

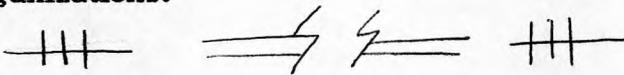


**\*\*\* NEWS LETTER COMMENTS \*\*\***

So much is happening and so quickly that we can not keep up. The newsletter is fast going from a monthly format to a quarterly wrap-up report. In some ways this will work out for the better considering the many things that we are involved in and the reporting time that we need to hear from our far removed families.

Many people have given us great reviews on the spirit and contents of the newsletter. We will continue work towards the goal of making this the communication network for all of our People.

Due to printing and postage expenses (which amount to over \$1.00 each) we will be requesting donations to assist us or else we will have to limit free subscriptions to Band members and other tribal organizations.



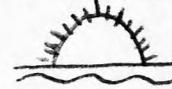
**\*\*\* ABENAKI DENIED RECOGNITION \*\*\***

On August 22nd Vermont Governor Howard Dean announced the rejection of "limited recognition" for the Abenaki. The Governor's Advisory Commission on Native American Affairs, which requested the recognition in June, reacted with dismay at the Governor's decision. Members of the Commission were concerned that this action would deny the Abenaki of cultural, educational, and economic benefits that are given to recognized Native American groups.

A spokesman for Dean stated that he received a legal opinion that there is no such thing as "limited recognition." It was furthermore noted that any recognition would also open other issues - such as land claims and gambling interests.

Several New England newspapers reported on this matter. The Burlington Free Press, Richard Cowperthwait (8/24/94) and Boston

Globe, Yvonne Daley (9/4/94) are noted.



**\*\*\* FIRST LIGHT GATHERING \*\*\***

The First Light Gathering was held on the weekend of September 3-5 in Athens, Maine. The gathering was represented by Abenaki families from all over the United States and Canada. The Cowasuck Band made a good effort to participant in the gathering. Possibly the furthest distance traveled for our people was Doris Nickles and family members that came from California.

**\*\*\* FISH-IN PROTEST \*\*\***

About 200 people participated in a protest fish-in on the Missisquoi River in Swanton, Vermont on Saturday, September 10th. Game wardens issued 93 fishing violation citations to people that did not have licenses. This event was staged to bring attention to Missisquoi Band demands to return their aboriginal rights to fish.

Several New England newspapers reported on this matter. The Burlington Free Press, Richard Cowperthwait (8/24/94) and Boston Globe, Yvonne Daley (9/4/94) are noted.



**\*\* VERMONT LIFE & VERMONT MAGAZINE \*\***

Recent issues of Vermont Life and Vermont Magazine contained feature articles on the Abenaki People. In depth and personal stories about several of our friends were included. The stories were very well done - including many photographs and personal interviews.

"Return of the Natives", Vermont Life, Yvonne Daley, Autumn 1994.

"The First Vermonters", Vermont Magazine, Richard Ewald, December 1994.

**\*\*\* MANVILLE HERITAGE DAYS \*\*\***

On the weekend of September 24-25 the Voices of Creation and several Cowasuck People participated in the Manville, Rhode Island heritage days celebration. A wigwam was constructed and detailed with the food, herbs, tools, and other items to reflect the daily life of an Abenaki of that time period. Several skills and crafts projects were demonstrated during the event. Fire starting, rope making, bead work, story telling and herbal discussions highlighted the presentations.



**\*\*\* TRIBES MEET IN WASHINGTON \*\*\***

This September, representatives from several un-recognized tribal groups, including Abenaki representatives, were invited to meet with the Bureau of Indian Affairs in Washington, D.C. to discuss inter-governmental relations.

This action was taken in response to numerous complaints that previous meetings this year between Native Nations and the United States were restricted to only those tribes that are recognized by the BIA.

**\*\*\* COWASUCK GATHERING \*\*\***



The Cowasuck Band held a traditional gathering on the weekend of October 21-22 at the Manfredi Farm in Westerly, Rhode Island. The theme of the gathering was traditional living and skills.

