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June  
2019

New password Sacred path  
[www.pipekeepers.org](http://www.pipekeepers.org)

## Keepers of the Sacred Tradition of Pipemakers

# Blessings

## Keepers Gathering

As we get closer to the Keepers Gathering we are looking for members who would like to share their knowledge or skill. Breon Lake and Leon Carney has agreed to do a circle or talk. Please contact us by phone, email or text message let us know you if are coming, or might be interested in sharing or running a talking circle. Sylvie and Serge The two elders who ran the woman's circle and men's circle last year will not be making it this year. We definitely want a couple of people who are willing to run these circles this year.

Bud will have the pipestone carving area available and be around to give suggestions and answer questions. In case you are not familiar with how this works, first you figure out what you want to carve buy the materials then use our tools to carve. Rona is willing to do a pine needle basket class if anyone is interested this class takes about 4 hours. Please RSVP if you want to see this class on the agenda. As usually there will be at least one sweat lodge, The Feast of the Pipes, our organizations annual meeting, and the ceremonies at the quarries.

As soon as we get a commitment for more workshops or circles or talks we will put together the schedule for the event. For those who have been here before the schedule will likely be similar. We do have some space for members to camp or park and stay on the grounds but if you want amenities like a bathroom there is a camp ground down the street and a hotel the other direction only about one block away.

Buying stuff from Amazon go to [smile.amazon.com](http://smile.amazon.com) and set up to donate to Keepers Amazon will give us .05% of everything you buy from them. We also have a list of items you can buy and donate for the gathering on Amazon as well. Other donations and volunteers are always needed. Most our set up will be done on Monday and Tuesday July 23 & 24<sup>th</sup> right before the gathering

## Gift Shop

### Supporting the Organization & Artists

*New items have come in this past year including several new T shirts of course we will have the new Keepers shirt with the 4 directions colors again. The Mountain t-shirts are high quality and great design*

Money from sales at the gift shop support all the programs at Keepers including the annual gathering  
[www.pipekeepers.org](http://www.pipekeepers.org)

Our transition from QuickBooks to Square has not been as smooth as we had hoped, because square makes it almost impossible to track consignments. If anyone has experience with square and would like to help that would be great. Right now we are still putting the sales into two systems so we can track consignments. We have sent a small fortune doing repairs on the building the last couple of years. We just had the roof redone this spring and now must rebuild the chimney at a cost of 1800.00.

Declaring Our Intentions  
Home : Inspirations : Declaring Our Intentions  
by Madisyn Taylor

If you're feeling stuck in life and are ready for change, take time to declare to the Universe that you're ready. There comes a point in most of our lives when we feel ready to experience a change we've had trouble carrying out. Maybe we've been stuck in a home, a relationship, job, or a town that hasn't felt right for a long time, but we've been unable to shift our circumstances in the direction we want to go. At times like this, it can help to declare to the universe that we are ready for a change. Think of it as informing a helpful friend that you need her assistance to move to the next level in your life. If the time is right, the universe will respond with opportunities and offers designed to help you create the change you wish to see.

You can begin the process of making your declaration by getting clear within yourself about what exactly you want to change. Whenever we ask anyone for help, they can assist us that much better if we are specific. The universe also appreciates our clarity and has an easier time answering a direct communication than a vague yearning. When you are clear on what you want, write your declaration on a piece of paper and place it on your altar, if you have one. If you don't, you can also place it under your pillow or in a box on your nightstand. Set aside a period of time every day to be silent with your wishes for change, repeating your declaration like a mantra. This lets the universe know that you are ready to change and will be receptive to its efforts.

Feel free to continue to refine and redefine your declaration, and remember to be open to the many different ways in which the change you seek might come to be. Remember also to be active in your own efforts, taking opportunities that come your way, watching for signs, and always taking responsibility for your intentions. If things don't happen quickly, try not to be discouraged; it might take time to free up energy that has been blocked and possibly serving a purpose beyond what we can understand. If you continue your conversation with the universe, declaring yourself clearly and openly, you cannot help but experience the magic of changing and being changed.

Rona & Bud Johnston 605-376-5712 [www.pipekeepers.org](http://www.pipekeepers.org)

## This Land



Two crimes collide in a Supreme Court case that will decide the fate of one man and nearly half of the land in Oklahoma. Hosted by Rebecca Nagle, Oklahoma journalist and citizen of Cherokee Nation, This Land traces how a cut and dry homicide opened up an investigation into the treaty rights of five Native American tribes. Tune in to Crooked Media's 8-episode series to find out how this unique case could result in the largest restoration of tribal land in U.S. history.

