



## SIP SMOKE SIGNALS

Society of Indian Psychologist November 2019 to January 2020

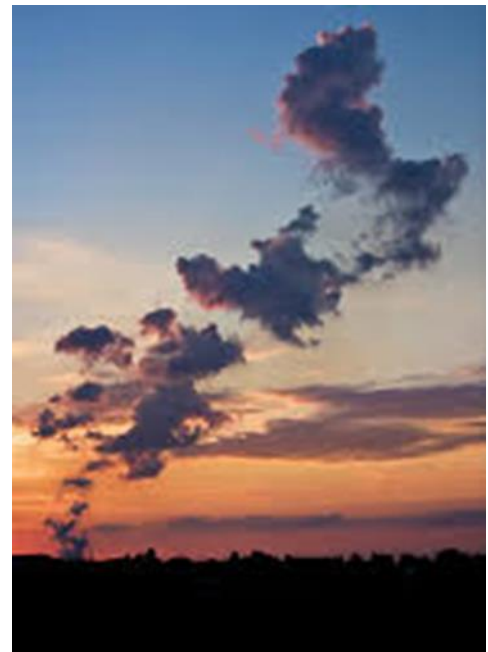
A New Year, New Beginnings, New Choices

### Our Honor of Steve Peters

With great sadness, we mourn the passing of our dear friend, Steve Peters, a real human being. We also send our love and healing thoughts to his beautiful wife and our sister Wendy Peters and their children and grandchildren. Aloha

#### NEWS and KUDOs:

1. We are happy to announce that [Pam Begay](#) is the new Co-Editor of the Journal of Indigenous Research.
2. We are so proud that two of our elders have been honored at the University of Oklahoma!  
[Dr. Joseph Trimble](#) was recognized as the 2019 Distinguished Alumni  
[Dr. Diane Willis](#) will be recognized as the 2020 Distinguished Alumni
3. Thank you [Denise Newman](#) for her shepherding the mentorship program into a new year. Excellent program!
4. [Tina Lincourt](#) is now a licensed psychologist. Huge congratulations to Tina!
5. Keynote speakers have been invited for convention. We are all in for a treat! Look out for the next newsletter, which will include their names and the titles of their talks!
6. **EC meeting will be January 10 at 4pm EST.**



### **Note from the President**

As we are beginning the season of story telling I invite our members to share stories in our newsletter. There is much to be gained from your words of wisdom, humor, caution or encouragement.

In my home 2019 was filled with unusual peaks and lows. Many people that I loved went to the camp on the other side including my mom, my niece, my brother, cousins, dear friends. How much pain can a heart hold? The healing of my heart breaks began with the support of others near and far. We found balance not just with generous support but the introduction of two great grand babies to our family. The cycle of life continues.

How very important I have found the smile, the gentle touch, the hug, the word of encouragement. These are gifts that are magnified in my mind. As we do our important work I hope a gentleness pervades that heals the giver and the receiver. Even a small light can help us navigate the rocky road in a difficult time.

Reasons to celebrate the new year: it provides a mental reset, a fresh start. Our SIP representative in the CNPAAEMI (Council of National Psychological Associations for the Advancement of Ethnic Minority Interests) Leadership Development Institute, Tina Lincourt is now a licensed psychologist. Huge congratulations to Tina! The SIP Presidential Trio has been working on our convention programming and it is on a roll. We have a volunteer undergraduate from Bennington College doing fieldwork with us to help improve communication. We will introducing you to Eva on the listserv soon.

My apologies to membership for having a low profile especially in the latter part of 2019. With the transitions and challenges my focus needed to be at home with my husband who underwent open heart surgery a month ago. We are both recuperating! I wish to publicly acknowledge Gayle for covering the SIP bases for me and offering on-going support. Gayle is always great with social recognition and I tend to do my communicating privately so membership gets both styles, in that manner we are sure to offend someone haha!

As you go forward with your studies, work, research remember to celebrate the little things and smile! Wishing you strength and gentleness as proceed in 2020.

Chi Miigwetch  
Iva

### **LESSONS FROM OUR ANCESTORS**

These words come from the six tribes of the Haudenosaunee people. It has ancient roots documented over 1,000 years to the formation of the Great Law of Peace and likely before that. Today, these words are still spoken at opening and closing ceremony of Haudenosaunee people.

#### **The People**

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings, thanks and all our love to each other a people.

Now our minds are one.

### **Our Mother – The Earth**

We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our Mother, we send greetings, thanks, and all our love. Now our minds are one.

### **The Waters**

We give thanks to all the Waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms --- waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings, thanks and all our love to the spirit of the Water.

