

Native Pride



April 2021

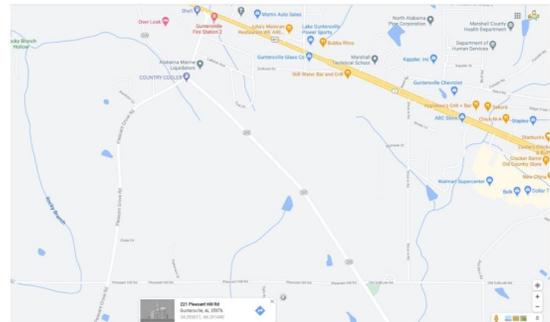
UCAN PowWow 2021

United Cherokee AniYunWiYa Nation's 1st Annual Festival and American Indian PowWow is finally in the planning stages. Why is it being promoted as the 1st instead of the 22nd? Simply because this is going to be our 1st PowWow held on our tribally owned land. We are beginning a new journey as proud land owners. This year we will honor our ancestors, our veterans and our tribal citizens for their hard work and dedication. Like our ancestors the land on which this is being held is primitive and undeveloped. If everything goes according to plan we will be hosting this on the weekend of May 22nd and 23rd. We are still working out a lot of the details like: how many vendor spaces will be available and how many camping spaces there will be. There is not going to be any power available so anyone requiring power will need to provide their own generators. The trailer provided by the Dobson's every year for our kitchen was stolen so there will not be a kitchen this year. We are negotiating with a food vendor to see if they will be willing to offer a discount on meals to our volunteers, dancers and drummers. Be prepared to bring your own meals for the weekend. There are stores and restaurants close to the area. We will not be charging admission this year and we will be offering our vendors a reduced, "Welcome Back" discounted rate. There will be donation buckets to help cover the expense of this event. We are asking all who serve at the PowWow this year please consider volunteering your time without being compensated. This will reduce our expenses and prevent us from having to pull too much of the funds needed for our land development. Our MC Lucas Bridges and our Co-ADs Bob Upton and David Waddell have already volunteered their time. The other staff who receive payment for their service at the PowWow are the Head Lady, Head Man, flute player, story teller and drum. Lucas Bridges is a very talented flautist and I am sure if we encourage him a wee bit he will be willing to play a song or two for us. Vendor applications are being drawn up and should be ready to mail out within the next week. If you would like a vendor application or would like to be considered for one of the positions or have a recommendation please email me at dixonzoo@aol.com.

Thank you for your patience and support. We look forward to seeing everybody in May!

Principal Chief, Judy Dixon

United Cherokee AniYunWiYa Nation
Will be hosting our
1st Annual Festival & American Indian PowWow
May 22nd—23rd, 2021
On our tribal owned land located at:
221 Pleasant Hill Road, Guntersville, AL 35976



Come visit our new home and enjoy the sounds of our ancestors!

Calendar of Events

Drumming, Dancing, Singing, Demonstrators, Craft Vendors, Story Tellers
Flute Playing, Archery, Flint Knapping, Children's Activities

Saturday, May 22nd

Gates Open 9:00 AM 'til 5:00 PM – PUBLIC WELCOME

Grand Entry - 12:00 Noon

Sunday, May 23rd

Gates Open 10:00 AM 'til 5:00 PM – PUBLIC WELCOME

Grand Entry - 12:00 Noon

NO ALCOHOL, DRUGS, POLITICS OR OPEN CARRY

*"The tall mountains and the valley floors, this is our church.
We worship there so our Indian way of life can exist."*

Please keep in mind this is a "we hope to have it then" date. Be sure to check the calendar on our website at ucantribe.com for any updates or changes.



Dance

Through the ages, dance is the harmony of creation.

When the Great Spirit created the Nature Land, all things....man, plants and animals lived in harmony.

The drum echoes the heartbeats of all.

Dance is a song....Dance is prayer....Dance is honor.

Dance is remembrance.

At the PowWow, all nations dance to one heartbeat.