## Time Is Like a River

*Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment of your life.*



Keepers Gathering of the Pipes 2016  
Love Laugh & Live  
DD, Serge, Ann, Wayne, Robert, Sylvia, Bud, Therese, Rona, Martin, Alice

# Plants & Recipes

I have an exciting foraged food recipe to share with you today! I've wanted to make dandelion pesto for a long time, but have recently been inspired by a brand new book by Rosalee de la Forêt, [Alchemy of Herbs](#). This book is full of amazing herbal recipes, I really want to try them all! But, I really love pesto, and the [dandelions](#) are starting to pop up, so this pesto made with bitter dandelion greens was first on my list. It's tasty and gives you some beneficial herbal actions, all at once!

Below are some other recipe links

[Foraging for Dandelions](#)

[Foraging for Dandelion](#)

[Root](#)

[Dandelion and Fennel](#)

[Kombucha](#)

[How to Make Wildflower](#)

[Mead](#)

[Dandelion Root Bitters](#)



## DANDELION PESTO

Prep Time 10 minutes

Total Time 10 minutes

Servings 1 cup

Calories 99kcal

Author Colleen

### Ingredients

1/2 cup shelled pine nuts

3 garlic cloves minced

2 cups chopped fresh dandelion leaves loosely packed

1 Tbsp lemon juice

1 Tbsp lemon zest

1/2 cup extra virgin olive oil

1/2 tsp [salt](#)

1 tsp turmeric powder

1/2 tsp freshly ground black pepper

1/4 cup freshly grated Parmesan cheese

### Instructions

Place all ingredients except the Parmesan into a blender or food processor. Process until smooth. If it's too thick, slowly add a bit more olive oil. Add the Parmesan and continue to blend until the mixture has a smooth consistency.

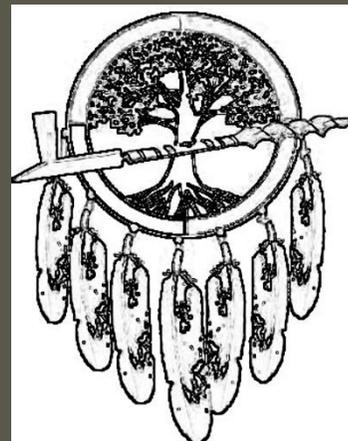
Refrigerate, and eat within 3 days.

Notes

This recipe for dandelion pesto is from the [Alchemy of Herbs](#) book by Rosalee de la Forêt.

### Nutrition

Serving: 1 Tablespoon | Calories: 99kcal | Protein: 2g | Fat: 10g | Cholesterol: 3mg | Sodium: 112mg | Potassium: 58mg | Calcium: 4% | Iron: 3%



## Medicine Question 1

Medicine Question 2:

When was the last time you put yourself outside your comfort zone?

Are you cozy in the life and role you've created for yourself? Is that coziness serving your highest ideals? We humans like predictability and pattern, but you would be surprised at how therapeutic a little shakeup can be.

Rituals like sweat lodge, temascal, vision quest, and the various sacred plant ceremonies are all aimed at bringing an individual to their limit, for what reason? To remind them they are limitless.

Limitlessness is a nice term, but to understand it fully you must be willing to go outside your comfort zone. If you're looking for a powerful way to expand your limits while enhancing your relationships, refer to medicine question

#1 😊



	<b>Wen. 07/24/19</b>	<b>Thurs 07/25/19</b>	<b>Fri. 07/26/19</b>	<b>Sat. 07/27/19</b>	<b>Sun. 07/28/19</b>
<b>8am</b>					<b>Quarry Ceremon y</b>
<b>10a m</b>	<b>Last minute set up people arriving</b>				
<b>12-1 pm</b>	<b>Opening Prayers Lunch (Sponsor ed by Keepers)</b>	<b>Lunch (Sponsor ed by ?)</b>	<b>Tomohaw k &amp; Bow Lunch (Sponsor ed by ?)</b>	<b>Tomohaw k &amp; Bow  Pot Luck</b>	<b>Tomohaw k &amp; Bow Lunch (Sponsor ed by Keepers)</b>
<b>1pm</b>	<b>Pipeston e Carving (Bud)</b>	<b>Trading Circle Bring Items to trade with others</b>		<b>Pipestone Carving (Bud)</b>	
<b>3p m</b>	<b>Pipeston e Carving (Bud)</b>	<b>Pipestone Carving (Bud)</b>	<b>Annual Meeting</b>		<b>Closing Circle (Rona)</b>
<b>4p m- 5pm</b>			<b>Feast for the Pipes Pot Luck</b>	<b>Tomohaw k &amp; Bow</b>	
<b>6p m</b>	<b>Dinner (Sponsor ed by Keepers)</b>	<b>Sweat Lodge</b>	<b>continue d Feast for the Pipes Pot Luck</b>	<b>Pot Luck Meal</b>	<b>Dinner (Sponsor ed by Keepers) volunteer s Friends &amp; Members</b>
<b>8p m</b>					

