

HOWLING WOLF

NEWSLETTER



THE VOICE OF THE INDIAN CREEK BAND CHICKAMAUGA CREEK INC. DELTONA, FLORIDA

A MEMBER OF THE CHICKAMAUGA CONFEDERACY.

The Monthly Board Meeting: Members Present

Chief "Red Wolf" Bill Chance, Anthony "Dancing Eagle" Chance, Rita "Cheyenne Autumn" Chance, David "Little Brother Warrior" Vossburg, Carlos "Black Bear" Arce, Linda "Crystal Hawk" Arce

In this month's meeting, we discussed finding more ways to increase our number of petitions for congressman Mica. Our own Medicine Woman, Crystal Hawk, passed petitions on to parents and friends at her job and obtained many more through e-mails to various friends and relatives. Black Bear had also passed along several to his friends at his job, as well. Crystal Hawk asked for a list of members to e-mail and asked for help in getting more signatures. Chief Red Wolf declared that *"this is important to all members and if we want to be recognized, we need to get as many[signatures] as we can"* Little Brother Warrior is still working on getting grants for ICB. If there is anyone that can help in this matter, please contact the office either by e-mail or phone. Thank you. We proposed sending the Newsletter via e-mail to members, saving money in the process.

If you wish to receive the newsletter via email please send your E-mail address to the Chief ASAP. There was talk of raising the

subscription to the Newsletter to 30 dollars. The decision remained undecided. Only members who pay the 25 dollars will receive a ICB Newsletter by mail. The camping trip on May 4 has become official and the members going will be Chief Red Wolf, Black Bear, Dancing Eagle, and Little Brother Warrior. A new member to the ICB was approved. We welcome Kim Lyman's sister, Wendy Lambert to the Indian Creek Band!



OSHA ROOT

The Osha root is powerful "Bear Medicine" it is an anti-viral and antibacterial herb. It is used for such conditions as head colds with dry or wet cough, irritating coughs, bronchial infections and sore throats. It is also used to treat flues, fevers, pharyngitis, early stages of tonsillitis, pneumatic complaints, indigestion and delayed menses.

HOWLING WOLF ~ TSU-WA-LU-KA WAYA

Origin of the Osha Root

Osha is said to be an ancient Aztec term meaning "bear medicine." When a bear first comes out of hibernation, it will eat the Osha root to cleanse its digestive system. The bear's use of herbs for its own healing is the reason that the bear is considered to be the prime healing animal in many cultures. Any herb plant that is considered to be "bear medicine" is a potent and primary one. The Osha Root is one of the most important herbs of the Rocky Mountains, considered sacred by the Native Americans and widely esteemed for its broad and effective *warm* healing power. Many tribes burned it as incense for purification to ward off airborne illnesses in their homes and also to deter subtle negative influences and thoughts. Osha is said to be associated with mystical dreaming as well.

Osha Root as Strong "Bear Medicine"

The root of Osha is the part used medicinally. If one were using Osha root for upset stomach, nausea with vomiting, gastrointestinal discomfort or indigestion, then brewing a tea would be ideal. Place one tablespoon of dried root with a pint of spring water and simmer for 15-20 minutes. Let the tea cool and drink one cup at a time. It can even increase the appetite after the stomach is settled. Because of its strong anti-viral properties, it should be taken at the first minimal signs of a cold or flu. It can also be used externally on skin wounds for prevention of infection. [<http://www.mothenature.com>]



"THE THREE SISTERS"

This is Mother Clearwater speaking. It is Springtime and I would like to share the story of the "Three Sisters" with you that has been passed from generation to generation. The "Three Sisters" are companion crops, one helping the other by maximizing growing conditions. The corn tall and firm, grows in the center of the circular bed and becomes the pole to climb. The beans fix nitrogen in the soil, which helps the nitrogen loving heavy feeding corn. The squash surrounds the corn and beans and covers the ground; holding moisture in the soil, and the prickles on the squash stems help repel pests. The "Three Sisters", are like us because in spring we plant three kinds of seeds together. They want to be with each other just as our people want to be together. So long as the three sisters are with us we know we will never starve; for the Great Spirit sends them to us each year. We thank him for the gifts he gives us today and every day. My father, Elder Herbert Barber said that the "Three Sisters Crops", reminded him of the unity that our people need to be whole.



