



San Diego Cherokee Community Newsletter

Issue 19

www.sandiegocherokeecommunity.com

May, 2010

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Community Meeting: May 23rd

Please join us on Sunday, May 23rd, at 1:00, at Lake Murray in La Mesa. Our guest speaker, Mr. Ryan Mackey, is coming out from Tahlequah to speak to the Cherokee Communities in California. He is an expert on the

Cherokee culture and spiritual practices. His day job is a teacher at the Cherokee Language Emersion School, and he is a member of the Kenwood Ceremonial Grounds. We all look forward to learning a lot more about the religious and spiritual side of our Cherokee heritage. These topics were the most sought after in our informal poll at the Annual Picnic last Fall, so we are excited to be able to bring this program to San Diego. This could well be the most profound event in the short history of our San Diego Cherokee Community. Please plan to attend.

We were advised by Julia Coates, our CN Council Member At-Large, that the "Cherokee way" of staging a community meeting would involve a potluck lunch - everyone contributing and sharing in the meal in the spirit of "[gadugi](#)". ("working together towards a common goal which would benefit all of the Cherokee People").

To that end, our meeting on May 23rd will include a pot-luck lunch. Please bring a dish or beverage according to the initial of your last name:

A-J Side dish
K-O Beverage
P-Z Desert

and bring enough for yourselves plus 4 more people. The SDCC Council will provide main entrées, ice, plates, cups, and utensils. Please bring your own blanket or chair as there is limited seating at the lake. See the website for the latest updates:
www.sandiegocherokeecommunity.com

Council Volunteers Still Needed

Our membership year and fiscal year end on April 30th. Likewise, the terms for Council Members end on April 30th. We will have several Council seats vacated this year due to moving out of the area, other job conflicts, and fatigue, so we invite you to consider serving on the SDCC Council. Council participation involves attending a few meetings per year to review and decode any issues facing the Community, and planning the events that are held during the year. We are particularly interested in having you join the Council if you have enthusiasm, energy, and new ideas about how to make our Community meetings more interesting and vibrant. If you have a particular interest in writing newsletter articles, planning specific events, or creating Facebook and Twitter communities, we want to talk to you. Cherokee Nation citizenship is desirable but not required. To express your interest to serve, or to ask questions about serving on the Council, reply via email to george.lynych@cox.net or SanDiegoCherokeeCommunity@yahoo.com. If you are not sure, or have questions about how you can contribute, call George Lynch at 760-489-1836 for

some live conversation rather than emails and websites.

According to our By-Laws, Council vacancies not filled by the election can be filled by the Council until the next election. We hope you will consider supporting your Cherokee Community by serving on the Council for at least a year.

Council Elections, 2010

Ballots for the 2010 Council Election are being mailed out this week. These ballots may be mailed back to the Community PO Box (a return envelope is provided in the election packet) or hand carried to the May 23rd Community Meeting. Mailed ballots must be received on the Friday prior to the May 23rd meeting to be valid.

Two candidates have announced their willingness to continue to serve on the Council.

George Lynch “I would be happy to continue to serve on the Council of the San Diego Cherokee Community. I have been on the Council since the founding of the SDCC, serving as the RecordKeeper, and contributed to various programs such as the National Holiday video, Cherokee basket weaving, and preparations for events such as the annual picnic with Chief Smith. I am retired from a long career with Hewlett-Packard so have the time and computer and management experience to contribute to future SDCC meetings and programs. I am a registered member of the Cherokee Nation and believe that there is immense value in learning and preserving the Cherokee culture and conveying it to our children. Since we are so far from Tahlequah in distance and culture, we need to put

together SDCC Community Meeting programs that let our membership learn about and participate in their Cherokee heritage.”

Phil Konstantin “I can continue to serve as one of the council members of the San Diego Cherokee Community. I am an enrolled member, and registered voter, in the Cherokee Nation. I have been on the Council since the founding of the SDCC in 2007. My efforts have also included helping to organizing the SDCC, arranging the annual picnic with the Chief, and designing and maintaining the SDCC website. I have the time and the enthusiasm to help our group reach out into the community.”

More information can always be found on the SDCC website:
www.sandiegocherokeecommunity.com

2010 Membership Renewal

Please send in your membership renewal using the form later in this newsletter, or from the previous newsletter, or from the ballot package, or from the website. Not being able to find the renewal form is not an excuse! The Council has set the membership dues at the same low rates as last year in recognition of the economic times we continue to experience: \$10 for individuals and \$15 for families at the same address. Your membership dues fund expenses the Community incurs for newsletter distribution and for Community events. Without you, we have no community, so we hope you will renew and attend the Community meetings throughout the year.

Simply fill in the form at the end of this newsletter and mail it along with your check to the address listed there.

