

# AKWESASNE WOLFPACK VS. August 6, 1983 ONONDAGA EAGLES

It has been remembered in the way of our ancestors that when an important message was to be delivered a far distance, the best runners of the peoples delivered it by hand to its destination. So, in the finest tradition of the Akwesasne Mohawks, a few runners of the Wolfpack Running Club started out to relay an invitation to the Onondaga Eagles to come to Akwesasne for a running meet.

A week later, the Onondaga Eagles arrived in relay running to the Akwesasne Longhouse, where a reception awaited them. A potluck supper and social dance was held for them the next night.

On the day of the meet there were eight races held: Ten mile, Five mile, Four mile, Three mile, Two mile, (Men's) (women's), One mile, a Relay and a Fun Run for everyone.

## RESULTS

Ten Mile		
	Ron Shenandoah-Ond	1:31.06
	King Lyons-Ond	1:31.06
	Randy Hall-Ond	1:36.42
	Derek LaFrance-Akw	1:36.42
Five Mile		
Mens	Tim Hubert-Akw	29:00
	Dion Jacobs-Ond	33:36.93
	Harry Boy Thompson-Akw	38:05
Womens	Darlene Boots-Akw	36:05.93
	Kelly Gibson-Ond	46:04
	Candy Thomas-Ond	46:04
	Shelly Shenandoah-Ond	46:35
Three Mile		
A group	Wewoka Shenandoah-Ond	
	Joan Shenandoah-Ond	
B group	Delores Shenandoah-Ond	
C group	Ginger Jacobs-Ond	
D group	Kay Olan-Akw	
E group	Mitch Chubb-Akw	
Two Mile		
Men's	Dion Jacobs-Ond	10:47
	Shawn Waterman-Ond	11:14
	Leroy Swamp-Akw	11:37
Womens	Kelly Gibson-Ond	14:48
	Rochelle Shenandoah-Ond	
One Mile		
Men's	Donald Swamp-Ond	4:54
Womens	Darlene Boots-Akw	6:02
	Shannon Hall-Akw	

Fun Run	
Men's	Brian Barnes-Akw Aaron Oakes-Akw Tom Porter-Akw
Boys	Aronienens Porter-Akw Kariwate Mitchell-Akw
Womens	Etta Gibson-Ond Kay Olan-Akw
Girls	Rachel George-Akw Kanereatiustah Swamp-Akw
Relay	
	AKWESASNE Tom Porter Ernest David Doug George Jerry Swamp

The following is a list of the people to be thanked for their donations of food and valuable time: Madeline David, Clara Point, Judy Swamp, Idrene Thompson, Sandra Fox, Joyce Ransom, Harriet Boots, Deliah Cook, Diane Swamp, Elizabeth Maracle, Mary Jock, Diane Lazore, Margie Skidders, Peachy Bonaparte, Tom Porter, Lorreta David, Marilyn Sharrow, Ronnie Ransom, Irene Richmond, Sarah Richmond, Minnie Garrow, Mary and Ray Swamp, Richard Powless, Tony David, Lorena David, Annette Seymour and the Akwesasne Emergency Team. Also Pat Thompson of Pat & Ray's for her donation of ice.

If there are a few individuals whose names we have missed, please know that your efforts helped to make these kids happy during their three days at Akwesasne.

There are a few remaining pots and cooking utensils that can be picked up at Teresa David's home. There are no names on them so they can't be returned to their owners.

Submitted by Teresa David



## HANDING THE BATON

running  
two miles  
three  
running  
five miles  
ten  
hawkweed leaves between the teeth  
thirst nags at both throat and feet  
running into morning sun  
two miles  
three  
running into sweat  
five miles  
ten  
runners on the path  
between  
sweetgrass and pine  
runners pounding into earth  
foot-prints that cannot be erased  
runners running  
wolf pack  
and eagle  
sun becomes eye and moon feet  
noon is life-span  
water eternity  
running  
two miles  
three  
lungs are boulders within the chest  
hands relay stick to faceless hands  
cool in two o'clock heat  
running  
five miles  
ten  
runners running breathless  
wet rags  
looking for a brook to wash feet  
looking for a lake to ease pain  
looking for the end to breathe  
looking to sky for an eagle's wing  
looking north for wind  
running  
two miles  
three

— Maurice Kenny —

# "EVERYONE WELCOME" Buffalo-Beef Dinner

— Benefit for —  
Akwesasne Freedom School

LOCATION:  
North American Indian Travelling College  
Cornwall Island

TIME: August 14, 1983 — 12 Noon

Family rate for 4 or more - \$12.50  
Adults - \$5.00  
Senior Citizens and students - \$3.00  
Children under 5 years - free

