



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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The United Cherokee Nation (UCN) is represented at the Louisiana Tribal Forum Meeting on Coalition Building To End Violence Against Indian Women



By: Louisiana Clan Member
Henrietta "Chela Usti" Lewis
Little Flower

On December 11, 2009 I attended the Louisiana Tribal Forum Meeting on Coalition Building To End Violence Against Indian Women. Tribes represented were from, Chitimacha Tribe, Coushatta Tribe of Louisiana, and The United Cherokee Nation (UCN). There were two facilitators Gwendolyn Packard and Peggy L. Bird.

The training began with discussion about the Office on Violence Against Women. The Office on Violence Against Women (OVW) is a component of the United States Department of Justice (DOJ). Created in 1995, OVW implements the Violence Against Women Act (VAWA) and subsequent legislation and provides national leadership against domestic violence, dating violence, sexual assault and stalking. Since its inception, OVW has launched a multifaceted approach to responding to these crimes. By forging State, local and tribal partnerships among police, prosecutors, the judiciary, victim advocates, health care providers, faith leaders, among others, OVW grants help provide victims with the protection and services they need to pursue safe and healthy lives and enable communities to hold offenders accountable.

In 1978, the National Coalition Against Domestic Violence (NCADV) was created, in part, through the leadership of Ameri-

can Indian and Alaska Native women survivors, advocates, and their allies. The first meeting of the NCADV was hosted in 1979 by an American Indian nonprofit, nongovernmental organization on an Indian reservation. One year later, in 1980, the first battered women's shelter designed for American Indian and Alaska Native women (Indian women) opened its doors on a reservation. Prior to the shelters' establishment, Indian women opened up their homes and used their own resources to provide services to Indian victims of domestic violence and sexual assault.

These efforts to improve systemic and community responses to violence against Indian women began to multiply across the nation, developing into a movement for victims' rights in Indian country. Drawing from unique traditions, Indian governments have been working in partnership with

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- "A Spiritual Message to America from the Nation's Native Elders" reprinted on page 5.
- Tribal Member, Musician Richard Stepp is in the Member Spotlight this month on page 2.
- Tips for Growing a Garden by Katey Ross Lee on page 4.

Recipe of the Month

Tsalagi Stew

Ingredients:

5 lbs—beef, buffalo, rabbit, game bird or squirrel for stewing
 3 lbs—bacon or salt pork
 1 hen—(approx. 4 lb)
 12 1/2 cups—tomatoes, canned
 7 1/2 cups—corn kernels
 7 1/2 cups—green peas
 2 pints—oysters (optional)
 4—onions, large
 3—chilies ancho (sweet chilies)
 8 lbs—potatoes or sweet potatoes
 Salt, pepper and cayenne pepper to taste

Put all of the meat and the chilies in a stew kettle in enough boiling water to cover, and cook medium high for 2 to 2 and 1/2 hours, until meat softens.

Add potatoes, tomatoes, and onions, and cook for about 1/2 an hour before adding the corn and peas.

The oysters should be added about 15 minutes before the stew is removed from the stove, or may be left out entirely.

Total cooking time about four hours.

Reminder

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

Cherokee Moons - January - The Cold Moon



January

Cold Moon "U-no-lv-ta-ni"

Cold Moon—Unolvtni—This time of the season is a time for personal and ritual observance, fasting and personal purification. During this season, families prepare for the coming of the new seasons, starting in Windy Moon Anuyi or March.

Personal items and tools for planting are

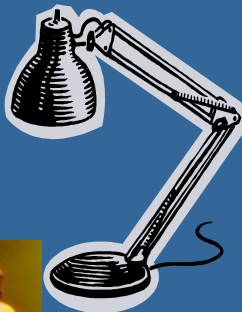
repaired, and new ones made. Stories about ancestors and the family are imparted to the younger ones by the elders. A mid-Winter or "Cold Moon Dance" is usually held in the community as well, marking the passing or ending of one cycle of seasons and welcoming the beginning of the new cycle.