Kawoni Atsilvsgi svnoyi ehi nvdo
~ April Flower Moon ~

The Cherokee Moon Ceremonies

The Cherokee Moon Ceremonies were a very old seasonal round of ceremonies practiced during ancient times by the Cherokee people in the earliest recorded culture.

This month's Moon: **Kawoni Atsilvsgi svnoyi ehi nvdo** APRIL: Flower Moon .

The earliest plants of the season come out at this time. New births are customary within this time frame. The first new medicine and herbal plants that taught mankind how to defend against sickness and conjuring spring forth during this Moon.

Ritual observances are made to "Long Man" during this moon. Streams and rivers controlled by the spirit being, named "Long Man," renew their lives. A dance customary at this season was the "Knee Deep Dance" of the Spring or Water Frog.

HOWLING WOLF ~ TSU-WA-LU-KA WAYA



The Chickamauga Wars

The Chickamauga Wars were a series of conflicts fought between 1776 and 1794 which were a continuation of the Cherokee struggle against the encroachment into their territory by settlers from the British colonies.

By 1776, the isolated conflicts had broken out into open warfare between the Cherokee led by **Dragging Canoe** and frontier settlers along the Watauga, Holston, and Nolichucky rivers. Other areas were Carter's Valley in East Tennessee, along the Cumberland River in Middle Tennessee and in Kentucky. Fighting later extended into the colonies of Virginia, North Carolina, South Carolina, and Georgia.

The Chickamauga fought alongside and in conjunction with Indians from several other tribes, and with support, at various times, from the British, the French, and the Spanish. [<http://en.wikipedia.org>]

Chief Old Billy Bowlegs

Chief Old Billy Bowlegs was the war chief for King Phillip at Eufaula Town in the Creek Nation in Alabama near the Chattahoochee River.

He was born in 1795 and died in 1858 in Oklahoma. In the early days of war against the United States, **Old Chief Billy Bowlegs** became war chief over all the clans.

He made the Indian Creek band the keeper of the history and rear guard to watch over the women, children and elders.

The name Indian Creek derives from a branch of water which flows off the Big Sandy Creek just west of Fort Mitchell and the Indian Creek Village.

The name Chickamauga arises from the region in which the faction lived, which was near the Chickamauga Creek near present day Chattanooga, Tennessee.

The settlers of the region distinguished these Cherokee from other Cherokee, which they identified as the "Upper" or "Over-hill" Cherokee; the "Lower" Cherokee; the "Hill" Cherokee; and the "Valley" Cherokee.

Indian Creek Band Business

- **ICB GRAND COUNCIL MEETING**
- **Grand Council Date: MAY 5, 2008.**
- ICB requests that **ALL MEMBERS** of Council be present for this occasion.
- **The Indian Creek Financial Report:**
- The bank balance of the ICB: \$45.00.
- The Land Trust account balance is \$840.00.

The Mothers footsteps echo in the Hall, the sounds of teaching fill their heartbeats and reflect the peace in their smile. These are the things that make life worthwhile.

The touch of her hand and the warmth of her cheer, these are the great treasures in the Hall of the Priest.

Law of the Cherokee

The land does not belong to the people but the people belong to the land. We are entrusted with the care of Mother Earth.

Law of the Land

The people cannot give up the right to the lands of Mother Earth and the Great Spirit.

Law of Totemism

The Great Spirit said time moves fast, with the movement of Mother Earth, do not let light of the Priest of the Sun set on the uttered untruths.

HOWLING WOLF ~ TSU-WA-LU-KA WAYA

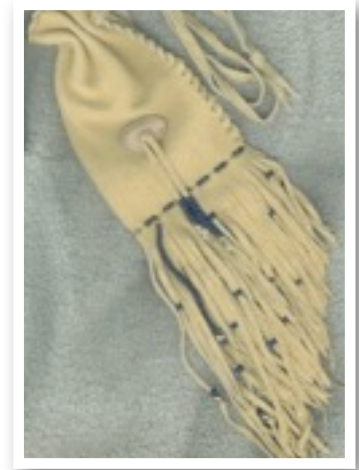
Indian Tools and Artifacts

The Medicine Bag

The Medicine Bag was made from a small piece of animal hide. In the Medicine Bag were things that would help and protect the person who was wearing it. No one knew what another person had in his or her bag. It was a secret. And no one told anyone else what he or she had in their own bag. A Medicine Bag should be made personally by the wearer or as a gift for the wearer.

