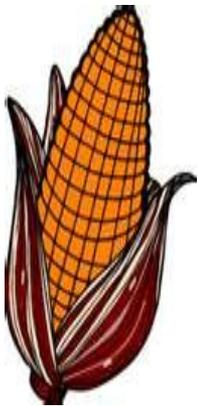


RIPE CORN CEREMONY AT TRIBAL GROUNDS:

It has been one of the hottest summers in recent years. Everyone felt the force of that heat when they entered the Council House at the National Tribal Grounds of the Southeastern Cherokee Council the last day of July to celebrate the Ripe Corn Festival. Earlier that morning, shortly after sunrise, Rick Runningbear had led the people through sunrise prayers which were directed to the 7 sacred directions.

Acting as fire keeper and ceremonial leader for this event, Rick had the council house adorned with multi color ceremonial feather fans. 7 ears of husked corn were attached to the 7 inner posts and stalks of corn with the ears of corn already removed adorned either side of the Eastern Gate.



Pipe Keeper Black Wolf participated in the afternoon ceremony and led the people in using the sacred prayer pipe in the proper way in ceremony and in prayer. In spite of the heat, the people felt spiritually "refreshed" as a result of the morning prayers and the afternoon ceremony.

As is always the case at the gatherings at our tribal grounds, there was an abundance of good food, fellowship, and socialization. At the conclusion of the day, all left for their homes with anticipation for the next ceremony, which will be the Great New Moon Festival on October 2, 2010.

Native Recipe

From the Myrtle Wood Band of SeCCI comes a recipe that will make anybody's mouth water! Check out this recipe for Buffalo Stew, compliments of Alice Eagle Spirit Vanous, who happens to be Chief of her band!



Buffalo Stew

- 2 lbs Buffalo meat (cubed)**
- 2 onions (chopped)**
- 2 cloves garlic (minced)**
- 2 cups corn (drain off water)**
- 3 potatoes (cubed)**
- 2 cups brown beans (cooked)**
- 4 carrots (sliced)**
- 1 green pepper (chopped)**
- 1 tsp salt**
- 1 tsp Oregano**
- 8 cups of water**

Drag out your biggest pan or electric roaster!

Put all ingredients in pan. Cook until done or until you find yourself sampling it. You'll know when it is ready!

You may find others gathering around with bowls and spoons!

Night Singers

Those of us of Native descent seem to have our ears tuned into the sounds of Nature better than the average person.

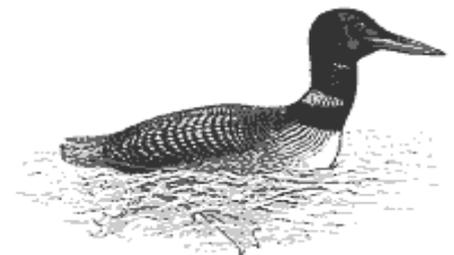
When we walk at night we hear a symphony of sounds from the "Night Singers". The bull frog and his many cousins bellow forth their melody from the wet lands. The Katydid in the tree rubs his legs on his wings and sounds out that "Katy Did" message. There is the steady drone of crickets in the bushes and grass.

What was that? Was that a Screech Owl? And just before dawn or shortly after dusk we might hear the Barred Owl or the Horned Owl.

Out on the water ways silence does not prevail. The haunting yodeling sound of the Loon can be heard in the distance.

Mocking Bird often is not content to showing off his collection of songs during the daylight hours. He might be the only bird singing in the still of the night. But the careful Native ear might also hear the mystic call of the Whippoorwill.

Take more walks in the night and let your ears pick up all the nocturnal serenades. It is a rewarding experience. And who knows? You might see a shooting star! You might see fascinating shapes of clouds flowing over the moon. The Night Singers await you and will give you a concert and you need not pay admission!



The Loon