

### **THE BUZZARD:**

If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

### **\*THE BAT:\***

The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

### **\*THE BUMBLEBEE:\***

A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

### **\*PEOPLE:\***

\*In many ways, we are like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up! That's the answer, the escape route and the solution to any problem! Just look up.

Sorrow looks back, Worry looks around, But faith looks up!

Live simply, love generously, care deeply, speak kindly and trust in our Creator who loves us.

## **Anyone Answer this Question**

Does anyone know how far back the fired clay pipes go. There is a white clay that comes from the Tennessee area that I was thinking about. Anyone heard anything about clay formed and fired pipes used by the early Cherokee. I'm not saying there were any, just wondering out loud.

### **HOW TO IMPRESS AN INDIAN WOMAN**

Give her many horses, Bead for her, Hold her in the moonlight, Cuddle with her at a 49, Play Native music for her, Compose a song for her, Set up camp for her, Call her by

her Indian Name, Hunt for her (clean it for her), Carry her chair at the Pow-Wow, Keep a job through Pow-Wow season, Give her beautiful Indian Jewelry, Keep the run down cars out of the yard, Always tell her, her fry bread is better, Give her many Pendleton Blankets, and no Indian Time, Give her lots of attention and Sing beautiful Native music to her.

### **HOW TO IMPRESS AN INDIAN MAN**

Show up with an Indian Taco and naked.....

## **Herbal Solution**

Here is a fragrant blend that will keep fabrics safe and smelling fresh.

Mix two cups each cedar chips and lavender buds with 3 drops lemon

oil and 5 drops each cedar and lavender oils. Place this mixture in

a basket with a muslin covering. Keep the basket in a storage trunk

or in a linen or clothes closet!

## **Herbal Remedies**

James A. Duke, PhD, author of The Green Pharmacy

Feverfew and ginger: Research suggests that regularly taking feverfew reduces migraine frequency, while ginger may soothe symptoms.

Willow: The herb contains salicin, an aspirin-like substance. White willow (*S. alba*) is rather low in this pain-relieving stuff, so if you want more headache relief per cup of tea, look for species that are more potent, like *S. daphnoides* or *S. fragilis*. (Find out why aspirin is also a "brain pill.")

Red pepper: Studies show that its heat-giving ingredient, capsaicin, may help prevent cluster headaches.

Thyme: Thyme can be used in a compress to ease achy muscles in the neck, shoulders, and back that contribute to tension headaches. You can also drink thyme tea. (Check out how this herb can healthy-up a salad, too.)

Ask Your Doc

Remember, just like pharmaceutical drugs, herbs can cause side effects or interact with medications. So before running out to the health-food store, clear your plans with your doctor, and ask about the appropriate dose.

## A story of the Pipe of Peace - Cherokee

This story was related by a Chickamauga elder. It is a telling. As they say...

Way back before recorded history, the Aniyuwiya (Cherokee) lived in their country of lakes and rivers, beautiful valleys and rolling mist covered mountains. They had lived well there for more winters than could be remembered. They had lived with their neighbors in that land with a minimum of disagreement or strife. As time went on, men of the Aniyuwiya started to become at odds with their neighbors over many things. This prompted fights to break out that even escalated into wars.

The Aniyuwiya had great warriors and were not afraid to go to war. They had known peace throughout their history, but also their share of great and terrible battles. It seemed that anger was coming far easier than peace.

The Aniyuwiya (Cherokee) people lived on and with their land. They lived, hunted and thrived in this wooded mountainous area and enjoyed their closeness to Unetlanahe "the Apportioner" (Creator). Creator was troubled by all this fighting and decided it was time for a change.

Within Cherokee land was a particular Red Cedar tree spoken of in Cherokee legends. It was turned red by the blood of the severed head of a nearly immortal evil sorcerer that had been battled by The Twins:

Home boy and Wild boy, as told in the old stories. It is said that one day an Eagle came and perched atop this great red cedar. It is said that this eagle spoke to a woman of the Cherokee village.

The Eagle told her that Creator was unhappy with the warring going on between the people, and said it was time to stop. The eagle went on to say that he had brought the gift of peace for the people and that she should listen carefully to what he has to say. The Eagle told the woman to look to the roots of the tree. Within the cradle of the roots rested a special Pipe. This pipe was made in two pieces. A smooth twisted stick for a stem and the pipe bowl, which was made from a white stone.

