Winter/
2012

# The Nipmuck Talking Stick

Wunnegin Ninnimissinnuwock

A Correspondence of the Chaubunagungamaug Clan of Nipmucks

Webster-Dudley
Massachusetts

It's What You Scatter

I was at the corner grocery store buying some early potatoes...I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily apprising a basket of freshly picked green peas.

I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes.

Pondering the peas, I couldn't help over hearing the conversation between Mr. Miller (the store owner) and the ragged boy next to me.

"Hello Barry, how are you today?"

"H'Lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas. They sure look good"

" They are good, Barry. How's you Ma?"

"Fine. Gittin' stronger alla' time."

"Good. Anything I can help you with?"

"No, Sir. Jus' admirin' them peas"

"Would you like to take some home?" asked Mr. Miller.

"No, Sir. Got nuthin' to pay for 'em with."

"Well what have you to trade me for some of those peas?"

All I got's my prize marble here."

"Is that right? Let me see it," said Miller

"Here 'tis. She's a dandy."

I can see that. Hmmm, only thing is this one is blue and I sort of go for red. Do you have a red one like this at home?" the store owner asked.

"Not zackle but almost."

"Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble." Mr. Miller told the boy.

"Sure will. Thanks Mr. Miller."

Mrs. Miller, who had been standing nearby, came over to help me.

With a smile she said, "There are two other boys like him in our community, all three are very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes, or whatever.

When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one when they come on their next trip to the store."

I left the store smiling to myself, impressed with this man. A short time later I moved to Colorado but I never forgot the story of this man, the boys, and their bartering for marbles.

Several years went by, each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Mr. Miller had died. They were having his visitation that evening and knowing my friends wanted to go, I agreed to accompany them. Upon arrival at the mortuary we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could.

Ahead of us in line were three young men. One was in arm uniform and the other two wore nice haircuts, dark suits and white shirts..all very professional looking. They approached Mrs. Miller, standing composed and smiling by her husband's casket.

Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket. Her misty light blue eyes followed them a, one by one; each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket. Each left the mortuary awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and reminded her of the story from those many years ago and what she had told me about her husband's bartering for marbles. With her eyes glistening, she took my hand and led me to the casket.

"Those three young men who just left were the boys I told you about.

They just told me how they appreciated the things Jim 'traded' them. Now, at last, when Jim could not change his mind about color or size...they came to pay their debt."

We've never had a great deal of wealth of this world," she confided, "but right now, Jim would consider himself the richest man in Idaho..."

With loving gentleness she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shined red marbles.

The Moral:

We will not be remembered by our words, but by our kind deeds. Life is not measured by the breaths we take, but by the moment's that take our breath away.

## Memories

© Louise Bailey

I feel a warmth around me
like your presence is so near,
And I close my eyes to visualize
your face when you were here,
I remember the times we spent together
and they are locked inside my heart,
For as long as I have those memories
we will never be apart,
Even though we cannot speak no more
my voice is always there,
Because every night before I sleep
I have you in my prayer.

Little Crow Henries
Address: Heaven

Dear Crow

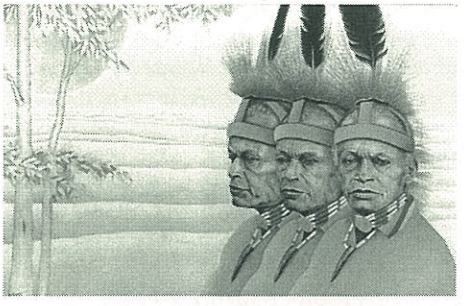
Lost love is still love. It takes a different form, that's all. I can no longer see your smile or share 'take out' with you, nor can I any longer sit at your table and listen to your wisdom, your teachings and your bad jokes. But when those senses weaken, another heightens. Memory. Memory became my partner. I nurture it. I hold it. I treasure it.

"Life has to end, Love doesn't"

Our Beloved Elder Little Crow has started his journey with the Creator. He was a husband, a father, a grandfather, an uncle, a brother, a cousin, a leader, a spiritual guide and a friend. His philosophy was and always has been inclusion. Inclusion to all of us who were lucky enough to have been part of his life. He is missed immensely, I miss him terribly, I loved him.

# Honoring the Past, Respecting the Present and Protecting the Future in the Name of Seven Generations

## WISDOM OF A NIPMUCK ELDER



**Ronald G. (Little Crow/Konkontu Peauwe) Henries, Sr.,** 80 of Providence RI, was called home Friday, October 26, 2012 after a six year battle with colorectal cancer. He was at home with his beloved family.

The tribal statesman and Algonquin elder, revered for his cultural knowledge, contribution and legendary ceremonial pouches throughout Native America, was husband and soul-mate to his wife of 49 years, Carol C. (Johnston) Henries.

Visitation will be held at Bright Funeral Home, 290 Public Street, Providence RI on Friday, November 2, 2012 from 7:00 – 9:00 p.m. (with additional parking across the street in the Met School Complex).

Principle ceremonies and honoring will commence on Saturday, November 3, 2012 at 10:00 a.m., Manning Chapel, Brown University, One Prospect Street (at the corner of College Hill and Prospect) with visitation beginning at 9:00 a.m.