Hearth fires are put out and new ones made. The putting out of Fires and lighting of new ones anciently is the duty of certain "priest" of certain clans, and coincides with the first new-arrival of the morning star (Sun's daughter, now called Venus) in the east.

Member Spotlight

Richard's love of music and desire to make music began very early in life. He got his first guitar and wrote the first of many songs at the age of eight. Over the years Richard wrote many songs in various genres, but the last few years have been pretty much devoted to the Native American genre. Along with the guitar, Richard plays piano/keyboards, Native American flute and drums.

Richard's first album, The Sacred Journey, is somewhat like a book. Each song, like a chapter. It is a story--a true story about the first Americans. It is a story that continues---a story of tragedy and injustice, but it is also a story of endurance and beauty, of



Oklahoma Clan Member
Richard Stepp

strength and courage. The Native American people, their history, culture, art and spirit are to be recognized and acknowledged. This is the purpose of "The Sacred Journey". Recently The Sacred Journey was nominated for a NAMMY Award in the Native Heart category. Richard released his 2nd album called Legends and Dreams in July 2009. It is being distributed worldwide on the Mega International record label (of Virginia Clan Member Doc Holiday). It is also being played on worldwide radio. Richard teamed up with Doc recently to record his third album called "Spirit Legacy". It was released October 3rd, 2009.

Richard's desire for his music is that it will not just entertain but that it will enlighten the listener and give them a better understanding of Native American history and an appreciation for their story. <http://redbuffaloproductions.com>

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nonprofit organizations to promote the safety of Indian victims and the accountability of offenders. VAWA offered additional resources and training to Indian tribes to develop specific responses to end domestic

Statistics highlight the need for further resources and organizations devoted to the issue of violent crimes against Indian women.

The Bureau of Justice Statistics reports the following between 1992 and 2001:

- Indians experienced a per capita rate of violence twice that of the United States resident population.
- Indians were more likely to be victims of assault and rape/sexual assault committed by a stranger or acquaintance than an intimate partner or family member, and
- Nearly 80% of Indian victims of rape/sexual assault described the offender as white.
- Studies also indicate that Indian women suffer disproportionate level of intimate partner violence and sexual assault.

Discussion then centered on what a coalition is;

A coalition is a group of individuals, victim service providers and/or organizations, including faith-based and community organizations, working together in a common effort, for a common purpose to make more effective use of resources. The common purpose of a tribal domestic violence and sexual assault coalition would support effective social change and systemic reform in response to violence against Indian women; and ensure the safety of Indian victims of domestic violence and/or sexual assault and promote the accountability of offenders through the principles of advocacy.

An Advocate's role is to act as the biased supporter of Indian women experiencing violence, advocating for their expressed interests, including safe space and other resources to regain control over their lives; to provide expertise founded on women's experiences within justice, social service and medical systems; and to prioritize women's safety and offender accountability in all aspects of advocacy, including maintaining confidentiality.

The principles of advocacy are;

- Create an image of hope.
- Honor Native sovereignty within the context of safety for Native Women. The health and safety of our nations depend upon the health and safety of our women. They are the life-givers, who provide for the perpetuation of our nations.
- Promote self-determination of Native women experiencing violence by ensuring their freedom to control decision-making processes and determine their own future.

- Relationship- To reestablish her humanness.
- Reclaim and establish the status of Sacredness once help by Native women.
- Assist Native women with getting their basic needs met.
- Eliminate compliancy (accepting things the way they are). Develop methods to eliminate internalized and historical oppression. Actively confront oppression/subjugation as it pertains to all sectors of society.
- Acknowledge that the struggle for human rights of indigenous people begins with protecting Native women.
- Mobilize our communities and change community perceptions about violence against Native women through awareness and education.
- Promote a social justice and social change response to ending violence against Indian women.
- Honor our tribal legacy and incorporate traditional ways of helping and healing from sexual violence.
- Protect women's right to confidentiality and privacy when seeking safety.
- Develop policies, protocols, and practices that safeguard sexual assault advocates and women who have been sexually assaulted.