The Eagle said to tell the people that Creator wished the people take up the Pipe instead of the instruments of war. He told her of how the pipe will be used to smoke the sacred Tobacco (Tsalu) to pray for peace and to attain peace amongst themselves and with their neighbors. The eagle then said that the men of war must bring their weapons here and bury them under the tree. If the men will take up the Pipe instead of the instruments of war and consider the ways of peace and the consequences of war, their anger will be replaced with calm thinking and then peace will return.

Before leaving the eagle told the woman to tell the people, that as long as they take up the Pipe and the weapons remained buried, he would remain and watch over them, for all time. The Pipe is symbolic of that promise.

It is known that the Cherokee possessed a "white pipe", however, this particular pipe (bowl) was round (like a flying saucer with a bowl on top) and was made to look somewhat like a turtle and made of a white stone that is referred to as "Cherokee pipe stone". It also had seven stem holes going around the lower body so that seven men, possibly of the seven clans could all smoke together at one time, perhaps a peace "council" of sorts. The stems are a bit of a mystery as only the bowl can be remembered. I have seen replicas of it before. It was kept in a container or "ark" with all the sacred relics of the Cherokee. Thus, this pipe was also considered sacred. This container was stolen, as it is told, by the Delaware. It was never said if it was ever recovered.

It has been said that there is no pipe story in conjunction with the Cherokee. I believe it was lost to many of them. Understand that the pipe of the Cherokees was not "the sacred pipe" as the Lakota's speak of, but "the pipe" which is made Sacred through its use with the Sacred "remade" tobacco. The pipe itself was given to be used as a tool for peace and communion with the creator and all of the other relations we share the land with. The Chickamauga'

## Plants and Herbs

### Used in a Kinnikinnick

The following plants and herbs are an example of those used to make a Kinnikinnick:

**Bergamot - all plant parts may be used**

**Angelica – use of the leaves**

**Canadian Hemlock– use of the needles**

**Goldenrod - use of the leaves and blossoms**

**Indian Tobacco – use of the leaves**

**Sage - use of the leaves and bark**

**Sunflower – use of the leaves**

**Tansy – use of all plant parts**

**Willow - use of bark and leaves**

**Yarrow - use of all plant parts**

**Mountain Mints - use of all plant parts**

**Juniper - use of leaves, bark and berries.**

**There are many more plants and herbs used by the Native Americans to make a Kinnikinnick. Certain Native Indian tribes trade their remedies for a Kinnikinnick as they have developed unique blends; such American Indian tribes include the Iroquois and the Great Lakes Algonquian. Many Native American tribes today blend various remedies of plants and herbs for a Kinnikinnick.**

## Keep Ants Away without chemicals

Ants hate Peppermint essential oil. Place a few drops where they enter the house or 2 drops on the ant nest. Create a spray with essential oils meant to discourage ants. Citronella, Peppermint and Lemon actually have the ability to break the invisible ant trail.

## "A shadow of a doubt someplace, will cause a weakness."

In the Spiritual World there is a spiritual Law. The Law says; like attracts like. This means whatever mental picture we hold inside our minds we will attract from the Universe. To make this Law work we must maintain a constant picture. If we picture or vision something, and along with this picture we have doubting thoughts, our vision will not happen and we will get EXACTLY what we picture or vision. The Law always works. A doubting vision will not materialize what we want. A vision without doubt will always happen. This is a spiritual Law.  
My Maker, today, let my vision become strong.

## Harvard University Announcement

Harvard University announced over the weekend that from now on undergraduate students from low-income families will pay no tuition. In making the announcement, Harvard's president Lawrence H. Summers said, "When only ten percent of the students in elite higher education come from families in the lower half of the income distribution, we are not doing enough. We are not doing enough in bringing elite higher education to the lower half of the income distribution."

If you know of a family earning less than \$60,000 a year with an honor student graduating from high school soon, Harvard University wants to pay the tuition. The prestigious university recently announced that from now on undergraduate students from low-income families can go to Harvard for free. no tuition and no student loans!

To find out more about Harvard offering free tuition for families making less than \$60,000 a year, visit Harvard's financial aid website at: <http://www.fao.fas.harvard.edu/> or call the school's financial aid office at (617) 495-1581.

## We are all Caretakers of the earth

Paul Hawken's 2009 commencement address at the University of Portland. He's an environmentalist entrepreneur. Enjoy, Todd

When I was invited to give this speech, I was asked if I could give a simple short talk that was "direct, naked, taut, honest, passionate, lean, shivering, startling, and graceful." Boy, no pressure there.

