



## Mantle Rock Native Education & Cultural Center Newsletter

August 2011

### Shopping Mantle Rock



Our shopping cart is now up and running! We have DVDs from past Circle of Wisdom Teachings, including "Herbs" and "Salve Making".

Along with stories on CD from Jim Gillihan (4th Keeper of Sitting Bull's Pipe), we have Momfeather's book, "Momfeather Cooks Native American" a book of recipes, poems and short stories that will keep you smiling!

### Quick Links...

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**Featured Article**

### Welcome

Osiyo!

Welcome to the new Mantle Rock newsletter. Please note that this new format is in beta mode and it may take a bit to get the kinks out. Let me know what you think!

Adai

### Calendar

August 27 -NAIA Meeting, Rainbow Center, Louisville, KY  
September 2, 3 & 4 - Salt Creek Sundance Family Gathering with Lakota Teachings  
September 10 - Board/Family Meeting and Ripe Corn Ceremony  
September 17 - Women's Moon Ceremony with Teachings (women only)  
September 30, October 1 & 2 - Wisdom of the Elders at Mantle Rock Center  
October 15 & 16 - Board/Family Meeting and Rainbow Center's Youth LEAD Gathering  
October 21 & 23 - Intertribal Gathering at the Center  
October 29 - NAIA Meeting, Rainbow Center, Louisville, KY  
November 5 - Board/Family Meeting and Thanksgiving Gathering  
December 3 - NAIA Meeting, Rainbow Center, Louisville, KY  
December 10 - Board/Family Meeting With Children's Christmas Party

### **Note:**

Anyone wanting to contribute to the newsletter can send their letters or articles to: [newsletter@mantlerock.org](mailto:newsletter@mantlerock.org) . Articles are due on the 15th of each month.

Wado.

Adai

### Cherokee to Learn This Month

D

A special thanks to Tina for all her efforts, we all appreciate you so much.

I see all that is happening at Mantle Rock and see a dream that has come true.

I thank the Creator for all the people who have given so much of their time to teach so many.

Our beautiful patchwork of our traditions and culture will live on.

Mike, the land in the back is looking good... thanks for the extra work.

Special prayers, love and blessings to all, Momfeather

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a                      Though it looks like the English alphabet 'D', the first syllable in the Cherokee language is actually 'a' (pronounced 'ah') as in 'father' or the 'a' in rival.

Words to learn:

a-ma (ah mah) water

kamama (kah mah mah) butterfly or elephant  
a ka mi ti' (ah kah mi TEE) committee

In Cherokee language, there is no goodbye. When we leave, we say to one person:

do na da go hv (i)

If speaking to more than one person, we say:

do da da go hv (i)

This means "Till we see each other again". Notice the parentheses? This means that some Cherokees omit this syllable when speaking.

## **The Legend of the Eagle and the Turkey**

(A new legend with an old lesson)

In the beginning, when all things were new, even before the Ancient Ones walked the earth, two great birds, the Eagle and the Turkey, lived on a high mountain. Every day they would walk down the mountain, this was before birds learned to fly, to eat and visit with other creatures. This went on for many years.

One day the Eagle began to wonder about the purpose of his wings, surely the Creator had given to him for more than just beauty. So, stretching them to their full length, he began to flap them. Much to his surprise he began to lift from the ground. Day after day he practiced, until he could stay off the ground for minutes and then hours.

One day, as he and the Turkey begin their long walk down the mountain, Eagle decided that it was time to show Turkey the marvelous thing he had discovered. No longer would they have to walk down and back up the mountain, now they could fly.

"Look, brother Turkey!" he exclaimed, as he stepped to the edge of a nearby ledge and spread his wings, "I can fly!" With that he stepped off the ledge and began to flap his wings. "Look out!" shouted the Turkey, "You're going to kill yourself, you fool!" But the Eagle just spread his wings and began to soar higher and higher.

"Come on, brother Turkey," shouted the Eagle, "Spread your wings and fly with me."

But the Turkey, being the rational and logical creature that he was, was not about to take a chance on something he could not understand. So, shaking his head in disbelief, he

trudged slowly down the mountain, while the Eagle soared above. Oh, later the Turkey tried flying, but to this day he never gets far off the ground and he never flies far when he does.

\*\*\*\*\*

So what, my children, are we to learn?  
The Eagle did not understand how the wind, something he couldn't see, could not only hold him up, but, when he let it, could lift him to great heights. His mind told him it was not logical, his mind told him it was impossible, but he listened to his heart and he soared.