Wetues (wigwams) were constructed on the site to demonstrate building techniques. Several of the youth used these structures during the gathering.

A cooking fire pit was prepared for the communal cooking that was provided throughout the weekend. Many traditional foods were prepared using smoked fish, venison, game birds, several types of squash, beans, corn, wild rice, berries, and nuts.

Craft and skills demonstrations showed open fire cooking, fire starting, rope making, stone pipe work, pipe stem making, wooden

utensil carving, bead work, black power weapons, hide tanning, and candle making.

Drumming, singing and dancing was held each night around our social fire that was setup within the camp site. Much to Tom's (Thorndike & Bea M'Sadoques) surprise we honored him with a special POW WOW style birthday song.

During the gathering we had several guests that came from the Pequot and Narragansett Nations. They were welcomed and joined in our celebrations of feasting and singing.

We give a special thank you to Bonnie, Rich, and the whole Manfredi family for making us welcome to use their beautiful farm for our gathering.



**\*\*\* STEVE LAURENT HONORED \*\*\***

Several tribal groups met at the Abenaki Trading Post in Intervale, New Hampshire on October 30th. The Dawnland Alliance, Cowasuck Band, New Hampshire Inter-tribal Association and other Abenaki People gathered to honor and assist Abenaki elder Steve Laurent to close up the Trading Post facilities for winter. Much of the work centered on repairs of the traditional structures and the winterizing of the other buildings.

We feasted and sang in honor of Steve during breaks in our work. We all enjoyed the beautiful fall weather and the friendship of one another. We parted with promises to work together in the future.

**\*\*\* FOOD PANTRY - ON THE MOVE \*\*\***

The Franklin Food Pantry continues to function in spite of many difficult operating problems. The Pantry was originally operated from the basement of the Franklin Senior Center. Last year the Town of Franklin got funding to refurbish the center with a grant that had conditions that the Pantry would be relocated in the new facilities.

As a result the Pantry was forced to move and temporarily share a bank owned vacant building with a local Baptist Church. This shared arrangement worked fine for about a year but the church found a permanent home and the Pantry was left alone.

The original schedule for the repairs called for completion in early 1994. The deadline for the opening has been continuously delayed on a month to month basis throughout the year. The bank grew weary of the delays and finally asked that the Pantry vacate the building by November 6th.

With no where to go we got several of our Band people together with their trucks and vans to pack and move the food and equipment. Arrangements were made for temporary storage for everything until we could develop an emergency operating plan.

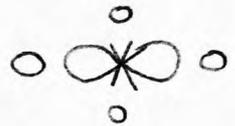
During our packing a gentleman who saw our moving efforts, asked us what was the matter with the Pantry. When we explained our problem to him he immediately gave us \$500 to rent a storage trailer. As a result of his fantastic gift we have rented a trailer and the St. Mary's Church has allowed us to set it up on their property.

The Pantry will continue to distribute food, food gift certificates, and aid through the holidays. The Pantry hours will be Thursdays 6:30 - 7:30 pm., Fridays 9:00-10:30 am., and Saturdays 9:00-10:30 am. We hope to be in the renovated Town Senior Center by the first of the year. All requests for food, clothing, or other assistance should be directed through COWASS North America until the Center is back in operation. Donations of food, clothing, money, and volunteer help should also be directed through us, contact Linda Pouliot for details.

For those that do not know about our community services projects, the Franklin Food Pantry is actively supported by our Band. Several of the Pantry Board officers and volunteers are Abenaki People from our Band. The Pantry has grown to be one of our major community assistance projects from which we provide our personal support and the resources of COWASS North

America. It should be noted that our Band also donated \$1,500 to the Franklin Youth Center Project this year.

**\*\*\* WOMEN'S CIRCLES \*\*\***



The Alnobak Women's Circles met on November 12th and December 3rd. A moon lodge has been setup for ceremonial purposes in Franklin. The women have found that the lodge is large enough for meeting with the other Women's Circles of the region. So far the Massachusetts, Rhode Island and Connecticut groups have met this Fall. A comprehensive program of women's medicine and spirituality is being developed and shared between the groups. Future meetings will be held on Saturdays on the new moon.

