

NATIVE COOKING

Cherokee Bean Bread

By Alice Eagle Spirit Vanous



LMU RECOGNIZES BUFFALO CREEK BAND



Lincoln Memorial University, a liberal arts college located in Harrogate, Tennessee, has sent out a letter of recognition of the educational contributions that the Buffalo Creek Band of the Southeastern Cherokee Council has made in the community. Below are excerpts from the letter:

Please accept this letter as a statement of support for the continued educational efforts of the Buffalo Creek Band in our region. Lincoln Memorial University has benefitted from this group's vast knowledge and enthusiastic presentation of Native American culture and education in the past on a number of occasions. It is a pleasure to lend support in any fashion that is helpful.

Members of the Buffalo Creek Band have served as center point participants during our annual Earth Day Festivals for the last three years, providing opening prayer ceremonies (in language), flute playing, singing, ceremonial drumming and instruction, smudging, conversing with students, faculty, and staff about Native culture, distributing educational material, and showing Native crafts and other items. Led by Chief Thunderfoot, these activities have always enhanced our Earth Day celebrations, particularly since they are so capable in their ability to teach through conversation and hands-on explanation. Additionally, I have personally benefitted from their teaching and encouragement in my own pursuit of Native cultural roots.

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Such recognition of the Buffalo Creek Band from the academic community of North-eastern Tennessee, speaks well of the South-eastern Cherokee Council as well as the Buffalo Creek Band, and demonstrates our mission to preserve the old culture of our ancestors and show others its beauty and power.

In addition to its activities at Lincoln Memorial University, the Buffalo Creek Band has given educational presentations at Norris Dam State park at its annual Winter Heritage festivals over the past several years.

The Buffalo Creek Band has current plans to host a Native Culture Festival in the Morristown, Tennessee area. Early plans have received enthusiastic support from local civic leaders.



FAMOUS QUOTATIONS:

"One can make oneself so spiritually minded that one can do no earthly good."

Jim Howling Wolf Of Chota

"Treat the earth well: it was not given to you by your ancestors, it was loaned to you by your children."

Anonymous

"The American Indian is of the soil, whether it be the region of forests, plains, pueblos, or mesas. He fits into the landscape, for the hand that fashioned the continent also fashioned the man for his surroundings."

Luther Standing Bear

Mix dry ingredients. Stir in milk, eggs, juice, and beans. Pour into a greased cake pan. Bake about 20 minutes at 450 degrees. Cut into squares and serve!