It is a time of celebration and remembrance of traditional values.



We have been approved for this grant again for 2021. It allows us to help our citizens with low income to receive assistance with a heating or cooling bill. Eligibility requires you be an enrolled citizen of United Cherokee AniYunWiYa Nation and live in Blount, Calhoun, Cleburne, Cherokee, Colbert, Cullman, DeKalb, Etowah, Fayette, Franklin, Jackson, Jefferson, Lamar, Lauderdale, Lawrence, Limestone, Madison, Marion, Marshall, Morgan, St. Clair, Walker and Winston Counties in Alabama. Eligibility is based on your household income. There is a chart on the application that covers the income limits. If you would like to apply for assistance either call the office at 256-582-2333 or email ucanonline@aol.com or dixonzoo@aol.com for an application. We request that you **call prior** to sending in your utility bill to verify that there are funds available and to ensure we have all the required paperwork for the current grant year. Follow the instructions on the application when applying. If you are on a disconnect **Do NOT** wait until the night before or the day of the disconnect and contact us and expect that we will be able to prevent this from taking place. We must have time to contact the Utility company and request an extension. Most utility companies are willing to grant an extension but this is not guaranteed and each company has their own policies for granting an extension. One of the main requirements to be eligible is that the utility bill **Must** be in your name or your spouse living with you. If you do not submit all the necessary paperwork you will not be eligible for assistance. The application lists all paperwork required to be submitted with the **Original Bill**. Due to the COVID pandemic all applications are being handled via mail and email. We can only pay one bill for heating and one bill for cooling. Some have asked us to pay an electric bill and fill their propane tanks at the same time. This is not allowed. You must choose which bill you need assistance with. When funding allows, we keep window AC units and portable heaters available for a crisis situation. Since we had to close our tribal office these are now stored in a trailer parked in the Chiefs yard. If you are in need of one of these units please give us time to locate them in the trailer and arrange to meet you somewhere. We can only offer one per household unless you have children or elderly in the household. We will begin accepting applications for weatherization assistance in July. This will be on a first come, first serve basis. The only exceptions: anyone who has not previously received assistance through the weatherization portion of this grant or homes with elderly, young children or household members with health issues may be given priority. If you would like to inquire about availability of weatherization please contact us by phone, email or write to: UCAN / PO Box 754 / Guntersville, AL 35976. Any attempts of fraud will result in becoming **Permanently Ineligible** for assistance from our grant program. We will not jeopardize this assistance so desperately needed by so many families. There are **NO** exceptions to the policy. If you are required to return receipts or paperwork to complete your assistance claim and you do not return these you may become ineligible for further assistance.

Principal Chief Judy Dixon



Donnia Monroe, Jill White, Gaylene Shipp, Mary Jo Honea, the Harris family, Kasey Chamblee, Ernie Oden, Kathryn Pack, James Wright, Mary Gold Talley, Art Wade, Sue Morrison, Buddy Stone, Wanda Rogers, the Bridges family, Sandy Peschke, and those unspoken.

We do a daily prayer on our Facebook page. If you would like to add someone to our daily prayers, please send us an email, add their name in the comments on Facebook, or send a private message.



Because of our desire to learn the language we continue to practice a new word each month with our daily prayers on our Facebook page. Our word this month is Sa go ni ge (pronounced sah goh nee gay) for the Sacred Color Blue. Come learn with us.



Thanks to the generous donations and support of our local citizens we have a well stocked food pantry. This has allowed us to help many of our citizens who are on a limited budget or have had unexpected expenses. Even though our offices are closed we still have this available for our tribal citizens who live locally. If you are in need of some food please call or text us at (256) 582-2333 Tues - Friday from 10 am to 4 pm and we will put together a box of food and arrange to meet you somewhere close by to deliver these to you.