The Medicine Bag is very personal. Items sometimes placed in the Medicine Bag were: Tobacco, different shaped stones, sage, or other herbs. Also stored where crystal, believed to have healing properties and cedar.

All the things placed in the bag were symbolic and very important to the person wearing it. It may represent a lesson learned, or even a memory such as stones, to remember where you tripped in the path of life.



Your Medicine Bag

You can also put personal things into your bag; a small cross or whatever is really special to you. Remember, you must not tell anyone what is in your bag or its magic will be lost.

For example: The garnet, a red stone and the birthstone of January, was the fire stone and kept your heart strong and healthy, and the Tigers Eye stone helped the hunter to find his prey.

The Herbal Bag

The Indian also used an Herbal Bag, which they tied on to their belt or waist band. This bag kept medicines and healing plants for the wearer.

INDIAN CREEK BAND APRIL BIRTHDAY CALENDAR

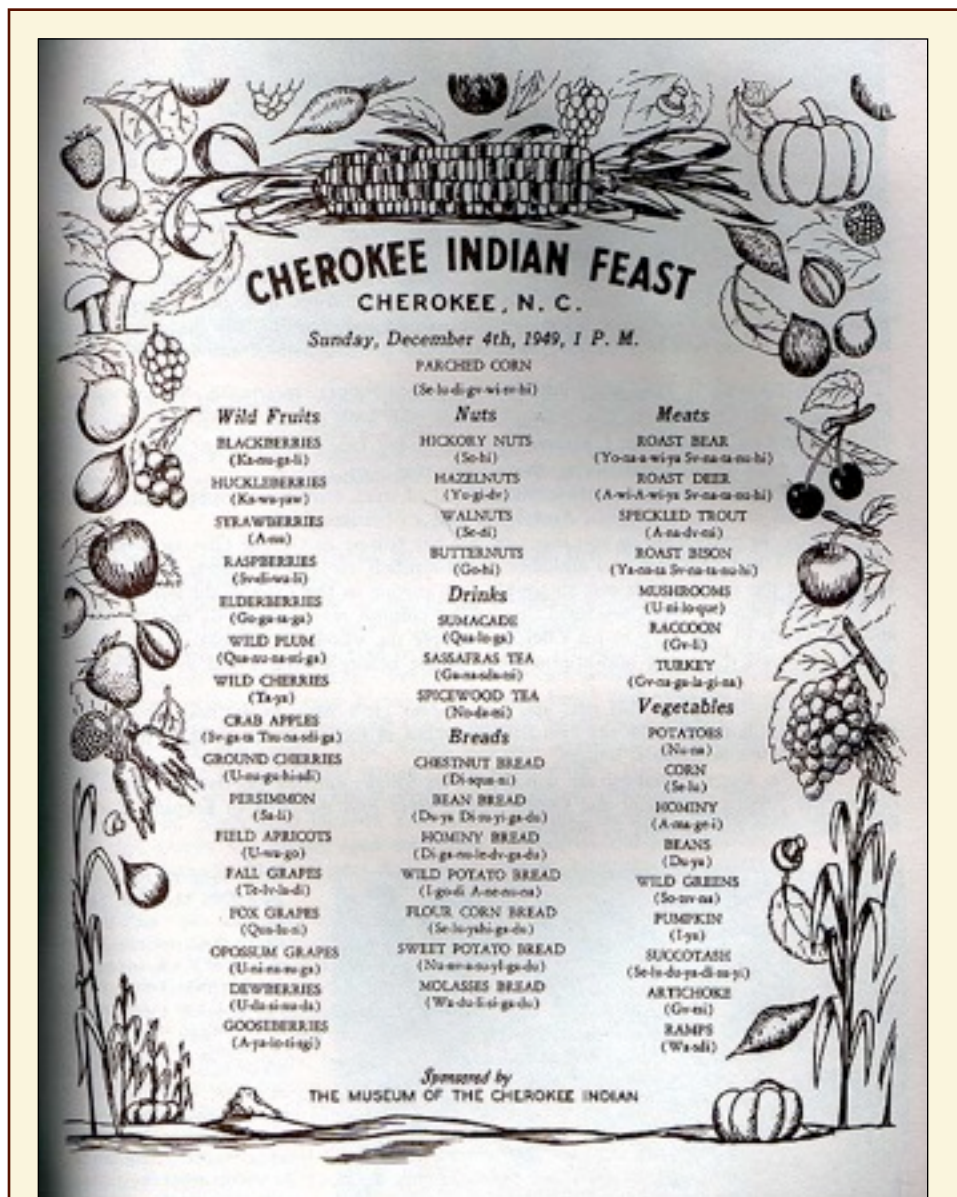
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Happy Birthday Christopher Chance	3	4	5	6 Happy Birthday Isaiah Robinson	7
8 Happy Birthday Carlos Arce	9	10 Happy Birthday David Durant and Evelitzia Dejesus	11	12	13	14
15 Happy Birthday Aurora Ortiz	16	17	18 Happy Birthday LaDonna Purin Littlejohn	19	20	21
22	23	24 Happy Birthday Kathryn Taylor	25	26 Happy Birthday Mark Purin	27 Happy Birthday Awida Rodriguez	28
29 Daryll Wibbens Connie Carter, Kim Decker and Kim Connor	30					

