

# *Flight: A Living, Breathing Document of Consciousness*

Volume 10 Issue 105, March 2021



*Articles and excerpts that will inform and inspire!*

### A Letter from the Editor:



Spring is just around the corner and I, for one, am feeling quite ready for the change of season. I am looking forward to planting flowers for the butterflies and bees to enjoy and having more warmth from the sun.

This month has some juicy articles and some fun insights. I want to express my deep gratitude to all of my contributors for their hard work, research and submissions. You folks totally ROCK!

If you want to forward this to anyone who may be interested, please feel free. If you are receiving this for the first time and are wanting your own *free subscription*, please let me know at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and I will make that happen for you. I do like to have this go Viral, but if you no longer wish to receive these, please let me know. Also, if it has been

forwarded to you from someone else, I will not have your address in my contacts, so please let the person who forwarded it know that you are not interested.

And now, without further delay...

*Enjoy the read!*

*Trent Deerhorn*

Editor

# Upcoming Events

## THE MOONS OF 2021

### MARCH 28, 2021: WORM MOON

As the Northern hemisphere begins to warm and the soil begins to stir, so rises the Worm Moon on **March 28 at 2:48 p.m. Eastern**. Also called Crow Moon, Crust Moon, Sap Moon, Sugar Moon, and the Lenten Moon, this is the prime time to start thinking about planting new shoots in the garden.

**The Spring Equinox is also on March 20, at 5:37 a.m. Eastern.**

### *Worm Moon Cleanse from Llewellyn's 2021 Witches' Spell-A-Day Almanac)*

**Color of the Day: Amber**

**Incense of the Day: Hyacinth**

#### **Home Protection**

This is a favorable time to cast spells of protection. Here is one that uses the four magical elements: Air, Fire, Water and Earth. You will need a stick of incense, a burner, a lighter, sea salt, water, a bowl, and a fan. It is easier to do this spell with two people, but it can be done alone.

First put the incense in the burner and safely light it. This represents Air and Fire. Next put the water in a bowl and add a pinch of sea salt. This represents Water and Earth. If you have two people, you can bless the rooms one at a time, first with incense and then with salt water. By yourself, it may be easier to do the whole home with incense and then with salt water. Fan the smoke so it touches all parts of your home. Sprinkle salt water on the walls, floors, and ceilings. Draw a pentacle in salt water over every door, window, and other opening such as vents or electrical outlets. When finished, be sure to extinguish the incense.

**Elizabeth Barrette**

## rites by the water



During the COVID-19 Pandemic we will not be hosting any Public Outdoor events. Instead I will be hosting an online event instead on **Facebook Live on March 21st at 3 pm.**

Spirituality is a very important thing in one's life so I will Publicly be sharing mine with the world.

This is a monthly celebration to give thanks to the Gods and the Goddesses, to get together once a month in Public Ritual. All we ask is that all that attend to so with an open heart and an open mind. As Pagans we do not discriminate against anyone, so we ask the same of those who attend. These Events are free... free for all who attend, free for all who are interested in a monthly open circle, free of all Prejudice. Blessed Be.

**This month's Rite is to Celebrate SPRING.** Spring Equinox is the half way point to the Summer Solstice. It is where our thoughts turn to the planting of the seeds, where winter is no more and the World awakens completely all around us.





## **BERRY**

BERRY BERRY EXTRAORDINARY IS AN APPROXIMATELY 3.5 YEAR OLD HUSKY MIX!. HE LOVES PEOPLE, DOGS AND CATS! BERRY HAS BEEN TO THE CITY AND DOES NOT LIKE IT, HE PREFERENCES THE QUIET LIFE. BERRY NEEDS A VERY ACTIVE HOME WITH ANOTHER DOG TO BE HIS BUDDY. HE ALSO LOVES A GOOD SNUGGLE WITH HIS FAVORITE HUMAN AFTER A LONG DAY. BERRY IS NEUTERED, MICROCHIPPED, FULLY VACCINATED AND WAITING FOR A SPECIAL FAMILY TO CALL HIS OWN.



