



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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Onions and Their Healing Properties



A hairdresser in New Zealand said that several years ago many of her employees were coming down with the flu and so were many of her customers. The next year, she placed several bowls with onions in them around her shop. To her surprise, none of her staff got sick.

The moral of the story is, buy some onions and place them in bowls around your home. If you work at a desk, place one or two in your office, maybe on top of your desk. Try it and see what happens. We do it every year, and we don't get the flu. If this helps keep you and your loved ones from getting sick, all the better. If you do get the flu, it might just be a mild case. What do you have to lose? Just a few bucks on onions!!!

Onions are a member of the allium family, the same as garlic, leeks, shallots and scallions. These smelly, but powerful veggies contain literally dozens of chemical compounds (25 to be exact) that have been used for centuries for their amazing healing properties. The Chinese, East Indians, Ancient Greeks, Romans and even Egyptians revered the onion, believing it to help with infections, digestion as well as issues with the eyes and joints among other things. Today, we know the plant has potent diuretic, antibiotic and even anti-inflammatory properties. Studies also show it to be an effective expectorant, which makes it very useful in cases of infections like colds, flu and persistent coughs.

Onions and others in the allium family are high in flavonoids, powerful antioxidants known to prevent disease by attacking harmful free radicals within the body. In particular, onion is very rich in the flavonoid quercetin, a compound shown in studies to help prevent heart disease by not only preventing cholesterol from attaching to arterial walls, but also by preventing blood platelets from sticking together and forming clots. In fact, one 2006 study published in the British Journal of Nutrition, shows people who consume the most quercetin-containing foods (onion soup in this study) have a reduced risk of thrombosis and cardiovascular disease. Quercetin is also shown to stop the progression of tumors, one reason this compound is often used for cancer prevention. Researchers at the University of Utah have further found that quercetin may in fact help to reduce blood pressure.



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- "Thoughts on the Movie Avatar" A hand-written message to the children, from Chief Storyteller and Tribal Elder Willy Whitefeather, pages 5-6

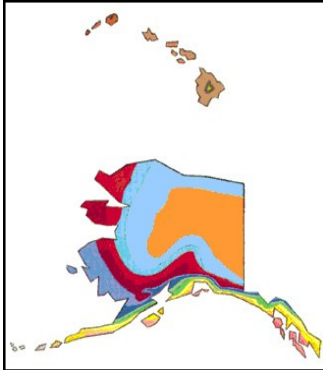
Gardening by Katey Ross Lee

Many people are planning to grow a garden this year for the first time. The first question is "What do we plant?" While deciding, keep these considerations in mind;

What do you really want? It is foolish to waste time and resources o growing things that you don't really want, and probably won't use.

Will it grow in my area? Check the map for your zone, numbered 1-11. It is based on the growing seasons. You also need to determine if you live in a wet climate or a dry climate, and find out which plants are suited to yours.

We always grow tomatoes, bell peppers, okra, potatoes, numerous varieties of greens, beans, squash, cucumbers, and melons. That is a lot to keep up with, but now that my husband is retired and can help out, we are also going to grow Brussels sprouts, cauliflower, asparagus, carrots, peas, corn, and several other things. Of course, I have my herb garden, but once you get one established, it needs very little tending.