Thanks to the generosity of many of our citizens we have been able to continue holding silent auctions. We try and hold these auctions about every two months by posting them on our tribes Facebook page as well as on our website. All the funds received from these items (with the exception of any shipping charges) goes directly into our building fundraiser account. If you have an item you would like to donate you can mail them to: PO Box 754 / Guntersville, AL 35976 or call/text (256) 582-2333 and let me know so we can arrange to meet somewhere locally. We will be posting a new item soon so keep watching!



Thanks to a grant we received from Alabama's Mountains, Rivers & Valleys RC&D Council in 2020 and the professional service provided by Purple Tie Guys Robert Martin and Blake Singleton we were able to put together a media kit which will allow us to reach out further with information about our tribe and the services we provide. We have updated literature, some new patches, stickers and videos. We now have a UCAN logo patch and sticker and a Trail Where They Cried patch and sticker. You can purchase the stickers or patches by going to our website under the herb shop. You can also purchase them by calling or texting our office with your order and arrangements will be made for payment and shipping. You can view the videos on our website at ucantribe.com or by going to the links below.



UCAN introduction video:

<https://youtu.be/rXdPms0xFKQ>

Trail of Tears Video:

<https://youtu.be/iIYpGJY2Gdk>

UCAN Herbs:

https://youtu.be/SGlr_TjYwq4

We were blessed to receive a grant award for the full amount requested for 2021 which will allow us to continue working on improving our website as well as purchasing any additional outreach material. We included in our grant budget this year an amount needed to purchase a printer that will allow us to offer a new enrollment card printed on pvc (similar to your drivers license) instead of the card stock card we now issue. Once this printer and the needed supplies are purchased we will send out an announcement via email, our Facebook page and Website notifying our citizens of a special offer to have their enrollment cards reissued for a period of 90 days from the date this offer is posted on the new pvc at a discount rate of \$10.00 per card. After the 90 day period they will increase to a rate of \$15.00 per card. Please be watching our Facebook page, website and check your emails for this announcement. This will also change the enrollment application fee to \$60.00.

Here's the latest!

Between a rainy beginning to the year and the COVID pandemic it has made it almost impossible to accomplish anything as far as land development. We have our beautiful land, a building ready to be put up and a good bit of the material needed. We just can't get things to work in our favor on getting a pad put in for the building. We have a water meter in and the electric company ready to come and do their thing when we get our thing done. Now that we are having warm days again we are working on getting back on the land to plan what needs to be done and to coordinate schedules. If you are available to help with any of the work needed please call, text or email us and let us know what you are able to help with and what days you are available. The funding needed to accomplish all we need on our land is very limited so we have earmarked all funds available for what is needed to get our office established and open again. We really need to have some more fundraisers to help raise additional funds to cover getting the building interior finished as well as some much needed work on the area for PowWow. Because of COVID we have not able to do any other fundraisers other than the ones we already have going: Smile.Amazon and RADA Cutlery. We ask that you consider shopping from RADA and listing our tribe as your charity of choice and if you shop Amazon please sign in using smile.amazon and select our tribe as your charity. It doesn't cost you anything and it really helps us out. So far we have received over \$600.00 in donations from Amazon. We have gotten several small donations from RADA of about \$30.00 each. It may not sound like much but it does make a difference. We have a link on our website for both of these fundraisers. We also have a donate button for anyone wanting to help. Thank you for your continued support.



RADA Cutlery is a company that sells some pretty amazing knives as well as other products. They help nonprofits like us to sign up and sell their products as a fundraiser. We have an internet link for shoppers to purchase through them online: <https://radafundraising.com/?rfsn=3188908.4ca76d>.

GENERAL KNOWLEDGE TRIVIA

Just a bit of trivia from our Vice Chief Lowrey Hesse:

Did you know the 1st Cherokee Chief was Little Turkey and lived at Turkey

Town (Gadsden).

The 1st Cherokee Capital was at Gaylesville, AL. (Cherokee County).

Communication Fees

Due January of each year / \$40.00 per household

The annual reminder will go out in January. With a second reminder going out around June or July. As annoying as this is to some, this effort not only helps us to keep an office and website going where we can continue to work for you all, but it also allows us to keep our records current and updated.

