



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 Trail of Tears—A Journey of Spirits

History writes what happened to our people on "The Trail Where We Cried", I now write how and what they taught us in doing it. Do we have a journey of spirits ahead for us? Yes we do, and we need to know spiritually what we'll do to make that walk once more.

The Cherokee journey isn't over for any of us that now, then and that will forever live, we all walk with our ancestor's spirits. I am writing this article in deep honor of Chief Wilma Mankiller, for her spirit is now with our people and those brave one's that showed us, not just that they walked but how they did it through their Journey of Spirits.

Our trail is one of prayer, determination and most of all sacrifice. And it is these three things that they give us to continue, what they taught us was there were spirits with them on their journey. Our ancestor's blood touched Mother Earth so that we may be here today to carry on, to honor them by dance at gatherings and Powwow's and by prayer to the Creator, to Father Sky and to Mother Earth. These are the same prayers as the Eagle takes up among the winged ones. These same prayers from our turtle lodge, so that we may go alone with the spirits and sing and pray many times with them and to purify ourselves and join our spirit with the brave ones who we should learn all of these things from.

The Cherokee are peaceful people, we have shown the spirits that our prayer for one another and good thoughts have continued, what we now have gained is knowledge of our Native Indian Rights and now can in a way justify what happened to our people long ago through this knowledge. The "Trail of Tears" was of sadness and loss of and for our people. Our ancestor's know that we will never let this happen again.

All of us together are one people, I hope you will read this and know this message came to me because of their Journey of Spirits then, and the one that we may one day walk together again sometime in the future. We are strong and ready to continue ahead with good prayers to keep the Cherokee traditions awake, so that we may be in spirit with our ancestor's every day. We are brothers and sisters who love and care about each other, let's not let this cold world, as some may see it today, change that in each of us.

Let's let the communication to one another open up more, so that we may join hearts in honor of our people. This is what Chief Wilma Mankiller lived for, and I believe would be so proud to see in us. I ask that you turn your arrows into Mother Earth in her memory, or make a medicine wheel to the 7 directions to hang for her outside your window so that her spirit will know you are remembering all that she tried to accomplish for our people.

The 7th generation has been born once more and given their path to teach what they have so far learned. Knowing my son is of the 7th generation and can give of himself and that his knowledge already is traditional and honorable and that he is ready to be called upon to carry on, brings me peace and pride for all of our people.

In closing, I will leave you with my phone number for anyone that would like to share good thoughts and spirit with me. (757) 887-1331.

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- "Legend of the Dream Catcher" by Chief Raven, page 2.
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The Trail of Tears—A Journey of Spirits continued

All my heart

Bright Sun – Virginia Clan

And in sacred path with my son

Robert Sparrowhawk and my father Gray Wolf.

Legend of the Dream Catcher

O'siyo my Brothers and Sisters,

I was taught, at the knee of my Grandmother, the 'art' of making a Dream Catcher. I have been making them, and other items, for over 50 years and followed the Powwow Trail for years as an adult until my health forced me to stop.

Now, more than ever as the imposed and accepted 'blood quantum' is succeeding in reducing our numbers through a self sanctioned and imposed genocide, it is important that we teach the young as well as "non-Natives" our traditions, our language, and our deep seated respect for the Earth Mother.

The attached missive is what I have included with each and every Dream Catcher I have given away or sold at Pow Wow or Craft fairs over the years. The name Kon He' was given to me by my 'adopted' Grandfather, Howard Wolf, a Lakota, years before his passing. It means the same as my TsaLaGi name Golany (Go Lah Nuh), The Raven. In Lakota, the Raven stands for wisdom, and I suppose that Howard saw something in me that I hadn't realized till lately. We sat for hour after hour and shared traditions, knowledge, art and stories before he 'adopted' me and named me. No matter what the name was, I would have been proud to take it as I did, and still do, respect him more than I think even he knew. We belonged to a group here in the Omaha Nebraska area called "Dreams Of Eagles" and held monthly 'doings' such as hand games and free dinners for all attendees. I am sorry to say that the group has disbanded for a number of reasons, and I still miss all my friends, Teachers, and even students in the group. The group was multi-tribal and though there were differences, we were all still the same.

"May you always walk in the protective shadow of "The Great Spirit".

The Legend Of The DreamCatcher

As told by Kon He', Cherokee Tribe.