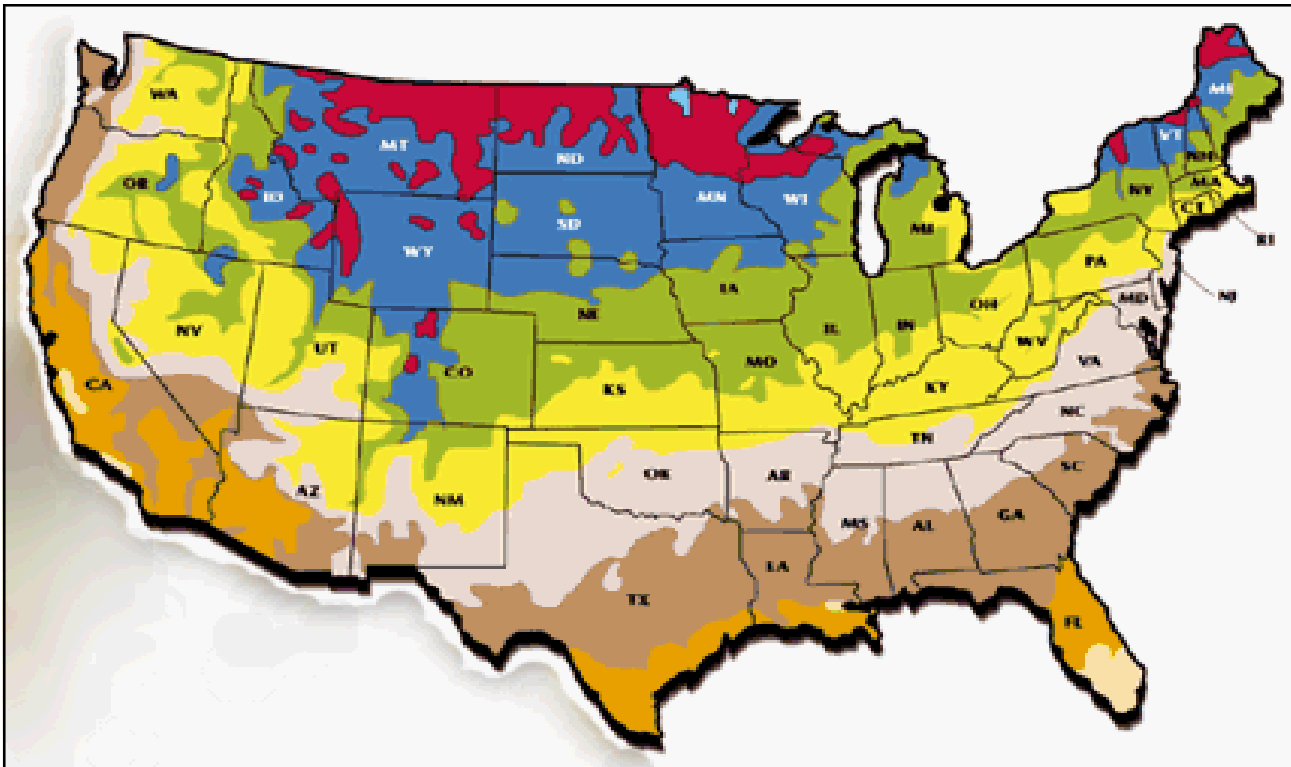


Other plants you might consider planting are those that help repel pests. Anything that has a lemon odor will smell heavenly to you, but bugs hate it. Onions planted around the border will discourage rabbits. Tansy, pyrethrum, lavender and many other flowers also repel insects, and brighten up your garden.

If you discover that you have planted too much, your friends or neighbors might be happy to take extra plants. You might even want to trade some of your extras for some of theirs. I always have more surviving tomato plants than bell peppers, and my neighbor has the opposite problem, so most every year we trade with each other.

MINIMUM TEMPERATURE BY ZONE

	Zone 1	below -50° F
	Zone 2	-40° to -50°
	Zone 3	-30° to -40°
	Zone 4	-20° to -30°
	Zone 5	-10° to -20°
	Zone 6	0° to -10°
	Zone 7	0° to 10°
	Zone 8	10° to 20°
	Zone 9	20° to 30°
	Zone 10	30° to 40°
	Zone 11	40° to 50°



A Time For Respect by Bright Sun



As Winter settled in once again, another snow storm paid us a visit this weekend, it gave me time to stand at my "think window". I observed the beauty that Mother Earth graciously shared with me, as I watched the animals carefully walk through the snow and the winged ones sail with the wind, this scene is so sacred to me. Standing there I realized what all of us in our American Indian culture carry with us at all times, it is Respect for our natural environment, Respect for our ancestors and Respect for our Elders. There are many cultures on this planet that carry these same beliefs, sometimes we get to learn by example.

