



Newsletter

The United Cherokee Nation (UCN)

An International Tsalagi (Cherokee) Tribal Membership Organization

"Gathering The Lost Tsalagi (Cherokee) Into One Tribal Membership Organization"

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Observe Everything As You Walk - "A-ga-ses-do-di I-gv-wa-de-le-gi A-is-v-i"

There is a saying in Cherokee that my grandfather taught me as a child. He'd say, "Observe everything as you walk" (A-ga-ses-do-di i-gv-wa-de-le-gi a-is-v-i). He didn't mean just to see things, or notice things, but to "observe" them meant to be sensitive to the lessons, the voices, and the feelings that something stirred within you, to take some time and watch it - how it moves, dances, flies, or sings. These things got more at the sense of what the Creator had for us to learn and what Creator was trying to tell us.

Recently I took a walk down a road after a thunderstorm and high winds had toppled a number of old trees and broken off limbs that were scattered down the street. As I was stepping over dead limbs that had blown off a row of mature trees, I tried to listen and I stood awhile in their midst to hear what they had to say. A cool and fresh smelling wind blew over me and on down the street, and all was quiet for a moment. It was as though Creator was giving me a personal object lesson of what the

"storms" can do in our lives. I thought about my own life and some of the recent "storms" I've encountered. And it's true, in the middle of the storm when the wind is gusting, the lightning is cracking and the storm clouds are getting darker, it's difficult to believe that our troubles are purposeful. Yet, the Great Spirit often allows a storm in our lives to clear out the dead wood so that new growth can occur. Isn't it interesting how fresh and new the air feels after a storm is over?"

In many ways, this is why there is such great respect for the "Thunderous", the Thunder Beings. They bring change and powerful lessons to go with it. I look back and I can see the dead wood, several cords of it, that has been blown from my life over the years. One of the most important things I have learned from these storms is that Creator is interested in our growth. He wants us to trust Him in the midst of the storms and to grow through them and become stronger and not fall apart.

Creator uses storms to make room for new growth in our lives. When we are face-to-face with a difficulty, we are up against a discovery, and we ought to keep our eyes open for the new things that are coming our way. Storms can be difficult, but we can allow life's storms to enable us to depend on each other and discover new strength in our togetherness.

I have learned to love storms and am known to stand out in them to experience them more fully! As storms come and go, and your life changes amid struggles and challenges, I urge you to take notice, observe everything as you are walking, and learn from the storms to clear out those things in your life that you no longer need to carry, release your burdens, and walk proud in the truth, and free as a Cherokee!

Aho!

By: Rev. Chief Tim Dancing Red Hawk
Tribal Council - Wisconsin Clan Chief

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Special points of interest:

- "Observe Everything As You Walk" a Teaching from my Grandfather By Reverend Tim Dancing Red Hawk
- Tribal Elder Jim Lee is in the Spotlight this month. Read his Emergency Survival article on the back page.
- Any interested member or reader can submit short articles to Chief Katey Ross Lee for inclusion in future months Newsletters.

Recipe of the Month

Roasted Wild Turkey

Ingredients:

- Wild turkey, 8-10 pounds
 - salt and pepper to taste
 - 2 small apples, sliced in half
 - 1 medium onion, cut in half
 - 2 stalks celery, sliced
 - 1 teaspoon sage
 - 6-8 slices bacon, melted bacon fat or butter
- Preheat oven for 20 minutes at 325F.

- Sprinkle turkey inside and out with salt and pepper.
- Place apples, onions and celery slices into the cavity.
- Sprinkle inside of the cavity with salt, pepper, and sage.
- Pull legs upward and tie them together with a string.
- Turn the wings under the bird and secure with toothpicks or a small skewer.
- Place turkey breast up on a rack in a roasting pan. Cover breast with bacon slices and a cheesecloth soaked in melted bacon fat or butter.
- Roast in the preheated oven 20 to 25 minutes per pound or until the joints move freely. Baste often with pan juices. Remove from oven and let stand 10-15 minutes before carving. Serves 8 to 10.

Cherokee Moons - November - The Trading Moon



November
Trading Moon
"Nu-da-de-qua"

Traditionally a time of trading and barter among different towns and tribes for manufactured goods, produce and goods from hunting.