The conclusion is that leadership and expertise of Indian survivors who have been battered and/or sexually assaulted, or persons who have experience working/advocating with Indian victims of domestic violence and/or sexual assault, are critical to the successful development and operation of nonprofit nongovernment tribal domestic violence and sexual assault coalitions.

A little about the two facilitators;

Gwendolyn Packard (Ihanktowan Dakota) has worked extensively for the past 32 years in Indian affairs, both at the national and tribal level. She has worked for such national Indian advocacy organizations as the National Congress of American Indians and the National Tribal Chairman's Association. In addition, she has developed programs and organized training programs for the National American Indian Court Judges Association and the National Association of Community Health Representatives. She has served as editor for six national Indian publications. In 1990 she was instrumental in founding the National Organization on Fetal Alcohol Syndrome (NOFAS).

For 10 years, she served as the Executive Director for Morning Star House, a program that works with Indian women and children who are victims of domestic violence. She was Executive Director of the NM Suicide Prevention Coalition, where she set up suicide prevention trainings and promoted public awareness all aimed at reducing the rate of suicide in New Mexico.

Gwendolyn has chaired Region Six Behavioral Health Local

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Collaborative 14 in New Mexico and is currently involved in community organizing and movement building around behavioral health issues in Albuquerque. Gwendolyn is Secretary of the American Indian Health Advisory Committee for the State of New Mexico and Director of the Fourth Circle, an organization dedicated to ending violence against Indian women through advocacy and activism. She is a grass roots organizer and community activist. She has made a commitment to social change in working to address social and economic justice issues that affect the health and well being of Indian people as documented in her work experience. She is the mother of three adult children, Brian, Genny, and Rita. She has no grandchildren, just one dog, Roxy. She also is a survivor of domestic violence.

Peggy L. Bird is of the Sun Clan from Santo Domingo Pueblo, New Mexico. She is an advocate/attorney/consultant/human

rights activist and works to enhance the sovereignty of Native women by ending violence against Native women, both nationally and internationally. She provides training and technical assistance on violence against women issues and also facilitates comprehensive strategic planning sessions with a Native perspective. Peggy is a member of the Council of Peace (Board of Directors) and co-founder of the Coalition to Stop Violence Against Native Women. She is a co-founder of the Native Women's Advocacy Center, Inc. and a board member of Tewa Women United, Inc.



LCADV, is a private non-profit, 501 (c)3 organization incorporated in 1982, recognizes that all forms of

oppressions - of sexism, racism, homophobia, trans-phobia, bi-phobia, able-ism, ageism, classism, and other forms of oppression - contribute to the continuance of intimates partner violence and for this reason are identified as root causes of this violence. For Information or Help, Contact the program in your area or the Louisiana statewide domestic violence hotline: 1-888-411-1333 <http://www.lcadv.org/>

Tips For Growing a Garden—How To Start

Due to the rising cost of food, you have decided to grow a garden this year. For a lot of you, this is a problem because you have never had a vegetable garden. Here are a few tips for getting started.