Some of our teachings are handed down and told by the storytellers, or a tracker can tell a story by reading the signs in the forest and then teaching the children Respect for our brethren animals, and their homes. From the winged ones of the air, if we are honored we might find an offering of a feather as a gift. But most of all we receive our teachings at the gatherings and powwows, where the young ones learn to Respect our Elders and Chief's, to Respect the dances in our sacred circle and to Respect the dancers in the making of their regalia and most of all the Respect of our arbor drum as it sings the songs to Mother Earth. Our children must learn all of these things at an early age, so that they may remain interested and one day become the teachers when we pass to the other side. For now it is up to us to teach the children in these many ways as Mother Earth teaches us each day. We must teach this Respect of all of our heritage and culture, how Respect is shown to others and the honor in the giving of Respect and of receiving Respect. My Father Gray Wolf always taught me, "silence means you are listening". Silence when an Elder is speaking means that we are listening to the lessons in the stories. Silence when a hawk cries as he is flying overhead,

means we are listening as he is telling us to beware of the danger that is near.

Learning Respect and sharing it with others is priceless and cherished and sacred. To all that we share or lives with, our culture with and walk the sacred path with, we share this Respect with and for Mother Earth and all of our animal brethren. Our culture lived and walked with Respect for hundreds of years, because our Warriors earned it and our Elders taught it to our young. Let us do the same now for our children and grandchildren, we must continue to show them the Respect of teaching them about our history, language and culture as our ancestors did to their young. We must make sure that our young people become the teachers for tomorrows young, they must know their culture, this is their time to learn Respect and to be Respected for what they take into the future.



With My Heart, Bright Sun—Virginia Clan

Message from the Principal Chief

O'siyo Members, welcome to our fifth 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 at; kateyross@yahoo.com

March brings the end of Winter and the beginning of Spring, we have had a hard Winter and many have suffered with the extreme weather. Let all of us send out our prayers for a better year for all of the people and pray for our members, Chief's and Elders. Tough times remain ahead, we must work together for our goal of "Gathering the Lost Tsalagi" and remember to learn and teach our young ones. They are our link to the future generations and the reason for the existence of The United Cherokee Nation (UCN).

Together we are powerful, apart we are nothing but lost individuals. I beg of you all, to be active in your Clans and to be our Ambassador's in our mission. Do not wait for someone else to help out, we need all of you to be an active part of this great organization, we do not need you to sit back and wait for someone else to be active and do all of the work. "Many Hands Make Work Light".

Please visit our Forum and Website.

Tohidu.....Nvya Yona

Recipe of the Month

Bean Bread (Tsu-Ya-Ga)

1 cup of cornmeal
1/2 cup flour
2 tsp baking powder
1 tbsp sugar
2 cups milk
1/4 cup melted shortening
1 beaten egg
2 tbsp honey
4 cups drained brown beans

Mix all of these ingredients, except beans, thoroughly, and then fold in the beans. Pour into

greased, heated pan. Bake at 450 until brown (usually 30 minutes or so)

According to Aggie Lossiah, this is the old traditional recipe: "Sure, corn meal is the main part of bean bread. Corn meal is the main part of the food eaten by us Indians. Beans are used too. If you folks will visit with me for a while, I'll show you how bean bread ought to be made. How my old Cherokee granny made it when we lived in that cave of the Tennessee River, only I have a few pots and pans like my old granny never had.

Do not put any salt in Bean Bread or it will

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 - March - The Windy Moon



March Windy Moon "Ah-nv-yi"

Windy Moon Anvyi "First New Moon" of the new seasons. (when strong winds strip away the dead wood and foliage and

prepare the land for renewal) Traditional start of the new cycle of planting seasons or Moons.

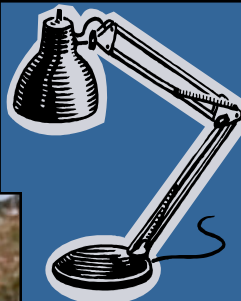
New town council fires are made. The figure used to portray this moon is the historic figure of Kanati, one of the many beings created by the "Apportioner" Un-ethlana.

These "helpers" were variously charged with the control of the life elements of the earth: air/earth/fire/water. Their domains are the sky, earth, stars and the Seven Levels of the Universe.