For information please contact Linda Pouliot at (508) 528-7629.

**\*\*\* WORCESTER ART MUSEUM \*\*\***

An exhibit of Native American art and culture has been on display in the Worcester (Massachusetts) Art Museum since late September. Each weekend special presentations and demonstrations have been made to highlight the exhibit. Abenaki People from all Bands have been involved with the exhibit.

The opening night ceremonies featured the Voice of Creation Drum which is comprised of Abenaki People from all over New England. Jeanne Brink (Missisquoi) made a presentation on basket making in October. The Iron River Singers (Abenaki - Wampanoag) were the host drum on November 13th.

During the November family day event on the 13th, members of the Cowasuck Band were invited to setup an educational presentation. The Band provided a display of several different styles of split ash and sweet grass baskets that covered the past 100+ years to present day works. Another feature of the display was a language and book sampling that represented literary works from the mid-1800's to the present.

In addition to the display, Paul Pouliot was invited to participate in a panel discussion and public forum on Native American issues.

**\*\*\* EDUCATIONAL PROGRAMS \*\*\***

The Cowasuck Band has been involved in several educational programs at schools in Massachusetts and Rhode Island. We have been very thankful to have Sue and Gary Bliven available to provide the time that is required to put on the presentations and discussions for the children. It has been a very positive sign of the times that more and more educators are giving us the forum and opportunity to address the children in an effort to correct the misconceptions of colonial history and our Native culture.

**\*\*\* PUBLIC & PROFESSIONAL SUPPORT \*\*\***

The Cowasuck Band has gone public to solicit professional support in several areas. The resources and funding that are required to maintain the Band and its programs and services come from donations and the private support of individuals and organizations that agree to the importance of our efforts.

At present we are actively soliciting professional assistance and grant writing in several areas: art, business management, cultural preservation, land, legal, literature, social services, and research (historical and genealogical).

If you wish to join our efforts you may do so in any way by contacting us at our headquarters. To your benefit - all gifts and donations of monies, materials, equipment, food, clothing, services, and other assistance are tax deductible as allowed. We thank you for your consideration and support.

**\*\*\* COWASUCK BAND COUNCIL \*\*\***



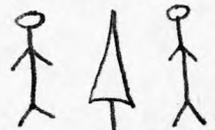
The existing Band Council and Elders have agreed through consensus to revise the Band Tribal government and establish two representative voting councils, the East and West Councils. This action was taken to

provide a more responsive form of government that could take action to deal with the many timely issues and matters that are impacting the Abenaki People at this time. Past open forum tribal business meetings had to have restricted agenda due to a lack of a sufficient number of members and families. This often delayed actions and decisions or required several meetings to get a consensus. This revised type of representative government takes the burden of responsibility from a uncertain number of people and places that duty on specific representatives of the People. Overall these revisions are more administrative in nature, all People will retain their equal rights to be heard.

The leadership and representation of the Cowasuck Band of Abenaki People is still based on the Council of the People which includes the collective input of the Band Officials, East Council, West Council, Elders, Regional Representatives, Committees, and COWASS North America, Inc. At least one meeting will be held each year to hear, receive and act on the collective input of the People of the Band.

The East and West Councils have seven voting members with voting determined by consensus. The voting members have a three year term of office and will be chosen by the Council of the People. The Council Chief, Sub-Chief(s), Matriarch(s), Judge(s), or Elders can preside over meetings and may mediate to settle a lack of consensus. The East and West Councils will meet on a monthly basis on the first Friday of each month or as required to conduct Band business and affairs.

Regional Representatives report and act for the respective East and West Councils and the Council of the People and to represent the People of their respective region. The Council Chief, Sub-Chief(s), Matriarch(s), Judge(s), Historian, Genealogist, Legal Advisor(s), Elder(s), and Regional Representatives are chosen and shall remain in their respective positions until requested to be replaced by the West and East Councils and approved by consensus of the Council of the People.



