### American Indian Center of Springfield's

# Newsletter



### Osage Nation Leaders Visit Springfield Community Garden



Springfield Community Gardens and the American Indian Center of Springfield invited Osage leaders to Springfield on May 20<sup>th</sup>, 2025, to bless the site of a community garden expansion. The St. John's Chapel UCC Community Garden is undergoing expansion to serve more members of our community. Thank you to John Maker and our Osage Nation relatives for traveling and participating in this new chapter at this garden site.



### **Youth Gardening Series**

The first session of our Youth Gardening Series in the American Indian Center Garden was a success! The kids are learning gardening skills and the impact of community involvement! The second session on Three Sisters Planting is on May 31<sup>st</sup>! The series continues in July with the third session.

# **JUNE EVENTS**

- Three Sisters History and Planting
  - May 31st 10:00 AM 12:00 PM
  - AICS Garden (outside office)
  - Youth Gardening Series
- Youth Nature Journaling
  - June 2nd 4:00 PM
  - Springfield Lake Boat House
  - Free!
  - Reserve your spot on our website!
- · Teen Book Club The Storyteller
  - June 3rd 4:00 PM
  - AICS Office
- Story Time at AICS!
  - June 4th 11AM
  - AICS Office
  - Recommended for ages 8 and under
- Bow Class
  - June 4th 5:30 PM
  - AICS Office
  - Free and Open to the public
- Garage Sale
  - June 6th and 7th 8:00 3:00 PM
  - AICS Office
  - Donations are Welcome
- Drum Practice
  - June 11th 5:00 PM
  - AICS Office
  - Free and Open to the public
- Health Scripts
  - June 12th 4:00 PM
  - AICS Office
  - Free and Open to the public

- Teen Book Club Elatsoe
  - June 17th 4:00 PM
  - AICS Office



- Story Time at AICS!
  - June 18th 11AM
  - AICS Office
  - Recommended for ages 8 and under
- Bow Class
  - June 18th 5:30 PM
  - AICS Office
  - Free and Open to the public
- June 25th No Drum Practice
- Health Scripts
  - June 26th 4:00 PM
  - AICS Office
  - Free and Open to the Public
- Teen Book Club <u>Braiding Sweetgrass</u>
  - July 1st 4:00 PM
  - AICS Office
- Story Time at AICS!
  - June 2nd 11 AM
  - AICS Office
  - Recommended for ages 8 and under
- July 4th AICS Office Closed

### **AICS Food Pantry**

Our Food Pantry is open to everyone, regardless of tribal membership or income level.

Thursday 12:00 PM - 3:00 PM Friday 9:00 AM - 12:00 PM

Call and make an appointment if our hours do not work for you.





# HealthScripts: Community Health Circle Program

Health Circles are co-facilitated by local family doctors, dietitians, community members, and elders. These circles are focused on connection, community, and supporting each other in building a healthy life. Every health circle has a theme to explore as we approach health in ways that are informed, sustainable, loving, and nurturing.



## Next Session: June 12th at 4:00 PM

Health Circles will be held every two weeks. Attendance is not mandatory to continue with the program, but each session builds on each other.



# **Topics Include:**

- Wise Nutrition
- Food as Medicine: Eating to treat, prevent, and reverse chronic disease
- Movement for vitality and joy
- Healthy mind and spirit
- Connection and Community
- Sleep and Rest
- Other topics based on participant interest

Some sessions will include hands-on workshops such as foraging and cooking.

# To Register:

Please fill out the form listed on our website!



- American Indian Center of Springfield 1126 N. Broadway Ave, Springfield, MO
- info@aicspringfield.org
  - aicspringfield.org

# QQ

# Learn the Full Life Gyde of a Plant!





# **Gardening With Kids!**

# AICS Youth Gardening Series

Plant Flower Seeds MAY 17TH @10AM-12PM

Participants will learn the proper way to plant seeds and learn how a seed turns into a sprout! Take home your planted seeds to watch them grow!

> 3 Sisters History and Planting MAY 3IST @10AM-12PM

Participants will learn about the Three Sisters (corn, beans, and squash) and help our garden leaders plant these Indigenous crops in our Community Garden!

