



# 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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## Winds of Wisdom by Bright Sun



As I begin this article, I put the paper down for a moment, and look at my son Robert Sparrowhawk, who is 7<sup>th</sup> generation American Indian, then I give honor to my father Grey Wolf, who passed through the veil to the other side in August of 2009. He was the one who taught me my heritage, showed me by example and taught me all of his knowledge of all our tribes. He installed these words in my soul, "Take care and love our people first, then take care of yourself". These are words I live by. I look at my son knowing I have already passed this to him and that he is fully aware of who he is and where his ancestor's came from, those that watch over him daily. I give thanks that he took this all into his spirit with pride and honor.

This is my reason for writing this, to help our younger generation to pay close attention to their heritage, to listen to the drum, for Mother Earth has heard it for centuries and to honor the sacred song it sings. To listen to the wind, for it talks to you in troubled times or brings forth questions for you to answer.

Our young people need teachers, our Elders, to reach out, to walk the woods with them, to look to the sky with them and to teach them to hear the messages of the standing ones, our brother animals and winged ones. Listen.....

As a storyteller, I teach all of this with prayer. It is my hope that they will take it all in and pursue the drum instead of the television or video game. I ask them to go to the woods for their messages instead of spending time with text messages. And to learn and partake in the Sweat Lodge, instead of spending their time doing nothing but hanging out.

I ask why is it that our race or culture, are the ones who have this great task of

having to teach this balance to all? Because it is a test of our will! Make sure you teach the young ones about our peoples test of will, take them to Pauwau's or Gatherings, so they may see those before them and learn to honor our Elders and the Feathers that they wear. Teaching them is your gift, not only to our ancestor's but to yourself as well. It is left to us to teach the 7<sup>th</sup> generation so that they may make a way for our peoples future.

I ask that you open their path to the knowledge that they one day will teach to the next generation. I leave you with this thought; "In our seasons our Elders think about our future, let your moccasins be the one's on that open path of knowledge and love".

From my Heart; Bright Sun

Virginia Clan of The United Cherokee Nation (UCN)

January 2010 – "In cherished memory of my dad, Grey Wolf, I miss you dad".

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## Recipes of the Month

### Warrior's Stew

#### Ingredients:

2 lbs. deer meat  
3 stalks celery - chopped fine  
2 Tbs. beef suet  
3 medium onions - chopped fine  
2 tsp. salt  
2 potatoes - 1/2" pieces  
1/2 tsp. pepper  
1 large can tomatoes  
6 carrots

Cut deer meat into chunks, along with beef suet. Add all ingredients, cover with water. Cook until meat is tender.

### Corn Sticks

#### Ingredients:

1 cup cornmeal  
1/2 cup molasses  
1/3 cup flour  
1/2 tsp salt  
1 cup milk  
1 egg  
2 tbs lard - melted  
Mix together the cornmeal, flour, salt. Add milk, egg and lard; beat until smooth. Fill well-greased cornstick pans almost to the top (or pour into a greased 8 in. pan). Bake in a preheated 425 F. oven for 12 to 15 minutes. Serve with butter.

### 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 - February - The Bone Moon



### February Bone Moon "Ka-ga-li"

Bone Moon—kagali—(so little food, people gnaw on bones and eat bone marrow soup) The traditional time of personal-family feast for

the ones who had departed this world.

A family meal is prepared with place(s) set for the departed. This is also a time of fasting and ritual observance.

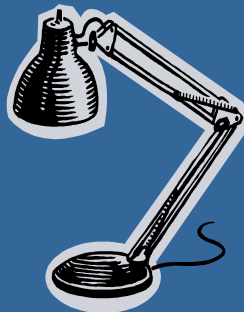
A community dance officiated by a "doctor" Didanawiskawi commonly referred to as a Medicine-person.

Connected to this moon is the "Medicine Dance".

## Member Spotlight



As the result of a contentious divorce, in September 2007, the California Family Law Court asked Child Protective Services to intervene in our case. Unfortunately, the decision was made to remove my 5 year old son, who's now 8, Samuel J. "Iron Wolf" Pry from my care and ultimately switch custody to my ex-husband. CPS would not recognize the importance of my son's Native American and Cherokee Roots, even as a member of The United Cherokee Nation (UCN).



