

JUL 6 1970

P. O. Box 223  
Houlton, Maine  
04730

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T I I E

# AROOSTOOK

# INDIAN

Volume #1 No. 9

June 1970

## NOTICE TO INDIANS IN AROOSTOOK COUNTY

During the next couple weeks the Association of Aroostook Indians will be conducting a household survey. This survey will be conducted by Terry Polchies and Roy Paul. On this survey we hope to find out what activities the Indian children would like to see in their area. As you know, there is nothing in our area that involves Indian children. We would like different ideas from your children so that we may develop programs which would suit their needs. Also from this survey we will be getting information from the adults that we can use to determine each one's greatest needs. This will also be a population survey of Indians living permanently in Aroostook County, Maine. I ask that you welcome and cooperate with the people conducting this survey.

Thank You  
Terry Polchies, President  
Association of Aroostook  
Indians, Inc.

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"Only people with empty heads feast while their hearts should be heavy with grief".

MANGUS COLORA D, Apache Chief

## AROOSTOOK INDIAN

To all our people in Aroostook County. You can write, just take pen or pencil in hand and write it your way. Say what you think, what you feel. How you want to live. Say it your way. It doesn't matter how it sounds. To me it sounds very beautiful. It's real, it's life that is very important to us. In order to have an Indian association, we need our people. Yes, we need you.

Submitted by:  
Mrs. Tilly West of  
Ashland, Maine

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## WANTED: ARTICLES FOR AROOSTOOK INDIAN

If you have any comments (criticisms or otherwise), old Indian tales or legends, recipes, poems, cartoons, current news, or any other news items that you would like to see printed in the AROOSTOOK INDIAN, write them down and send them to P. O. Box 223, Houlton, Maine, 04730. We want to hear from all the Indians in Aroostook County.

THE STAFF  
ASSOCIATION OF AROOSTOOK  
INDIANS, INC.

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## RECIPE FOR HAPPINESS

Disregard the rumors of people who are out to hurt you. Jealousy is very destructive and your sanity and well being depend on you.

So, dear readers, take it from me, I've been through it. Love conquers all. My theory is live and let live.

For those who have not shared love, trust, and honesty, and above all, hope, I extend my deepest sympathy.

Submitted by:  
Mrs. Hilda LaBillois of  
Presque Isle, Maine

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## THE INDIAN OF LONG AGO

When the white man reached Canada in the early 1600's, they found that the Indians were possessed of a knowledge of medicine and surgery that was in some ways equal to their own. Their system of medicine was an unwritten one that was handed down from generation to generation. In the hands of the women of the tribe was placed the treatment for the sick. This was for the various diseases of which Indians had before the white man came to this country. The Indian did not suffer asthma or rheumatism because he had remedies for them made from different herbs. It was the white man who brought measles, scarlet fever, diphtheria, chicken pox, small pox, typhus, typhoid, malaria, yellow fever and possibly tuberculosis. The Indians could cope with their own diseases, but when they became infected with diseases of the white man, their system broke down. These diseases began to spread and took many Indian lives.

The environment conscience of the white man today has taken him over three hundred years to realize what he has been doing to the Indians. The white man who killed off all the beaver and other fur-bearing animals which was, at that time, the Indians only source of food and clothing.

It was known that the animal skins which

the Indians wore were better than any cloth that was made by the white man at that time. The furs were probably more sanitary because they would have absorbed the sweat. Another sanitary thing about the Indian: when the first white man came, he could not believe it when he saw the Indians swimming in the rivers. At that time baths were forbidden in Europe, therefore the early name for the Indians were savages because of the numerous baths they took.

The Indian way of life in the past was so much better and now it is a sad sight that the Indian has to live in disease and poverty. But let it be known to everyone concerned that the Indian will survive no matter how much he is exploited on.

By Tom Battiste

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## INDIAN GIRL AND WHITE FRIEND

I have a truly good friend. She is white, I am Indian. We are like sisters. Her name is Wanda Gary, my name is Donna West. Wanda and I are in the 4th grade at Higgins Elementary School in Mapleton. How I wish that we were sisters.

Submitted by:  
Donna West, age 10  
Ashland, Maine

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## THE LEGEND OF THE TIDAL BORE

In the days of Gluskap, the river water was clear and fresh until a monster Eel swam down the river and pushed all of the fishes and all the fresh water into the salty bay. Turtle told Gluskap of the cruel hardships that resulted. Gluskap gave great powers to Lobster, who grew much in size and strength and fought the evil Eel. The long battle stirred up much mud and many waves far up the river until the Eel was killed. And even today in Gluskap Bay and on the muddy river, with an elbow bend, the battle scene takes place twice a day.....

Submitted by:  
Yvonne Jewell

SMILE

When I was a little boy on the Micmac Reservation in Nova Scotia, an old Indian friend of my Godfather, came to visit him. He had to be led to the house for he was blind and old, the same as my Godfather. While they were talking, I listened to their tales of olden times. The old friend started by saying: "You know, Matt, I had a rabbit hound one time that was real smart. In the wintertime he would go out and set snares and the next morning he would gather up the rabbits he had caught, re-set the snares and bring the rabbits home for me to clean."