WE ALL NEED A RESCUE (WANAR) IS DEDICATED TO SAVING THE LIVES OF SASKATCHEWAN DOGS. COVID-19 HAS ENDED ADOPTION DAYS AND SEVERELY LIMITED FUNDRAISING ABILITIES. WE ARE HOSTING DIFFERENT ONLINE FUNDRAISERS FOR WANAR SO BE SURE TO LIKE US ON FACEBOOK AT WE ALL NEED A RESCUE K9 RESCUE AND JOIN THE PAGE! PURCHASE TU-BEES HONEY FROM WE ALL NEED A RESCUE WITH SALES GOING TO HELP THE DOGS. TU-BEES IS A FLAVORED HONEY THAT COMES IN MAPLE, BLACK CHERRY, COCONUT, SASKATOON BERRY, RASPBERRY, LEMON AND CINNAMON. FOR MORE INFORMATION PLEASE CONTACT WE ALL NEED A RESCUE AT (306) 651-3647. YOU CAN ALSO VIEW OUR WEBSITE [HTTP://WWW.K9COUNTRYLODGE.CA](http://www.k9countrylodge.ca) AND THE RESCUES LOOK FORWARD TO MEETING YOU!



## **WILD GINGER**

WILD GINGER IS TURNING INTO A LOVELY YOUNG CAT. HE LIKES TO NAP, SLEEP AND SNOOZE ON THE WINDOW PERCH, COUCH AND KITCHEN CHAIR. WILD GINGER IS A LOW ENERGY GUY WHO LIKES TO MAKE CAMEO APPEARANCES ON YOUR ZOOM CALLS AND SETTLE IN BEHIND YOUR BACK SO HE CAN BE YOUR LUMBAR SUPPORT! HIS FAVOURITE GAME IS TO FIGURE OUT WHERE YOU ARE GOING, RUN ABOUT 4 FEET AHEAD OF YOU AND THEN FLOP IN YOUR PATH FOR BELLY RUBS! WILD GINGER GETS ALONG WITH THE DOG IN HIS FOSTER HOME.

PLEASE NOTE: WILD GINGER IS FELV REGRESSIVE. REGRESSIVE CATS ARE VERY UNLIKELY TO EVER DEVELOP ANY FELV RELATED DISEASE.

 ESTIMATED DATE OF BIRTH IS APRIL 9, 2020 



IF YOU ARE INTERESTED IN ADOPTING WILD GINGER OR ANOTHER KITTY PLEASE VISIT US AT [HTTP://WWW.STREETCAT.CA](http://www.streetcat.ca) OR EMAIL US AT [CONTACT@STREETCAT.CA](mailto:CONTACT@STREETCAT.CA) FOR MORE INFORMATION.

**CONGREGATIONALIST WICCAN**  
**ASSOCIATION OF SASKATCHEWAN**



**SKY RIVER TEMPLE**

Due to Covid-19 concerns all public gatherings have been put on hold until further notice, we will resume our public gatherings once it is safe to do so. The health and safety of our community is our priority at this time.

We do have a YouTube channel now featuring some rituals, and mediations.

<https://www.youtube.com/channel/UC4dlB2RNnb4Af3pz-J6HXDQ/videos>

Updates about Sky River Temple can be found on our Facebook group

<https://www.facebook.com/groups/1449256155332915/>

Or website

<https://www.skyrivercwas.ca/>

Blessed be and stay safe

## Improve Your English

***Advertisement for donkey rides, Thailand: WOULD YOU LIKE TO RIDE ON YOUR OWN ASS?***



## Rock Talk

by Ave Riddler

### Red Jasper

Working with red jasper can help enhance endurance and stamina, increasing personal energy, life force or CHI. This jasper has a strong connection to the root chakra, Kundalini, as well as earth energy, making it a good mineral for helping with grounding, and focus. It can bring focus and stability to one's energies and environment, making this a good stone for promoting physical health in the one working with it. The energy of red jasper will rise through each chakra, flowing with the Kundalini energy, bringing that focus and grounding into each, activating and clearing them with life force energy. This is actually a good stone to work with in the early spring, sharing that vibrant energy with the earth and seeds as they wake. One may also use that life

force energy and stability towards any kind of creative focus that are struggling with, bringing motivation and endurance into the creative efforts, especially if that idea has been long in the working, and the excitement of the project has dimmed. This jasper can also help activate sexual energy that may have become dormant, bringing vibrancy and energy back into a lack of drive, or to resolve issues with ability. It can help release feelings of shame or guilt, while balancing one's ideas and beliefs about their sexuality, gender, and the expression of it. Red jasper would also be a good stone for those who are "survivors" of sexual traumas.



