture for the healing of individuals, families and Native Communities.



1st Philosophy: To the Women

The cycle of life for the woman is the baby, girl, woman, and grandmother. These are the four directions of life. She has been given by natural laws, the ability to reproduce life. The most sacred of all things is life. Therefore, all men should treat her with dignity and respect. Never was it our way to harm her mentally or physically. Indian men were never abusers. We always treated our women with respect and understanding. So from now on:

I will treat women in a sacred manner. The Creator gave women the responsibility for bringing new life into the world. Life is sacred, so I will look upon the women in a sacred manner.

In our traditional ways, the woman is the foundation of the family. I will work with her to create a home atmosphere of respect, security and harmony.

I will refrain from any form of emotional or physical abuse. If I have these feelings, I will talk to the Creator for guidance.

I will treat all women as if they were my own female relatives. This is my vow.

2nd Philosophy: To the children

As an eagle prepares its young to leave the nest will all the skills and knowledge it needs to participate in life, in the same manner so will I guide my children. I will use the culture to prepare them for life.

The most important thing I can give to my children is my time. I will spend time with them in order to learn from them and to listen to them.

I will teach my children to pray, as well as the importance of respect.

We are the caretakers of the children for the Creator. They are His children, not ours.

I am proud of our own Native language. I will learn it if I can and help my children to learn it.

In today's world it is easy for the children to go astray, so I will work to provide positive alternatives for them. I will teach them the culture. I will encourage education. I will encourage sports. I will encourage them to talk to the Elders for guidance; but mostly, I will seek to be a role model myself.

I make this commitment to my children so they will have courage and find guidance through traditional ways.

3rd Philosophy: To the family

The Creator gave to us the family, which is the place where all teachings are handed down from the grandparent, to the parent, and to the child. The children's behavior is a mirror of the parents' behavior. Knowing this, I realize the importance for each Indian man to build a strong and balanced family. By doing this, I will break the cycle of hurt and ensure the positive and mental health of the children, even the children yet to be born. So from now on:

I will dedicate my priorities to rebuilding my family.

I must never give up and leave my family only to the mother.

I am accountable to restore the strength of my family. To do this, I will nurture our family's spiritual, cultural, and social health. I will demonstrate trust, respect, honor and discipline; but mostly I will be consistent in whatever I do with them.

I will see that the grandparents and community Elders play a significant role in the education of my children.

I realize that the male and female together are fundamental to our family life. I will listen to my mate's council for our family's benefit, as well as for the benefit of my Indian Nation.

4th Philosophy: To the community

The Indian community provides many things for the family. The most important is the sense of belonging; that is, to belong to "the people", and to have a place to go. Our Indian communities need to be restored to health so the future generation will be guaranteed a place to go for culture, language and Indian socializing. In the community, the honor of one is the honor of all and the pain of one is the pain of all. I will work to strengthen recovery in all parts of my community. As an Indian man:

*** Continued on next page ***

I will give back to my community by donating my time and talents when I am able.

I will cultivate friendships with other Indian men for mutual support and strength.

I will consider the effects of our decisions on behalf of the next seven generations; in this way, our children and grandchildren will inherit healthy communities.

I will care about those in my community so that the mind changers, alcohol and drugs, will vanish, and our communities will forever be free of violence.

If each of us can do all these things, then others will follow; ours will be a proud community.

5th Philosophy: To the earth

Our Mother Earth is the source of all life, whether it be the plants, the two-legged, four-legged, winged ones or human beings. The Mother Earth is the greatest teacher, if we listen, observe and respect her. When we live in harmony with the Mother Earth, she will recycle the things we consume and make them available to our children and to their children. As an Indian man, I must teach my children how to care for the Earth so it is there for the future generations. So from now on:

I realize the Earth is our mother. I will treat her with honor and respect.

I will honor the interconnectedness of all things and all forms of life. I will realize the Earth does not belong to us, but we belong to the Earth.

The natural law is the ultimate authority upon the lands and water. I will learn the knowledge and wisdom of the natural laws. I will pass this knowledge on to my children.

The mother Earth is a living entity that maintains life. I will speak out in a good way whenever I see someone abusing the Earth. Just as I would protect my own mother, so will I protect the Earth. I will ensure that the land, water, and air will be intact for my children and my children's children.

