

Flight: A Living, Breathing Document of Consciousness

Volume 10 Issue 108, June 2021



Articles and excerpts that will inform and inspire!

A Letter from the Editor:



As an avid gardener, I have found that this Spring has been exceptionally challenging. We keep going from highs of 31C to lows of -1C. It is a darn good thing that I have a greenhouse to put bedding plants into...and out of when it is warmer...and back into at night...and back out of during the day and so on. With all of this strange fluctuation, it is near impossible to actually put anything into the ground and expect it to live. In the meantime, we have set up a home gym in our house, now that my stepson has moved out. I always tell my kids that I am here for them if they need me, but don't move back in because your room has now been designated for a much different purpose! The changes that our home has undergone over the last 6-8 months are

tremendous. Eventually, when we are allowed to have people over casually once again, said people are not going to believe what all has been accomplished!

This issue holds a lot of gems within it. I know that you will find it enjoyable. Thank you so much to all of my contributors! Your contributions are precious to me and to all the readers.

If you feel that you would like to forward this on to someone else, please feel free. If you are reading for the first time and want your free monthly newsletter, email me at deerhorn007@gmail.com and I will make that happen.

I wish you all a happy Spring going all the way into a (hopefully) warm summer!

Enjoy the read!

Trent Deerhorn

Editor

Upcoming Events

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 June 20 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 Summer. The **Summer Solstice** is to celebrate the longest day of the year. Join us as we rejoice in the first day of Summer 2021.



REC

REC IS AN APPROXIMATELY 2-2.5 YEAR OLD SHEPARD MIX! HE SUFFERED SERIOUS HEALTH ISSUES AS A PUPPY AND RECEIVED MAJOR MEDICAL CARE AND SURGERIES. HE IS NOW READY FOR A FAMILY THAT WILL TAKE CARE OF HIM AND GIVE HIM THE LOVE HE DESERVES. THIS GUY HAS THE BEST PERSONALITY. REC IS SUCH A FUN FILLED PUP WHO LOVES TO PLAY IN THE POOL AND ROMP WITH HIS FRIENDS. HIS FAVORITE THING IS DEFINITELY WATER! HE IS NEUTERED, MICROCHIPPED AND FULLY VACCINATED.



CHECK OUT OUR FACEBOOK PAGE FOR A BBQ FUNDRAISER FROM MAY 17-MAY 31! BBQ PACKS FROM BORYSKI'S BUTCHER BLOCK.

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! 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!



QUEUE

QUEUE CAME TO HER FOSTER HOME AS A VERY SCARED CAT BUT NOW SHE ACTIVELY CALLS TO HER FOSTER MOM AND WILL COME FOR PETS WHEN CALLED. QUEUE THINKS THAT BELLY RUBS ARE AWESOME TOO! RIGHT NOW QUEUE IS NOT A LAP CAT AND WILL RUN WHEN SOMEONE IS STANDING AND WALKING TOWARDS HER. SHE IS STILL FEARFUL OF NEW PEOPLE AND LOUD CHILDREN, WHO SHE'LL RUN AWAY FROM. SHE PREFERS PETS WHEN SOMEONE IS SITTING DOWN ON A COUCH OR CHAIR. SHE WILL NEED SOMEONE WHO IS PATIENT AND NOT TOO SCARY.

QUEUE WILL DO MUCH BETTER LIVING WITH ANOTHER CAT TO PLAY WITH. QUEUE LOVES FOOD, HER TUBE TREATS, LASER LIGHTS, WAND TOYS, AND ANY CAT TOY. SHE LOVES TO WATCH THE BIRDS FROM HER CAT TREE AND USES THE SCRATCHER ATTACHED TO IT. IT'S REALLY WONDERFUL SEEING HER LEARN TO ENJOY LIFE.

ESTIMATED DATE OF BIRTH IS DECEMBER 23, 2017.