As a result of the sacrifice by his mother, Elsie Isabella Henries, **Little Crow,** through the care and compassion of **Annie (Seketau) and Hilton Thornley (a 3rd set of "grandparents")** and under the guidance of New England Algonquin Elders. His mentors included Narrangansett Nation Chief Ed Red Sunset Micheals, Chaubunagungamaug Nipmuck Elder, Frank Nichols and Narragansett Nation Chief Clearwater, Horatio S.B. Stanton. Because of their guidance Little Crow became a pioneer for change and a leader for the betterment of native people throughout the head of turtle island/New England Region while earning respect from tribal nations around Native America and amongst general populations.

Predeceased by his youngest daughter Kim Little Fawn Henries, Little Crow is survived by daughters: Pamela Shining Star Henries- (John) Matthews, Toni Mitchell and Rhonda Henries Brings Plenty. Little Crow also remains represented by sons: Bryan (Denise) Johnson, George (April) Johnson, Hawk (Lisa) Henries, Dr. Jeffery (Maria) Johnson, Gary (Joann) Johnson, Mike (Nancy) Johnson, Marc (Maritza) Johnson, Joel (Valerie) Mitchell, Ronald (Pam) Mitchell, Thomas Mitchell, Derek Raven Henries and Darryl Eagle Feather Henries.

Little Crow is survived by his sisters, Edith Giving Heart Crum, Dolores Hicks and Brother, Guy (Carol) Russell. He is predeceased by sister, Brenda (Robert) Hull and brothers, Edward (Lee) and Howard (Bo) Russell. He is further represented by 29 grandchildren, 13 great grandchildren, numerous nephews, nieces, cousins, with extended family across the United States and abroad.

Little Crow's life experiences were bountiful and impacting. In the early years, his love for music was elevated during his tenure with music sensations the Castaleers and Dipsey and the Doodles. His gift of song was showcased early in his life with records and concerts that gained fame regionally, nationally and internationally.

A born advocate for human rights and quality of life issues, Little Crow under the Henries-Mansolillo Ticket, became the first Native American to serve on the Providence City Council. He was a trailblazer for change who advocated and empowered his constituents. In addition he collaborated with numerous other leaders who also became stewards and architects for change including Charles Mansolillo, Michael Van Leesten, and the late Lloyd Griffin.

## Little Crow

Little Crow was also known to an inner circle of close confidants as simply "Crow"; someone who was many things to many people. He himself was a confidant to more than the eyes could count. He was a coalition builder, diplomat, mediator, negotiator, advisor, listener, visionary, advocate but above all, he was a friend. His ability to develop and cultivate relationships was unprecedented. He had the gift to connect with people from all walks of life and connect people with people.

With Crow, relationships and respect were the two key elements in his value system. Friendships were a mere milestone for Crow, for all relationships matured to family status. In this life, you have the opportunity to define your "being" along with your value system. When identity and relationships are established, they revolve and evolve around many factors.

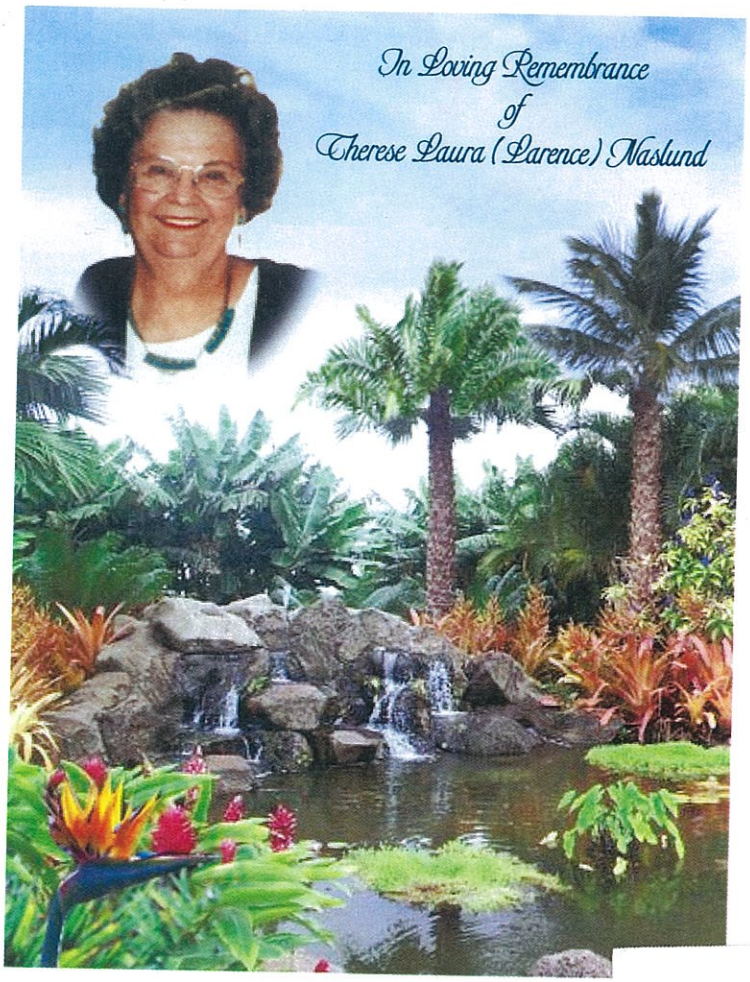
Relationships can strengthen the foundation of your identity and your being can strengthen the foundation of those relationships. Materialism can influence the make-up of your value system but homes, cars and money have no longevity. Careers can give you insight but should not blind you. Relationships and respect, like the company you keep and the regard you have for all that is creation, transcends the biological definition of family.