Nevada Clan Member  
Samualla "Two  
Hearts" Pry

Living in Northern Nevada, I first submitted our Tribal ID Cards to Indian Health Services who happily accepted us for my family's health care. The Lovelock Paiute Tribe reviewed our Tribal ID Cards and website, and were happy to extend Tribal Recognition to my family and to The United Cherokee Nation (UCN). Now, this matter can be heard in their Tribal Court, as they have agreed to take jurisdiction of my son under the Indian Child Welfare Act of 1978.

I am now working on my son's return to me and to our heritage. It is wonderful that our Native American brother's and sisters of the Lovelock Paiute Tribe stand with us. I am honored that the Lovelock Paiute Tribe, and their Tribal Council did not hesitate to accept us. I am pleased and humbled that no matter what Tribe we are from, we stand together as one people.



# THRU THE EAGLES EYE

A STORY  
BY WILLY WHITEFEATHER



I ALWAYS BEGIN MY STORIES WITH THE WORDS, DONT BELIEVE IT! SO THE LISTENER IS NOT CONTROLLED BY THE SPEAKER. THE WORD BELIEVE HAS THE WORD LIE IN THE MIDDLE AND I DONT WANT TO LIE TO YOU.

ON THE 14 DEGREE PARALLEL IS SAN SALVADOR CENTRAL AMERICA AND ON THE OPPOSITE SIDE OF THE WORLD ALSO ON THE 14 DEGREE PARALLEL IS ETHIOPIA AFRICA. IN 1985 THE CONTRAS AND SANDINISTAS WERE HAVING A WAR IN SAN SALVADOR AND ETHIOPIA WAS HAVING A DROUGHT AND THE PEOPLE WERE STARVING AND MOTHER TERESA HAD SET UP KITCHENS TO FEED THE PEOPLE.

THEN ON DECEMBER 13 1985 (US NEWS) THE CONTRAS AND SANDINISTAS SAID, "PEACE" NO MORE WAR (WERE PREPARING FOR CHRISTMAS) AND ON THE SAME DAY IT POURED RAIN IN ETHIOPIA, EVEN WASHING AWAY MOTHER TERESAS KITCHENS. (US NEWS) THEN THE CONTRAS AND SANDINISTAS WENT BACK TO THEIR WAR AND ETHIOPIA WENT BACK TO DROUGHT.

Continued on Page 4

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ARNOLD SCHWARTZNEGGER GOVERNOR OF CALIFORNIA ON NEW YEARS 2010 SAID;  
"CALIFORNIA IS HAVING A DROUGHT."  
ON THE OPPOSITE SIDE OF THE WORLD IS AFGHANISTAN AND THE U.S. IS HAVING A WAR.

LET US WATCH...

THE HOPI PEOPLE IN NORTHERN ARIZONA ARE OPPOSITE THE TIBETAN PEOPLE. THE HOPI WORD FOR SUN, IS THE TIBETAN WORD FOR MOON, AND THE TIBETAN WORD FOR SUN IS THE HOPI

WORD FOR MOON. (TIOWA-MUYA-MUYA TIOWA) GO SEE THE MOVIE 'AVATAR' IN 3-D-

WE STUDIED A CHEROKEE ELDER WAS THE TECHNICAL ADVISOR FOR THE BEAUTIFUL TRIBAL WAYS USED IN THE MOVIE.

LIKE THE LINE FROM THE SONG CHEROKEE PEOPLE BY PAUL REVERE AND THE RAIDERS...

"ONE DAY WHEN THEY LEARN THE CHEROKEE NATION WILL RETURN..."

DONADA GOTV

Willy

ALSO -  
"WATCH"  
LAST WORD IN  
MARK 13



## Sustainability—A Reverence for the Land

### Sustainable;

I keep hearing more and more on the radio and television news reports, talk shows, and newspaper articles the use of the term "sustainable". "Sustainable development, sustainable agriculture, sustainable lifestyle", are some of the terms that are in constant use these days. I wonder just how many of us have stopped to think just what these terms actually mean.

According to Webster's Third New International Dictionary the term "sustain", as it applies to the subject at hand, means "to keep going or prolong". In other words, what is being referred to by the above terms is a situation that can be maintained indefinitely without depletion of the resources necessary for its existence.

When the Europeans first came to this land they found it already populated by many indigenous cultures that had lived pretty much the same way for hundreds if not thousands of years. Some were hunter-gatherers, some were agrarian (farmers), and some, like the Cherokees, were a combination of the two. Each of these cultures lived a life-style that was compatible with the land they occupied. This was necessary as they had no means of importing any meaningful quantities of goods from outside their own areas. (Yes, the tribes traded with some of their neighboring tribes and some traders traveled far and wide but, as a source of supply, trading was not dependable). It was therefore necessary to adapt to the land in such a way that the land provided everything they needed for survival. This is why our ancestors had such a great reverence for the land and the creatures that lived upon it. This is sustainable living.