Long, long ago, when the earth was still young, Grandmother Spider looked down and saw her children (the human beings) being plagued by bad dreams. She respectfully asked the great Grandmother Willow for her boughs to form a sacred hoop, Brother Eagle for his beautiful Feathers, Grandmother Turtle (the Earth Mother) for her prettiest precious stones, and began the task of helping her beloved children.

She formed the willow into the sacred hoop, the circle of all creation. Upon it, she placed the covering to protect it and keep it whole. She added the Eagle's feathers and wove her web in the circle with the stones in her web.

As the owner for which each DreamCatcher was made sleeps, the dreams come and pass through the web. All the bad dreams are entangled in the web and trapped there. The good dreams, being better and more worthy, pass through the hole at the center of the web and on into the mind of the sleeper.

With the morning dew and sun, the bad dreams are washed from the web, to drip down the feathers and fall harmlessly to earth.

Although each tribe has a slight variation to the Legend, and the style of fashioning a DreamCatcher, The concept is universal amongst the Native Americans, and no home is considered complete without one. In fact, many tribes consider it rude to not bring one as a gift when visiting someone's home for the first time. So it is a tradition.

Legend has it that a DreamCatcher will bless you and your dreams, protect you from evil, and bring you peace and prosperity and guidance throughout your days.

May this token of Native Americana, and of the "Original People" bring all that to you.

Kon He' (The Raven) (Dave Berlowitz)
Cherokee
Made by hand with Love and Care, Just for you.

Gardening by Katey Ross Lee



Don't know what the weather is like in the rest of the country, but here in the hills of Oklahoma it's still fairly cool. Highs in the 60's and 70's - lows in the 40's and 50's. Got most of our garden planting done. Still a few more herbs I'm trying to find room for.

Our daughter moved in with us recently and discovered hummingbird moths in our bottom pasture, next to the north creek. Turns out that their larval stage is the small horned tomato worm. Now I'm not allowed to kill them because she plans on collecting them so they can produce an army (or air force) of little moth-men. Since they are pollinators, I have agreed to help her out, but she gets to handle the worms (ick!).

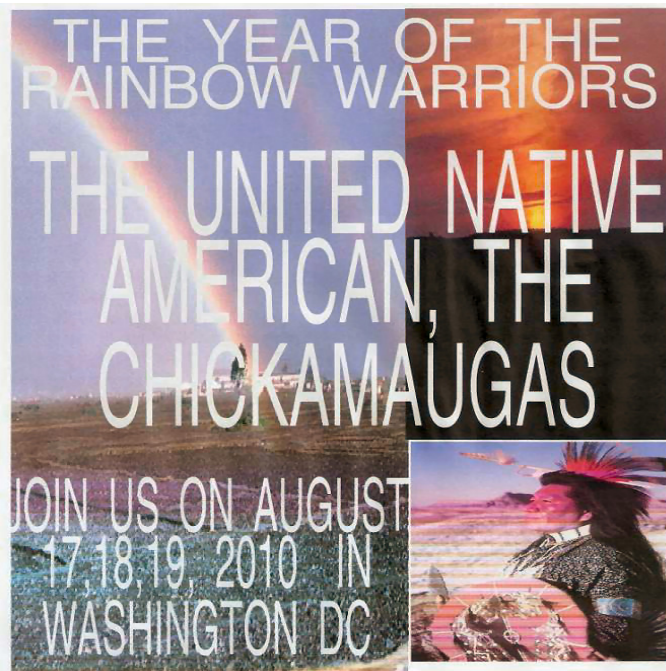
By next month, I'm sure the garden pests will be out in abundance and I will share our battles with you. Keep your fingers crossed, and maybe we can beat the bugs this year. Until then, enjoy the weather!

Katey Lee

Message from the Principal Chief

O'siyo Members, welcome to our seventh 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



Please join our Chief's and members of The United Cherokee Nation (UCN) from the four directions of the United States on August 17-19, 2010 for the Native Mixed-Blood Drive and Gathering at the Lincoln Memorial in Washington D. C.

These three days are going to be filled with speakers and artists from many tribes, clans, bands and groups of mixed-blood Native Americans rallying for their freedom of expression and against the repression of the Tribal Leadership of the BIA Recognized Tribes. This struggle is not just a Tsalagi struggle by The United Cherokee Nation (UCN), but one for all mixed-blood people from many other native nations. Our collective struggle is to be recognized by our own people, according to the Old Ways of our ancestor's.