Native American Foster Parenting Opportunity

Julia Coates recently forwarded to us a request from an organization chartered with identifying families interested becoming foster homes for Native American children. Here is the text of that message:

*From: Dennis Schieffer
[dennis@valleyoaksffa.org]
Sent: Tuesday, April 20, 2010 12:35 PM
To: Julia Coates
Subject: Foster Parent Recruitment*

Good Morning,

I was referred to you by Nicole Allison from the Cherokee Nation office in Oklahoma.

We are one of the larger Foster Family Agencies in the state having an ICWA (Indian Child Welfare Act) program for placements. We continue to receive one or two calls each week requesting placement of ICWA children in foster care. Unfortunately, we have to turn down the majority of these placement calls because we do not have enough Native foster homes.

We have launched an intensive recruitment program this year to identify and license 20 new Native foster homes in San Diego, Riverside, Orange and San Bernardino counties.

Would you be able to help spread the word among your network that we are eagerly searching for parents wishing to foster or adopt in these four counties?

Last July, we entered into an agreement with the Los Angeles Adoptions Unit and Indian Specialty Unit to recruit and license Native homes for their foster/adoptive placements.

We have applied to the state to open an Adoption Agency similar to that of Indian Child and Family Services. That agency is expected to be opened this next fall.

Thank you in advance,

*Dennis Schieffer
Administrator*

As this is a very personal matter, if you are interested in further information regarding this opportunity to foster or adopt Native American children, please contact Dennis directly at his email address listed at the start of his message.

Cherokee Nation Mourns the Passing of Wilma Mankiller



Wilma Mankiller, former Principle Chief of the Cherokee Nation, passed away in the morning hours of April 6th at her home in rural Adair County, Oklahoma.

In a March 2nd press release from the Cherokee Nation, her husband, Charlie Soap, had delivered the bad news: “ *I regret to announce that my wife, Wilma Mankiller, has been diagnosed with Stage IV Metastatic Pancreatic Cancer. He requests that the public respect the family’s privacy during this time.*”

Wilma Mankiller was an author, lecturer and former Principal Chief of the Cherokee Nation. She served two years as Deputy Principal Chief followed by ten years as Principal Chief. She retired from public office in 1995. Among her many honors, Mankiller was awarded the Presidential Medal of Freedom by President Clinton.

• Statement from Wilma Mankiller,
“I decided to issue this statement because I want my family and friends to know that I am mentally and spiritually prepared for this journey; a journey that all human beings will take at one time or another. I learned a long time ago that I can’t control the challenges the Creator sends my way but I can control the way I think about them and deal with them. On balance, I have been blessed with an extraordinarily rich and wonderful life, filled with incredible experiences. And I am grateful to have a support team composed of loving family and friends. I will be spending my time with my family and close friends and engaging in activities I enjoy. It’s been my privilege to meet and be touched by thousands of people in my life and I regret not being able to deliver this message personally to so many of you.”

• Statement from Principal Chief Chad Smith, *“Wilma is a mentor and friend. It’s hard to express how much she means to me personally and the Cherokee people as a Nation. I’ve got one story that helps sum up what kind of person she is. The week after she received the Presidential Medal of Honor she was back home on the front porch of her family’s church. It was Memorial Day and there were decorations at the cemetery and it struck me how she could be just as comfortable*

meeting with the President as she was with her own people, honoring her ancestors. It was an image of someone who was truly humble, and you don't meet too many people like that. She is a true patriot of the Cherokee Nation, and it's my privilege to follow in her footsteps as Chief. Any successes we have had in the past ten years since I took office were built upon the foundation she and Ross Swimmer helped lay. In the coming days, we will do whatever we can to assist her and her family, while allowing them the dignity and privacy they deserve."

Source:

- CN Press Release, March 2, 2010 and Cherokee Phoenix

Cherokee Herbology

"suli ugidahli"

By Nick Nail

Reprinted from the newsletter of the Cherokee Southwest Township, the Cherokee Nation Satellite Community in Albuquerque, NM, with their permission.

Herb Planting by the Moon

Not too long ago, the average Cherokee household knew how to use over 100 herbs medicinally. It has been said that the trained medical practitioner, called the *dida:hnavwi:sg(i)* ("curer of them, he"), or medicine man, as he was called by the colonists, was knowledgeable and skilled in the use of over 600. All Cherokees had been told the story of how the plants became the allies of man to battle disease. An apt student of nature, s/he soon became adept at recognizing the different medicinal properties of certain plants in his/her immediate surroundings. In the natural realm of the old Cherokee country it was a plentiful biological pharmacy. So when the typical Cherokee or a member of his/her family was injured or sick with a certain ailment, s/he sought out a particular plant for

its leaves, bark or root to treat the ailment or would call on the *dida:hnavwi:sg'* for this service. The plants, of course, may be in diverse areas of the environment...the woods, near streams, or in fields. Harvesting wild plants is called wildcrafting, the usual method of acquiring the plants in the old days. Today, because of the loss of hunting grounds and urbanization of most Cherokees, the method of getting the required herb is by either growing it, buying it from the local herb store or buying it from someone who grows it locally or who wildcrafts.

