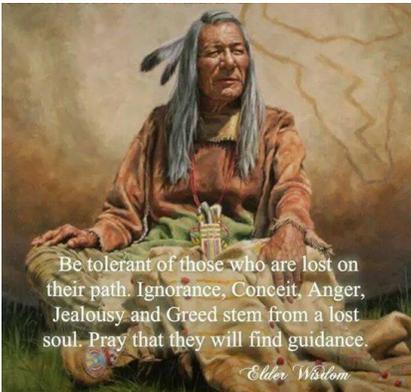


Keepers Gathering

The gathering went well we had a few old friends and a few new people attend this year.

Travis ran a sweat on Saturday night. The feast for the pipes had a nice turn out. The stories are always my favorite part.



Current Spiritual Advisers

Breon Lake
Steve McCullough
Jim Tree
Michael Yeomans,

Wayne Letang
Travis Erickson.

One of the topics at this year's gathering was about setting rules for spiritual advisors, because it seems we are not making proper use of them as a resource for the organization and the members. We would like to fix that. Consensus is if we are going to have spiritual advisors they need to be available to members, by phone, by email and if workable in person. I have proposed that all spiritual advisors write some sort of informational short article each month which will be shared with members on the web site and in the quarterly newsletter. If you are a Spiritual Advisor we will be contacting you to work out more details.

Also I would like to see our gathering sponsored by different members or spiritual advisors each year. The first year the gathering would be in Pipestone the other 3 years in a 4 year cycle could be anywhere. The sponsor could run a sweat, a workshop, or some other kind of spiritual teaching or a pow wow. It would be offered to members. Each year we would continue

to host a sweat, feast for the pipes and ceremonies to honor the quarries on the 4th weekend in July in Pipestone. We need commitments from our spiritual Advisors to attend keepers events and since travel expenses can be a problem we would like to offer some travel money for each event depending on money raised and to be split by all the designated spiritual advisors who attend. The host should also be responsible to provide lodging if needed for these spiritual advisors.

Travis Erickson ran the ceremonies at the quarries this year and the sweat he was the only spiritual advisor who attended.

Food & Health

A partial list of the foods originally developed or discovered by Indian people

"Most of these foods were Indigenous only to the Americas meaning they did not grow anywhere else in the world!"



Corn - all types including sweet, flint & popcorn, Beans - almost all types including: Pinto, Lima, Kidney, Navy, Red, White, Black, Green (String, Pole, French, Snap), Butter, Great Northern and Wax

Squash - all types including Zucchini, Acorn, Spaghetti, Crook-neck, Summer, Winter and Butternut, Tomatoe - all types including Red, Yellow and Orange, from cherry to melon size, Potato - 250 varieties grown (20 varieties are 75% of total harvest) 3,000 varieties were developed by the Incas , Cacao (Cocoa & Chocalate come from this), Peppers - all types including Green, Chili and Banana, Sunflowers (the seeds and oil as well), Avacado, Cashews, Hominy Passion Fruit, Vanilla, Catfish, Grits, Hickory Nuts , Cayenne, Pumpkin, Gum, omegranates, Peanuts, Jerky, Wild Rice, Sweet Potato, Jerusalem Artichoke, Chilies, Tortillas, Persimmon, Yams, Arrowroot (starchy flour), Prickly Pear Cactus,

Pineapple, Guava, Papaya, Pawpaw, Blueberry, Strawberry, Mulberry, Cranberry, Huckleberry, Chokecherry, Maple Syrup, Sassafras (Tea, & flavoring of Root Beer, Catnip, Manioc or Cassava (Tapioca Pudding), Mequite, Ramps (wild leeks), Wintergreen Mint, Paprika Allspice, Pecan, Black Walnut, Acorn, Beechnut (fine quality oil), Clams, Scallops, Shrimp, Crayfish, Turkey, Bison, Moose, Caribou, Musk Ox, Antelope, Opossum Armadillo, White Tailed Deer, and Alligator.

Modern Day Narragansett Strawberry Bread

from Dale Carson's New Native American Cooking

This bread was originally made without sugar and eggs, and was noted in writings of the pilgrims to have been delicious.