But let's begin with the startling part. Hey, Class of 2009:

you are going to have to figure out what it means to be a human being on earth at a time when every living system is declining, and the rate of decline is accelerating. Kind of a mind-boggling situation – but not one peer-reviewed paper published in the last thirty years can refute that statement.

Basically, the earth needs a new operating system, you are the programmers, and we need it within a few decades.

This planet came with a set of operating instructions, but we seem to have misplaced them. Important rules like don't poison the water, soil, or air, and don't let the earth get overcrowded, and don't touch the thermostat have been broken. Buckminster Fuller said that spaceship earth was so ingeniously designed that no one has a clue that we are on one, flying through the universe at a million miles per hour, with no need for seatbelts, lots of room in coach, and really good food – but all that is changing.

There is invisible writing on the back of the diploma you will receive, and in case you didn't bring lemon juice to decode it, I can tell you what it says: YOU ARE BRILLIANT, AND THE EARTH IS HIRING. The earth couldn't afford to send any recruiters or limos to your school. It sent you rain, sunsets, ripe cherries, night blooming jasmine, and that unbelievably cute person you are dating. Take the hint. And here's the deal: Forget that this task of planet-saving is not possible in the time required. Don't be put off by people who know what is not possible. Do what needs to be done, and check to see if it was impossible only after you are done.

When asked if I am pessimistic or optimistic about the future, my answer is always the same: If you look at the science about what is happening on earth and aren't pessimistic, you don't understand data. But if you meet the people who are working to restore this earth and the lives of the poor, and you aren't optimistic, you haven't got a pulse. What I see everywhere in the world are ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world. The poet Adrienne Rich wrote, "So much has been destroyed I have cast my lot with those who, age after age, perversely, with no extraordinary power, reconstitute the world." There could be no better description. Humanity is coalescing. It is reconstituting the world, and the action is taking place in schoolrooms, farms, jungles, villages, campuses, companies, refuge camps, deserts, fisheries, and slums.

You join a multitude of caring people. No one knows how many groups and organizations are working on the most salient issues of our day: climate change, poverty, deforestation, peace, water, hunger, conservation, human rights, and more. This is the largest movement the world has ever seen.

Rather than control, it seeks connection. Rather than dominance, it strives to disperse concentrations of power. Like Mercy Corps, it works behind the scenes and gets the job done. Large as it is, no one knows the true size of this movement. It provides hope, support, and meaning to billions of people in the world. Its clout resides in

idea, not in force. It is made up of teachers, children, peasants, businesspeople, rappers, organic farmers, nuns, artists, government workers, fisherfolk, engineers, students, incorrigible writers, weeping Muslims, concerned mothers, poets, doctors without borders, grieving Christians, street musicians, the President of the United States of America, and as the writer David James Duncan would say, the Creator, the One who loves us all in such a huge way.

There is a rabbinical teaching that says if the world is ending and the Messiah arrives, first plant a tree, and then see if the story is true. Inspiration is not garnered from the litanies of what may befall us; it resides in humanity's willingness to restore, redress, reform, rebuild, recover, reimagine, and reconsider. "One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice," is Mary Oliver's description of moving away from the profane toward a deep sense of connectedness to the living world.

Millions of people are working on behalf of strangers, even if the evening news is usually about the death of strangers. This kindness of strangers has religious, even mythic origins, and very specific eighteenth-century roots. Abolitionists were the first people to create a national and global movement to defend the rights of those they did not know. Until that time, no group had filed a grievance except on behalf of itself. The founders of this movement were largely unknown – Granville Clark, Thomas Clarkson, Josiah Wedgwood – and their goal was ridiculous on the face of it: at that time three out of four people in the world were enslaved. Enslaving each other was what human beings had done for ages. And the abolitionist movement was greeted with incredulity. Conservative spokesmen ridiculed the abolitionists as liberals, progressives, do-gooders, meddlers, and activists. They were told they would ruin the economy and drive England into poverty. But for the first time in history a group of people organized themselves to help people they would never know, from whom they would never receive direct or indirect benefit. And today tens of millions of people do this every day. It is called the world of non-profits, civil society, schools, social entrepreneurship, and non-governmental organizations, of companies who place social and environmental justice at the top of their strategic goals. The scope and scale of this effort is unparalleled in history.