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Indian Food Traditions

Observations on the Creek and Cherokee by William Bartram in 1789, From "Transaction of the American Ethnological Society Vol. 3 Pt. 1. Extracts [Edited for content]

The Cherokee... use a strong lxivium prepared from ashes of bean stalks and other vegetables in all their food prepared from corn, which otherwise, they say, breeds worms in their stomachs. The vines or climbing stems of the climber (*Bignonia Crucigera*) are equally divided longitudinally into four parts by the same number of their membranes somewhat resembling a piece of white tape by which means, when the vine is cut through and divided transversely, it presents to view the likeness of a cross. This membrane is of a sweet, pleasant taste. The country people of Carolina crop these vines to pieces, together with china brier and sassafras roots, and boil them in their beer in the spring, for diet drink, in order to attenuate and purify the blood... They have in use a vast variety of wild or native vegetables, both fruits and roots, viz: diospyros, morus rubra, gleditsia, miltiloba, s.tricanthus; all the species of juglans and acorns, from which they extract a very sweet oil, which enters into all their cooking; and several species of palms, which furnish them a great variety of agreeable and nourishing food. ..A species of smilax (*s. pseudochina*) affords them a delicious and nourishing food, which is prepared from its vast, tuberous roots. They dig up these roots, and while yet fresh and full of juice, chop them into pieces, and then macerate them well in wooden mortars; this substance they put in vessels , nearly filled with clean water, when being mixed well with paddles, whilst the finer parts are yet floating in the liquid, they decant it off into other vessels, leaving the farinaceous substance at the bottom, which being taken out and dried is an impalpable powder or farina, of a reddish color. Then when mixed in boiling water, becomes a beautiful jelly, which sweetened with honey and sugar, affords most nourishing food for children or aged people; or when mixed with fine corn flour, and fried in fresh bear's grease makes excellent fritters.



Traditional Cherokee Feast (above) and Recipes (below)

Leather Breeches: Gather green beans as soon as the beans in the pods mature. Break off the ends and string the pods on a thread or lay them out in a single layer on a sheet. Put the beans in the sun for several days to dry, bringing them into the house at night and during rainy weather. Store for future use by hanging from the rafters or the wall. When ready for use, soak the beans overnight and cook all day the next day. Salt and grease may be put in them while they are cooking if available and desired.

Cherokee Cooklore To Make Bread, recipes, herbs, wild foods, history and the feast.

Edited by Mary Ulmer & Samuel E. Beck and published by Mary and Goingback Chiltoskey.

Information provided by Aggie Ross Lossiah (1880-1966), grand-daughter of Chief John Ross.

Cobvriht 1951 by Museum of the Cherokee Indian <http://www.cherokeebvblood.com/recipes.htm>

HOWLING WOLF ~ SPONSORS



Voice of the Indian Creek Band

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We are located at 1352 East Lombardy Drive Deltona, Florida 32725 Phone (386)-574-3291 E-mail Chief: Bchance2@cfl.rr.com

Editor: Carlos "Black Bear" Arce can be reached at DJLobo76@aol.com

Layout Editor: Kim Lyman nativevoicesonthewind@hotmail.com

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"Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our ancestors, we borrow it from our children."

~Ancient Indian Proverb



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1352 East Lombardy Drive
Deltona, FL 32725