You and I must make the same choice, we can listen to our mind and follow the path of logic and reason, or, we can listen to our heart, step off the ledge of impossibility, spread our wings and soar with the Eagles!!

Written By :Marty Soaring Eagle

## Herbals



Cherokee Garlic Bulbils

### **Cherokee Garlic**

Cherokee garlic is a top set, or walking, garlic. Stout, stiff neck, ready to dig (here in Ky.) around mid July depending on the weather. The Osage have a garlic that looks much like this one - except a few minor differences, in that the Cherokee is more medicinal than is the Osage. I make sulfa medicines from these garlicks, and they can also be used in early, early spring to spray on grapes to prevent black rot. I use the top set seed for that . I harvest the seed as they are ready to harvest, then sun dry them fully before hand mashing into sheets to allow to sun dry which I then crumble into dust. Store in canning jars until needed.

I make garlic oil and garlic vinegar to sell at farmers market. And for home use.

Garlic oil: the garlic cannot stay in the oil longer than 9 days, 7 days are

best. I peel a few of the raw green garlic seed bulbs ...15 or so per pint of oil; add them in first, then add another 30 or so garlic with the skin on and fill it up to the bottom of the thread with your favorite oil depending on what use you are making it for.

It is good to rub on the bottom of feet when you feel sickness coming on. You can wrap in plastic wrap to keep the oil off bedsheets but it won't keep the stink in place. Mom made it before I was taught how to, and I make new each year even tho shelf life (depending on what you use for carrier) will last 100 years or longer.

I also dry the bulbils to make garlic salt and powdered garlic. Use it in vinegar to sell at farmers market. But for fresh garlic, peel the garlic cloves and pack in a water base to which you add just enough alcohol for preservative. Fresh garlic cloves will keep that way upwards of a year. From season to season. Or longer.

And I make garlic oil to use over spaghetti, in salads, and in bread making.

I will have Cherokee Garlic seed for trading this fall, or whenever seed swapping takes place.

Jon Wood Pittman

## **Poet's Corner**

### **Happy Footprints**



Happy Foot Prints

The tree house, high up in the tree...sends me into yesterday, watching the children gleefully playing and scampering up and down the ladder like little squirrels. Peanut butter and jelly sandwiches and kool-aid was the gourmet meal... Dropping toys so they could retrieve them in laughter... on other days it was a perfect place for homework, many times just a place to dream and plan how far it

was to the moon or maybe it was what they wanted to be when they grew up. Whatever it was the tree was so happy to support the love and laughter of the children. The ladder is older and getting weak in spots, time has taken its toll on the tree house, but the spirit of the children that played there will live on forever. Leaving happy footprints as we go.

Momfeather

## **Wisdom of the Elders**

T.E.A.M.'s

(Teacher's of Adventure and Adventure Methodology)

Fall, 2011

Professional Development Event

17th Annual

**WISDOM OF THE ELDERS**

Sept. 30, Oct. 1, & 2, 2011

Mantle Rock Native Education & Cultural Center

Marion, Kentucky

Theme:

The Wisdom of Peace

It flows from within to without

The purpose of this gathering is to provide an opportunity to sit with wisdom keepers who have traveled the world and are willing to share their experiences so we can apply these teachings in our own lives, homes, and communities.

Honoring the Legacy of Dr. James Gillihan

Wisdom of the Elders started as 3-day pre-conference for the 1995 Association for Experiential Education (AEE) International Conference, at Lake Geneva, Wisconsin. Jim Gillihan, 4th Keeper of Sitting Bull's pipe, oversaw that initial conference. It began a tradition where he organized the next eight gatherings in his home town of New Harmony, Indiana until his passing. Since 2004, it has been held in honor of Jim at The Mantle Rock Native Education and Cultural Center in Marion, Kentucky. We continue Jim's vision where elders from all nations are invited to share their customs, traditions, and teachings.

EVERYONE IS WELCOME

WISDOM OF THE ELDERS 17th Annual Gathering - Everyone Is  
Welcome

Sept. 30, Oct 1 & 2, 2011

The Wisdom of Peace

What does it mean?

Peace...Peaceable...Peaceful...Peacekeeper...Peacemaker - The Webster Dictionary describes it in several ways; the absence of war or other hostilities, freedom from quarrels or disagreements, inner contentment, or serenity. Where does it begin? Many times we look outward to bring peace in, but we really need to look inward and let peace flow out. This weekend is for you to experience a place of peace. The real purpose is to take the lessons learned from the weekend and have you apply them moment to moment in your own life. Take time to come sit, listen, and feel peace from respected elders from many cultures and traditions. Experience a community that focuses on the traditions of the past as a way to walk into the future and help you create peace in your own heart to carry into your home, and your community.