My Godfather, not to be out lied, came up with this: "Hell! I had a rabbit hound one time that was real smart. In the winter-time he would set out 50 snares and tend them all season. Each morning he would go out and get the rabbits out of the snares, re-set the snares, skin the rabbits, and gut them and bring them home so all I had to do was cook and eat them."

Submitted by:  
Robert Pictou of  
Fort Fairfield, Maine

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GLAD TO BE BACK HOME

On May 25th, I returned home from Shubenacadie, Nova Scotia. I was called back to my home town due to the illness of my nephew, Lloyd Paul, eldest son of Mr. & Mrs. Levi Paul, who is hospitalized at the Victoria General Hospital in Halifax, Nova Scotia, with cancer. And on May 2nd, I attended the 86th birthday of my father, John Copage of Cambridge, Nova Scotia.

It is nice to be back. I will be returning to my job in the cosmetic dept. of the Mammoth Mart in Presque Isle.

Submitted by:  
Mrs. Hilda LaBillois of  
Presque Isle, Maine

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RETAIN YOUR INDIAN PRIDE AND HERITAGE

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MANY THANKS

We wish to extend our thanks to Tilly West for the refreshments and enjoyable evening spent at her home on our return from Nova Scotia.

Hilda and Cyril LaBillois

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CONGRATULATIONS!!!

Miss Debbie Tomah, daughter of Mr. Leo Tomah of Houlton, will be receiving her diploma from Houlton High School on June 12th, 1970. We wish to extend our congratulations, Debbie.

THE STAFF

Association of Aroostook  
Indians, Inc.

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THANK YOU, RICK AND OBE

For your kindness and help to our Indian people. Both of you have made this statement true. No one could ever hope for dearer, finer men than you. And on this day, it's natural to wish you all that is good in life because you are loved by so many people. Especially Aroostook Indians.

Best in Indianism  
Tilly West of  
Ashland, Maine

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"If the white man wants to live in peace with the Indian...he can live in peace. Treat all men alike. Give them all the same law. Give them all an even chance to live and grow."

"All men were made by the same Great Spirit Chief. They were all brothers. The earth is the Mother of all people, and people should have equal rights upon it... We only ask an even chance to live as other men live. We ask to be recognized as men. We ask that the same law shall work alike on all men. Let me be a free man...free to work, free to trade, free to choose my teachers, free to follow the religion of my

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fathers, free to think and talk and act for myself...and I will obey every law, or submit to the penalty."

Chief Joseph of the Nez Perce  
in 1879

Reprinted from: AKWESASNE NOTES

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#### STATIONED IN VIET NAM

David Hill, son of Mr. and Mrs. Monty Hill of 10 Allen Street, Presque Isle, Maine, is now stationed in Viet Nam.

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#### RECIPE FOR LEGENDARY INDIAN BASKET

Rich sweet dough which is a no knead refrigerator dough that makes a rich product.

- 3/4 cup milk
- 1/2 cup sugar
- 2 teaspoon salt
- 1/2 cup margarine
- 1/2 cup warm water (105 degrees to 115 degrees F.)
- 2 package yeast, dry or compressed
- 1 egg
- 4 cups unsifted flour

Scald milk, stir in sugar, salt, margarine. Cool to luke warm. Measure warm water into large warm bowl. Sprinkle or crumble in yeast. Stir until dissolved. Stir in lukewarm milk mixture, egg, and half of the flour. Beat until smooth. Stir in remaining flour to make a stiff batter. Cover tightly with waxed paper or foil. Refrigerate dough at least 2 hours. Dough may be kept in refrigerator 3 days. To use, cut off amount as needed.

Braids for basket. Cut in 3 lengths. Braid dough, place on bottom of any type bread pan. Grease pan. Weave as in wood basket. Bake at 350 degrees for 20 minutes or until brown.

Submitted by:  
Mrs. Tilly West of  
Ashland, Maine

#### WHAT AN INDIAN LOOKS LIKE?

I have often heard the phrase "but he doesn't look Indian..." I've often wondered what an Indian is supposed to look like.

To an outsider, he probably looks like the Hollywood version. But how many people really know? I've met people from all tribes. Some look oriental. Some have dark eyes and straight hair. To me, they are all Indians. Not because of their physical make-up, or because they have a roll stating that they are Indian. Because he is interested in what happens to his people. Because he suffers when his people suffer. Because he enjoys himself when he is around his own people. An Indian looks like an Indian not from the outside but from the inside...where it really counts.

I think we have enough discrimination from the outside. Why practice among ourselves? An Indian is an Indian no matter what he looks like. The problem is not his, but rather the problem of the person who makes the statement, "but he doesn't look Indian."

Reprinted from: AKWESASNE NOTES

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#### CONGRATULATIONS!!!

The staff and members of the Association of Aroostook Indians, Inc. wish to extend their congratulations and best wishes on the recent marriage of Mr. Tom Battiste and Miss Susan Heritage.

We would also like to extend our congratulations and best wishes on the recent marriage of Mr. Richard Richter and Miss Barbara Hargan.

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