When people depart from this physical life, the disconnection is temporary. Their work here is done and their journey continues in another venue which we may not understand at this time. We all have vision quests to fulfill, some sooner than others. The quality of this physical life is interdependent on other forms in the circle of life. What you do while you are here heavily impacts not only how you are remembered, but in what direction you shall travel as your journey continues and you too fulfill your own vision quest.

## Acknowledgement

The family expresses heartfelt thanks for the comforting messages, prayers, flowers, and many other expressions of kindness and concern shown to us.

In lieu of flowers, donations can be made to the Providence Rescue Mission, 626 Cranston Street, Providence RI 02907, in memory of Ronald Little Crow Henries, Sr.




*In Loving Memory Of*

***Richard Leroy Naslund***

Born

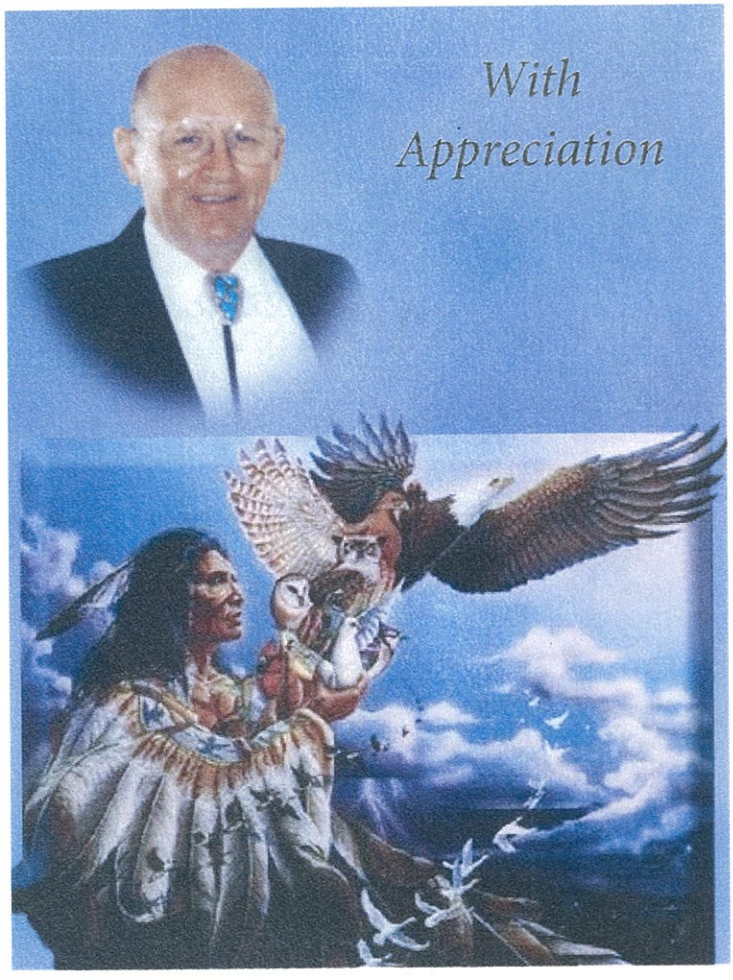
**July 17, 1930**

Entered Into Eternal Rest

**August 28, 2012**

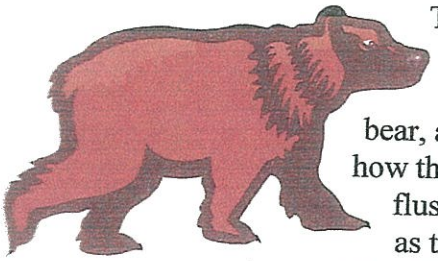
Do not stand at my grave and weep,
I am not there. I do not sleep.
I am a thousand winds that blow.
I am a diamond glint on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.
When you awake in the morning hush,
I am the swift uplifting rush of
quiet birds in circling flight.
I am the soft star that shines at night.
Do not stand by my grave and cry…
I am not there. I did not die.
I live with the Risen Lord.