The positions of Judge, Historian, Genealogist, and Legal Advisor will be professional or committee positions that will change with our needs and may not necessarily be members of our Band. The Judges and Legal Advisors will be Native American legal experts and attorneys. The Historians and Genealogists will be also be chosen for their expertise and knowledge of our Band families. The East and West Sub-Chiefs will act as the traditional Band officials for these positions and will be responsible to coordinate the work performed by these individuals.

The COWASS North America, Incorporated shall have a minimum of three voting members and voting determined by a simple majority. At least one annual business meeting will be held and financial report made to the Council of the People.

The Elders Council, which includes all members over 60, shall be convened when their collective wisdom is required to give input, guidance, and direction to the People.

All other standing (Newsletter, Gatherings, Social, Cultural, Educational, Land, Fund Raising, Legal, Recognition) and other committees will be established and convened as required or requested by the East and West Councils.



\*\*\* BAND RECOGNITION \*\*\*

The Cowasuck Band East and West Councils have agreed to proceed with federal recognition through the U.S. Bureau of Indian Affairs (BIA). A standing committee was established in the East and West to work on the filing process and details. Overall, this will take a considerable amount of money and time. Most importantly, we need everyone's cooperation, input, and support on this effort.

Please take note - the tribal rolls and records are being reviewed to determine the active members of the Band. Unfortunately, this is required because

there is no one unified Abenaki nation or set of records to work with. We realize that over time some people may have gotten listed on more than one set of records. This action is being taken to make our best effort to clean up our rolls so that there are a minimum of duplicate entries.

If there is a number next to your name on the address label of this newsletter you and your family are considered members of this Band. If you ARE (and no number is shown), or ARE NOT a member (and a number is shown), or if you wish to be REMOVED, or ADDED to our records, please notify us immediately at the address above. We will confirm your notification in writing so that there is no mis-understanding or other record keeping error.

At this time we are also requesting all members to submit all family oral traditions, stories, pictures, and any other information that illustrates your family's native background. For example, interview family elders for stories of the past, family meetings, places (lived, hunted, or fished at), or other sources of family history.

Make copies of records, Bible entries, pictures, birth certificates, and any other documents that can be found and forward them to us. Even the smallest or seemingly minor bit of history may play a significant part in our recognition efforts. If you have any comments or concerns about this recognition process and its impact on you please contact us immediately.



\*\*\* ODANAK BED & BREAKFAST INN \*\*\*

The O'Bomsawin's have opened a bead and breakfast inn on Waban-aki street in the Odanak Reserve. The inn is called Ndakina Ngwol Nosis (The Land Where We Dream). It is a single family home with two bedrooms and plenty of floor space for sleeping bag accommodations. The primary purpose of the inn was to provide additional overflow space for the many people that stay with Donna and Rick. Rick plans on also using it for youth training programs that require

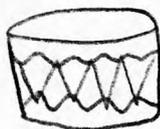
staying overnight. The inn will also allow for a limited number to people to stay within Odanak without having to find other accommodations which are many miles away.

In response to our strong Band support of the people of Odanak, all Cowasuck Band members will be given reduced rates when staying at the inn. Telephone (514) 568-6468.

We thank the O'Bomsawin's and wish them good luck and success with the inn.

**\*\*\* DONNA O'BOMSAWIN - DIRECTOR \*\*\***

Donna O'Bomsawin has accepted the position as Health and Safety Director of the Odanak Reserve. She takes charge of this responsibility in December. We pray for her strong women's medicine.



**\*\*\* ODANAK YOUTH \*\*\***

During the July gathering at Odanak the Cowasuck Band gifted the traditional people of Odanak with a drum. Since that time the youth of Odanak have formed a strong drum and singing group called the Ogawinno Society (The Sleeping Ones - Bear). The youth are planning an Elder-Youth Christmas party in December. Gifts will be given to the young children of the village and the elders will be feasted.

**\*\*\* CRAFT STORE \*\*\***

Next time you go to Odanak make sure to drop in at the Ndakina (The Land Where Our Children Grow) Craft shop of the O'Bomsawin's. It is also on Waban-aki street. Telephone (514) 568-6468.