After sending out the reminders in 2017, 2018, 2019 and 2020 we now have an updated database showing approximately 900 good addresses and a little over 400 bad addresses. Those responding has gone from a handful of households to close to 200. Our tribe continues to grow in size, now we need to grow in participation. Please consider how much more we could do if we have the funding to aid us in our efforts. We could offer more programs and services. Our museum would no longer be a dream but a reality. We rely on you to help us achieve our goals. Even those in our tribal family who live miles away and may never walk through the tribal office doors or attend a Fellowship can take pride in knowing you helped your tribal family accomplish great things. If you haven't already please send your fees in to: UCAN / PO Box 754 / Guntersville, AL 35976. You can also go to our website at ucantribe.com and click on the donate button and send them that way. If you use this method please be sure to send me a message by email to dixonzoo@aol.com or text message to (256) 582-2333 letting me know you sent it this way so I can enter it in our records.

Thank you for your patience and support.



United Cherokee AniYunWiYa Nation has a new email address.

ucanonline@aol.com

Recently our tribes ucanonline@bellsouth.net email account was hacked and hijacked. Emails were being sent out to our contacts requesting they purchase gift cards for the Chief's Niece and email back with the numbers from the cards. The Chief would not make such a request. Luckily it was caught within 12 hours of these being sent out and efforts were made to stop any further emails being sent out. The Sheriff's office was notified. Two different email accounts were set up by the hackers and the tribes email was being forwarded to these two new addresses. All efforts to stop the tribes emails from being hijacked were slow and we could not verify how successful these efforts were. Because of the uncertainty of reestablishing the security of our email account a new email account has been established for our tribe, ucanonline@aol.com. Both accounts are still open but we plan to close the bellsouth account once we are certain all our contacts are swapped over to the new email account. You should have received this newsletter from the new aol account. We sincerely apologize for any inconvenience.

TOGETHER AGAIN

It took a year for us to finally get together again for a Fellowship Gathering, but we did manage to pull off a small gathering of folks on our land last month. We hope to be able to continue getting back together again. Until we make further progress on our land these will be a variation of our normal gatherings without food being served. Port o'pots are extremely expensive to rent and we need all funds going towards what is needed to get our office up and open and to host a PowWow this year. Once we are able to at least have restrooms available we can begin having our normal, sit down and enjoy good food and fellowship again. Until then let's just celebrate being able to get together and catch up. Make sure to check our calendar on our website at ucantribe.com for all updates and schedules.



**UCAN Outreach
through our
Cultural Arts Team**

2020 was a difficult year to get through with so many of our "normal" activities being cancelled. Our tribes biggest Outreach resource has always been our Cultural Arts Team and the Cultural Arts demonstrations and Diversity Training they provide. With COVID closing schools, libraries and many businesses our outreach program has been idle. Now as the schools and other programs are beginning to open back up our Outreach program is able to start back again. They have their first Cultural Arts Demonstration scheduled with the Dutton Library in June. Roger White continues to serve as the Cultural Arts Team Chairman with Bob Upton as the Assistant. If you are interested in being a part of the team call, text or email us and we will mail you an application.

GENERAL KNOWLEDGE TRIVIA

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Did you know the 1st Cherokee Chief was Little Turkey and lived at Turkey Town (Gadsden).

The 1st Cherokee Capital was at Gaylesville, AL. (Cherokee County).



Smudging

What is Smudging?

Smudging, on the surface, is the practice of burning various plants and letting the smoke cleanse a person or area. It is believed to dispel negative energy and aid in healing. Plants are valued in Native American culture and are considered medicine. Plants are considered to be living relatives to some indigenous people. Their use in this act is intentional and mindful. When a person is surrounded by the smoke from smudging, they are bathing in plant medicine. As the healing smoke washes over a person, it is washing away impurities and purifying.

When plants are gathered for this act, they are gathered fresh and only what is absolutely needed is taken. Sometimes, an offering of tobacco or another plant will be laid down at the collection site, as a way of giving something back for their sacrifice. The utmost respect toward nature is applied in every Native American practice, and this practice is no different.