Member Spotlight

Many people have asked me, "Who is Willy Whitefeather?" My answer is, "Willy is a kind, humble man of Peace, that loves his people!" Nvya Yona

Willy spent many years as a river guide on the Colorado River in Arizona and lived near the Tohono O'odam people around Gila Bend and Apache Junction, Arizona. Willy lived many years in a teepee when he was guiding people down the mighty river. He became a strong friend with many of our cousins of the Mohave, Dine and Hopi tribes. Willy



Chief Storyteller and Tribal Elder Willy Whitefeather—Oregon Clan

learned many of these Elders' stories and now re-tells them to people and what he now calls "his boys". Willy spends most Saturday's in this effort to visit and speak to young native men in the Oregon State Penitentiary near where he now lives, in Grants Pass, Oregon.

Throughout his 75 years he has learned the Cherokee stories and is the Chief Storyteller of The United Cherokee Nation (UCN). Willy is also hand-writing articles for our monthly Newsletter. He is an accomplished author of a Survival Book for Children and has made several short movies, including his award winning short film titled, "Hope". This video can be seen on YouTube at <http://www.youtube.com/watch?v=yH3kviqXIQs> or see Willy Whitefeather Talks at http://www.youtube.com/watch?v=NojV_O6PFbE&feature=channel

Thoughts on the Movie Avatar by Willy Whitefeather



"HELLO!"
Osiyo - HERE IS A STORY.
I WENT TO SEE THE 3-D MOVIE...

AVATAR! JAN. 2010

I SAW MY CHEROKEE ANIYUNWIYA HERITAGE COME ALIVE, AND THE WAYS OF ALL NATIVE PEOPLE. WES STUDDIE A FULL BLOOD CHEROKEE ELDER WAS AN ADVISOR IN THE MOVIE, YOU CAN SEE HIS NAME IN THE CREDITS. WES STUDDIE WAS IN THE MOVIE. LAST OF THE MOHICANS, DANCES WITH WOLVES, AND MANY OTHER FILMS.
- see 2 -

2
THE BIGGEST AROUND TREES IN THE WORLD ARE THE SEQUOYA TREES, NAMED IN HONOR OF THE CHEROKEE HALF BREED SEQUOYA, CREATOR OF THE FIRST WRITTEN INDIAN LANGUAGE, THE TREE IS OUR D.N.A. (DIVINE NATIVE AMERICAN BLOOD) NOTICE THE DNA INTERTWINING ROOTS GOING UP THE CENTER OF THE TREE, THE HOME OF THE TRIBE. IN THE MAYAN THEY HAVE THE WORLD TREE, WHICH WAS RAISED BY THE FIRST FATHER ON AUGUST 11TH 3114 B.C.E (SEE PAGE 144 - THE MAYAN CALENDAR AND THE TRANSFORMATION OF CONSCIOUSNESS BY CARL JOHAN CALLEMAN PH.D. ISBN # 159143028-3)

AVATAR WAS THE OLD STORY OF GOLD OR OTHER RICHES FOUND UNDER THE LAND AND THE TRIBES WERE

see 3

3
REMOVED ON TRAILS OF TEARS. FOR WITHOUT THE ROOTS THE TREE DIES. SO MANY TODAY WITH THE D.N.A. DO NOT KNOW THEIR ROOTS. BUT AT THE END OF THE MOVIE, ONCE THE TRIBES ALL JOINED TOGETHER, THE GREEDY DESTROYERS OF THE EARTH WERE REMOVED AND SENT PACKIN BACK TO THEIR HOME PLANET. A REVERSAL SITUATION TOOK PLACE.

NOW LETS LOOK AT SEQUOYA'S CHEROKEE SYLLABARY (ENCLOSED).

THERE IS NO R SOUND IN THE SPOKEN TSALAGI (CHEROKEE) LANGUAGE. IN THE 85 LETTERS AND SYMBOLS SEQUOYA PUT TWO R'S

RE AND RSV THE SMALL LETTERS ARE THE TSALAGI SOUND - THE LARGE ARE THE SYMBOLS SO BEING A HALF BREED SEQUOYA WAS ALSO GEORGE GIST OR GEORGE GUESS. SO A GUESS FOR THE GIST OF IT. NOW LETS BEGIN TO DECODE AVATAR!