**\*\*\* OGAWINNO SOCIETY SPEAKS \*\*\***

Kway, Kway - Nidoba,

The Ogawinno Society, a non-profit youth

group, and Ogawinno Youth Drum is in need of your support. We are seeking financial contributions to aid in acquiring a lodge (building facility) where the youth have a place for meetings and cultural gatherings. The lodge will grow into a place where people of all ages are welcome to share in teaching and learning of tradition values and historical facts.

Our aim is to reintegrate our heritage with today's lifestyles. We feel it is important to us, the youth, to reclaim and rebuild our dying culture with the help of those that have kept it alive within themselves.

We would appreciate a donation of \$20 or any other amount to help us achieve our goals. All contributions can be sent to the Ogawinno Society c/o and payable to Rick O'Bomsawin, 2029 Tolba, Odanak, PQ, Canada J0G 1H0, telephone number (514) 568-0869.

The Ogawinno Society would like to thank you in advance for your support.

Oliwni, Oliwni - Speaker for the Youth - Rick O'Bomsawin.

**\*\*\* ABENAKI LANGUAGE BOOKS \*\*\***

The first volume of the Day Dictionary (Abenaki to English) is available from Canada at a cost of \$28. For details and updates on the availability of Volume 1 and Volume 2 (English to Abenaki) please us.

The 1884 Abenaki & English Dialogues book of Joseph Laurent has been reprinted. A master of the original work was created and cleaned up so that clear and legible copies could be mass reproduced.

This book is best used in its context as a grammar guide in conjunction with the other language tapes and dictionaries. The book, which is over 200 pages in length is an invaluable source of information that assists you in the overall language learning process. The COWASS North America Tribal Store has a limited number of paper back copies available at \$20 each.



\*\*\* TRIBAL STORE \*\*\*

The tribal store has a excellent selection of Abenaki books and Native art-work for sale. The proceeds from these go to the artisans or cover the some of our operating expenses to purchase other books and educational materials. Our position has been to promote and support Native authors, artisans, and projects.

All inquires and orders should be forwarded to COWASS North America at 160 Dailey Drive, Franklin, MA 02038-2951, telephone (508) 528-7629.

The Wabanaki's of Maine & the Maritimes = \$28

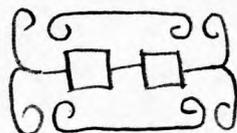
Western Abenaki by C. Colloway = \$18

Alnobaodwa Abenaki Language Book & Tape by J. Brink & G. Day = \$13

Aunt Sarah by Trudy Parker (signed) = \$40

Metallac & Prince of Darkness (2 book set) by Alice Noyes = \$28

Abenaki & English Dialogues by Joseph Laurent (reprint of 1884 book) = \$20



\*\*\* BOOK REVIEWS \*\*\*

We have been visiting the major book stores in the Boston area over the last year. The number of Native American books and materials that are becoming available are overwhelming. More and more stores are dedicating large sections to Native American studies and history. One recent visit found over 500 different books in stock.

The following book is an excellent example of the high quality large format illustrated reference books that are being published. This one is of specific interest because there is a significant effort to cover the Nations and People of the North East and New England. The Narragansett and Wampanoag People are highlighted, including contemporary commentary, interviews, and

pictures.

Many historical pieces of art are illustrated, most of which are in color. Overall this is a good additional to any Native American reference library.

500 Nations, An Illustrate History of North American Indians

Alvin M. Josephy, Jr.

Alfred A. Knopf, Inc., 1994

Hardcover, 468 Pages - Price \$50

ISBN 0-679-42930-1



\*\*\* WEST WINDS \*\*\*

Many people in the American Indian community have been talking about the new energy that seems to be growing across this continent. The energy shows itself as a renewed interest in traditional and spiritual ways. For me to look back over the last 30 years I am amazed at the differences in our Indian community. The present number of pow wows, socials, and people following the traditional way was unimaginable to me years ago. I always hoped and prayed this would happen, but it's almost unbelievable to the degree it has!