1/2 cup butter
 3/4 cup maple sugar
 1 egg
 1 cups all purpose flour
 1 cup amaranth flour
 1/2 cup cornmeal
 1/2 cup finely ground walnuts
 1 tsp baking powder
 1/2 tsp salt
 Milk (almond milk) to make a stiff batter

1 cup wild strawberries, rinsed, stemmed and quartered
 Preheat over to 350 degrees.
 In a mixing bowl, cream butter and maple sugar. Add egg and beat until smooth. Add flour, nuts, baking powder, and salt. Stir and add enough milk to make a stiff batter. Gently fold in the strawberries and turn batter into an 8 or 9-inch square baking pan. Bake in the center of the oven for 20 to 25 minutes or until a knife inserted in the center comes out clean.
 Let cool before slicing.

Apple & Zucchini Salad

1 pound zucchini
 1/2 onion
 3 apple diced
 1/2 green pepper diced
 1/3 cup oil
 3 tablespoons vinegar
 1 teaspoon sugar
 1 teaspoon basil
 Salt and pepper

Combine zucchini, apples, green bell pepper, and onion in a bowl.
 Whisk vegetable oil, vinegar, sugar, basil, salt, and black pepper together in a separate bowl; drizzle over zucchini-apple mixture. Toss to coat.

Composed Bean Salad with Basil Vinaigrette

INGREDIENTS

2 cups green beans (about 8 ounces), trimmed
 1/2 cup fresh basil, plus 2 tablespoons chopped for garnish
 1 small shallot, quartered
 1/4 cup extra-virgin olive oil
 3 tablespoons red-wine vinegar
 2 teaspoons honey
 2 teaspoons Dijon mustard
 1/4 teaspoon salt
 1/2 teaspoon ground pepper
 1 can 15-ounce chickpeas
 1 can 15-ounce dark red kidney beans
 1 can 15-ounce black beans
 1 can 15-ounce navy beans
 1 cup halved cherry tomatoes
 1/2 cup very thinly sliced radishes

PREPARATION

1. Steam green beans in a large saucepan fitted with a steamer basket until crisp-tender, about 4 minutes. Spread them out to cool.
2. Meanwhile, combine 1/2 cup basil, shallot, oil, vinegar, honey (or agave), mustard, salt and pepper in a blender. Puree until smooth.
3. Arrange the green beans and remaining ingredients on a platter. Serve with the dressing. Garnish with the chopped basil, if desired.

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Find Your Spiritual Name

By Jim Tree

When we are born we receive a name. It identifies us as an individual. In many cultures we will also get a spiritual name. It does much more than just identifies us as an individual; it also provides information about who and what we are spiritually and what we are here to do in this lifetime. I have found that the following way to get your name works well. But first, I want to use my youngest son as an example.

So, my son's name is Greg, and Gregory means "watchman." Even as a young boy he seemed to have this ability to sense and see things that were coming, and he would let us know. He was like a watchman on the tower, watching for something coming and sounding out an alarm or an announcement. A man who appeared at the end of my bed the day after he was born gave this name to me in a vision.

When he was nearing twelve

years old, I was praying for him and I was told a name for him, a new name. That name was "Slapping Beaver." Now, when I told him that was his name, he wasn't all that excited about it. He wanted something about grizzly bears. But that was his name. Well, it didn't seem to make a lot of sense until we went out and watched some beavers in the mountains of Colorado. When you watch beaver you will notice that the moment you walk toward the pond and they see you, they slap their tails on the water, like a watchman, they let everybody know that there's somebody coming. Maybe it's a danger, maybe it's an announcement of an arrival of something good, but the watchman "declares."

Later on, my son got involved in search and rescue, and eventually joined the Coast Guard. At one point in his Coast Guard career, his job was to be watching for threats to the United States, and to pass that information on when it came – like being a watchman.

There can be up to four names you are given throughout your life in most of cultures that I am aware of. Your birth name, your name from your vision of whom you are to

become, given at around twelve years old. When you have become what your name represents, you receive your adult name. Then sometimes a fourth name when you are considered an Elder. An Elder is not just someone who has reached a certain age, it is someone who takes the responsibility to be an example to the young and be of service to the whole village. My son's adult name is "Growling Grizzly." He finally got to be the grizzly. Well, what does a growling grizzly do? It's warning you. So all through his life his names have fit him in whom he is and what he was called to do. I didn't choose those names for him they were given to me by Emissaries of the Great Mystery.