A stone of justice this gem can help rectify unjust circumstances; meditation with red jasper can help one gain insight into how to improve those situations. This mineral also helps one to understand their responsibility, and their ability to respond. Red jasper may also be of use during times and situations of risk, bringing awareness to situations that need that kind of focus.

Dream work with red jasper can help one to more clearly recall their dreams, and to understand how dream messages may relate to the waking life. Working with this mineral may help the dreamer to recall the dreams in a more visual, and vivid format than trying to remember the dreams without it. This recall can make red jasper a good aid for any kind of waking memory work also.

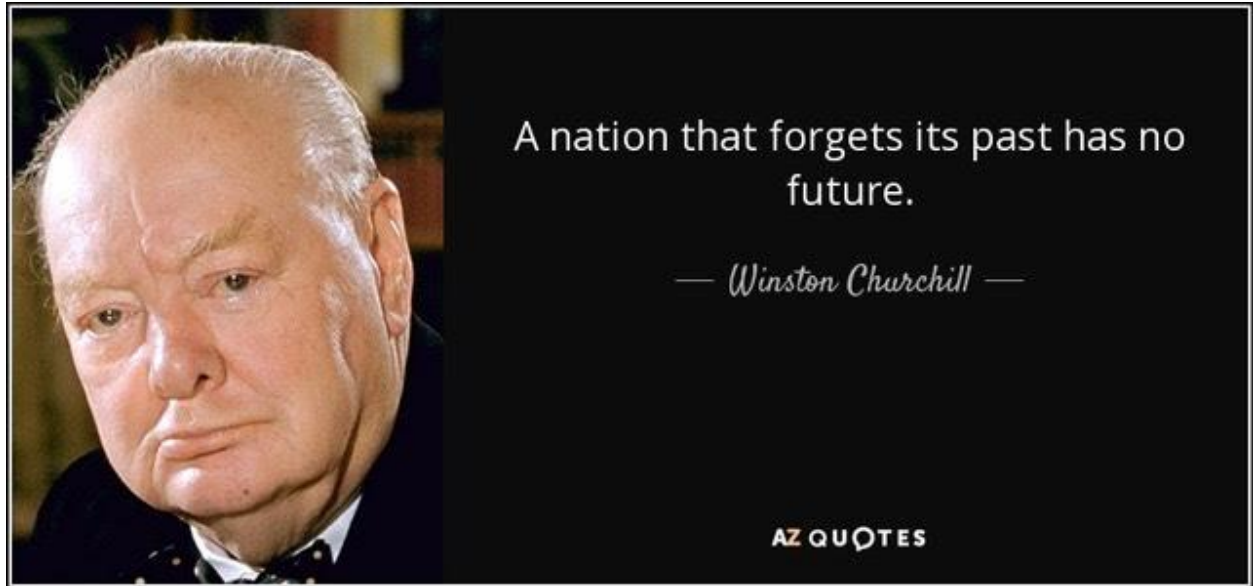
Red jasper can also help prevent "set-backs" in healing work, helping that work solidify. It is not a quick acting mineral, the changes brought forth by red jasper, are gradual, but also more stable and easier to make permanent.

Physically red jasper may help one recover strength and vitality after illness, by decreasing weakness caused by long struggles with sickness. It may also be a good stone to keep near-by when doing any physical labors that need physical strength and endurance, weight lifting, yard work, long hikes or runs. Red jasper can also be used to support wellness treatments used during pregnancy.

Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope Of Crystals by Melody" and "THE BOOK OF STONES – Who They Are And What They Teach by Robert Simmons and Naisha Ahsian. With personal add- ins and details by myself (Ave)



## Quotes by Winston Churchill



## Higher IQ puns, or just cringe-worthy.

Practice safe eating - always use condiments

## Thought for the Day:

Life is like a wild tiger. You can either lie down and let it lay its paw on your head, or sit on its back and ride it.

*-Ride the Wild Tiger*



## Did You Know...?



## Indian Hills



## Paraprosdokians

The following are paraprosdokians. A paraprosdokian is a figure of speech in which the latter part of a sentence is unexpected and sometimes even humorous:

**Is it wrong that only one company makes the game  
Monopoly?**

### Movement of Sound

By Ave Riddler

Conversation,  
Body still,  
Mind and eyes focused on the person and their words.  
Faintly music weaves its way through,  
A whisper of sound,  
Barely heard  
Yet...  
The pulse of it ripples into body,  
Drum mirrors heart beat.  
A foot almost unnoticed starts to tap,  
Eyes and mind still seemingly focused on the voice,  
The conversation.  
Within the rhythm,  
Flows the vibration of string,  
Guitar melding with drum,  
Bringing depth to the music.  
The foot still tapping  
Noticed only,  
As the body also starts to move.  
Still trying to remain focused on  
Conversation,  
An effort is made to still the movement...