Please contact Bud or Rona if you are willing to do a talk, ceremony, storytelling or other teaching, because as you can see we have lots of empty spots on the schedule and everyone has knowledge to share. Ideas include someone to run a men's circle, a women's circle, talking circle, smudging and prayer circle, medicine wheel teaching, a pipe circle, my journey on the red road Bud 605-595-5229 \* Rona 605-376-5712 Office 507-825-3734

# Midwest's Mysterious Mound Cities

By Sarah E. Baires, [Zócalo Public Square](#)  
smithsonian.com  
February 23, 2018

Around 1100 or 1200 A.D., the largest city north of Mexico was Cahokia, sitting in what is now southern Illinois, across the Mississippi River from St. Louis. Built around 1050 A.D. and occupied through 1400 A.D., Cahokia had a peak population of between 25,000 and 50,000 people. Now a UNESCO World Heritage Site, Cahokia was composed of three boroughs (Cahokia, East St. Louis, and St. Louis) connected to each other via waterways and walking trails that extended across the Mississippi River floodplain for some 20 square km. Its population consisted of agriculturalists who grew large amounts of maize, and craft specialists who made beautiful pots, shell jewelry, arrow-points, and flint clay figurines.

The city of Cahokia is one of many large earthen mound complexes that dot the landscapes of the Ohio and Mississippi River Valleys and across the Southeast. Despite the preponderance of archaeological evidence that these mound complexes were the work of sophisticated Native American civilizations, this rich history was obscured by the Myth of the Mound Builders, a narrative that arose ostensibly to explain the existence of the mounds. Examining both the history of Cahokia and the historic myths that were created to explain it reveals the troubling role that early archaeologists played in diminishing, or even eradicating, the achievements of pre-Columbian civilizations on the North American continent, just as the U.S. government was expanding westward by taking control of Native American lands.

Today it's difficult to grasp the size and complexity of Cahokia, composed of about 190 mounds in platform, ridge-top, and circular shapes aligned to a planned city grid oriented five degrees east of north. This alignment, according to Tim Pauketat, professor of anthropology at the University of Illinois, is tied to the summer solstice sunrise and the southern maximum moonrise, orientating Cahokia to the movement of both the sun and the moon. Neighborhood houses, causeways, plazas, and mounds were intentionally aligned to this city grid. Imagine yourself walking out from Cahokia's downtown; on your journey you would encounter neighborhoods of rectangular, semi-subterranean houses, central hearth fires, storage pits, and smaller community plazas interspersed with ritual and public buildings. We know Cahokia's population was diverse, with people moving to this city from across the midcontinent, likely speaking different dialects and bringing with them some of their old ways of life.

Mound, a four-terraced platform mound about 100 feet high that served as the city's central point. Atop its summit sat one of the largest rectangular buildings ever constructed at Cahokia; it likely served as a ritual space.

In front of Monks Mound was a large, open plaza that held a chunk yard to play the popular sport of chunky. This game, watched by thousands of spectators, was played by two large groups who would run across the plaza lobbing spears at a rolling stone disk. The goal of the game was to land their spear at the point where the disk would stop rolling. In addition to the chunk yard, upright marker posts and additional platform mounds were situated along the plaza edges. Ridge-top burial mounds were placed along Cahokia's central organizing grid, marked by the Rattlesnake Causeway, and along the city limits.

Cahokia was built rapidly, with thousands of people coming together to participate in its construction. As far as archaeologists know, there was no forced labor used to build these mounds; instead, people came together for big feasts and gatherings that celebrated the construction of the mounds.

The splendor of the mounds was visible to the first white people who described them. But they thought that the American Indian known to early white settlers could not have built any of the great earthworks that dotted the midcontinent. So the question then became: Who built the mounds?

Early archaeologists working to answer the question of who built the mounds attributed them to the Toltecs, Vikings, Welshmen, Hindus, and many others. It seemed that any group—other than the American Indian—could serve as the likely architects of the great earthworks. The impact of this narrative led to some of early America’s most rigorous archaeology, as the quest to determine where these mounds came from became salacious conversation pieces for America’s middle and upper classes. The Ohio earthworks, such as Newark Earthworks, a National Historic Landmark located just outside Newark, OH, for example, were thought by John Fitch (builder of America’s first steam-powered boat in 1785) to be military-style fortifications. This contributed to the notion that, prior to the Native American, highly skilled warriors of unknown origin had populated the North American continent.