**Dyer-Lake Funeral Home**
**North Attleboro, Massachusetts**

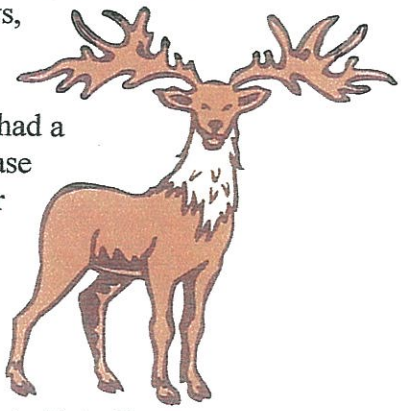


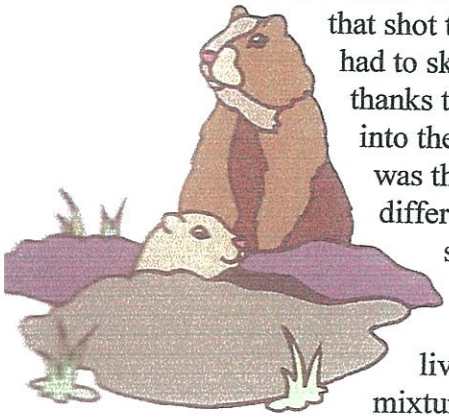
## Hunting Moon

ad/cha/eu---ne/pauz



The hunting moon is celebrated the beginning of November. This is when our braves meet and discuss what will be the method of travel, to hunt for birds, deer, bear, and moose. The men would sit for hours just discussing how this should work. The strategic plan was that we could flush them out of hiding, and the other men can shoot them as they run from the bushes, we can also get some pheasant that could be hiding in the brush, they are very good eating, but it takes quite a few to supply the whole village. One brave said well some of us can have turkey and some can have pheasant, there are some that don't like the taste of turkey and some that don't that don't like the taste of pheasant. The men settled down and got back to making plans for the hunt. They started to make points for their arrows, twisted sinnu, for their bows, they also had to carry a meeche pouch. This is a pouch that the men would fill with dried corn. The hunters never carried a lunch to eat when they were tracking an animal. They had a young brave that would carry extra arrows, and an extra bow, just incase one of the hunters would break one. When the hunters shot a turkey or a pheasant, the runner would take the bird back to the village, so the women could pluck it clean it and get it ready for cooking. When the weather got cooler, the men would look for deer, and when they found one, and shot it, the one who shot it would take his leather thongs, and hang the deer in a tree. After taking the life of an animal, a prayer was said to Creator to give thanks for a successful hunt. Entrails were buried at the place of the kill to give thanks to the spirit of the animal. The hunter would then send his runner back to the village, to get the woman that was the wife of the hunter that shot the deer. While the runner was gone to get the woman, the brave had to skin the deer half way down, and bury some of the intestine to give thanks to Creator. He took an arrow with his marking on it and stuck it into the flank of the deer, so the woman would know just which deer it was that she had to bring home. Arrowheads were made of many different materials such as bone, stone and antler. They were different sizes depending on what game was being hunted. She had to finish skinning the deer, and cut the deer into quarters and brings it home, even if it took four trips. After that she would take the liver, the brain, and the heart out and grind them all together, this mixture was used to tan their hides. To take the hair off the deer, the men would take ashes from the fire pit, mix it with water, then they would put the skin in the water, and every day they would turn the skin over. Eventually – after many days they would take the skins out of the water, and wash it off, the hair would fall off as the men





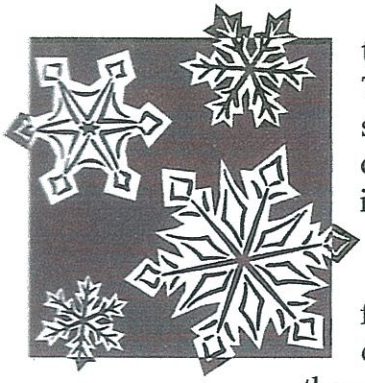
A Simple Pineapple –

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today.
It is a multiple fruit. One pineapple is actually made up of dozens of individual floweret's that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.
Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Color is relatively unimportant in determining ripeness. The more scales on the pineapple, the sweeter and juicier the taste. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.
After you cut off the top, you can plant it. It should grow much like a sweet potato will.
This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today.
If we take a more detailed look at it, we will find that pineapple is valuable for easing indigestion, arthritis or sinusitis. The juice has an anthelmintic effect; it helps get rid of intestinal worms. Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue.
It is particularly helpful to older adults, whose bones tend to become brittle with age.
Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory. In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.
Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.
Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat.
If you have a cold with a productive cough, add pineapple to your diet.
It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations.
Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.
Pineapple is also known to discourage blood clot development. This makes
it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.
An old folk remedy for morning sickness is fresh pineapple juice.
It really works! Fresh juice and some nuts first thing in the morning often make a difference.
It's also good for a healthier mouth. The fresh juice discourages plaque growth.

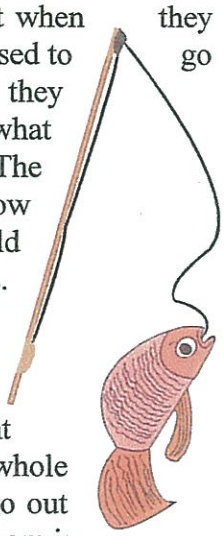
DO I HEAR A VOTE FOR A NATIONAL PINEAPPLE DAY?