The people traded with other nearby tribes as well as distant tribes, including those of Canada, Middle America and South America. Also the customary time of the "Friendship Festival"

Adohuna = "new friends made". This was a time when

all transgressions were forgiven, except for murder which traditionally was taken care of according to the law of blood by a clans person of a murdered person.

The festival recalls a time before "world selfishness and greed". This was a time also when the needy among the towns were given whatever they needed to help them through the impending lean winter season.

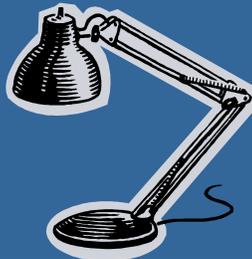
Reminder

2009 Dues are due each year as of January, please send them in, if you have not done so already. We remain a Membership supported Tribal Organization and do not have any other source of support to continue our cause.
Wado, SB

Member Spotlight



Jim Lee recently joined the ranks of the



Tribal Elder and
Oklahoma Clan Chief
Jim Lee

retired folks and now has more time to spend doing what he wants and not what he has to.

He is now busy as the Clan Chief of Oklahoma, working on the family property up on Lee's Ridge, fishing when he has a chance, and eventually will get back to making his custom knives.

He will also be writing a new emergency and preparedness article monthly for the newsletter, also seen on the Forum webpage.

A Cherokee Story - "How the Wildcat Caught the Gobbler"

The Wildcat once caught the Rabbit and was about to kill him, when the Rabbit begged for his life, saying: "I'm so small I would make only a mouthful for you, but if you let me go I'll show you where you can get a whole drove of Turkeys."

So the Wildcat let him up and went with him to where the Turkeys were.

When they came near the place the Rabbit said to the Wildcat, "Now, you must do just as I say. Lie down as if you were dead and don't move, even if I kick you, but when I give, the word jump up and catch the large stone there."

The Wildcat agreed and stretched out as if dead, while the Rabbit gathered some rotten wood and crumbled it over

his eyes and nose to make them look flyblown, so that the Turkeys would think he had been dead some time.

Then the Rabbit went over to the Turkeys and said, in a sociable way, "Here, I've found our old enemy, the Wildcat, lying dead in the trail. Let's have a dance over him."

The Turkeys were very doubtful, but finally went with him to where the Wildcat was lying in the road as if dead.

Now, the Rabbit had a good voice and was a great dance leader, so he said, "I'll lead the song and you dance around him." The Turkeys thought that fine, so the Rabbit took a stick to beat time and began to sing: "Gälägi'na hasuyak', Gälägi'na hasuyak' (pick out the Gobbler, pick out the Gobbler)."

"Why do you say that?" said the old Turkey. "O, that's all right," said the Rabbit, "that's just the way he does, and we sing about it."

He started the song again and the Turkeys began to dance around the Wildcat. When they had gone around several times the Rabbit said, "Now go up and hit him, as we do in the war dance."

So the Turkeys, thinking the Wildcat surely dead, crowded in close around him and the old gobbler kicked him. Then the Rabbit drummed hard and sang his loudest, "Pick out the Gobbler, pick out the Gobbler," and the Wildcat jumped up and caught the Gobbler.

Visiting Spirits - A Short Story

Visiting Spirits

There are so many events that are taking place around us. You must not just look at life as you pass through it. You must see what passes you as well.

During a time of contemplation one day I felt a sudden closeness. Bright lights danced throughout the room. They ran up and down and all around the walls, twirling as they went. It was an amazing sight to see these spirits at "play". As suddenly as they came, they went.

Later that day; As I was upstairs thinking about these dancing spirits I got a feeling that something was coming. I heard an out of place noise on the floor above me. I knew that whatever it was, it did not belong there. I went around to the end of the stairs and saw a reflection in the stairwell picture frame

of a child with wild hair and vaguely human features. It stood outside of the youngest one's room as he slept, and looked right at me. There was no evil presence, just an uneasiness that could easily slip into evil happenings. I remembered the lights and took courage from them. "It's alright I said, but you do not belong here, you must go. Do not return!" With sadness and acceptance it left and did not return again.