Now many people are talking about a destiny or purpose for all of this. I think there must be some reason why our tradition is coming back along with our interest in both spiritual and alcohol free ways. Perhaps things have gotten so bad that we have no choice but to find ways to heal. The healing we all long for includes the planet, our human kind, our Abenaki Nation, and the Cowasuck Band.

When I talk to traditional elders about this healing and the needs of our children and the future, I am reminded of the power of circles. The circle symbolizes unity. We need to be together not just in body but also in energy.

When I think about why we lost so much in the past - land, water, children, everything - I realize that we had become a divided people. Over the years we have argued,

backbit, and in other ways promoted disunity mainly to serve egos and self interest. I feel, and I have been told by traditional elders, that we do not have the time for this anymore.

I support our Band's decision to request federal recognition. This might be a way of solidifying our families and our unity. We need to help each other through the process. It is important to keep in mind that tribal and band politics is family politics - sometimes we are so close and involved with each other we forget to look at the overall picture and see the good. That is why I started with a reminder of how far we have come.

If we want the healing of ourselves, our Band, and families, and even this continent and planet, we have to start somewhere. I think we need to focus on the unity and circles by starting to support what is good. We do not have time to play negative games if we want to do this. We need to work together or we probably will not keep what we still have.

I hope this letter helps give a little "pep" talk to us all. There are so many good things going on I am just amazed when I hear people putting down others, back biting, or trying to create problems. We have plenty of problems people! Let's get together our energy, unify and start solving them in unity. Most important, lets focus on what is good and help it to grow.

I would be happy to hear from anyone. I teach social work and anthropology at Heritage College on the Yakima Indian Nation in Washington State. I am regularly in contact with our Band members out here and back east. There is a lot of good going on now for us as Abenaki People and I feel we can support each other and continue to do more!

Paul Tamburro



\*\*\* WEST COAST FAMILIES SPEAK \*\*\*

The families of the West Coast - Cowasuck Band have some good and bad news.

We send our condolences to Gary and Tammi Nance who lost their two children Misty Marie and Kevin Wayne in an auto accident on November 5th. We send our prayers to them.

Wayne Pease, who has been raising wild turkeys for our elders to hunt, has lost 17 birds to a mountain lion. The lions here have been coming down out of the forest to the low lands. There have been many sightings and reports of live stock and animals killed. Last year a woman was killed by a lion on a jogging trail in the town of Cool (California), not more than 30 miles away from Placerville.

We do have some good news, Ray Pease went to Nimbus Dam and picked-up 1,200 pounds King Salmon. They were split up to all local families and other Native Americans.

We have also finished our first food drive for needy families of the West Coast, our next food drive will be a longer one to help more families.

We are still trying to raise money to buy a drum. Bob Pease and Larry Robinson have been going on Sunday and Wednesday nights for inter-tribal drum practice.

Here is a poem by Barbara A. Nickles:

"A Tear"



A tear falls down his face, for things this earth can not replace.  
Once he stood on mountains high, when eagles soared the clear blue sky.

It was his place, it gave him birth,  
It was his home, his mother earth.

His days were peace, his place he won.  
He worshipped life and father sun.

Now his spirit soars, where eagles fly as he watches from a smog filled sky.  
A tear falls down his face, for things on earth we can not replace.

Adio - Recording Secretary Larry Robinson

\*\*\* NATIVE WORDS \*\*\*

"My Ancestors" by Bonnie Manfredi

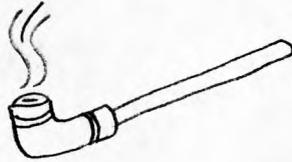
They lived in love and harmony and prayed for, the best for their family.

They worked and laughed and received great peace in their hearts. They weren't dumb but oh so smart. They were simple, happy and free, little things meant a lot you see.

They sang, they danced and they gave thanks for everything. Everyday had meaning, every summer, every spring.

They came close, so close to extermination, But to give up, NEVER, because they prayed for me, "The Seventh Generation."