Returning focus to the words spoken.  
A voice joins drum, and guitar,  
A sound that draws  
Focus away from  
Conversation,  
Turning stillness  
Into dance.

## Groaners

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70. Forget it, I thought, I can get one cheaper off the web.

## From Llewellyn's Witches' Calendar 2021



## March

The month of March is liminal space, a gateway between the worlds. Just before the spring equinox is a between time that bridges the end of the cycle, connecting the last sign of the zodiac, Pisces, with the birth of the first sign, Aries, at the equinox. In this portal, we have a powerful moment for making magic that clears away the old and helps us take the first steps onto a new path. With the arrival of the spring equinox, we are reminded of one of the greatest of the Mysteries: that within all endings are the seeds of new beginnings.

Look to your chart to find where you have 0 degrees of Aries. The life area associated with this house is the most fertile ground to plant your new

seeds of intent. The spring equinox is your gateway to the beginning of a new cycle and where you can best work magic to nurture the seeds of your new intentions in the areas of self-actualization, creative spark, authenticity, and courage. You have the green light to break new

ground, set plans in motion, and heed the call to adventure. You may also feel an urge to strike out independently or find the courage to break free of an unhealthy situation.

Fierce, strategic, and noble-hearted, the Iris sovereignty goddess, Macha, embodies the fiery nature of Aries and helps us find the courage to step boldly into our power and clear the way for new beginnings. In her aspect as the Warrior Queen, Macha also helps us stand our ground and fight for what we believe in. Macha is connected to the fertility of the land and the life-giving energy of the Sun itself. At the spring equinox, when the Sun's rays are becoming stronger and the earth is bursting into new life, call on Macha to reignite your own inner spark, gather courage, or clear the way for a new beginning.

## Macha's Invocation Spell

You will need:

1. Red Candle
2. Inkless ballpoint pen to inscribe candle
3. Nettle essential oil
4. Irish whiskey, dandelion wine, or nettle or thyme tea (choose one)

Reflect for a moment on your intentions. Carve an appropriate symbol into the candle for your purposes, such as a pentacle for protection; the Sun for increased strength, courage, vitality, and growth; or a crown to symbolize claiming your sovereignty. Anoint the candle with nettle oil. (Nettle is a protective plant ally that corresponds with Aries, Mars, and the fire element. It appears around the time of the spring equinox and is native to Ireland.) When you are ready, call on the goddess Macha in her aspect of the Warrior Queen:

*Mach Mong Ruad,*

*You of the fiery hair, Sun of Womankind,*

*Sovereign Queen,*

*Help me to clear the path.*

*Ignite my flame, my passion, my vitality.*

Light the candle.

*Give me the courage to stand my ground,*

*To release the old and begin anew.*

Pour the libation out onto the spring earth as an offering for Macha. Allow the candle to burn out safely.

***Danielle Blackwood***

## **A Kid's View**

**Kids were asked questions about the old and new testaments. The following 25 statements about the bible were written by children. They have not been retouched or corrected. Incorrect spelling has been left in.**

In the first book of the bible, Guinness. God got tired of creating the world so he took the Sabbath off.

## **HELLO, DARKNESS**

**By Gail Fulkerson**

When darkness  
Overtakes us,  
We stumble,  
Right over the edge of sanity.

We don't know when we'll be back.  
We only know the darkness.  
It whispers inky persuasions  
In sympathetic, silky tones.

Stay, it exhorts you,  
And you are willing.  
The Darkness wraps itself  
Deftly around your form.  
My Beloved, it croons.





Darkness' breath is warm,  
Inviting and soothing.  
You close your eyes  
And drift.  
The darkness expands  
To allow you to traverse more of it.

You ask in a whisper,  
"Where am I?"  
Darkness answers:  
"You are in my heart."  
"I'm okay with that," you say.

"Rest up, my love, for tomorrow  
I shall show you the Abyss."  
Darkness yawns, turns itself over,  
And easily falls asleep.