The living world is not "out there" somewhere, but in your heart. What do we know about life? In the words of biologist Janine Benyus, life creates the conditions that are conducive to life.. I can think of no better motto for a future economy. We have tens of thousands of abandoned homes without people and tens of thousands of abandoned people without homes. We have failed bankers advising failed regulators on how to save failed assets. Think about this: we are the only species on this planet without full employment. Brilliant. We have an economy that tells us that it is cheaper to destroy earth in real time than to renew, restore, and sustain it. You can print money to bail out a bank but you can't print life to bail out a planet. At present we are stealing the future, selling it in the present, and calling it gross domestic product. We can just as easily have an economy that is based

on healing the future instead of stealing it. We can either create assets for the future or take the assets of the future. One is called restoration and the other exploitation. And whenever we exploit the earth we exploit people and cause untold suffering. Working for the earth is not a way to get rich, it is a way to be rich.

The first living cell came into being nearly 40 million centuries ago, and its direct descendants are in all of our bloodstreams. Literally you are breathing molecules this very second that were inhaled by Moses, Mother Teresa, and Bono. We are vastly interconnected. Our fates are inseparable. We are here because the dream of every cell is to become two cells. In each of you are one quadrillion cells, 90 percent of which are not human cells. Your body is a community, and without those other microorganisms you would perish in hours. Each human cell has 400 billion molecules conducting millions of processes between trillions of atoms. The total cellular activity in one human body is staggering: one septillion actions at any one moment, a one with twenty-four zeros after it. In a millisecond, our body has undergone ten times more processes than there are stars in the universe – exactly what Charles Darwin foretold when he said science would discover that each living creature was a "little universe, formed of a host of self-propagating organisms, inconceivably minute and as numerous as the stars of heaven."

So I have two questions for you all: First, can you feel your body? Stop for a moment. Feel your body. One septillion activities going on simultaneously, and your body does this so well you are free to ignore it, and wonder instead when this speech will end. Second question: who is in charge of your body? Who is managing those molecules? Hopefully not a political party. Life is creating the conditions that are conducive to life inside you, just as in all of nature. What I want you to imagine is that collectively humanity is evincing a deep innate wisdom in coming together to heal the wounds and insults of the past.

Ralph Waldo Emerson once asked what we would do if the stars only came out once every thousand years. No one would sleep that night, of course. The world would become religious overnight.. We would be ecstatic, delirious, made rapturous by the glory of God. Instead the stars come out every night, and we watch television.

This extraordinary time when we are globally aware of each other and the multiple dangers that threaten civilization has never happened, not in a thousand years, not in ten thousand years. Each of us is as complex and beautiful as all the stars in the universe. We have done great things and we have gone way off course in terms of honoring creation. You are graduating to the most amazing, challenging, stupefying challenge ever bequeathed to any generation. The generations before you failed. They didn't stay up all night. They got distracted and lost sight of the fact that life is a miracle every moment of your existence. Nature beckons you to be on her side. You couldn't ask for a better boss. The most unrealistic person in the world is the cynic, not the dreamer. Hopefulness only makes sense when it doesn't make sense to be hopeful. This is your century. Take it and run as if your life depends on it.

## Creation by Women

An Iroquois Legend

In the beginning there was no Earth to live on, but up above, in the Great Blue, there was a woman who dreamed dreams.

One night she dreamed about a tree covered with white blossoms, a tree that brightened up the sky when its flowers opened but that brought terrible darkness when they closed again. The dream frightened her, so she went and told it to the wise old men who lived with her, in their village in the sky.

"Pull up this tree," she begged them, but they did not understand. All they did was to dig around its roots, to make space for more light. But the tree just fell through the hole they had made and disappeared. After that there was no light at all, only darkness.

The old men grew frightened of the woman and her dreams. It was her fault that the light had gone away forever.

So they dragged her toward the hole and pushed her through as well. Down, down she fell, down toward the great emptiness. There was nothing below her but a heaving waste of water and she would surely have been smashed to pieces, this strange dreaming woman from the Great Blue, had not a fish hawk come to her aid. His feathers made a pillow for her and she drifted gently above the waves.

But the fish hawk could not keep her up all on his own. He needed help. So he called out to the creatures of the deep. "We must find some firm ground for this poor woman to rest on," he said anxiously. But there was no ground, only the swirling, endless waters.

A helldiver went down, down, down to the very bottom of the sea and brought back a little bit of mud in his beak. He found a turtle, smeared the mud onto its back, and dived down again for more.

Then the ducks joined in. They loved getting muddy and they too brought beakfuls of the ocean floor and spread it over the turtle's shell. The beavers helped-- they were great builders-- and they worked away, making the shell bigger and bigger.