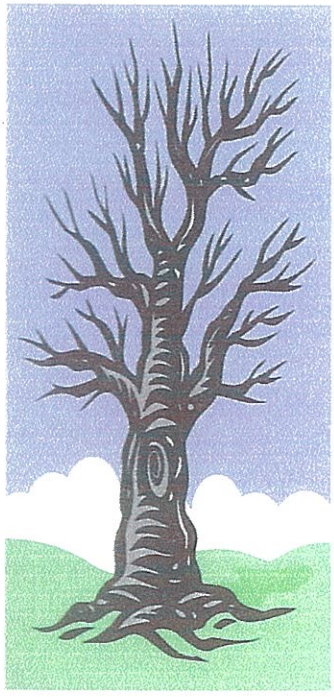
## Freezing Moon

Ta/quat/tin-----ne/pauz



The freezing moon is the time of the year when all the people in the villages prepare for the hard winter that's coming upon us fast. The north starts to blow it's cold winds and send shivers up your spine, when this happens you know you better get your warm skins out to shield your body from frostbite. You kept the young people inside the lodge where it was warm, gathering in a circle around the fire, and listening to the elders tell stories about when they were young. They would talk about the way they used to go fishing through the ice, and catch more fish than they did during the summer months. It didn't matter what they said it held the attention of the young people. The elders would tell about the deer they got during the hunting moon, and how they are going to have some for supper that night. All the elders would join together in each other's komuk and entertain the young folks. Sometimes the mothers would tell some of her stories during the summer months. The kids would sit very quietly and listen to every word the elders talked about. They had a root cellar that they used for an icebox, this is the place they kept all the meat. They would take a small amount out and make a stew. They would make enough to just about feed the whole village. They didn't have kitchen tables or a dining room, they had to go out and sit around the fire to stay warm while they ate, there wasn't enough room in side the komuk, for all the people to sit and eat, each person was given a portion of the stew, and some corn bread, it was like having a cook out every day. The days grew shorter and colder. You couldn't go outdoors, it was so cold that you wouldn't want to go out. So you would take your mats and pick a place where the wind wasn't coming in, and curl up with your skins and go to sleep, and rest up for the next day. The next day when you got up, maybe there would be a foot of snow at the entrance of the komuk. The young braves would have to clean the snow away. They would use big clamshells like they used to turn the earth when they planted their gardens. It took a while but it had to be done. The women had to get to the root cellar to get some more meat or fish to cook for supper. The fish were caught in the summer, they were cleaned, and some of them were salted and some were smoked. The men would do this during the giving moon, to make sure they had enough meat and fish to last all winter. They would also put some of the vegetables that they grew last summer. With the corn and lima beans, they would make succotash and corn bread, what a meal that was. I can taste it now, the soup the corn bread, and the hot tea that we had with every meal, which helped to warm us up in the cold weather. Oh To Live It All Again…





Also the time of Nikommo……..
Nikommo was a little spirit who dwelled in the Fir trees at wintertime. He was a kind of Santa Claus. During Freezing Moon, when game and fish were scarce, this little spirit would lead the hunters to where the game were and would lead the fisherman to where schools of fish were under the ice. He was very helpful and was loved among the people.

Loving one-----Chief Wise Owl
Snow Elk

Nikkomo 2012 was held at the Christ Church in Webster. There was about 65 in attendance people this year. It's start time was 6 p.m. David "Tall Pine " White said the opening offering and the thanks for the gifts of food that we were about to have. There were soups and stews, pastas of every sort, rice dishes, and everybody's favorite dessert. Coffee and tea was available for the adults and soft drinks for the children.

Larry " Spotted Crow" Mann and the Quabbin Lake Singers provided the traditional music for everyone to dance to the wished to dance. Ken " Kind Warrior " White and his wife Ann held a raffle with some wonderful gifts which included some new tribal t-shirts.

A special thank you has to go out to everyone that stayed and help clean up after the ceremony. I ( Silver Fox ) thank you very much.

In closing Nikkomo was a success.

Respectfully

Tom Silver Fox Morse

Blast from the Past

...as Manitua (Blessed by Creator) wearing typical symbolic ...ets to show appreciation for Earth's bounty and the gift of life ...through the Darling family, with many Narragansett/Nipmuc

Birthday greetings to the elder Chief Strong Horse

Manchester Manor
385 West Center St.
Room 1012 east wing
Manchester, CT 06040

Happy Birthday to Wompisik Unnokon

c/o Veronica Elkallassi
4 Squirrel Island Rd.
W. Wareham, Ma.02576

11/4 cup of flour
¼ tsp salt
½ TBLS shortening
About 1 cup of water
Shortening or oil for frying

Sift flour and salt into a bowl. Add the shortening and blend well. The water should be hot, but not boiling. Add water a little at a time, blending well. The dough should be soft but not sticky. You may need a little more or less water. Blend well and knead for 1-2 minutes. Turn out on a floured board and knead until very smooth. Divide into little balls, cover and let rest for 30 minutes.

Roll out each ball as thin as possible, into about 4-5 inch circles. Heat ½ cup of shortening or oil in a skillet and drop each piece of dough into the fat. Press down in the center, release. When they are puffed up, turn and brown the other side. Drain them on paper towels and serve hot . Sprinkle with powdered sugar or honey.

Do It Anyway

People are often unreasonable, illogical and self-centered; Forgive them anyway.

If you are kind, people may accuse you of selfish, with ulterior motives; Be kind anyway.

If you are successful, you will win some false friends and some true enemies; Succeed anyway

If you are honest and frank, people may cheat you; Be honest and frank anyway.

What you spend years building, someone could destroy overnight; Build anyway.