Plants used vary according to what is available in that region, but some of the most widely used plants for smudging include sage, cedar, tobacco, and sweetgrass. These four plants represent the Four Directions and are integral to the Medicine Wheel in Native American culture.

Sage: Sage represents the northern direction and protection from negativity. It was a very important part of the smudging process. The type of sage used varied, but one of the most sacred was white sage.

Cedar: Cedar represents the western direction and promotes harmony. It was also used to ward off sickness.

Tobacco: Tobacco represents the eastern direction and promotes balance. It was also thought to chase away bad energy and bring in good energy.

Sweetgrass: Sweetgrass represents the southern direction and promotes kindness and positivity. It was also thought to attract beauty.

The circle of the Medicine Wheel represents the sacred outer boundary of the earth. It also represents the great circle of life and death, the sun and moon, a drum, the shape of a dwelling, and many other aspects of Native American life.

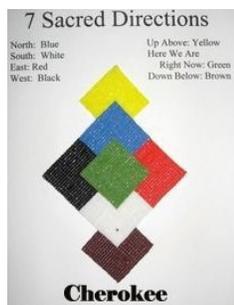
The horizontal and vertical lines in the wheel symbolize man's path, as well as the sun's path. The lines cross in the middle, representing the center of the earth.

Sometimes a feather from an eagle is placed in the center of the circle. This represents The Great Spirit's power over all.



Different Native American tribes interpret aspects of The Medicine Wheel and The Four Directions differently. Sometimes, the Medicine Wheel may have four different colors (usually black, yellow,

red and white, another is red, black, blue and white) to represent the Four Directions. Color symbolism may vary, but typically North is Red, East is Yellow, South is White, and West is Black.



The Four Directions may also represent the four seasons, the four elements, or the four stages of life. The act of smudging keeps all the aforementioned concepts in mind, and is performed in a way that reflects the sacredness of the Four Directions and the Medicine Wheel.

A person will wash their hands in the smoke and then wash their eyes, mouth and ears in smoke. This is thought to represent protection from what we hear, see (even in visions or dreams), and the ability to find the words that need to be said. Some will also wash their head, arms, and behind them. They may bring the smoke up their left arm toward their heart for strength and down their right arm to represent giving up part of themselves.

Smudging is a time for prayer. One may call upon their Creator to help and guide them. They may give thanks. They may pray for people they love. Sometimes, depending on the tribe, they may end the prayer with "All My Relations." This means we are all related and demonstrates the connectedness that they feel with everything around them.

The Role of Smudging in a Healing Circle

A healing Circle is a group ceremony that often begins with smudging. It may begin with one person going around the circle with the smudging tools in their right hand and then each person in the circle smudges. This is done to invite the spirit world into the group setting and foster a sense of connectedness. When one person is smudging, the others may pray for them. There may be words or a prayer from an Elder of the tribe.

The eagle feather is often employed during this healing circle time. It is passed clockwise among everyone and the person with the eagle feather may share. They are not interrupted, but are given this time to talk about whatever is on their heart.

This time to share is an important aspect of Native American life and a great representation of how many tribes dealt with issues. They believed in the power of talking things out and sharing their feelings in a safe setting. They believed this was the best way to solve the problems. These types of circles were done for centuries as a way to communicate, lift each other up, and respectfully solve a number of issues. The settings were often closed with words or a prayer from an elder.

Other Plants Used for Smudging

Though plants that represented the four directions were the most popular for smudging, other plants were used as well. Not all of these plants were available at all times, especially depending on the region, drought, etc. The following plants were also used for smudging. Some have symbolic meaning, while the meaning of other plants is unknown:

Juniper: Juniper was widely used by Native Americans for healing. It was thought to clear negative energy and create a safe space.

Lavender: Lavender was thought to bring a spiritual blessing.

Copal: This was used in resin form for pleasing the creator, clearing negative energy, and allowing positive changes to occur.