Everybody was very busy now and everybody was excited. This world they were making seemed to be growing enormous! The birds and the animals rushed about building countries, the continents, until, in the end, they had made the whole round Earth, while all the time the sky woman was safely sitting on the turtle's back.

And the turtle holds the Earth up to this very day.

Dear bud,  
Sadly, both the  
U.S. House of  
Representatives a  
nd Senate passed,  
and President  
Obama signed  
into law, a

provision included in the Credit Cardholders' Bill of Rights Act of 2009 that allows individuals to carry loaded rifles, shotguns and semi-automatic weapons in national parks if the firearm is in compliance with state law.

**Take Action**

The new law, which will take effect February 2010, was passed despite strong opposition expressed by national park rangers and former Park Service directors who want American families and wildlife to remain safe in our national parks. Under the law, individuals will be able to attend ranger programs while openly carrying loaded rifles or shotguns at Yellowstone National Park, Grand Canyon National Park, Flight 93 National Memorial, and Gettysburg National Military Park.

We encourage you to [express your displeasure](#) with your members of Congress who may have voted in support of this dangerous policy change. They need to know that taking a vote against the safety of park visitors, rangers, and wildlife has consequences!  
Sincerely,



Thomas C. Kiernan  
President

## The Best Gathering & Pow Wow ever By Rona Johnston

Even though we are always busy here at the Keepers I thought this year I might take the time to write a few comments about what went on at the Keepers Gathering and Pow Wow.

I always enjoy seeing old friends and meeting new ones. Many Keepers members attended the gathering, the concert and the pow wow this year. I was told the concert touched a lot of folks. A local flute player Bruce Wiegler performed along with Mick Danials and Mick's wife. I watched the video of the performance it was great. The pow wow was small but we kept the bleachers full most the week end. Many of the people had never been to a pow wow before. Steve from MO. was our MC this year he did a great job educating the public, and that is what we are trying to do. During the pow wow we had a little contest to see who came the furthest. I was surprised to see we had folks from all

over the World, China and Australia were the furthest. A few folks even stayed long enough to participate in the Native Food cook off which took place about 5:00PM Sunday. If you did not come you missed some great food and some fun. Jim Tree won with his grandma's corn. I would like to see it bigger next year.

The city seemed to think the weekend was a big hit. Keepers paid to broadcast the pow wow live on radio Sat. and the city put the concert and pow wow on cable TV, the newspaper wrote a good story and said they were going to put a video on their website.

Of course Camas thought she was the star of the event. Camas made many friends during the week and was excited to go back to the Depot each day. She had a great time. Camas took a liking to Olee just as everyone else that has taken the time to get to know him. We had a tipi set up for the little kids 8 and under with toys and painting. Marty's daughter Nicole did a great job keeping everyone smiling and was in charge of the kids tipi all week end. Camas and all the kids spent a large part of the day playing and learning. Feel free to bring your families with you to the Gathering and the Pow Wow we plan our events to include everyone.

Bud and I had a great time visiting with some of the members who were able to come early in the week Wed. and Thurs. Wed. night Jim Tree ran a sweat in Pipestone with about 6 people attending. Then on Thurs. afternoon a few of us got together and did a little trading. Thursday night we had the feast for the pipes and our home and then a sweat following. I think we should definitely do the feast for the pipes again I liked it very much and the other participants seemed to also like how it went. We even had a couple folks there from Holland and Switzerland.

Friday Jim Tree did his talk on the Mayan Prophecies then Ken Cohen did his talk on Native Healing Medicines, there seemed to be quite a bit of interest in the talks I wished I had time to attend. Breon ran a sweat Fri night. As usual Sunday morning many people loaded their pipes at the three maidens and walked the quarry line at 8:00am and did a pipe ceremony at Travis's pit. Travis was kind enough to talk about his quarry and what it has done ,and is doing in his life.

We picked up Bruce at the Sioux Falls Airport he is a member from Florida, his wife came to the gathering and culture camp a few years ago. It was great to meet and get to know him and hope him and his wife will be able to attend again in the future,

Thanks to the members who camped out in the Tipi's at the Depot. We had 6 tipis set up this year, it made a pretty impressive sight. It was great to see everyone and hope to see you again in 2010 our gathering will be Jul 22-25 so mark your calendars. Of course any other time if your coming through let us know, maybe have time for a lunch or dinner. We also have an extra room and you are always welcome to spend the night on the way through all you

have to do is catch us when we are not at a pow wow somewhere. Look forward to seeing you all next year.