I Give Thanks to Them, Red Basket



\*\*\* MEDICINE BAG \*\*\*

This issue we decided to address the issue of tobacco use and smoking. Often we are asked about sacred tobacco mixes and blends. The following comments and smoking recommendations come from our dear friend and spiritual advisor, Ed - Where Eagles Fly:

Smoking is the special and holy act of giving honor to CREATOR, given to man as a tool of prayer by The Great White Buffalo Calf Woman.

When man abuses tobacco, CREATOR is forgotten. Enjoyment meant for CREATOR is taken by man for the pleasure of SELF.

The result of taking from the CREATOR is HABIT.

If we can change OUR ATTITUDE it will break it's hold on us, as two thoughts cannot be thought at the same time.

Give to CREATOR, what is meant for Creator.

May the Blessing's Be - Ed, Where Eagles Fly



Roll your own cigarettes to help you stop smoking tobacco.

<-<-<-<- Smoking Mix ->->->->

- 1 ounce Red Clover Tops
- 1 ounce Colts Foot
- 1/4 ounce Thyme
- 1/4 ounce Rosemary
- 1/4 ounce Yerba Santa, or Comphrey, or Horehound, or Slippery Elm (Mullein may also be used)
- 1/4 ounce Lavender Flowers

\*\*\* COWASS NORTH AMERICA \*\*\*

Thank you to those that have contributed to the tribal organization.

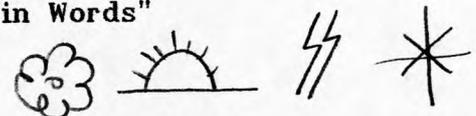
+++ Current Tribal Wish List +++

- Food for the Food Pantry.
- Copier (high volume).
- Office supplies and copy paper.
- Native American art.
- Portable electric generator.
- Outdoor sound system & speakers.
- VAN (in running condition).

For those that want to make contributions of money or equipment, please direct them to COWASS North America, 160 Dailey Drive, Franklin, MA 02038. Since we are a non-profit organization contributions are tax deductible as applicable.

\*\*\* ABENAKI WORDS \*\*\*  
SAY THAT IN ABENAKI  
Ida ni Alnobaiwi

"Time in Words"



"Seasons of the Year"

- Spring Siguan
- Summer Niben
- Fall Taguogo
- Winter Pebon

"Days of the Week"

Sunday	Sanda
Monday	Kizsanda
Tuesday	Nisda alokan
Wednesday	Nseda alokan
Thursday	Jawda alokan
Friday	Skawatukwikisgad
Saturday	Kadawsanda

"Months of the Year"

January	Alamikos
February	Piaodagos
March	Mozokas
April	Sogalikas
May	Kikas
June	Nakkahigas
July	Temaskikos
August	Temezowas
September	Skamonkas
October	Penibagos
November	Mzatanos
December	Pebonkas

\*\*\* WEST COAST LIBRARY \*\*\*

The west coast library continues to be expanded. Any Native American subject book, tape, or other contribution (drum, money, food, or craft materials) will be welcomed and they can be sent directly to Doris Nickles, P.O. Box 2044, Placerville, CA 95667.



\*\*\* NATIVE SUPPORT \*\*\*

Please continue to write letters to anyone and everyone in state and federal government to request the release of Leonard Peltier. He continues to need our help since it may require the help for all of us to set him free.



\*\*\* NATIVE HELP PROGRAMS \*\*\*

The Cowasuck Band (COWASS North America) has sent shipments of Christmas gifts to the People of Odanak and the Lakota Healthy Start Program at Pine Ridge. Both groups can use any help (gifts, money, food, supplies, etc.) that you can provide.

The Lakota contact is Lisa High Wolf, Healthy Start Program, P.O. Box 427, Pine Ridge, SD 57770, telephone number (800) 395-7137.

The Odanak contacts are Donna or Rick O'Bomsawin, 2029 Tolba, Odanak, PQ, Canada JOG 1H0, telephone number (514) 568-0869.