The first Europeans arrived with an entirely different mind-set. Their idea was to take what was marketable and useable, and then move on to harvest the next area.

The settlers came behind them, and it was this group that settled in for the long term. They cleared forests, put up fences, and plowed and planted crops, changing the very face of the land. They planted and harvested their crops until the soil was so depleted that it would no longer produce

crops, then they moved on to more fertile land and the same process was repeated.

They moved across this land from the East coast until they finally reached the West coast taking from the land what they could take easily and without regard for the indigenous people and wildlife they were displacing or for their own descendants who inherited the legacy of their actions.

Some of these same descendants are the ones who are now speaking in terms of "sustainable". Have they finally come to their senses and realized that they will eventually have to learn to live in harmony with the land as our ancestors lived, or perish? I believe some have, but very few and certainly not enough of them to make any significant difference.

This is not a diatribe against the white man. At this point it doesn't matter who did what, or why it was done. The important thing is that it was done and continues to be done. I am also not foolish enough to think that we can go back to living the way our ancestors lived. The population is too great for the land to support us in the old way. Neither am I willing to give up the good things that technology has brought us.

The point I'm trying to make is that we're ALL going to have to go back to the mind-set of our ancestors and have that reverence for the land and the ways of nature if ANY of us are to survive. That is going to require some serious changes in our ways of thinking, and in our ways of doing things.

No, I am not a rabid tree hugger, nor do I advocate everybody living in cities or "sustainable communities". What I do advocate is living in harmony with the land. This will require some thought from each of us as our living situations and requirements are different. There are things that we each can do though, and it is our responsibility to do everything we can to leave this land in better shape than it was left to us. Our children and grand-children deserve no less.

Jim Lee

## Message from the Principal Chief

O'siyo Members, welcome to our fourth edition of The United Cherokee Nation (UCN) Newsletter.

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 National Secretary. Please visit our Forum and Website.

Tohidu.....SB

## Gardening by Katey Ross Lee

It's February already! For the southern states, it's time to start planting. Strong plants, such as beans, okra, gourds, and squash can be seeded directly into the garden. They will know when it is warm enough to sprout. For the more tender plants such as tomatoes, peppers, herbs, it's time to get them started in peat pots in your temperature controlled growing area. You want them to have a good root system established when you transplant them into your garden.

For the middle and northern states, you can be starting your plants indoors also. If you do, remember to use large peat pots, so the plants don't get root bound before it's warm enough to put them outside.

Be sure to choose your plants with care. Most people want tomato plants, but if you don't eat tomatoes, why plant them? Before you plant anything, you need to figure out where to put it. While you're figuring, remember that some plants don't like each other. For instance: Corn, tomatoes, and tobacco. The corn worms will infest the tomatoes and tobacco, and tomato worms will also eat your tobacco. Not a good idea to plant them close together.

On the flip side, there are plants that are beneficial to each other. If you are serious about your garden this year, and would like help planning it, email me at [kateyross@yahoo.com](mailto:kateyross@yahoo.com), and I will do my best to answer your questions.

### Helpful Hints:

It is always best to use plants and seeds that have resistance to insects and disease, and will produce seeds that can be saved for planting next year.

## Memories by Katey Ross Lee

For years now, I have been hearing about "memory aids". These range from memory association tricks to improved diet to drugs. And yet, we are surrounded by memory thieves. We have books, pictures, and computers so that we can look up information and images, instead of remembering them. Watches and calendars to see what day, month, year and hour it is. We make lists and memos. Some even go so far as to have 'automatic bill pay', and automatic reminders texted to their cell phones. With all of this, and more, is it any wonder that our brains' memory cells simply shrug and say "Why bother?"

The answer to all of this is simple.

1. Improve your diet. Your brain cannot function well without proper nutrition any more that your car's engine can function if you only put gas in it, and forget the oil and other fluids it needs.
2. Stop taking any drugs and medications that you don't absolutely need. The chemicals in the drugs interfere with the chemicals in your brain. Once you clear out the fog of chemicals, and you are getting the nutrition that your body needs, your memory will improve quite a bit on it's own.

If you are not willing, or able, to take these steps, don't worry. You can still buy lots of paper and pencils to write memos to yourself. Try not to forget where you put them.