1. Look around your place, and choose the spot where you want your garden to be. If you are in a dry climate, such as Arizona, you will want low lying land so the water does not run off the garden as soon as you water it. If you live in a rainy climate, you will want to choose ground where the water will run off, so your roots don't rot.
2. It is never too early to prepare your ground, as long as you can get to it. Natural fertilizer is best. If you know someone that will let you have their manure, grab it before your neighbor gets it! If you do not have access to any sources of the natural stuff, Wal-Mart sells 50 pound bags of steer manure for around \$2.00. Get enough to cover the entire area if possible. Spread it all over, then get out a garden tiller or roto-tiller and turn it into the ground. Some people like to break the ground first, then till in the manure. If you do not have access to a tiller right now, it is still beneficial to have the manure spread out on the garden spot. You also may be able to turn it in with a shovel by hand. For those of you with snow cover, you will have to wait a few more weeks. If you don't have a place for a garden, there are many varieties of vegetables that can be grown in pots. I grow my cooking herbs in a large planter next to the kitchen, rather than in the garden.
3. No matter where you live, it is always a good idea to put a fence around your garden. You aren't going to need a big, strong fence unless you need to keep out persistent intruders. We usually use 36" chicken wire with 2" mesh. A roll of 150' cost us \$14 at the local feed store last summer. Rabbits and armadillos are the worst raiders around here, and that seems to keep them out. If you have problems with quail making raids, like we did in Arizona, you might want to go with a 1" mesh.
4. Now comes the indoor work. Grab a pencil and paper and start making of list of the vegetables that you want to grow. There are many seed catalogs on the internet, and even if you cannot afford their seeds, they usually have growing information that is valuable when deciding what to put in your garden. Read about how much space is required per plant as well as what the ideal climatic conditions are. You don't want to waste time and money on plants that will not grow well in your area.
5. Where to go to get seeds? In the spring, almost every store you enter will have a seed display. If you don't want to wait that long, there are numerous seed catalogs online. If you want to save your seeds for planting next year, spend the extra money on heirloom seeds. I get most of mine from Baker Creek Heirloom Seeds. They seem to have the largest variety, and the best prices. Seed Savers is also a good source, but they do have higher prices. Look around the internet and you will find lots more, and some have free catalogs. This is the time of year that most of the new catalogs come out, so most of them will not be sold out of anything yet.

Check the newsletter next month for more gardening tips. You can also contact me if you have questions about gardening at kateyross@yahoo.com I will do my best to answer them. Katey Ross Lee

A Spiritual Message to America from the Nation's Native Elders

This message to America is the result of the National Indian council on Agings year 2000 Conference in Duluth, Minnesota. More than 1700 elders from 108 tribes across America attended and contributed to the words in this message. Think about your elders as you read this. They came together, setting aside tribal and political differences in order for you and your children to have some words of wisdom to help you in your lives.

Please pass this on to as many people as you can, both Native and non-Native alike.

These are the words of our Native elders, but the values expressed can be appreciated by all of humanity. Once you have read it, you are responsible for it.

These are the elders' hopes and dreams for the world you re-create every day.

A SPIRITUAL MESSAGE TO AMERICA

As we stand before the dawn of a new millennium, we pray for America's survival, our survival. We pray that we will be given strength by the Creator to follow the footsteps of our forefathers to share our love, respect and compassion for one another. There is good in everyone because the Creator has put a little of Himself in all of us.

We pray for forgiveness for the pain and suffering we have caused one another. We pray that our children will not repeat our mistakes we pray that we can respect the diversity of America; all life is sacred.

Every child born is a precious gift of our Creator. It is our sacred trust to embrace children from all walks of life because we are part of the same family. We pray that children will honor and respect their elders-that is where the wisdom comes from. This respect will not allow forgotten elders. We are all equal, with each having our own special gift to contribute.

These values allow our youth to become leaders and workers in our society.

Children, you are our future and our hope for the people. Stand and be courageous.

We pray to learn and use the wisdom of all that has come before us, to achieve personal successes and to contribute to those of others. Only when our young ones learn respect for everything can they evolve.

EARTH

We pray for respect and love of Mother Earth because she is the foundation of human survival and we must keep her pollution-free for those who will travel after us. Protect her water, air, soil, trees, forests, plants and animals. Do not just take and waste resources. Make it a priority to conserve. The land is given to us by the Creator to care for, not to own. If we take care of the land, the land will take care of us.

UNITY

we should have respect for each other. We pray for commitment and responsible behavior in order to help those in need and to give them support and friendship. Be an example in life that others may follow; serve people, community and country. We should all strive to be leaders and contributors. Do not sit back and let others plan and do all the thinking. Let us unite together so that we may have the strength to protect our future. Strength comes from working through trials and tribulations.