## From 365 Zen daily readings by Jean Smith

**No matter how many years you sit doing zazen, you will never become anything special.**

**-Zen Master Sawaki,**

**In Zen Master Dogen 91200-1253),**

***Instructions for the Zen Cook***

## Inspirational Insults

*"I didn't attend the funeral, but I sent a nice letter saying I approved of it."*

Mark Twain

## Reflections from the Shaman's Hut

By Trent Deerhorn

### The Other Side of Self-Care

So often when we talk about self-care people will get the inner visual of someone soaking in a rose petal, candle lit bubble bath with a glass of white wine very close by. This is, indeed, a delightful image of self-care, and one that most folks would enjoy. But self-care is not just about a home spa day. It definitely can include that, but it is not limited to just that. There are many memes and quotes flying around about self-care, so why not have some clarity? Self-care also has to do with doing the most difficult things to ensure you are alright way down the road from the present moment. Here are some examples of that:



1. Disappointing others is a part of self-care. Often we think of this as a negative aspect of our character. But truly, if we care for ourselves, we will be more than willing to disappoint someone else who expects us to be doing something for them, rather than something for just ourselves.

2. Often self-care comes in the form of doing something that you would rather not be doing in the present moment in order to ensure your future. Some of this can include things like financial investments, or studying for a course you are taking rather than partying with friends.

3. Healthy boundaries are established. This will sometimes scare people away from you. Let those people go. And definitely let the people who try to challenge your boundaries go. Those are people who have been benefiting from you not having healthy boundaries. Some of them

will get quite upset about the establishment of boundaries. Hold your ground. This also applies to people with whom you have been intimate in the past. You are not required to hug or kiss anyone at any time, just because of social convention or nostalgia. We also need to stop forcing our children to hug or kiss our relatives if they really don't want to. Forcing them establishes a message that their personal boundaries are of no concern to those who are supposed to love them and protect them. In addition to this, there is often an expectation among spiritual communities that greeting people with a hug is by far better than shaking a hand or bowing in Namaste to them. This is hogwash. Personal boundaries apply, even in spiritual settings.

4. Often care-givers end up neglecting themselves in order to be there for and take care of someone else. But the thing is that you don't owe anyone anything. Not your time, not a quick returned text back, or emotional support when you are the one who needs the support at the moment.

5. Caring for someone else when you are neglecting yourself in order to do so is often portrayed to us as an act of love and self-sacrifice. But the truth is that if you are caring for someone else and you are already running on fumes, then the "care" you are giving them will soon turn into resentment.

6. Often you will have to let go of relationships, habits, and life choices that, albeit familiar, are no longer serving your greater good. Let them go. This is called "transition" and it will do you well to make that transition sooner than later so that you can become the person you are developing into.

7. Self-care also looks like being brutally honest with yourself, especially when the truth is hard to admit. That may look like asking for help with some struggles you are having, or even admitting that you have a problem with addiction or co-dependence. Sometimes the truth sucks. But the truth cannot stay hidden long. There is a saying that there are three things that will never stay hidden for very long...the sun, the moon and the truth.

8. Know that if it is the hardest thing that you have ever done, that is when you most need to do it. This is what being committed to your personal well-being looks like. No matter how hard it is, however, it will always be much better that you did whatever it is you need to do than if you had not.

***For more articles from the Shaman's Hut, visit Trent's blog at [www.deerhornshamanic.com](http://www.deerhornshamanic.com)***

# Encouragements for Personal Development:

## Taken from Meditations with James Van Praagh

The transition from the physical world to the spiritual world is painless. When a person leaves the physical world, he or she leaves behind a heavy, dense body in a heavy, dense world, which can be compared to removing a winter overcoat. The spirit then enters the more refined energy of the astral world. Nothing is lost except the physical body. The soul and its personality remain intact.

## According to the Farmer's Almanac 2021:



### Back to Basics

White clover was, at one time, prevalent in lawns and included in grass seed mixes - and for good reason. Clover is nitrogen-fixing, supplying its own nutrients to poor soil. This allows it to thrive in areas that are poorly drained or too shady for a conventional lawn. Clover fell out of favor until recently, when it made a comeback as an eco-friendly lawn alternative. Left uncut, white

clover grows 4-8 inches tall and produces small white flowers often tinged with pink. These not only create a beautiful visual effect but also attract bees, butterflies, and beneficial insects that prey on garden pests.