If you find serenity and happiness, they may be jealous; Be happy anyway.

The good you do today, people will often forget tomorrow; Do good anyway.

Give the world the best you have and it may never be enough; Give the world the best you've got anyway.

You see, in the final analysis it is between you and our Creator; It was never between you and them anyway

Dear Readers,

The original purpose of The News-Paper was to expose the reader to Both English and it's literal equivalent in Native, so the reader could Become equally proficient in Both Languages. After two years of this Bi-lingual News-Paper, the Feed-back that I'm Now receiving is that The News-paper, where the Language is concerned, is more confusing than enlightening; and the reason For this is that The News-paper is a finished product without an explanation of How the product is produced. If I give you a cake, you still Don't Know the recipe; so we are going to study the ingredients of Both languages. We are going to study Grammar.

What is The Infinitive: To Eat, to Sleep, to Go, is the infinitive Form of the verb in English, Now How Do we Form the infinitive in The Language. In the Language we usually add, "-ŭnát" or it may Be -ēnát, -ĭnát, -onát, -ānát Depending on the last letter of the verb. Meets-ŭnát (to Eat), Kouw-ēnát (to Sleep), and Monch-ēnát (to Go).

What is The Past Participal: Eaten, Slept, Gone, is the past participal Form of the verb in English, Now How Do we Form the past participal in The Language. In the language we take the infinitive, Be it: "-ŭnát, -ēnát, -ĭnát, -onát, -ānát, All we need to Do is Drop the, "át", and we are left with the past participal Ending (suffix): Meets-ŭn (Eaten), Kouw-ēn (Slept), Monch-ēn (Gone).

What is the Present Participal: Eating, Sleeping, Going, is the present participal Form of the verb in English, Now How Do we Form the present participal in The Language. In the language we add, "-ont" to the root of the Verb: Meets-mont (Eating).

Kouw·ent (Sleeping), Monche·ent (Going).

What is the Article: in English and Native there are two articles. In English they are: "a", and "the". In Native, "a", is, "P(w)ā́sŭK," and, "the," is Formed By Doubling the first letter and putting a, "U," in Front of it. Man is Woskḗ·t·omp, so "the - Man" would Be, "Ŭw·Woskḗ·t·omp," But if the word starts with a Vowel (A, E, I, O, U, + S.T.'s Y), the, the word For, "the," is, "Wŭt-."

What is the Simple Past Tense: (I) ate, (I) slept, (I) went, is simple Because it's a one word past verbal Form: I ate is Nēēn Nŭm·Meēts·ōōp, (I) slept is Nēēn Nŭk·Kouwēēm(w)ōōp, (I) went is Nēēn Nŭm·Monchĭp.

What is the composite Past Tense: (I) Have eaten, (I) Have Slep (I) Have Gone, is composite Because it takes two verbal Forms (Auxiliary Form of Have (Mā́hchē) and the Past Participal of the Verb (Verb root, plus the suffix (-ŭn, -ēn, -ĭn, -on, -an)). (I) Have eate is Nēēn Mā́hchē Meēts·ŭn, (I) Have Slept is Nēēn Mā́hchē Kouwēn, (I) Have Gone is Nēēn Mā́hchē Mónch·ēn.

This is the End of Lesson One.

# THE WANDERING BULL, LLC

"VIRTUALLY" EVERYTHING YOU NEED TO POWWOW...

WANDERINGBULL.COM

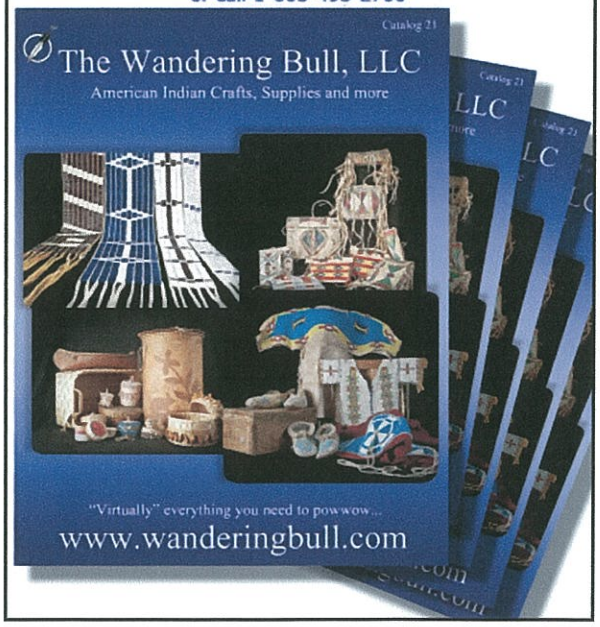
# POWWOW SCHEDULE

## 2013 New England & Beyond Powwow Schedule

Welcome to the Powwow & Event Schedule sponsored by The Wandering Bull, LLC
Powwows plus Other Events listed. Please read each listing for details.
If you need more information. PLEASE call the event sponsor.
We have listed the information provided by the event sponsor.
SPECIAL THANKS: The New England powwow list is made possible by the hard work and efforts of Little Winona (June) Hendrickson who is carrying on the tradition of her mother, Princess Winona.
The Wandering Bull, LLC will be at events in Italic type.
Updated 02/22/2013