How do you find your name? Prayers are actual objects of the universe. They are things. In his totally non-religious book, "Saved by the Light", author Danian Brinkley described entering into a great crystal cathedral of knowledge during his first Near Death Experience. He was listening to these great beings of light who were instructing him in many things. While he was there, he saw these ribbons of translucent colors floating all

over the place. He asked his guides what they were, and they said, "Those are prayers." I really like that. In many traditions incense or smudge is burned during prayers. It has been called visible breath, the requests going up into the universe.

So when you make a request for your name, once it's out there, the request has become tangible. It is an actual thing, and it goes out into the universe, and it has an effect. The way that you access your name, to find out who you are as a unique individual, is very simple. I highly recommend that on all of these exercises or ceremonies that you include the assistance of someone you consider to be spiritually mature, discerning, and able to hear clearly from Spirit. It is not a requirement, but if you have that, it really helps you out. You can use them to help you interpret the messages you get.

So here's the template for finding a name. You can follow your intuition and modify it to fit your own situation. Basically, you fast from food for 24 hours. I usually drink water when I fast. It is good to pick a time when you don't have to go to work the next day; a weekend, or a time you have free to

devote to this. I personally will go out into the wilderness, the woods, nature, or someplace where you don't have to be involved with a lot of daily activities. That is one of the reasons why you fast. At the very beginning of this fast, I purify myself. You can do that by taking what I call an intentional shower, where you are actually consciously cleansing your body inside and out, breathing in the steam, or you can do it by smudging, using sage, cedar, sweetgrass, or perhaps some type of incense. You can do it in lots of different ways. You are ridding yourself of all the external extraneous things, thoughts of the world, of society. You are going to set aside this time to be clean and clear and empty when you go into it. You start it out that way. I would do that in the morning, when you normally have breakfast.

The next thing to do is select an object. Something you might consider sacred, like a feather or stone. If it is a feather, create a little carrying case out of a piece of cardboard or an envelope. While holding the object, let your request for your true spiritual name be made known to your Higher Power, to God, to your Creator, the

Great Mystery – whatever name it is that you relate to. It might go like this. Holding the object in your right hand, call upon your higher source and say, “I need to know who I am. I would like you to tell me who I am. I would like for you to give me my name.” Then you put the intent, those questions you asked, so to speak, into that object, and you carry it around with you for 24 hours everywhere you go; into the bathroom, into a gas station, you carry it with you all the time. Every time you see it or touch it, you are reminded of your question. The unique thing about this is it isn’t just a mental exercise; it is dependent upon the reality that there is a spiritual entity that really does care about you and will reach out to you. It’s not so much what you are doing. All you are doing is setting time aside to make yourself available. You go through this 24-hour period carrying this object. You sleep with it under your pillow. By the next morning when you get up, by and large, I’d say a very high percentage of people who do this will have had a dream, or an intuition, or will run across something. Sometimes they may actually see the words

somewhere. It will just strike them. But it will be something that will really stand out to you personally, that this is your name. It could even be an interaction with an animal or a bird, something that is really unusual. If you have someone with spiritual maturity helping you, you might break your fast with them and ask, “This is what I received, what do you think?” Now, the final part of all of this is, once you have the name that identifies who you are and what you are to be, it could be “Carpenter,” it doesn’t have to be a bird or an animal. Once you have received it you go to your higher source and say, “Source, this is what I heard, and if I heard it correctly, would you give me a sign to confirm it?” In my experience, most often the sign comes through nature, because you can’t manipulate it and it’s not just coincidental. As I said, the nice thing about nature is that we can’t control or manipulate it to get our results, so when nature confirms something, if it’s the weather, or circumstances with interactions with animals or birds, that is something you can take to heart and know you can have

confidence in.