### March 8th: Commonwealth Day (Canada)

If your summer season is short, start zinnia seedlings now.



### March 13th: New Moon

Use an old salt shaker for sowing tiny seeds. Mix the seeds with sand for better spreading.

### March 14th: Daylight Saving Time begins at 2:00 A.M.

A bushel of March dust is a thing  
Worth the ransom of a king.

### March 20th: Vernal Equinox

It's spring fever.  
That is what the name of it is.  
And when you've got it,  
you want - oh, you don't  
quite know what it is you  
do want, but it just fairly  
makes your heart ache,  
you want it so!

*-Tom Sawyer, Detective, by Mark Twain,  
American humorist (1835-1910)*



## March 27th: Passover begins at sundown

For a cucumber with tender, "no peel" skin, try sweet and crunchy white 'Martini'.



## March 28th: Palm Sunday/Full Worm Moon

This rule in gardening never forget:

To sow dry and to set wet.

## Inspirational Quotes by Alan Chazen

When you avoid adversity in your life, you cripple the potentially powerful person that lies within you.

## Ask the Shaman: With Trent Deerhorn



**Q:** I have read a lot of your articles regarding magical practices, which apparently can vary quite a bit. I am wondering if you have a basic definition of magic itself?

**A:** I do. And one of the best descriptions of what magic is comes from a wonderful book titled **Sea Magic: Connecting with the Ocean's Energy** by Sandra Kynes, who writes:

*Magic is an attitude toward the world and an awareness of its natural rhythms. It's a way of perceiving and living in the world. It's the small occurrences that remind us who we are and where we, as individuals, fit into the vast web of life. Magic has much to do with our connection to the natural world. For example,*

*trees are living entities and when we open our spirits to their energy we can sense a living connection that adds a new dimension to how we perceive our neighbourhoods and the places we visit.*

*To me, coincidence is another form of magic - one that can occur as a major life event or as a minor incident that might even go unnoticed. Either way, it usually shepherds us toward or away from something or someone. Coincidence is a guiding hand that provides a gentle nudge or sometimes a shove to get us on the right track.*

*And then there's magic in the form of energy that we raise through prayer, meditation, or ritual to manifest our intentions into the physical realm. While these forms of magic seem very different from one another, they are interconnected in a way that helps integrate our spiritual and everyday lives. We feel less dichotomy between our inner self and outer self; we feel more whole, less fragmented.*

## **Tidbits and Tickles:**

**A research team proceeded towards the apex of a natural geologic protuberance, the purpose of their expedition being the procurement of a sample of fluid hydride of oxygen in a large vessel, the exact size of which was unspecified. One member of the team precipitously descended, sustaining severe damage to the upper cranial portion of his anatomical structure; subsequently the second member of the team performed a self-rotational translation oriented in the same direction taken by the first team member.**

**In simple English what does this translate to??**

**Jack and Jill went up the hill...**

## Forum:

We want to hear from you! Your feedback is important to us. Email your comments to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) and they will be published in the Forum Section!