**Mar 3** - Pocasset Wampanoag Tribe: Pow-wow, Fall River Boys & Girls Club, 803 Bedford Street, Fall River, MA 508-837-9770
**Mar 9** - Dighton Indian Council: Pot Luck & Dancing Social, Dighton Council Hall. 1111 Somerset Ave, Rte 138, Dighton, MA 508-880-9507
**Mar 9** - Nipmuck Indian Council of Chaubunagungamaug: Melting Moon & Pot Luck, 6 PM, United Church of Christ, Church Street, Webster, MA 508-867-7958 (NT)
**Mar 10** -UNACC: 8th Annual Bear Feast (wake-up), (Fort) Devens, MA.19 Antietam St., Off Rte 2, Exit 37B, Jackson Entrance or Rte 495, Ext 29B, Rte 2A,thru' main entrance. 978-772-1306
**Mar 16** - Dighton Indian Council: Snow Crust Moon Pow-wow, Taunton Armory, 111 Honorable Gordon Owen Blvd, Taunton, MA 508-880-9507
Mar 23 - Aquidneck Indian Council 6th Annual Indoor Pow-Wow
Knights of Columbus Hall 7 Valley Road, Middletown RI 401-683-4589
Just off Rte114 West Main Rd & Rte 138 East Main Rd
April 6 - The Warrior Spirit Veteran's Powwow Honoring Grandmother Racoon Pixley
Norwich University Northfield Vt 802-685-3083 clinares@student.norwich.edu
**April 7** - Mass Center for N.A. Awareness: Annual Anniversary Celebration & Banquet, Lombardo's Conference & Function Facilities,6 Billings St., Randolph, MA 617-642-1683 (NT)
April 7 - 21st Annual Light the Lodge Pow Wow University of Connecticut, Storrs, CT (617) 792-0386
April 6-7 - Chattanooga Pow Wow on the River 2013 Competition Pow Wow
First Tennessee Pavilion, Chattanooga, TN 423-240-7270
**April 13** - Dighton Indian Council: White Wolf Bake Goods Auction Fundraiser, Pot Luck & Dancing Social, 5 PM. Loc: See Jan 12. (NT) 508-880-9507
April 13 -Laconia Indian Historical Assoc.(LIHA): Annual Sugar Run Pow-wow, Memorial Middle School, 150 McGrath St., Laconia, NH 603-878-5697
***April 13 - 12th Annual Brown University Spring Thaw PowWow, Providence RI***
***April 13*** - Rose State College 2nd Annual Contest Powwow Midwest City, Oklahoma 405- 736-0347
April 19-21 - United Cherokee 15th Annual Festival & Native American Pow Wow
3550 Creek Path Road, Guntersville, Alabama, 35976 256-582-2333
**April 27** - Harvard University Native American Program: Annual Pow-wow, Radcliffe Lawn, 10 Garden St., Cambridge, MA (Tent.) 617-495-4923
April 27 - American Indian Pow Wow Mount Trashmore Park
310 Edwin Drive, Virginia Beach, VA 23462 757-385-2990

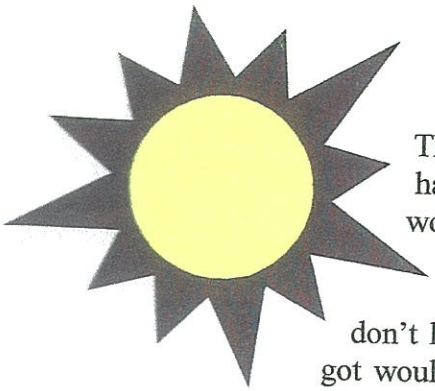

CATALOG 21 Is Now Available!
Get your FREE copy of
our 72 page full color catalog
at Wanderingbull.com
or call 1-603-495-2700




Save on shipping...Call in your order and we will deliver it to a Powwow we are attending! 1-800-430-2855