The reason I am telling you what happened this day is not to entertain you. It is to tell you that for all the evil in this world there is equal good. There is also the out of balance that can go either way. All it takes is for you to be kind, and do what is needed to help. Do not fear that which you do not understand, for in doing so you empower those that will take advantage of the out of balance, and encourage the evil to grow. Open your heart and mind to the pureness of love for all.

By; Sandi Ryan

Message from the Principal Chief

O'siyo Members, welcome to our first edition of The United Cherokee Nation (UCN) Newsletter. Wado for taking the time to read about what we are doing and staying in touch with me at the National Office, way out in Arizona.

We hope to have this Newsletter on the website for printing each month and ask that any interested member please send articles to Chief Katey Ross Lee our new National Secretary. Please visit our Forum and Website.

Tohidu.....SB

"Gathering the Lost Tsalagi (Cherokee) into One Tribal Membership Organization"

THE UNITED CHEROKEE NATION (UCN)

Mailing Address;
The United Cherokee Nation (UCN)
P.O. Box 1328
Lake Havasu City, AZ 86405

Phone: 928-208-5427
E-mail: Newsletter@theucn.com

We're on the Web

<http://theucn.com>

VISIT
OUR

FORUM

Emergency Survival by Jim Lee

Regardless of the cause of the emergency, natural or manmade disaster, human survival has the same requirements at all times. These requirements can be listed mostly in 4 categories;

WATER
FOOD
SHELTER
SECURITY

The order of importance of these needs can change with circumstances. For instance, water is generally the most important, however if it is 30 degrees below zero outside, water becomes secondary to shelter. Perhaps there should be a fifth category; adaptability.

WATER; Water is the most basic need. A human can survive for several days without food but not without water. The effects of dehydration become apparent after only a few hours. Whether you choose to store it in containers or not, a good water filter is valuable. Stored water remains good for a short period before it starts growing algae and other things that you do not want to drink. Green water is not only unappetizing; it also isn't good for you. Water filters are available in sizes from personal, that you can carry with you, to commercial that will filter thousands of gallons. Only you can decide what is appropriate for your situation.

FOOD; In a crises or emergency situation, your nutrition requirements are going to be much higher than you

normally experience. You are likely to be much more active physically than usual and the nerves and excitement of such a situation are going to cause you to expend more energy than you expect. A good supply of high-energy food is necessary for every member of your family. Which foods you choose to have available is a matter of personal choice, however I do NOT recommend foods that have a high sugar content, as they have a tendency to give you a brief surge of energy then leave you drained since sugar has little nutritional value.

SHELTER; Shelter is many things to many people. One thing you should understand though is that electricity, running water, and indoor plumbing are NOT necessities (your wife may disagree with this part). The requirement of shelter is to keep you warm and hopefully dry. Comfort is surely nice, but not a requirement. If you live in Arizona, your shelter requirements will be different than someone that lives in the mountains of Idaho. Waiting until a crises or emergency has occurred is not a good time to think about shelter.

SECURITY; this is something that has to be decided BEFORE the situation occurs. The ability to protect yourself and family and food and shelter in surviving any situation you may face, can make the difference in whether you survive the situation at all. In an emergency, the police usually have their hands full and you'll be pretty much on your own. The "Hurricane Katrina" victims can teach all of us

many things about what happens when law and order breaks down. Thankfully, few of us in this country have any experience with such a situation but it CAN happen to a neighborhood near YOU. A word of wisdom about the use of firearms to protect yourself; if you choose to use firearms to protect you and yours

GET SOME TRAINING!!! A firearm in the hands of an untrained person is statistically more dangerous to him or herself than to the one that forces the use of it! If, on the other hand, you may be one of the people that choose to be unarmed, please send me your address and a list of stuff you have that I might need. (That was attempted humor, people.)

These are only the most basic things that you may want to consider in preparing yourself and family for emergencies that you may encounter. EVERY one of us should at have at least 2 weeks worth of supplies (medication if you need it) on hand at all times. F.E.M.A. recommends 2 weeks. Personally, I think all you can afford and store is advisable. With food prices continually rising the worst that can happen is that you'll buy it for less now than you will have to pay at a later date.

I'm writing this article in hopes of starting a continuing dialogue on this subject and comments are encouraged. I will be available to consult with anyone that has concerns on this subject for his or her personal situation on the Forum are at my email address at; ucnokla-homaclan@yahoo.com Jim Lee