If you decide to buy it you have lost control of the selection, collection, drying and preservation of the plant. You obviously do **not** have a say so on where or how the plant is selected, how and when it should be harvested and most of the time doesn't know what part(s) of the plant is sold to you, especially if it comes powdered. You have no idea on how it was handled, how it was dried or processed. You are lucky to even get the right species without other fillers.

Most people who cook with culinary herbs are familiar with the gray dried matter that has been sitting on the store shelves for perhaps years. They grow their own herbs for freshness. So it is with medicinal herbs and traditional plants. If one is unable to go on forays to obtain the fresh plants, planting and growing is the next best thing. The Cherokee herbalist has a special way of wildcrafting, which we will describe in a later newsletter. The Cherokee gardener also has a special way of planting and growing plants. The Cherokee Almanac of 1851 mentioned the subject of the influence of the moon. It said many people look to the moon's age to tell them when to plant one thing or another. Rev. Samuel Worcester, its author, however, declared this as folly. He was known by the Cherokee as *atsenusti*, "The Messenger". He said that it is hard to convince people that this is so. He therefore did some experiments. He planted trees at 1st quarter and last to see which would thrive; and corn at two different 1st and two

different last quarters, side by side, on ground all alike to see which would grow highest or yield better. He came to the conclusion that there was no perceptible lunar effect. One hundred and sixty years later people still plant by the moon. Those urban Cherokees that prefer to adhere to the state of the moon for traditional growing have already formed their methods and opinions but for those who are unfamiliar with gardening by the moon and would like to experiment themselves, here are a few guidelines.

First of all, one should cultivate and prepare the ground during the 4th lunar phase (the new moon) but if this is for a fall planting, do the soil preparation during the 3rd lunar phase (the moon is waning).

Annual herbs that are grown for their leaves, flowers or seeds should be sown or the seedlings planted during the 1st and 2nd quarters when the moon is waxing. Herbs grown for their roots should be planted between the 3rd quarter and the new moon when the moon is waning.

Biennial herbs can be planted during the 3rd (last quarter) or 4th (new moon) lunar phase and perennial herbs plant during the 3rd lunar phase (waning moon) as they require strong roots.

Harvesting herbs should be done at or just after the full moon. If the plant is to be stored for later use, it has been recommended by some traditionalists to pick the leaves, flowers or seeds or dig the root during the last quarter toward the dark of the moon but as I mentioned earlier, we will discuss harvesting in more detail in the future article.



Besides speaking of waxing and waning of the moon during lunar phases you will also hear terms spoken as during the “light of the moon” and the “dark of the moon.” When the moon is waxing, that is, from new moon to full moon there is increasing light known as the light of the moon. The plant is striving to produce foliage, sap is rising. This is a good time to repot and groom your

houseplants, fertilize and graft fruit trees and plant evergreens and deciduous trees and naturally, seeds for plants grown for their above ground parts.

When the full moon is waning to new moon, esp. from 3rd quarter to new moon there is decreasing light. This is the darkening or dark of the moon. The plant is concentrating its roots. This is a good time for planting bulbs, potatoes, carrots, weeding, planting biennials and perennials, exterminating insects and pruning shrubs.

One must, of course, use proper judgment when planting by the moon. “It may be more important to plant before a storm comes, before the plant has outgrown it’s container or before it is too late in the season.” Also, the type of plant should be taken into consideration. Each type has its own preferences of air and soil temperatures and soil type which supersede the benefits given by the lunar cycles.

Source:

- **The Compleat Herbal by Ben C. Harris, Larchmont Books, NY, 1972, 1st printing 1975, p. 51**
- **Mastering Herbalism by Paul Huson, Stein & Day Publishers, NY, 1974, p. 338**
- **The Cherokee Almanac 1851, Park Hill, Mission Press; Edited by Dennis L. Cooper, Jr., and reprinted, Hoffman Printing Co. , Muskogee, OK, 1972, p. 12**
- <http://www.plantea.com/plantingmoon-phases.htm>
- <http://www.gardeningbythemoon.com>

Call for Newsletter Materials

Do you have stories in your family or from your grandparents et al about their Cherokee lives and experiences? If so, please provide them to the SDCC Newsletter so that we can share them with our Community.

Send your stories about your Cherokee experiences and activities to SDCCNewsletter@yahoo.com .

Wado,
George Lynch, 2010 Newsletter Editor

www.sandiegocherokeecommunity.com

SDCC
PO Box 504453
San Diego, CA, 92150-4453