HEALTH

Spiritual health is the key to holistic health. We pray to have the discipline to set healthy examples for our children to follow. Respecting everyone and everything in the universe starts with self-respect. Take time to listen and take care of your body and spirit

FAMILY AND YOUTH

Family is important and precious. Always let them know that they are loved. Let your children and grandchildren know you are always there to love and support them and that they mean the world to you no matter what they do or say. Children are of infinite value. Live what you teach.

SPIRITUAL VALUES, HONESTY AND INTEGRITY

These start in the home. We pray for the youth. We must teach the youth to work together and respect all that is living on our Mother Earth. We need to convey to our younger generations that the survival of our people lies in spirituality.

PEACE

we pray to learn ways to settle differences peacefully. Teach respect for each other's ideas. Value honesty on all levels, from children to parents to community to governments. We will be happy when we create peace with each other.

TO THE 7TH GENERATION

Survive - Keep hopes and dreams - Take care of yourself - Remember your spirit - Be there for each other - Respect courage - Share knowledge - Always keep learning .

REMEMBER YOUR TRUE VALUES

2010 – Message from the Principal Chief



Stone Bear in Alabama
August 2008

O'siyo to all, my Prayers are for all of you, and especially for our Elders. Our world is now filled with hard times for many of our members and especially for our Elders. We have laid to rest some of our greatest wisdom, this year. Many others are sick and nearing the end of their path on this planet. Let's all make this the year to learn the stories that your Elders carry, and to remember our ancestor's who survived the uncertain times of the late 1700's and early 1800's. We are in those same tough times now, and we need to be closer together and to ask our ancestor's to guide us as we go through our daily lives.

Remember the Children and take the time to learn stories and to tell them the stories that you do know and try to learn and teach them our History, Language and Culture, learn it, teach it or lose it.

Learn who your ancestor's were and take the time to research your genealogy to find out as much as you can to pass on to your children and grandchildren. This is a precious gift that cannot be replaced, once the Elders are gone, that knowledge dies with them, unless we learn what they have lived through and pass it on to the next generation. We will see that once long ago we were all related and today that we are cousins.

Learn to grow your own food and to go back to the land, you might need to do this someday, we all might have to. This is a great time to share with your children and grandchildren and to teach them about our Mother Earth.

Try to get together with others of your Clan and family, or other Cherokee and try to teach and learn from each other. There is power in many holding the same thoughts, acting together with the same actions and showing the children and grandchildren what it is like to be a community of people. "Gather" together, that is our goal. Do this on a local basis if nothing else. We each have separate stories and history to teach to each other and to the children. Then remember these times that you do "Gather" together, these will be new stories to pass to the next generations. Be thankful for the people that you meet and share time with, for they are put on your path by the Creator of all things, to teach you and to learn from you. Do not discount anyone that you meet, for they carry a message to you from your ancestor's, listen carefully and you will hear it.

This year I traveled in the Western United States, meeting with friends, family and Cherokee cousins, wherever I went. For that I am thankful. We are now into our fifth year as an Organization who's principal mission remains, to learn and teach our Heritage, Language and Culture to our children and grandchildren. This is what I stress when I meet our Clan members and when I answer my weekly emails and phone calls.

This year we gained another 82 new members, which was down from the 350+ from last year. I attribute this more to the economy than to a lack of interest. Daily I receive and answer many emails and phone calls from those, like us, that are seeking answers to their genealogy and are being drawn together and back to the ways of our ancestor's. They too are hearing the call from many generations, to go back to their roots and find the answers. We now total nearly 1,000 members in 38 Clans. We grow stronger, slowly we will overcome our dividedness and bring all of the Cherokee together.

Rededication of WAOKIYE
the Whispering Giant



Agua Caliente Tribal
Chairman Richard Milano-
vich, Stone Bear and Peter
"Wolf" Toth the artist in
Desert Hot Springs, Cali-
fornia - February 2009

We need to keep working together to gain more members in the State Clans, start by gathering together in local groups, then get together with more members regionally. We are only as strong as our weakest member or Clan.