I invite you to meet the leadership of our Organization during this event. More information will be forthcoming, in the coming months Newsletters.

Please visit our Forum and Website.

Tohidu.....Nvya Yona

Recipe of the Month—Kanuchi

A real delicacy to the Cherokees in Oklahoma! At left is a rendering of a kanuchi stump, or kanona, used for preparing kanuchi. A heavy log is hollowed out a few inches in depth. The long heavy stick is used for the pounding, and not that the large end is at the top. This is used as a weight. Kanuchi making takes a lot of effort, but sure is worth it. The instructions for the making of Kanuchi follows:

Hickory nuts, gathered last fall are allowed to dry for a few weeks or months prior to preparation. The hickory nuts are cracked and the largest pieces of the shells are taken out. You can pick them out by hand or shake the pieces through a loosely woven basket. Usually, both.

The nuts (don't worry if there are some small pieces of shell) are put in the 'bowl' of the log, and are pounded until they reach a consistency that can be formed into balls that will hold their shape, about three inches in diameter. They must be kept in a cool place; today, most people freeze them.

When you are ready to prepare the kanuchi for serving, put one of the balls in a sauce pan with a quart or so of water. Bring it to a boil, and the ball should dissolve into the water. Simmer about ten minutes, then strain through a sieve. This separates any of the shell that is left. It should simmer until it is about as thick as a light cream. Add two cups of hominy to each quart of kanuchi. Most cooks add some sugar or honey. It should be served hot as a soup.

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 - May - The Planting Moon



May Planting Moon "Ah-ni-Sgu-ti"

Planting Moon (strict translation "the putting it in a hole moon")

Families traditionally prepare the fields and sow them with the stored seeds from last season.

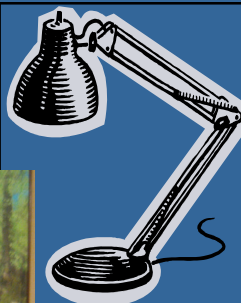
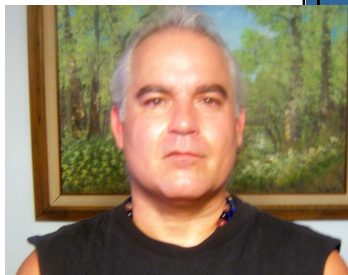
Corn, beans, squashes, tomatoes, potatoes, yams and sunflowers are some food planted at this time.

A dance traditionally done at this time is the "Corn Dance".

Member Spotlight

Tino De La Luz Thundereagle of the California Clan is the leader and host of the Northern California Beegum Lodge. Beegum is in the Coastal Range Mountains, West of Red Bluff near the town of Platina, off of Highway 36. They hold family Lodge bi-monthly with their Clan family in Northern California.

Thundereagle has shared and learned from Lakota and Hawaiian Kahuna Elders and has traveled around the world twice, teaching what



Tino De La Luz Thundereagle of the California Clan and Beegum Lodge.

he has learned of the medicine ways and learning from many indigenous tribal people.

Thundereagle is of Tsalagi and Apache blood and shows honor to all of his ancestor's and teaching Elders in the way that he lives his life and in what he teaches of the old ways.

Thundereagle is in the process of setting up a lodge for and inviting the members of The UCN to meet on their Lodge property and share in the traditions he has learned throughout his life and career as a medicine healer and professional nurse.

His spirit was drawn to "The Gathering" from his ancestor's and guides. I am proud to call him my friend and brother.

Aho, Nvya Yona

The Drum and Healing by Chief Dancing Red Hawk

O'siyo Tsunalii,

I recently shared a drumming circle with a group of healthcare workers at a Conference on Spirituality and Aging. Many said they came to my workshop because they wondered what in the world drumming had to do with healthcare in the first place, and secondly they wondered how something like drumming could ever benefit seniors and those who were dying, especially those who were not at all familiar with "Indian" ways. I think many came out of curiosity and with a healthy dose of skepticism. I began to share the significance of the drum as the heartbeat sound of Mother Earth and as the first sound we ever heard in the womb. I talked about how the drum connects us all and unites us as nothing else ever could. I tried to demonstrate how we are all one and how the drum returns us to our origins - to the time before all the separations and distinctions came about. I talked about our separation from nature in the technological age and our neglect of the spiritual messages and joy found in nature. Then with a large powwow drum and several volunteers we began to drum and sing.