- see 4 -

4
LINE 8 OF THE SYLLABARY LOOKS LIKE THIS...

U_{SA} 4_{SE} b_{si} 4_{so} 8_{su} R_{sv} - AND THE TOP LINE IS VOWELS... THE SOUND A - E - I - O - U - Y - NOW TAKE THE SYMBOLS OR LOGOS APART OF LINE 8 AND ADD THE VOWELS
i U_{SA} COITS FOUR 4_{SE} BUTSI
IS so oso u so u R isiv.

THE CHEROKEE PEOPLE HAVE THE 7 POINTED STAR, THE TSALAGI ANIYUNWIYA (THE PEOPLE PRINCIPAL) THATS WHY THE 8 POINTED STAR BELONGS TO THE CREATOR 'YOWA' (OR 'EYWA' IN AVATAR) THE CREATOR IS THE CORNGIVER OUR FOOD (USED IN GASOLINE TODAY) CORN IS 'SELU' WRITTEN LIKE THIS




- see 5 -

NOTE (A CLUE) THE 4_{SE} SYMBOL OVER IS...

OD THE MAN IN THE WHEELCHAIR S HANDICAP LOGO

Continued on page 6

Continued from page 5

5
CORN 4^{SE} M^{LU} NOW TO LOOK
TO THE 4 DIRECTIONS 4 M^S = 
EQUAL THE 8 POINTED STAR.
THE  INFINITY LOGO OR LIKE
THE TRIBE IN AVATAR ... WAS
THE O MATI CAY A OR
OMEGA TO ALPHA OR 
J O T I O W OR LIKE WHAT
MY GRANDMA SAID, "WHEN A BUTTERFLY
LANDS ON YOU THAT IS A BLESSING FROM
YOWA, AND IN AVATAR WHEN THE SLEW
OF FLYING AND DRIFTING SILVERY SPIDER
LIKE CREATURES LANDED ON THE
MARINE OF THE JARHEAD CLAN THE
BLUE GIRL TOOK HIM TO THE TRIBE
RIGHT AWAY, AND SAID TO HER
FATHER (EYUTUKIN); WE HAD
- see 6 -

6
A SIGN FROM EYWA."
SO THE MOTHER CHECKED HIM OUT
AND POKED HIM WITH HER SHARP
STICK AND TASTED HIS BLOOD, AND
SHE SAID; "THIS WARRIOR IS OKAY."
AND THE WHOLE OMATICAYA TRIBE
PUT THEIR HANDS ON HIM AND
CONNECTED HIM TO THEIR TRIBE.
(IN THE TRIBAL WAY, IF ONE PERSON
IS HUNGRY, THAT MEANS THE
WHOLE TRIBE IS HUNGRY... ONE
STICK YOU CAN BREAK, THE BUNDLE
YOU CANNOT... THE TRIBE IS YOUR
STRENGTH AND PROTECTION... NUFF
SAID, ITS' SIMPLY CALLED LOVE!")
WHEN THE NEW WARRIOR SHOT
THAT DEER WITH THE FEATHERS ON
ITS' HEAD, HE SAID AN OLD CHEROKEE
PRAYER; "I ASK THAT YOUR SPIRIT
BE HAPPY WITH EYWA AND THAT
- see 7 -

7
YOUR BODY FEED MY PEOPLE."
TO LOOK AT THE WORD ...
THE MO... LU NA
AVATAR
GO DO GO I GO E OR SV
TO REVERSE - GREED OR TODAY...
NEW WORLD ORDER - GREED WAS
REMOVED AND SENT PACKIN BACK
TO THEIR WORLD AND THE TRIBE
NOW OWN PANDORA. THIS
SHOULD OPEN A PANDORAS BOX
SO JOY AND COURAGE
CAN COME OUT. EVEN THOUGH THE
GREAT TREE WAS BURNED DOWN, THE
GREAT RED CHEROKEE PHOENIX BIRD
WILL ARISE OUT OF THE ASHES AND
LIKE THE SONG CHEROKEE PEOPLE
ONE DAY WHEN THEY LEARN THE
CHEROKEE PEOPLE WILL RETURN...
DONADAGOTLY; Willy
"UNTIL WE MEET AGAIN..."
- see 8 -