I ask each of you to look inside yourself and decide to be more active and to help support, The United Cherokee Nation (UCN), with your time and by paying your dues to support us financially, so that we can continue our mission. Without your moral and financial support, there will no longer be an Organization, or reason to continue on as a National group. It's up to each individual to ask themselves, "did I join this group so I could say I am Cherokee?", or is it because, "I believe in the message and want to help!" We need members that believe in the message and that want to be involved in it for your children and grandchildren. Please email me or call me if you have any questions, remember my office hours, as I still work.

"Until we see each other again", Do'da-ga-g-hv-i



Stone Bear and Jim Lee in
Oklahoma - July 2009

Nvya Yona

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

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VISIT
OUR

FORUM

Emergency Preparedness by Jim Lee

EMERGENCY PREPAREDNESS

Last month's article was a brief description of four main categories of preparedness and I omitted the most important category of all;

MENTAL PREPAREDNESS or ATTITUDE

The one factor that determines a person's ability to navigate his or her way through a crises or emergency situation successfully is without a doubt, ATTITUDE. I cannot stress this enough. No matter how well supplied a person is with the other necessities; they are useless if one panics or loses his or her head and does not utilize them wisely. Interviews with people that have survived everything from avalanches, plane crashes, to home invasions without exception indicate the one determining factor that makes the difference between those that survived and those that didn't is the ability to think clearly and reason the situation out, form a plan of action, and carry it out. There can be no doubt that a person with a positive mental attitude has a much better chance to survive any situation with which he or she may find themselves confronted.

To this end, there are some things that you can do to prepare yourself;

1; Become familiar with your environment. Many people living in cities have no idea who their neighbors are or what is on the next block. You don't have to know your neighbors personally to know what kind of people they are. Be alert. Take drives or walks around the neighborhood

surrounding your home. Identify such things as potential trouble spots. For instance, if there are liquor or drug stores near by, they are prime targets for looters. Is there a gang in your neighborhood? You may have to deal with them. The more you know about your surroundings, the better you'll be able to assess the risks, form a plan, and carry it out. It is always easier to deal with a known than an unknown.

2; Consider "what if? " Think of different possible scenarios that could happen. You are the one best qualified to assess the possibilities of your situation. You can think through the different things that may occur and decide how to deal with them before they happen. Most emergencies are thrust upon a person with little or no warning and sometimes require immediate response, without allowing time to think the situation through. It's always best to have at least an idea of how you would want to deal with a situation before it happens. One thing to remember, though, is to be adaptable, because there are always unexpected things that may require you to alter your original plan.

3; Hysteria is communicable; Never allow the hysteria or panic of others to affect your decision making. Most of us are fairly compassionate beings and it is hard not to be affected by the fear of those around us. Fear is a natural response to dangerous situations. It is part of our survival instinct. If you feel yourself starting to panic, stop, (elevated

pulse rate and rapid shallow respiration are indications of panic), and take several deep breaths. This will oxygenate your blood and make more oxygen available to your brain enabling you to think more clearly. A survivor is not someone that has no fear, he or she is someone that overcomes that fear and does what is necessary regardless of it.

4; Do not put yourself at risk unnecessarily; People put themselves at risk on almost a daily basis without even thinking about it. Many buy houses downstream from lake dams in earthquake prone areas some have houses on hillsides that are prone to mudslides. Some risks are acceptable, like driving your car, others are foolish. Think about things. Most things can be avoided before they become problems just by using a little common sense.

These are some of the things you can do to help prepare yourself to keep a positive attitude. A positive attitude is the most important asset a person can have in an emergency or crises situation. Remember, when a crises or other emergency occurs, the police and medical personnel are going to have their hands full, so you cannot rely on help from them. The safety and well being of yourself and those that rely on you is in your hands. It's up to you.

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 or by email; ucnoklahomacian@yahoo.com

Jim Lee