Those who came with high stress levels began to relax and in listening to the drum and singing, they began to forget the agendas that were previously swirling in their heads. Some in the class were inspired and felt a burst of energy and strength, some were moved to tears and sad they could not explain it, but that it touched something deep inside of them. Some were nearly put



to sleep with the peacefulness of the rhythms. I went on to talk about how I use the drum in my work in hospice care for pain relief, anger management, stress and anxiety, and for courage and building up of strength. Modern research has even confirmed that drumming boosts the immune system, increases the presence of cancer fighting cells in the body, can shift our cellular structure with its vibrations, and can help relax and calm hyperactivity. There are so many more benefits - too many to list! It seems modern science is confirming what our people have known for years - the drum is a sacred means of healing! I finished with a line from a poem by our late leader, Wilma Mankiller - "Long before I learned the universal turn of atoms, I heard the Spirit's song that binds us all as one. And no more will I follow any rule that splits my soul."

And though it seemed to go against the rules of modern hospital and healthcare facility policy, I got them to at least think for a moment about what it would mean to bring in a drum as a source of healing rather than pills and medications. We are one family and we should let nothing divide or separate us from nature and the beauty and blessings of Mother Earth. We are all interconnected and sacred from our very beginnings. Let nothing separate this thought from us. And let us not depart from the traditional teachings of our elders - not for society, or for government, or for education's sake, or for any power or pressure ever. Let us hold onto what gives meaning and value to our lives and that which our ancestors gifted to us.

Aho, Reverend Chief Tim Dancing Red Hawk McIntosh—Wisconsin Clan

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FORUM

Emergency Preparedness — Make A "Boogie" Pack by Jim Lee

Make a "Boogie" Pack

In being prepared to face any emergency one must consider the possibility of needing to flee the situation to a safer place. This could be the result of a chemical spill, flooding, the posse coming over the hill, or any other situation that would make it necessary to leave the area quickly. It is advisable to have access to supplies which you can grab quickly and run. This is commonly known as a "Boogie" Pack.

A "boogie" pack usually contains emergency supplies to last for a few days and is packed into a backpack, rucksack, or some other type of bag to make it easy to carry. The most common mistake people make is to pack it full of stuff they think they may need until it is too heavy for them to carry. One thing you should be sure to do is try hiking with your pack and adjust the weight until you can carry it comfortably for a distance. You never know if you will be able to travel in your vehicle and may have to travel on foot.

The things a "boogie" pack should contain will vary depending on what part of the country you live in. What is appropriate for Florida is not going to be well suited for Maine. The pack should also be adjusted for the season.

Some of the most commonly forgotten items that the pack should contain are; a good pair of walking boots and sturdy clothing including a hat. These should be tied to the outside of the pack so they are readily accessible, and can be put into service at the first opportunity. Most people do not commonly wear rugged outdoor clothing for everyday use and you may not have time to change clothing before you have to leave. Do not forget several pairs of socks and underwear if you use it. Keep one pair out for immediate use and stash the rest inside. A new pair of shoes or boots can cripple you quickly, so make sure to wear them enough to have them well broken in, and comfortable. You will have enough problems to deal with without having blisters on your feet, or sunburn.

Every "Boogie" Pack should include the following;

1. Basic first aid kit

2. Canteen (filled, and refreshed often)
3. Poncho (Get a good one as this is your shelter)
4. General purpose knife (good quality and keep it sharp)
5. Stout cord (minimum 25 ft.)
6. Energy bars (quick food-no preparation)
7. Fire starter (know how to use it)
8. Maps of your area
9. Magnetic Compass (know how to use it)
10. Food (minimum 3 days, more if you can carry it)
11. Portable water filter
12. Military mess kit with cup

There are many other things a person could use but a "boogie" pack is for just that; grab and run. It is not intended for extended use. The list above is by no means complete and should be customized for your specific needs. Its purpose is to give you the basics to sustain you until you can get to a safe environment or until you can find sources of re-supply.

This pack should be kept in a place where it is immediately accessible. It is a good idea to carry it when you travel in your vehicle in case of breakdown where you have to leave your vehicle. Keep it close to a door in your home so you can get out with it quickly if needed.

A well planned and thought out "boogie" pack could save your life. The cost is minimal and, in my opinion, every member of your family should have one.

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