## Of the previous Issue:

**Octavia wrote:** I am loving the moon information that you are providing for the "Upcoming Events" section. Thank you!

**Krystal Wrote:** Orbicular Jasper has just become my favorite mineral friend!

**David Wrote:** Please stop with the puns! LOL

**Tamara Wrote:** I really enjoyed the article on local food by Jenn Sharp. More of that please!

**Sheila Wrote:** Trent, I never thought of it as "gambling" with my heart. Thank you!

**Candace Wrote:** When we can travel again, I am going book a Rocky Mountaineer experience!

**Alex Wrote:** I loved the way you correlated Water Witchery with Biblical references! Well done, Trent!

## Classified Ads

**Deerhorn Shamanic Services**

Trent Deerhorn



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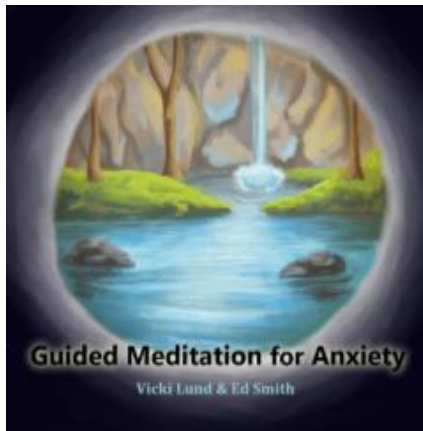
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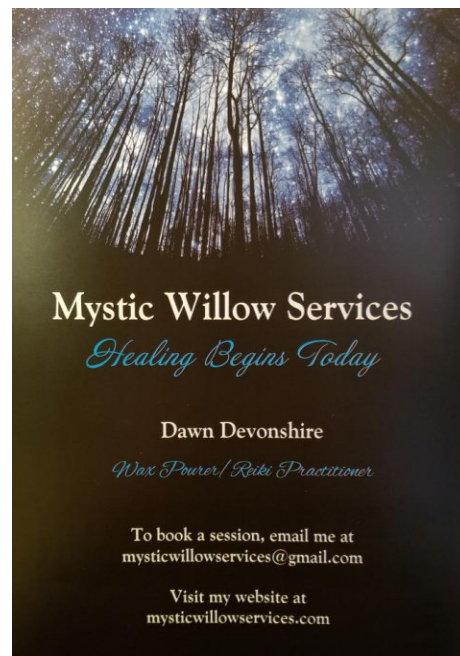
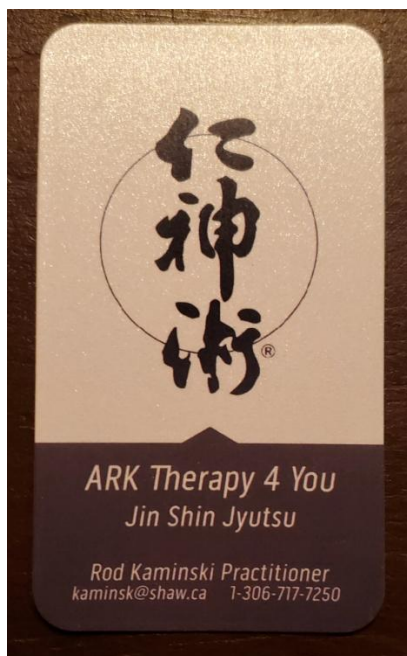
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## HEALING, MINDFUL JEWELRY WITH CRYSTALS

*Crystals take millions of years to form underground. The way crystals are formed (by repeating chemical structures) is believed by some to imbue them with the ability to hold energies. There are different types of crystals, depending on the type of mineral it's made from, and conditions it grows in. They are very interactive and rely on you being actively involved in your own spiritual journey. I have always been interested in crystals and rocks. And the time when I've become a Holistic healer, I've learned crystals and connected with them more deeply. I love their looks, texture, and energies. As I'm a creative person, I've decided to introduce crystals to others in a loving look by putting them in wire wrap jewelry. Combinations of different types of metal wire are accenting the stone, and giving them an aesthetic look. In my jewelry I've used real copper wire, which is a metal with health benefits; non-tarnish silver, rose gold, brass and gold plated copper wire, which are permanently coloured and enamelled. Each pendant is very unique. I don't use any patterns to make designs. I just connect with crystal and start creating! If you like a certain piece and it was sold out, I can make a replica with your choice of wire, crystal, size, and design. Wrapping takes some time, I'll say I'm meditating when I'm working with a certain piece. I have a very big variety of colours, shapes, and sizes of crystals. Some of my pendants have found their owners already (as you see **Out of stock** sign). You will like your new little "friend"! Each pendant will be charged with Reiki energy, cleansed and blessed for protection and wellness. It can be charged for a certain name, who will wear it. If you have questions and requests feel free to contact me through text, email or phone. I am taking custom orders on wrapping your own crystals too. Also I can create bracelets, earrings and rings.*

Regards, *Marina Cummins*



*Mindful Living*  
Mind, Body, and Soul Healing

**Marina Cummins**  
Holistic Iridologist, Reiki Practitioner Levels  
1 & 2, Life Balance Energy Practitioner

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## Face Time/Skype with the SHAMAN!



As part of my Shamanic Practice I have, for years, provided long distance healing work for people. This sometimes comes as an energy treatment and sometimes as a telephone counselling session. Well, now there is even another option available! We can now have sessions on Face Time and you can speak to me face to face! If you are interested in this option, simply email me at [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com) or phone me at (306) 978.5300 to make arrangements. Blessed Be!

## Flight Newsletter Advertising

**All ads must be in by 6pm on the 20<sup>th</sup> of the month PRIOR to the issue that the ad is to be placed in. No exceptions. Send to [deerhorn007@gmail.com](mailto:deerhorn007@gmail.com).**

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