OUR ELDERS: Momfeather Erickson, Bruce Hardwick, and Steve McCullough

DATE AND TIMES:

FRIDAY, September 30, 2011 Arrival - 5:00 p.m. to 7:00 p.m. - Program from 7:00 p.m. to 10:00 p.m.

\*PLEASE do not arrive before 4:00 p. m. Friday afternoon as people will be preparing the center.

SATURDAY, October 1, 2011 8:00 a.m. to 10:00 p.m. - Seminars and programs go all day and night.

SUNDAY, October 2, 2011 Sunday program from 8:00 a.m.- 10:00am - Sacred Water Ceremony

FEES: \$125.00 per person includes registration and meals only  
\$100.00 per person for just Saturday meals are included.

\*Let us know if you have any dietary needs.

REGISTRATION

EVERYONE MUST REGISTER to attend this weekend. This is a fundraiser for the center as well as a gathering. Walk-in registrations are welcome, but you must call in advance for the purpose of food.

Contact: Matt Specht at [m-specht@neiu.edu](mailto:m-specht@neiu.edu) or (773) 442-4184.

SPECIAL GUEST SPEAKERS:

Matt Cordes & Lynny Cordes - Lakota Sweat Lodge Teachings (no cost for these workshops)

Momfeather Erickson - Teachings from the Rainbow Prophecy

Bruce Hardwick & Duane Kinnart - Fire Teachings and Sacred Songs

Jim Yellow Horse Man - Peace Elder and Medicine Teachings from the

Heart

Steve McCullough - Peace Ceremonies from around the World

Ohsamin Judy Meister - Elder of the Miniss Kitigan Band of the Ojibway (Grandmother Kee)

Magdala & Mario Ramirez - The Return of the Feminine Energy to Mother Earth

Dan Raven - Sacred Geometry and Walking the Labyrinth for World Peace

Jon Sweeney - Open Heart Healing

Michael Vargas - Getting Connected - Going to the Heart

MANTLE ROCK FIELD TRIP - on Saturday morning a special 4 hour field trip as part of the conference is being arranged. Requirements: you need to be in good physical shape to hike at least 3 miles. Equipment: for safety reasons you will need to have hiking or gym shoes, a small backpack, and your own water and snacks you will be responsible to carry. SAFETY THROUGH RESPONSIBILITY is the focus experience.

SATURDAY NIGHT FUND RAISER:

We would like you to participate. Last year at the silent auction we raised over \$3000.00 for the Mantle Rock Center. We plan to have another fund raiser this year. If you have something that is valuable to you and would feel good to pass it on for a good cause bring it to the gathering. Place it on the table as part of the drawing.

What a great opportunity to share something you value for a great cause.

LOCATION: Mantle Rock Native Education and Cultural Center

318 Sturgis Road, Marion, Kentucky 42064-1926

[www.mantlerock.org](http://www.mantlerock.org) - for directions to Marion, Kentucky

From Illinois & Indiana: Route 1 South to Cave-in Rock. The ferry across the Ohio River only runs to 9:00 p.m. The ferry closes promptly at 9:00 p.m.

CAMPING and RV: Rustic camping is available. If you have all your own equipment, this may be the PERFECT way for you to enjoy the weekend. There is no cost for camping.

LOCAL LODGING: Within one mile of the Mantle Rock Native Education and Cultural Center are an Inn and two B&B's with plenty of space if you choose to lodge off site. You need to call and make the reservations on your own.

MARION INN: (270) 965-5391, GRACE HOUSE 1-888-544-7223, or google Marion, KY B & B's and hotels.

HANDICAPPED NEEDS: If you are attending and have special needs please contact us as soon as possible. Please contact Matt Specht at [m-specht@neiu.edu](mailto:m-specht@neiu.edu) or 773-442-5564.

AIRPORT INFORMATION: The closest large airport is Evansville, IN. On Sunday, give yourself enough time that your flight does not leave before 3:00 p.m.

**WHAT TO BRING:** A lawn chair to sit on. Bring swimsuits and towels in case unplanned opportunities become available over the weekend with some of the elders from their seminars on Saturday evening.