See highlighted events for where you can find The Wandering Bull, LLC

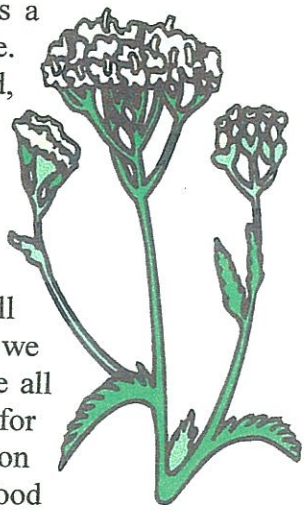
March 9th

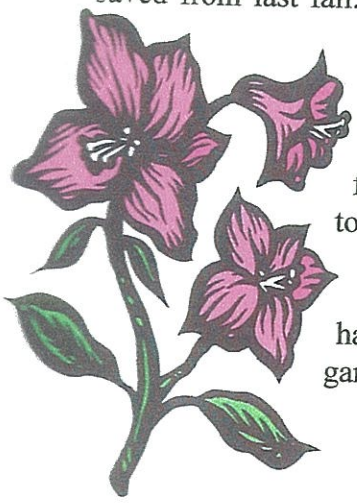


## Melting Moon

Ad/bot/te/au----ne/pauz

The Melting Moon is the time of the year that the snow and ice, (That had us in a freeze all winter, that kept us from having fun, and working out of doors), are now warming the lakes, and rivers will start to melt and make it possible to go out, and do all the things that we wanted to do all winter long. Although we can't say that we don't like the winter, because if it wasn't for the winter the deer that we got would not have been out looking for food, and the rivers and streams would not have frozen, and the little fish would not have hatched, the big fish would have eaten all the little fish, and would have made it hard for the fish to grow, and give us fish for the next few years. So all this means is that winter is a necessary, and good for our survival, and to keep the seasons in balance. The Melting Moon means that soon we will be able to go swimming and, go out picking wild flowers for our mothers. You can start to hear the little tree frogs peeping, and the big bullfrogs, grunting, and the scent of flowers in the air. Melting Moon is the time to thank the Creator, for letting us make it through the winter, and that all our children are still healthy, and ready to go and have a good time. The Melting Moon is the time of the year when we all gather together and thank our Creator for all good things. We ask the Creator for a good season to plant our seeds that we saved from last fall. It's not only the seeds we thank the Creator for; we all have something to be thankful for. We are thankful for the babies that were born during the cold winter season and thank Him for the cold he sent us to keep our food cold and preserve it for the next two seasons. The next season is fall and that's when we start to replenish our food, start to make our tools, arrows, and bows. This time of the year we all have to work together and get the young braves, (the runners) to make their leather thongs for hanging the deer that we get in the trees. We also have to lend a hand in getting in the fruit and vegetables from our gardens. This is the beginning of the last season of the year.





This Is Our Melting Moon

By Loving One, Chief Wise Owl
Illustrations by
Snow Elk and Southern Butterfly

rubbed it. They would then stretch the skin, and scrape all the meat and fat off the skin. They would then let it dry for a few days. They would take the skin down. The skins were now ready for tanning. The tanning solution (the stuff the women had ground up) was rubbed into the hides to soften them. They would pull the skin over a round log, break the tissue, and make it useable. This took many hours of time. Thank the Creator for his teachings.

Loving One and Chief Wise Owl
Illustrations By
Snow Elk and Southern Butterfly

If you feel like you are coming down with a case of the sniffles - don't despair.

There are some natural remedies that can help you feel better in no time by boosting your immune system.

**A Natural Defense for Your Stomach**

**Plantains**

If you have ever had a stomach bug, and who hasn't, you know it can really put you out of commission. But there is something you can do to stop a stomach virus in it's tracks. Research shows that plantains, which are a relative of bananas, help protect the gut and stomach lining from unfriendly bacteria. They contain a large amount of insoluble fiber, which has been proven to reduce E. coli in the digestive tract by more than 80 percent. Plantains are also rich in potassium and immune-boosting nutrients like vitamin C and vitamin A.

## How to Prevent Cold and Flu

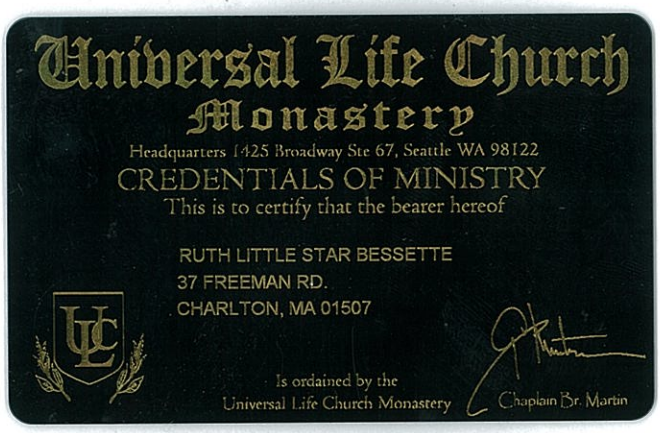
**Echinacea**

A traditional remedy used by Native Americans, echinacea is also known as purple cone flower. Many human clinical studies have shown that echinacea, a traditional herbal cold remedy, does in fact reduce both the severity and the duration of colds. Your best echinacea remedies are those made from fresh echinacea. Try the Gaia Herbs brand or the Herb Pharm brand of fluid echinacea extracts, or Echinaforce by A. Vogel. You can also get echinacea as an herbal tea. Try Traditional Medicinal's Echinacea Plus.

**Ginger**

Fresh ginger root is my favorite pick for cold care. Buy ginger fresh (preferably organic) and cut a piece about an inch and a half long. Either chop the ginger finely, or grate it. Put the finely minced ginger into a tea strainer, and put the tea strainer in a cup. Pour fresh boiling water into the cup. Let the tea sit for five minutes. Remove the tea strainer, and squeeze the ginger with a spoon to get a bit more of the ginger juice into the cup. Flavor with a spoonful of honey, and sip. Ginger contains a group of compounds called sesquiterpenes, which kills rhinoviruses, the agents that cause colds. So when you have a cold, several bracing cups of fresh ginger root tea can help you to reduce the severity and duration of that unwanted event. Ginger tea also helps to relieve a sore throat. Drink three or more cups daily until you are well. For children, dilute the concentration of the tea, so it's less spicy.

# Free Book Cases

# Call

# Tina @ 5088641827