Yerba Santa: This fragrant herb was used to bring health to young ones, bring love, honor ancestors, purify, and heal.



Look outside 🙄
 MARCHing into Spring 😊
 Dandelions are blooming ❤️
 Good from flower to root for you.
 Did you know?
 Dandelion Root help for those with or without gallbladder 🍃 since so many struggle with this. But oh this little herb can do so much more 💪
 More information to help..... 😊

The liver makes and excretes bile for digestion. The gall bladder normally concentrates the bile and controls the flow of bile needed for digestion. With no gall bladder, instead of an increased flow of concentrated bile to the stomach as needed at mealtimes for digestion, the unconcentrated bile, produced by the liver, flows to the stomach continuously in small amounts. Since bile plays an important role in the breakdown and absorption of fats, you can improve your digestion by limiting saturated fats and by eating smaller amounts regularly instead of eating three meals daily.

It is important to replace saturated fats like meat and dairy products with unsaturated fats like flax seed and olive oil. If all fats are avoided, you risk heart problems and nutritional deficiencies. Flax seed can be taken as freshly ground seeds, or a refrigerated oil. Olive oil can be used in cooking.

Even without a gall bladder, you can stimulate the production and flow of bile from the liver with bitter herbs. Dandelion root is a common herb used to stimulate the secretion of bile. A dandelion root tincture (or tea, if you like the taste) should be taken 15 minutes before you eat.

Soothing digestive herbs that help to expel gas from the digestive system include cinnamon, chamomile, fennel, ginger and peppermint. You can take these digestive teas after or between meals.

You can shop for these herbs and more at: ucantribe.com

If you have any questions or have an herb you would like for me to highlight/research feel free to send me a message on Facebook or you can call/text (256)486-5546. My hours are Tuesday and Wednesday 9 am - 2:45 pm. I do local deliveries and mail all orders placed on Wednesday afternoon.

From the Chief: Our herbalist, Patricia has a specific location she delivers local orders to. Do Not ask her to make a personal delivery to your home.

All dates are we hope to dates. Until the pandemic gets better and we are not under whatever restrictions are in place for our community, all events are going to be determined each month if they will take place. This calendar is the dates we would normally have these events, but it will be month by month which ones we will be able to keep. Please follow us on our website at ucantribe.com and/or our Facebook page for definite dates and events taking place.

April 11 - Fellowship Gathering - 1 pm on our tribal land. No food.

May 22-23 - UCAN's 1st PowWow on our tribal owned land.

June 13 - Fellowship Gathering - 1 pm

July 11 - Fellowship Gathering - 1 pm

August 8 - Fellowship Gathering - 1 pm

September 12 - Fellowship Gathering - 1 pm

September 17 - 19 - Waterloo—End of the Trail American Indian Festival

October 10 - Fellowship Gathering - 1 pm

November 14, 2021 - Fellowship Gathering - 1 pm November is American Indian Heritage Month. In celebration we ask our artisans to bring their crafted items for show and/or sell

December 12 - Fellowship Gathering - 1 pm - Christmas ornament competition.

Our tribal land address is 221 Pleasant Hill Road. We do not have a mail box up on the land at this time so please continue to use:

UCAN

PO Box 754

Guntersville, AL 35976

Our email address is ucanonline@aol.com

Phone: 256 582-2333 Tuesday - Friday 10 am - 4 pm



Bumper Sticker Contest: We would like to add a bumper sticker to our printed outreach/sale items. The patch competition went really well so now let's put those creative juices back to work and come up with a

design for a UCAN bumper sticker. The size needs to be 10" x 3". All artwork must be received by May 31st. Tribal Council will vote on 3 finalist. The three finalist's artwork will be presented to our tribal citizens at our Fellowship Gathering in June for those attending to vote on the winning artwork. The winner will receive a free bumper sticker. Mail your designs to: UCAN / PO Box 754 / Guntersville, AL 35976 or email them to ucanonline@aol.com.