Soil and Compost JULY 12TH @10AM-12PM

Participants will learn about the importance of soil and how we need to care for it to make our gardens grow! We will also learn about composting!

Water Conservation JULY 26TH @10AM-12PM

Participants will learn about the water cycle and ways to have fun in the summer while caring for our planet!

Harvesting Veggies AUGUST 9TH @10AM-12PM

Participants will learn how to properly harvest vegetables out of our community garden and taste the fruits of their labor!

Garden Party! AUGUST 23RD @10AM-12PM

Relax and celebrate nature in our Garden! Fun games and snacks will be provided!

PARTICIPANTS WHO ATTEND MOST CLASSES WILL RECEIVE AN EXTRA GIFT AT OUR PARTY!

Suggested Age Range: 7 & UP

Class size maximum is 15 due to supply restrictions.

Any Questions? Contact Us!

American Indian Center of Springfield info@aicspringfield.org

417-880-1570

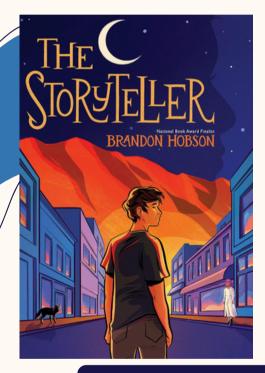


American Indian Center of Springfield's

# Indigenous Teen Book Club!

One of the most empowering things is to see yourself represented by a strong, fearless main character. Our Book Club will focus on books with Native characters that are written by Native American authors. The books will be provided for free for participants!





Our first book is *The Storyteller* by Brandon Hobson! This story follows Ziggy, who is on a mission to find his mother and discovers his story is tied to all the stories of the Cherokees that have come before him.

### PICK UP YOUR BOOK AT OUR OPEN HOUSE:

May 27, 2025 @ 4-6 PM AICS Office

1126 N. Broadway Ave., Springfield, MO

PIZZA PARTY!

The books in this book club are classified as Young Adult. These books are typically recommended for ages 12+.

### Book Club Schedule:

The Storyteller: June 3<sup>rd</sup> @ 4-5:30 PM

Elatsoe: June 17th @ 4-5:30 PM

Braiding Sweetgrass: July 1st @ 4-5:30

TBA: July 15<sup>th</sup> @ 4-5:30 TBA: July 29<sup>th</sup> @ 4-5:30 TBA: August 12<sup>th</sup> @4-5:30 MEETING!

**ACTIVITIES** 

AT EACH



Elatso



SIGN UP HERE:

aicspringfield.org/events





# AICS YOUTH POWWOW

# **OCTOBER 11, 2025**

WEBSTER COUNTY FAIRGROUNDS MARSHFIELD, MO 65706

# <u>SCHEDULE</u>

Gourd Dance 1 -2 PM
Grand Entry 2 PM
Intertribals 2-5 PM
Dinner Break 5-6 pm
Gourd Dance 6-7 PM
Grand Entry 7 PM
Intertribals 7-10 PM

COME OUT AND SUPPORT OUR NEXT GENERATION!
JOIN US FOR VENDORS, INDIAN TACOS, AND
COMMUNITY BUILDING.

Head Singer: Kawliga Leroy

Eucha, OK

Head Man Dancer: Jesse Yazzie

Miami, OK

Head Lady Dancer: Sadie Barnett

Kansas City, MO

Head Gourd Dancer: Logan Aguilar

Columbia, MO

**Emcee: William Branson** 

Sturgeon, MO

Arena Director: Preston Adams

Kansas City, MO

AICS Powwow Princess: Brailynn Blevins

Jay, OK

No drugs, weapons, or alcohol.

We are not responsible for accidents

or lost or stolen items

### For Information:

American Indian Center of Springfield 1126 N Broadway, Springfield, MO 65802 417-880-1570 info@aicspringfield.org American Indian Center of Springfield

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'AIC' SGF

September 27<sup>th</sup> and 28<sup>th</sup>, 2025

Sat. 9/27 9-7



Sun. 9/28 10-6

Native American
Heritage Celebration

1 Bass Pro Dr., Springfield, MO

For more information, contact AICS: info@aicspringfield.org (417) 880-1570