\*\*\*ENTERTAINMENT \*\*\*GAMES\*\*\*

## — FLOYD WESTERMAN —

Floyd Westerman, the noted Sisseton-Wahpaton Dakota singer, paid a somewhat surprise visit to Akwesasne this past Saturday, August 6th. Mr. Westerman recently came east from a Sun Dance in California, and drove here from Onondaga and New York City to aid in the celebration of the track meet, last Saturday, at Racquette Point between the Onondaga Eagles and the Akwesasne Wolf Pack. He gave his concert on Angus Dell's front lawn. Terry Terrance, of the Little River Mohawk Band, accompanied Mr. Westerman on guitar. Everyone in the audience was thoroughly enjoying Mr. Westerman's fine singing until a deluge of rain broke up the assembly and scattered. Mr. Westerman is giving numerous concerts this summer and promoting a new record album soon to be released this year. It was a great pleasure to have this fine Native American singer here at Akwesasne. We are all honored to have had the pleasure of his visit. He returned to New York City this past Monday.

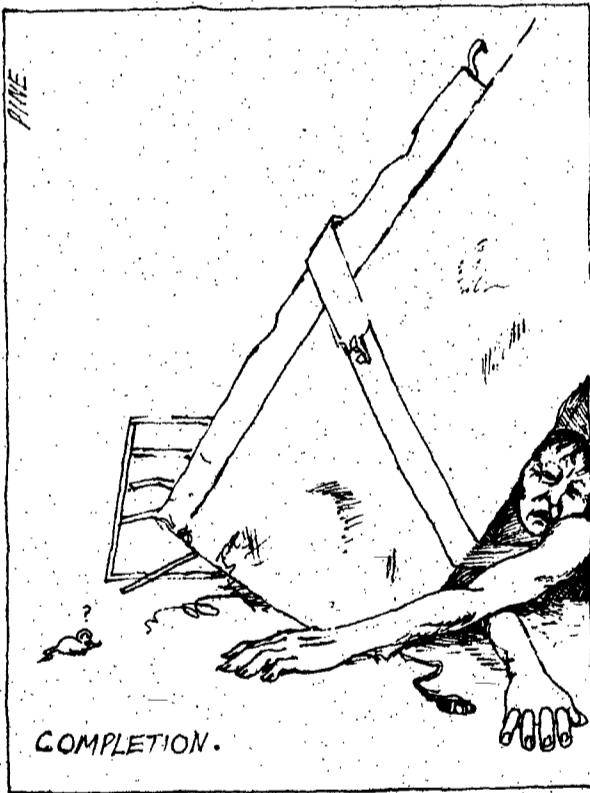
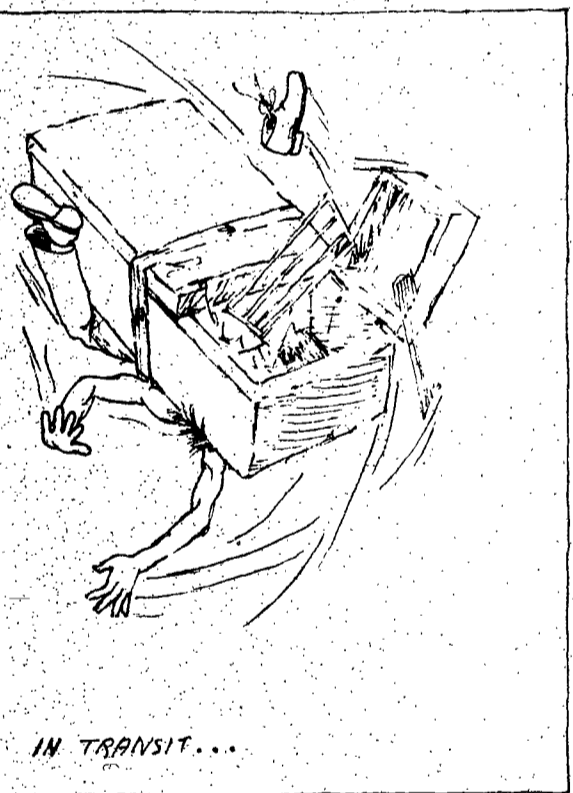
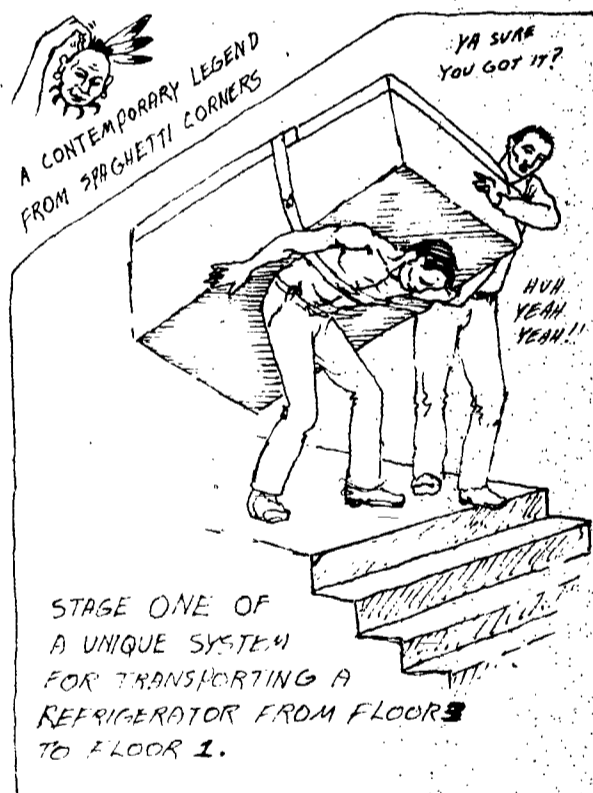
— Maurice Kenny