Now our minds are one.

### **The Fish**

We turn our minds to all the Fish life in the water. They were instructed to cleanse, and purify the water. They also give themselves to us as food. We are grateful that we can still find pure water. So, we turn now to the Fish and send our greetings and thanks.

Now our minds are one.

### **The Plants**

Now we turn toward the vast fields of Plant life. As far as the eye can see, the Plants grow, working many wonders. They sustain many life forms. With our minds gathered together, we give thanks and look forward to seeing Plant life for many generations to come.

Now our minds are one.

### **The Food Plants**

With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send them greetings, thanks, and all our love.

Now our minds are one.

### **The Medicine Herbs**

Now we turn to all the Medicine Herbs of the world. From the beginning, they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us, those special few, who remember how to use these plants for healing. With one mind, we send greetings, thanks, and much respect to the Medicines and to the keepers of the Medicines.

Now our minds are one.

### **The Animals**

We gather our minds together to send greetings and thanks to all the Animal life in the world. They have many things to teach us as people. We see them near our homes and in the deep forests. We are glad they are still here and we hope that it will always be so.

Now our minds are one.

### **The Trees**

We now turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty and other useful things. Many peoples of the world use a Tree as a symbol of peace and strength. With one mind, we greet and thank the Tree life.

Now our minds are one.

### **The Birds**

We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to smile - to enjoy and appreciate life. The Eagle was chosen to be their leader. To all the Birds – from the smallest to the largest – we send our joyful greetings, thanks and all our love.

Now our minds are one.

### **The Four Winds**

We are all thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help to bring the change of seasons. From the four directions they come, bringing us messages and giving us strength. With one mind, we send our greetings and thanks to the Four Winds.

Now our minds are one.

### **The Thunderers**

Now we turn to the west where our Grandfathers, the Thunder Beings, live. With lightning and thundering voices, they bring with them the water that renews life. We bring our minds together as one to send greetings and thanks to our Grandfathers, the Thunderers.

Now our minds are one.

### **The Sun**

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun.

Now our minds are one.

### **Grandmother Moon**

We put our minds together and give thanks to our oldest Grandmother, the Moon, who lights the nighttime sky. She is the leader of women all over the world, and she governs the movement of the ocean tides. By her changing face we measure time, and it is the moon who watches over the arrival of children here on Earth. With one mind, we send greetings, thanks and all our love to our Grandmother, the Moon.

Now our minds are one.

### **The Stars**

We give thanks to the stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. With our minds gathered together as one, we send greetings and thanks to all the Stars.

Now our minds are one.

### **The Water Protectors. Our Teachers**

We gather our minds to great and thank the Water Protectors who have come to help through the ages. When we forget how to live in harmony they are reminding us of the way we were instructed to live as people. With one mind, we send greetings and thanks to these caring Teachers.

Now our minds are one.

### **The Creator**

Now we turn our thoughts to the Creator, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on the Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings, thanks and love to the Creator.

Now our minds are one.

### **Closing Words**

We have now arrived at the place where we end our words. Of all the things we have named, it was not our intention to leave anything out. If something was forgotten, we leave it to each individual to send such greetings, thanks and love in their own way.

And now our minds are one.

**BLESSINGS TO ALL**

## INVITATIONS

1. Remember to send stories, wisdom, fun, awards, accomplishments, news, announcements etc. to Gayle Morse at [morseg@sage.edu](mailto:morseg@sage.edu)
2. HELP!!!! Volunteer (student, elder, Fun seeker) to help organize and write Bi-Monthly updates please contact Gayle Morse at [morseg@sage.edu](mailto:morseg@sage.edu)
3. If you know anyone who would like to be a member of SIP or someone you would like to nominate to be a member please contact [Kimberly Miller](mailto:kimberlymiller@comcast.net) (kimberlymiller@comcast.net)
  4. and [Marsha Tafoya](mailto:marsha.tafoya@gmail.com) (marsha.tafoya@gmail.com) so they can send an invitation.
5. If you are interested in volunteering for anything in SIP please let Gayle Morse know ([morseg@sage.edu](mailto:morseg@sage.edu)). We need help with the newsletter, and nearly any committee. So if you have any special interests please let me know!!!

**Please note that our Executive (EC) meetings are on the Third Friday of the month at 4pm EST (3CT, 2MT, 1PT & noon AlaskaT)**

**If there is anything you need to bring to the EC please send to Iva GreyWolf by the SECOND Friday of the month so there is time to incorporate it in a very packed schedule.**

**If you would like to have the ZOOM connection please contact Gayle Morse.**

Respectfully submitted January 1, 2020, Gayle Morse