This was particularly salient in the Midwest and Southeast, where earthen mounds from the Archaic, Hopewell, and Mississippian time periods crisscross the midcontinent. These landscapes and the mounds built upon them quickly became places of fantasy, where speculation as to their origins rose from the grassy prairies and vast floodplains, just like the mounds themselves. According to Gordon Sayre (*The Mound Builders and the Imagination of American Antiquity in Jefferson, Bartram, and Chateaubriand*), the tales of the origins of the mounds were often based in a “fascination with antiquity and architecture,” as “ruins of a distant past,” or as “natural” manifestations of the landscape.

Read more: <https://www.smithsonianmag.com/history/white-settlers-buried-truth-about-midwests-mysterious-mound-cities-180968246/#qQFQI9SIY7IzIPDe.99>

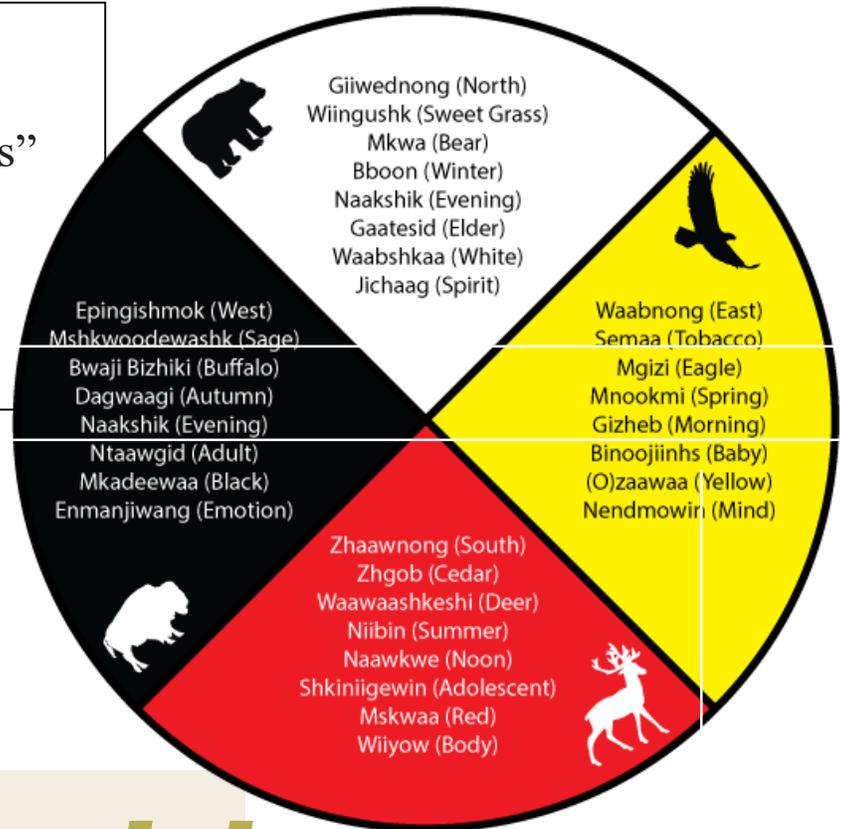
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# Membership

Thank you for your membership by becoming a member and buying items from our gift shop you support all that we do. Because of our many supporters we are able to continue sharing the knowledge and culture of our tribal people through stories, workshops and events. We are able to sponsor the Keepers Gathering which brings spiritual people from around the country and the world to Pipestone to share and learn.

Members receive 10% discount in the store, please use coupon code *ilovepipekeepers* when making purchases online. To access all the Keepers newsletters sign into members access on the keepers web site using *sacredpath*.

<https://www.pipekeepers.org/401/login.php?redirect=/members-access.html>

Each time I send out a newsletter the password will be changed.

You can renew memberships on line at

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Choice the appropriate item and then check out or go to

<https://www.memberplanet.com/> find pipekeepers put in your information and

buy your membership there or you can send a check or money order to Pipekeepers PO Box 24 Pipestone, MN. 56164 or you can send us your payment through paypal use *pipe@iw.net*

## Options Include

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*Voting Membership snail mail* \$55.00

*(voting members have been a member more than a year and been accepted at annual meeting as voting member)*

*Life Time Membership with Email* \$250.00

*Life Time Membership snail mail* \$550.00

*(life Time Members can be voting or Associate)*

*We also encourage members to participate in growing the organization through volunteering, sharing, or fund raising.*