## VISIT FROM A PLAYWRIGHT

Behn Cervantes

Akwesasne and the Akwesasne Notes office staff had the unique pleasure recently of a brief visit made by Behn Cervantes from the Philippines. A radical playwright and theatre director, Mr. Cervantes has been frequently arrested and imprisoned for his alternative ideas in theatre by the Marcos government. He is, oddly, now travelling under the official auspicious of his State government. He came to Akwesasne in search of Native American theatre and drama with the hope of returning to his native land with informed creativity. Mr. Cervantes said that he had learned more about Native American Theatre here at Akwesasne in a single morning than he did during an entire week in Washington, D.C. as guest of both the Kennedy Arts Center and the Arena Theatre Project. He brought with him photographs of productions of traditional theatre in the Philippines, theatre programs, and copies of plays written in his native language for display. Mr. Cervantes will continue his trip on to New York City, Santa Fe, N.M., San Francisco and Hawaii and then returns next week to his homeland where he teaches at the University of the Philippines.

— Maurice Kenny



## Ononkwasonha



### MILKWEED (Asclepias syriaca)

**COMMON NAME:** milkweed, emetic root, snake milk, milk epeccac  
**FEATURES:** The milkweed, a perennial herb growing from 2-4 feet high, can be found throughout the United States and Canada in fields, swamps, and along roadsides. The round stout stalk bears leaves which grow from 4-8" long and from 2-4" wide. The leaves are smooth on the topside and hairy on the underside. The roots are yellowish, large and branching. Milkweed blossoms from June to September showing off white or purplish-white flowers. When the leaves or stem has been cut, a milky white latex oozes out.

**MEDICINAL PARTS:** Milky latex and roots  
**SOLVENT:** Water  
**BODILY INFLUENCE:** Removes warts, helps to bring up phlegm, and increases the flow of urine.  
**INTERNAL USES:** Equal parts of milkweed and marshmallow (althea)...1 teaspoonful steeped in 1 cup of boiling water, taken 3 times daily and one at bedtime plus thorough massaging of liver will help to expel gallstones within a few days. The milkweed plant is also useful for hayfever, headaches, indigestion, influenza, rheumatism, uterine pains, and abortion.  
**EXTERNAL USES:** The fresh milky latex that seeps from the leaves and stem can be applied directly to the raised part of warts causing them to disappear if applied often.  
**OTHER USES:** The latex can be rolled until firm for use as a chewing gun. Also can be used as a vegetable for cooking purposes.  
*(Recipe taken from Native Harvests by Barrie Kavasch)*  
**YOUNG MILKWEED SPEARS (serves 6)**  
2 quarts of young milkweed spears (picked before 10 inches tall and before leaves unfurl, plant becomes toxic as it matures)  
1 tablespoon wood ashes  
3 cups water  
garnish: nut butter or nut milk  
Steam these young plant tops (do not boil) with the wood ashes in 1 cup water in a covered saucepan for 4-5 minutes. Pour off this first bath, rinse thoroughly, and steam again in 1 cup clear, fresh water without wood ashes for 4 to 5 minutes. Rinse and steam again in 1 cup water for 4 to 5 minutes. Serve either hot or chilled (like asparagus) with compliments of nut butter or nut milk topping.

— Aronlaavi

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