One last thing about your name, after receiving it I recommend you look up both your birth name and your spirit name in Numerology. I have found that the spirit name will be very similar to the reading you get for your birth name. In Numerology you will learn many helpful things about your life, calling, and personality. Just as it was for my son Greg, his spirit names have carried the same type of energy and calling/purpose, as did his birth name.

Story of the Maple Tree

Many, many moons ago one of the most beautiful trees around was the maple. And its roots reached deep into the earth and its branches reached high in the heavens. But at one time, a large group of bugs crawled into the maple’s bark. And it was itching the maple. It was driving the maple tree crazy. Cause even though the maple tree had many branches and shoots and roots it could not bend down and reach all parts of itself. So it called out to all its friends in the animal kingdom. It called out and said “Can someone please give me some relieve from all this

itching.”

So the beaver said “Well maple tree I can probably do it, but if I start chewing on your bark it’ll probably kill you. So that would not help you that much.” And then the little mouse said “Maple tree I can dig down into your roots and get my brothers the voles and the moles and the gophers but we’ll end up starting to kill your roots and that will kill you.” So then the bear said “Well maple tree I have these nice big claws I could start clawing at your bark but that will probably shred you up.” So then they are all trying to think.

Finally one of the birds was flying by and it was a flicker.

And the flicker said “Well maple tree I have a cousin. How about I get all these guys to come and their beaks are sharp and they can dig in you but they won’t hurt you.” So they called all of his

woodpecker friends and they flew over and started pecking at the tree and got all the bugs out of him. The tree was so happy. And everything was going along nicely and all of a sudden for a couple of years there was very little rain. It

got very dry and all of the animals were getting very thirsty. The creeks and rivers had all dried up and they did

not know where to go. They were all bemoaning the fact and the maple tree heard them. And the maple tree said “You know the animals helped me the time I was suffering from all those bugs biting me I have an idea.” So he called to his friend the flicker again. And said “Flicker you helped me in my time of need I want to help you. Call up your woodpecker buddies again.”

So they call the woodpecker buddies. And the maple tree said “Now I want you to peck deep into my bark and then wait for a second and soon some of my sap will run out and you can slake your thirst by drinking my sap.” So the woodpeckers tried it. And when they did the sap flowed from the maple tree. And that gift saved everybody until the next rain came and they were able to drink from the creeks again. And it was from that gift from the maple to the animals that man learned how to make maple syrup and how to tap those maple trees when the sap runs. Maple syrup was precious because man could make something sweet especially in the winter time

time when there were not berries to pick and no sweet things to eat. That was the time when

we really appreciated the gift of the maple tree.



Little Hawk Month - Hopi

November is a very special time in the life cycle of the year. It is the month we call Kelmuya. It means the month of the baby hawks. The symbol is two fold. First the hawks grow during the month to bring in the new year. And second, the tribal members who have grown enough in age and wisdom are initiated into the tribe as adults. The baby hawks become men. It is a time when the Kachina come out of the world of the ant people, the Shipap, and visit the living on Earth. The Ant people used to take care of our people before we came to live on the surface so long ago man cannot remember. This is a sacred time for our people. There are ceremonies that take place underground where the tourists cannot come. There are other

ceremonies that are held in clear view to share our joy with all, including those who visit us.

We celebrate in dance, song and prayer our hopes for a prosperous new year. We refresh our souls and wash our spiritual hands so we can be worthy for the new year. Everything goes for 8 days until the full moon, but the preparation takes longer and fills our hearts with joy and love as we devote our time to preparing for this time for 8 days before. It is the most important preparation time because it is the first of three winter ceremonies we celebrate. And if this first one is good, they will all be good. Wuwuchim is like a sample of the year. If it is good, the year will be too.

The root of the ceremony that takes place in our underground sanctified places is just for Hopi because it brings the new baby hawks into manhood. Yet, there is much we can share with all. There are many things that everyone can do to share with those around them to bring the ways of peace into their new years.

I know that many of you will not read this in time to do these things in the little hawk month. It is better to do it late

than not to do it at all. The first thing is to remember to pray. You have to pray for your clan, your people, yourself. You must also pray for all people and for prosperity and peace in the new year. Before you start your own ceremony, clean your soul.