**FACILITIES:** There are two port-a-johns and make shift shower rooms. It has a rustic country feel to it.

#### WISDOM OF THE ELDERS REGISTRATION

NOTE: please make as many copies of this registration form as needed. Make checks payable to T.E.A.M. - WISDOM OF THE ELDERS  
Mail check to: T.E.A.M. /Physical Education Complex  
Northeastern Illinois University  
5500 N. St. Louis Avenue  
Chicago, IL 60625-4699

QUESTIONS: Contact  
Matt Specht [m-specht@neiu.edu](mailto:m-specht@neiu.edu) or School - 773-442-5564

NAME: \_\_\_\_\_  
PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
ZIP: \_\_\_\_\_  
SEMINAR TITLE: \_\_\_\_\_  
FEE: \_\_\_\_\_  
e-mail: \_\_\_\_\_

There is room for everyone. So come on down. You will be notified when payment is received, or payment will be returned if the conference is canceled. This brochure is your reference for seminar dates and times

### **Recipe - Fried Squash Bread**

From Jon Wood Pittman

1 c Corn meal  
2 Summer squash -- diced  
1 Large Brown Egg  
Raw Water  
1/4 c fresh churned buttermilk

Cook squash in water until soft; leave 3/4 c. water in pot. Combine other ingredients with squash and water; mix together. Fry in hot oil until golden brown.

Note: Raw water is water with no chemicals added, i.e. spring water.

### **Recipe - Greens Salad**

Greens Salad - (Guhitligi)

Sweet grass (Oo-Ga-Na-S-Di)

Old Field Creases (Oo-Li-Si)

Ramps (Wa-S-Di)

Angelica (Wa-Ne-Gi-Duhn)

Poke (Tla-Ye-De)

Parboil, salt, then cooked some more with grease (go-i). Serve hot.

### **Recipe - Cherokee Bean Bread**

From Jon Wood Pittman

Dry beans

Corn meal\*

Boil dry beans in plain water until tender. Pour boiling beans and some of the soup into the corn meal and stir until mixed. Have a pot of plain water on the fire boiling. If you want bean dumplings, just make mixture out into balls and cook in the pot of plain water uncovered until done. Eat these dumplings plain, with butter, meat grease, red eye gravy, wild game, hot or cold.

If you want broadswords you should mold the dumplings flat in the hand and wrap in corn blades, cured corn fodder, or hickory, oak, or cucumber tree leaves. Tie with a stout reed unless able to tie the wrappings. Drop this into the boiling water, cover, and boil until done. Do not put any salt in Bean Bread or it crumbles.

\*It's hard to approximate this recipe without actually following the instructions for Corn meal, and grinding the corn yourself. This is due to the lack of moisture content in today's manufactured corn meal.

Note: Plain water is water with no chemicals added, i.e. spring water.

## **212**

Several years ago I had a new supervisor send out; 212. We were all puzzled by it, but thanks to Google the mystery was soon solved;

212°: The Extra Degree

212° The Extra Degree, by Sam Parker and Mac Anderson shows you how to see an exponential increase in your business or personal achievements. It's the extra degree of effort that often separates the good from the great. 212° The Extra Degree captures a simple, yet powerful concept. At 211 degrees, water is hot. At 212 degrees, it boils. It's that extra degree that can power a locomotive...or take your life results far beyond your expectations. By taking ownership of this fundamental principle, focusing on a clearly-defined goal, maintaining an unstoppable attitude, committing to take action, and persevering, you'll see life-altering, positive results. The message of 212° The Extra Degree is clear: It's your life: You are responsible for your results. It's time to turn up the heat!

So far in 2011 the efforts of the few who have given 110% and have gone above and beyond the call of duty have kept the doors open and programs going here at Mantle Rock Center. It is time to go beyond the "hot" stage and begin to "boil." We have a lot of great programming planned for the remainder of this year and a lot of opportunities for everyone to work and contribute and make Mantle Rock BOIL! We have something unique and special here at Mantle Rock, this is the only place of its kind in Kentucky, a Center devoted to the teaching of Native American Tradition & Culture. I want to challenge everyone to help us reach 212 in 2012. We need the combined effort of everyone to reach the boiling point next year. If you aren't a regular supporter of the Center, I encourage you to become one, if you are a regular supporter, THANK YOU!!!, I hope that you will continue to be one, and if possible, go from hot to boiling in your giving. If 50 individuals or families were to give \$5.00 per month, and 50 were to give \$10.00 and 50 were to give \$20.00, that would be enough to pay the monthly expenses and a little extra to do some improvements.

### Wish List

- 1 Cooking Stove
- 2 good sofas
- 2 good recliners
- Dish & bath towels and wash clothes
- 10 foot fiberglass step ladder
- 6 fluorescent light fixtures
- Metal siding to enclose 2 doors



*For the next seven generations.*

*Aho*