**Emergency Preparedness continued from Page 7:** recommend the use of bleach or water purification tablets to purify water unless it is absolutely the only option. Anything that will kill bacteria and bugs in the water is poison, and is not good for you.

I cannot overstate the importance of a supply of clean drinking water in sufficient quantity for everybody concerned. Your body is more than 80 per cent water. It is the one most important element of your health and survival.

The time to secure your water supply is now, before you need it. When an emergency occurs, you'll be on your own for at least the first hours and maybe longer. Local Emergency Services are always under-funded and poorly equipped and may or may not even show up. In a serious or wide spread situation, they just don't have the resources to cope. An emergency situation can be difficult enough without having to deal with illness caused by bad water. Few of the problems you may encounter in an emergency can be avoided as easily as this one. You'll have plenty to occupy your attention without having to worry about a clean water supply, so solve this problem now, while it's easy.

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](mailto:ucnoklahomacian@yahoo.com)

Jim Lee

## *"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>**

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**FORUM**

## Emergency Preparedness — Water by Jim Lee

Since water is the most basic of human and animal needs, it is worthwhile to give the subject a little more consideration. Access to clean drinkable water is an absolute necessity in any situation. In an emergency, it is essential to have an adequate supply for every member of your family, including pets. In many survival guides and books, the author will try to tell you that a certain quantity (usually a gallon per day per adult, minimum for drinking) of water is necessary, but actual needs vary so widely that any guidelines have to be taken on an individual basis. For instance; an active 300 lb. Man in Tucson, Arizona in July is going to require much more than a gallon per day while a sedate 100 lb. Youth in Bangor, Maine in September isn't going to need as much. One thing to consider though is that you'll need more water in cold or hot weather than you'll need in moderate weather, and you'll expend more water in windy conditions than you will in relatively calm conditions.

**Sources of Water;** If you live in a city, town, or rural water district, you can just turn on the tap, right? **WRONG!** In a power outage, the pumps stop running and there's no pressure. If you turn on your tap, gravity forces the water to run downhill back into the main and you'll lose whatever water is in the pipes. This water can be captured by disconnecting the pipe at the meter and catching it in a bucket or other container (you'll have to open a tap to allow air into the line before the water will flow out). Another source of water is your

is your water heater, just open the drain valve on the bottom of the tank and the water will gravity flow out ( here again, you'll have to open a hot water tap to allow air to displace the water before it will flow out). There are other sources of water around the house that most people don't usually think about such as the tank behind your commode (you probably won't want to use the water in the bowl, but it's OK for your dog or cat).

If you live in a rural area with a well, your pump will also stop running so you'll need to either have a generator with fuel to run your pump and or a well bucket with a rope of sufficient length to draw water from your well. I recommend both as the generator is useful for other things also. Something to consider is that in a prolonged outage, you'll eventually run out of fuel and a generator makes noise to alert anyone near enough to hear it that you are there and you have the resources to at least run a generator and may have other things that they may need. This could be a serious security risk for your family. I'll have more to say on security in a later issue of the newsletter.

**Water Storage;** You can store water for short periods of time in just about any kind of food grade container. Used 2 or 3 liter pop or juice bottles, larger water cans or jugs that you might have for work or outings, or you can just buy several 5 gallon water containers at Wal-Mart or somewhere similar. Fill them up, put them somewhere out of the way (somewhere cool and dark to retard

bacteria and algae growth), and flush and refill the containers often to keep your water fresh. It's a good idea to keep several canteens filled and ready in case you have to leave your house (as in the case of an earthquake or flooding). Canteens are handy in any situation where you may have to grab and run.

**Water filters;** Everybody should have one. Get a good one. I'm not talking about the kinds that require power or pressure to operate, as you may have neither. Get a gravity flow filter that will remove chemicals as well as protozoa. Even if your water supply is up and running it may well be contaminated, and you do not want to have to drink contaminated water. There are several companies that market "Sport Bottles" or back-pack-able filters that will filter out most of the contaminants found in pond or creek water at a fraction of the cost of a household filter. These are good to have in case you have to leave your home or in case you don't have a household filter. They will not filter the water as thoroughly nor will they produce the quantity of clean water that a household filter will produce, but they beat the heck out of drinking contaminated water. If you are not familiar with water filters, you can do a little research on the web and find one that is right for your needs. I personally use an "Aqua-Rain" household filter and have a couple of the "Berkie Sport Bottles". Always keep in mind the useful life of the filter elements and avoid using contaminated filters. I do not

*Continued on page 6*