8

GWY PROTECTION THE MO LU NA FOR PEACE J O T I O W

CHEROKEE PHOENIX

VOL. 1 NEW BOWA, WEDNESDAY MAY 14, 1890. NO. 12

D. S. O. K. a	R. P. o	T. Y. g	W. A. g	O. J. u	I. v
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O. n. a	A. n. a	H. n. i	Z. n. a	A. n. u	O. n. v
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W. y. a	B. y. a	O. y. i	O. y. u	S. y. u	G. y. u

THE TALKING LEAF
AND THE
CHEROKEE PHOENIX
NEWSPAPER
BOTH DUE TO
THE GENIUS
SEQUOYA
O O B V M O

Osiyo (WILLY)

A SEQUOYA TREE AT THE MARIPOSA GROVE AT YOSEMITE NAT'L PARK CALIFORNIA SEQUOYA 1760 or 1843 DIED AT MARIPOSA CALIFORNIA

COVER C

Onions and Their Healing Properties (continued from page 1)

Onions are also an effective and natural way to raise good (HDL) cholesterol according to the American Heart Association. Researchers at Massachusetts' Tufts University have shown eating yellow or white onions can actually raise HDL cholesterol by as much as 30 percent over time.

Onions contain sulfur compounds that are not only responsible for its pungent smell but also the reason your eyes water when you cut them. Onion and other allium vegetables are rich in thiosulfates, sulfides, sulfoxides and other odoriferous sulfur compounds. While cysteine sulfoxides primarily give onion its distinct flavor and eye-irritating properties, research shows thiosulfates have powerful antimicrobial properties that are effective against numerous bacteria including bacillus subtilis, salmonella and even E. coli. All these organo-sulfur compounds are also proving to be a significant factor in both cancer and cardiovascular prevention. Interestingly, in central Georgia where the popular Vidalia onions are grown, statistics show the death rate from stomach cancer is almost 50 percent lower than in the rest of the United States.

As well, sulfur in onions is shown to help in cases of asthma by inhibiting the allergic, inflammatory response typical in acute attacks.



Onions are also very rich in fructo-oligosaccharides, compounds shown to stimulate the growth of healthy bifidobacteria and suppress the growth of potentially harmful bacteria in the colon, which may account in part for onion's role in colon cancer prevention.

Unfortunately, the beneficial effects from onions are mostly lost when cooked according to some studies, so you should try to eat onion raw whenever possible. Some researchers suggest the best way to get the maximum benefit from onions is to juice them and then mix the juice with honey, taking two-to three teaspoons daily for about three weeks when fighting a virus. According to research, the Western Yellow, New York Bold and Northern Red onion contains the highest concentration of flavonoids and antioxidant value of the 10 onions tested (the milder tasting Western White and Vidalia onions having the lowest antioxidant content). So, when buying onions a good rule of thumb, according to this study, is essentially the smellier and stronger the onion variety the better.

Other medicinal uses for onion : A compress applied to the skin for acne, arthritis and congestion, A natural wormer (although studies show onions are toxic to dogs and cats so never feed them onions), A natural diuretic, Intestinal disorders. Onions stimulate peristalsis (contraction and expansion) of the intestines and help remove intestinal putrefaction and excess gas, Indigestion, Headaches, Earaches, Toothache and prevention of dental decay, Laryngitis, Colic, Angina, Jaundice, Sunstroke, Stimulating hair growth.

Here is a postscript from a woman in Oregon. This is her experience with onions. "I contracted pneumonia and was very ill. I came across an article that said to cut both ends off an onion, put one end on a fork and then place the forked end into an empty jar, placing the jar next to the sick patient at night. It said the onion would be black in the morning from the germs. Sure enough, it happened just like that, the onion was a mess and I began to feel better. " Another thing I read in the article, "was that onions and garlic placed around the room saved many from the black plague years ago. They have powerful antibacterial and antiseptic properties." Always remember to be careful where you leave your leftover onions. If you plan to eat them later, keep them sealed up and put them in the refrigerator, away from any possible contaminants.