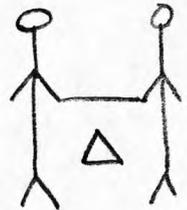
For more information and a list of addresses on Native self-help programs contact Jackee Allen at P.O. Box 139, Ironia, NJ 07845, telephone number (201) 584-8817 (after 8PM).

For all correspondence with her - please send a self addressed envelop and return postage. Additional postage stamps and money donations are greatly appreciated so that other mailings can be supported.

\*\*\* 1995 ABENAKI GATHERINGS \*\*\*

The following Abenaki gathering and events are being proposed for 1995. We are requesting your support, attendance, and assistance to make these upcoming events pleasurable and successful.

June 3-4  
COWASS Spring Gathering  
Franklin, Massachusetts  
(508) 528-7629



July 1-4  
Odanak Abenaki Gathering  
Odanak, Quebec, Canada  
(508) 528-7629 or (514) 568-0869

July 29-30  
COWASS Summer Gathering  
Massachusetts - Location & Details TBA  
(508) 528-7629

September 23-24  
Manville Settlers Day  
Manville Rod & Gun Club  
Manville, RI  
(401) 769-0699 - Jack Howland

October 14-15  
COWASS Harvest Gathering  
Franklin, Massachusetts  
(508) 528-7629

**\*\*\* LET US EAT & DRINK \*\*\***  
**Micida ta Gadosmida!**

The following recipe is from Dale Carson, Abenaki author of Native New England Cooking, Indian Recipes for the Modern Kitchen.

Native American cooking was often a matter of available foods as dictated by location and time of year. Vegetable dishes of all sorts were common fare. The following is a good example of using what ever is at hand or in our day and age the use of "left-overs."

<-<-<-< Indian Vegetables >->->->

- 4 Strips of Bacon
- 2 Large Onions, Sliced
- 3 Cups Sliced Green, Yellow, Summer or other Squash
- 1 Cup Cubed Eggplant
- 1 Cup Cut Green Beans
- 1 Cup Whole Baby Carrots or Quartered & Split Carrots
- 1 Bell Pepper (Red or Green) Sliced
- 1 Pound Mushrooms (Small Whole or Sliced)
- 1 Can (12-16 ounce) or equivalent Tomato Sauce
- 1 Can (16 ounce equivalent or more) Red Kidney Beans
- 1 Can (16 ounce equivalent or more) Chick Peas
- 1 Pound Ground Meat (Beef, Buffalo, Venison, Pork, etc.)  
(Any combination of meat to suit your taste)
- 1/2 Cup Rice (Wild Types Preferred)
- 1/4 Cup Molasses  
Parsley, Garlic Salt, Sage, Marjoram, Thyme, and Chili Powder

Serves 12

This dish is best cooked out-side over an open fire in a very large skillet, but it can be just as successful cooked inside on your stove. You can vary the recipe each time by using what you have available. The only vegetable I would not recommend is beets. Some vegetables should be par-boiled. Corn is a great addition.

Saute the bacon, remove and save. Saute the onions in the bacon fat, add peppers, mushrooms, and other vegetable and meat and cook for 5 minutes. Before adding the rest of the ingredients, season with parsley, garlic salt, sage, marjoram, thyme, and chili powder. Now add the balance of the ingredients and saute about 15 minutes.

This dish is delicious when served with a green salad, corn bread, and apple sauce, Indian style.

**\*\*\* SPEAKER SPEAKS \*\*\***

I have received a lot of questions in regard to "what have you been doing" or "where have you been?" Well, my family and I have been going all over New England participating in a wide variety of Native American events, most have not been on the usual POW WOW circuit. As you can see in the previous stories our Band has been very active in traditional gatherings as well as educational and social service activities.

Help and assistance is our way of life - my hand has been out in peace to all that want to accept it. There is no more time to be spent on negative issues. Our lives are too short to worry about things that do not really matter. It is better to make a clear path ahead and into the light than to beat the bush in the dark frustration of anger and desperation to level all that surrounds you.

We pray for our family members that are lost in the dark, we pray that they will someday join us - we will continue to walk the true path.

Paul Pouliot



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