The Corn is the life of the Hopi. Many of us still do the corn ceremony to clean ourselves. This is how you do this:

First you must make a corn doll for each member who is going to do the ceremony. You do this by taking a dry ear of corn, pulling the husk back and removing it. You tie the husk near the top as if you are making a neck in the husk. Then you tie it again where the waste should be. You split the husk to make arms and legs. Then you can even dress your doll with bits of cloth and paint to make it more like you wish. As you build your dolls you think that corn is life and that this husk was a cover for the corn, so it was like a cover to help life. When you are done, you wait until the full moon. Then you build a fire. Bless the fire and make it a holy place in your world. We do this underground in Kava, away from the eyes of the tourists. Then you pray to the

Great Spirit that all your bad thoughts, anger, hate, jealousy and other things you do not want to bring into the new year are placed in the doll. Help the Great Spirit by putting your energy into making these things go from you to the doll.

You pray to the Great Spirit that you will be strong to face your greatest adversary, yourself. That you will always be kind, and fair and seek to bring peace, not strife to those around you. Thank the Great Spirit for showing you the life in all things and giving you the ability to know that the Great Spirit is everywhere. Realize that this is something not everyone understands. It is a gift that you may take for granted. When your heart feels clean, put your dolls into the fire to burn. Allow the fire to purify your soul by burning away the husk of the corn doll that is filled with your pain. Like the husk protected the corn, the husk now protects you. This time is also a time for family and friends to get together and greet the new year together. We eat ceremonial food like flat corn bread. Corn is the root of all our lives. We, the Hopi, are the people of the blue corn. We know that corn is the reason our people are

different. When we first came to the surface, the Great Spirit gave all Native peoples corn. They rushed forward and grabbed the biggest. We stood back and waited. After all others were satisfied, we were left with a small ear of blue corn. It barely was enough to feed our people. But the Great Spirit could see our good nature and that we were not greedy people, so the Great Spirit gave us a special relationship to the corn. That is why corn flat bread is an important part of ceremonies.

To make it, you take corn meal (*Editor's Note: some stores call it corn flour). Mix it with enough water to make it sticky, then fry it. It is simple, like the people who eat it. Share flat bread with your family and friends. Know that when you eat it together you are sharing more than just food, you are sharing life. It is important to reflect, as a new year starts, what you have learned from the year passing and what you want from the year ahead. May your coming year be filled with joys that only putting your eyes on the Great Spirit can bring. Together, each of you, my people, and I will join together in the Great Spirit and pray for peace.

"I believe that being a medicine man, more than anything else, is a state of mind, a way of looking at and understanding this earth, a sense of what it is all about."

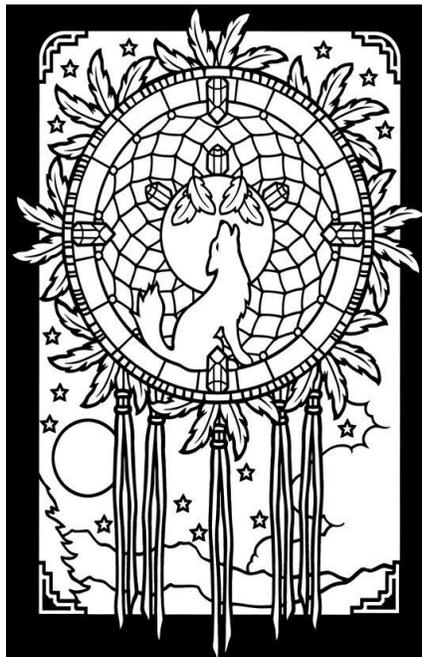
-- Lame Deer, LAKOTA

Membership

Your membership fees help us do many things and since no one at Keepers gets paid all the money we get goes to keep things running, put on our gathering, workshops and classes.

Membership dues are due the end of each July. Cash is the best way to pay your dues but for those who are short of cash we would be honored to except volunteer time and or other donations. Everyone's contribution makes a difference to the organization and each of its members.

Thanks for all you do!



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Please include dues & mail

*Yearly membership
(circle correct amount)*

Associate & Voting	Standard	Silver	Gold
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mail	\$55.	\$110.	\$220.

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