There is an un-proven tale that in 1919, when the flu killed more than 40 million people, there was doctor that visited farmers to see if he could help them combat the flu. Many of the farmers and their families had contracted the flu and some had died. The doctor came upon this one family, and to his surprise, everyone was healthy. When the doctor asked what the farmer was doing that was different, his wife replied that she had placed an unpeeled onion in a dish in the rooms of the home. I have also been told that many of our Elders placed Onions or Garlic in a pouch around their neck to ward off sickness in the old days.

I guess those Old Wives, that told their tales, were pretty wise after all!



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

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OUR

FORUM

Emergency Preparedness — Food by Jim Lee

In the average American home there is usually only enough food to last for an average of two days without making a trip to the grocery store. This is a statistic compiled by F.E.M.A. Many homes have less, especially homes in the cities and suburbs. The farther a home is from a town, the more food it usually has in its cupboards. There are exceptions to this rule but this is true for the vast majority of American homes.

In an emergency, you cannot depend upon the stores being open or on you being able to get to a store. Even if they are open and you can actually get there, you will still have to deal with the crowds of other people and compete for whatever goods are still available. This can be a nasty situation that is likely to involve you in competition with desperate people and possibly even looters. You want to avoid this if you possibly can.

It is usually several days, at least, before any kind of emergency services can manage to set up food distribution centers to feed people affected by an emergency, so in the first few days you'll probably be on your own. If you don't have food, you go hungry. Even after they have managed to set up these centers and begin distributing food, you still have the problem of traveling safely to and from them. The quality and quantity of food given out in these places is somewhat questionable and they also attract the aforementioned desperate people.

This situation has a very simple solution. Store some food. F.E.M.A. recommends every household have at least a two week supply of food (and medication if you use any). I recommend you have as much as you can store. It *never* hurts to have more than you need and it *always* hurts to not have enough. It is important to remember to rotate the food in your storage so it will always be fresh enough to use.

It does not involve any large cash outlay and can be done on a gradual basis just by buying a little extra every time you go to the store. That way it doesn't eat up your pocketbook and you'll have more than you expect in only a few weeks. There are companies that will sell you a pre-packaged 6 month or year's supply of food if you can afford it. You should use caution if you decide to buy food in this form though, because some of these companies are not reliable, and the quality of their food is not that good. I have found that, for my own

household, it is better to just stock up on the things we normally use and rotate our stock.

I do recommend that you put away some high energy food like dried fruit, nuts, raisins, beef jerky, and other natural snacks that require no preparation. Your energy requirements are going to be much higher than normal when you're under stress. I do *not* recommend sugary snacks as sugar has a tendency to give you a brief boost then let you down as it has very little nutrition. Many of the high-energy drinks sold in stores are mainly caffeine and have the same problem. Plain old wholesome food is still your best bet. It will not let you down.

You will also want to have some alternative method of cooking your food. A small camp stove with independent fuel supply is not too expensive and will suffice. Such a stove has the added advantage of being portable in case your home is no longer a safe place to stay.

Basically, what it all comes down to is that you do not want to be dependent on outside sources for your basic needs, because you have no control over outside sources. In an emergency situation, people who have not made preparations have a tendency to get desperate and you will have enough to deal with without any unnecessary complications. Desperate people are unpredictable, unreasonable, and dangerous.

There is also another aspect to this that most people fail to consider; supply and demand. When supplies start to get short and demand goes up, merchants have a tendency to want to raise their prices. If you need it and don't have it, you'll have to pay whatever the seller wants for it, *if* you can find it.

Save yourself some trouble and give yourself a little bit of peace of mind by stashing at least a month or so worth of food. It is the least expensive form of insurance that you can have. You're going to eat anyway, and it could be the best investment you ever made.

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 at; ucnoklahomacian@yahoo.com Jim Lee