6th Philosophy: To the Creator

As an Indian man, I realize we make no gains without the Great Spirit being in our lives. Neither I nor anything I attempt to do, will work without the Creator. Being Indian and being spiritual has the same meaning. Spirituality is our gift from the Great One. This day, I vow to walk the Red Road.

As an Indian man, I will return to the traditional and spiritual values which have guided my ancestors for the past generations. I will look with new eyes on the powers of our ceremonies and religious ways, for they are important to the very survival of our people.

We have survived and are going to grow and flourish spiritually. We will fulfill our teachings and the purpose that the Creator has given us with dignity.

Each day, I will pray and ask for guidance. I will commit to walk the Red Road, or whatever the spiritual way is called in my own culture.

If I am Christian, I will be a good one. If I am traditional, I will walk this road with dedication.

If each of us can do these things then others will follow. From this day forward, I will reserve time and energy for spirituality, seeking to know the Creator's will.

7th Philosophy: To myself

I will think about what kind of person I want to be when I am an Elder.

I will start developing myself now to be this person.

I will walk with the Great Spirit and the grandfathers at my side. I will develop myself to remain positive. I will develop a good mind.

I will examine myself daily to see what I did good and what I need to improve. I will examine my strength and weaknesses, then I will ask the Creator to guide me. I will develop a good mind.

Each day, I will listen to the Creator's voice in the wind. I will watch nature and ask to be shown a lesson which will occur on my path.

I will seek out the guiding principles, which guided my ancestors. I will walk in dignity, honor and humility, conducting myself as a warrior.

I will seek the guidance of the Elders so that I may maintain the knowledge of culture, ceremonies, and songs, and so that I may pass these on to the future generations.

I choose to do all these things myself, because no one else can do them for me.

I know I cannot give away what I don't have, so I will need to walk the talk.

Native Recipe

Apples & Bacon



Two foods brought by the colonists during the 17th Century were combined to make a delicious and popular dish for white man and red man alike.

Pigs were introduced to New England in the late 1600's although prior to that time, pork and hams were "imported" from the south, mainly Virginia.

Apple trees came with the first settlers and by the mid-eighteenth Century, apples were growing in every colony.

Ingredients:

1 lb bacon

1 cup brown sugar

4 to 6 lbs apples (mixed varieties)

2 tablespoons cinnamon

Instructions:

Fry 1 pound of bacon - crispy. When done, remove bacon and set aside. Cut apples into bite sized pieces, leaving skins on. Mixed varieties of apples make for a better taste. Saute` apples in the bacon grease until tender.

Sprinkle apples with the brown sugar & cinnamon. Crumble the bacon over the top. Stir well and serve hot.

Serves approx. 6

Next meeting:



**** Sunday Sept 4, 1:00**
@ 222 Middle Rd Portsmouth
Guests Always Welcome



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www.stjo.org

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- 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:

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&

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



Inspirational:

"Prayer is the best answer to all of the trials that face us, because without prayer, even if we succeed in accomplishing some great goal in the eyes of men, we have failed in our sacred responsibilities, and thus we have failed in what is truly important."

--Thomas Yellowtail, CROW

From 3 Horses:

Summer is almost over. Soon fall will be upon us. I hate to see summer leave, but I will welcome the cooler weather. We cannot stop the changing seasons, we can only adapt to it. This summer has been full of hard work, both physical and spiritual. We have opened some new doors, we have made some new friends, we are growing and changing, just like the seasons. Creator is watching us, from a distance, but is in our midst whenever we call upon Him. Look forward to the new growth, embrace the chance for change, enjoy what He puts before us. Each day is a learning experience, hopefully we will be learning these things together and together we will grow. Open your ears, open your mind, open your heart, and let Him speak to you. Talk with Him as you would anyone else. Listen & look for change. Change is good.

There will be much to discuss at this month's meeting. Please plan to attend. Remember, any/all guests are welcome to attend any of our meetings or events. If you have a friend who you think may enjoy what the Council has to offer, invite them to the meeting. Weather permitting; the meeting will be outside, with a pot-luck or cookout to follow. If the weather is bad, we may hold the meeting in the Council tee-pee or in the house.

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.