IF YOU ARE INTERESTED IN ADOPTING QUEUE OR ANOTHER KITTY PLEASE VISIT US AT [HTTP://WWW.STREETCAT.CA](http://www.streetcat.ca) OR EMAIL US AT 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/UC4dIB2RNnb4Af3pz-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

THE MOONS OF 2021

JUNE 24, 2021: STRAWBERRY MOON

Berries are out! Grab some from your garden or store as the Strawberry Moon rises on **June 24 at 2:40 p.m. Eastern**. This month's Full Moon is also called Mead Moon and Honey Moon.

EarthSky also reports that this month's is a [Supermoon, too](#).

Also this month, the **Summer Solstice is June 20, at 11:32 p.m. Eastern**.

Strawberry Moon June, 24, 2021

Full Moon: 2:40 pm

Color of the Day: Crimson

Incense of the Day: Myrrh

Marriage Mojo Oil



There are so many moments when life slows down just enough to let us be fat and happy for a day. Together with your partner or best friend, take a moment over a pot of tea to write down some of your best memories together. Write these on bay leaves using edible ink pens.

When you're done, place the leaves in a jar with a cork cap and fill with olive oil. As you perform this project together, dedicate the bottle of oil to

shared meals, healing body rubs, and moments of shared nourishment.

Choosing an antique or special olive oil bottle with symbols of the moon, Venus, or goddess imagery will help to add a sense of prophecy and energy to your mojo oil. Visualize growing togetherness as you anoint romantic candles and love charms with this oil.

Estha McNevin

(from Llewellyn's 2021 Witches' Spell-A-Day Almanac)

Improve Your English

Seen in an Abu Dhabi Souk shop window: IF THE FRONT IS CLOSED, PLEASE ENTER THROUGH MY BACKSIDE.



Rock Talk

by Ave Riddler

Unakite Jasper

This is a mineral that is often classed as part of the jasper family, but it does contain quartz, green epidote, and pink feldspar. This means it does blur the lines of which mineral it is, I have always known it as a member of the jasper family, so include it in my

year of exploring Jaspers with you all... Though looking up the properties of the minerals included in Unakite can broaden your understanding of this stone.

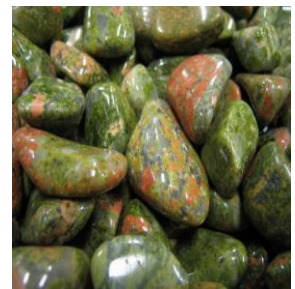
Unakite is a mottled mix of green and pink, and is well known as a heart healing mineral. It works well with the Heart Chakra, but can work with all other Chakras as well. It can help bring balance to the emotional body by lending some of the green earth energy to the heart center. It is a gentle stone, which can be used to help deal with information about the past, and events in the past that has created blockages, enabling one to re-birth into the release of conditions that have been inhibiting growth. It can help one to remove emotional blocks that have caused difficulty in moving forward. With this gentle energy the advancements made while working with Unakite can be very gradual, sometimes taking years to fully manifest. This stone can teach one patience and persistence while reminding us that anything worth having takes time, and is also worth the wait.

This is a good stone to help one to be conscious and present. There is a blending of the physical and non-physical bodies while working with Unakite.

The gentle energy of Unakite can help one to delve into the causes of disease, so one can understand and better approach proper treatments of their conditions. This can also translate to helping one to eliminate bad health habits, including addictions related to overeating, or excessive alcohol consumption.

Occasionally the repression and blocking of emotions can be the cause of disease, and Unakite helps one to explore and heal those repressed emotions. Internalization of anger and resentment can generate ill health and unhealthy coping methods, consciously working with Unakite while working to resolve those issues can help support those efforts; once those issues have been worked through Unakite can help keep one from returning to those old toxic coping methods.

Physically Unakite may help enhance weight gain into desired areas. It can be used as an aid in treatments for the reproductive system, including treatments for stimulating healthy pregnancies, and promoting the health of the unborn. Paired with existing medical practices, this stone can help ease pain in the pelvic area; it can be used to support treatments for the health of heart and lungs also.

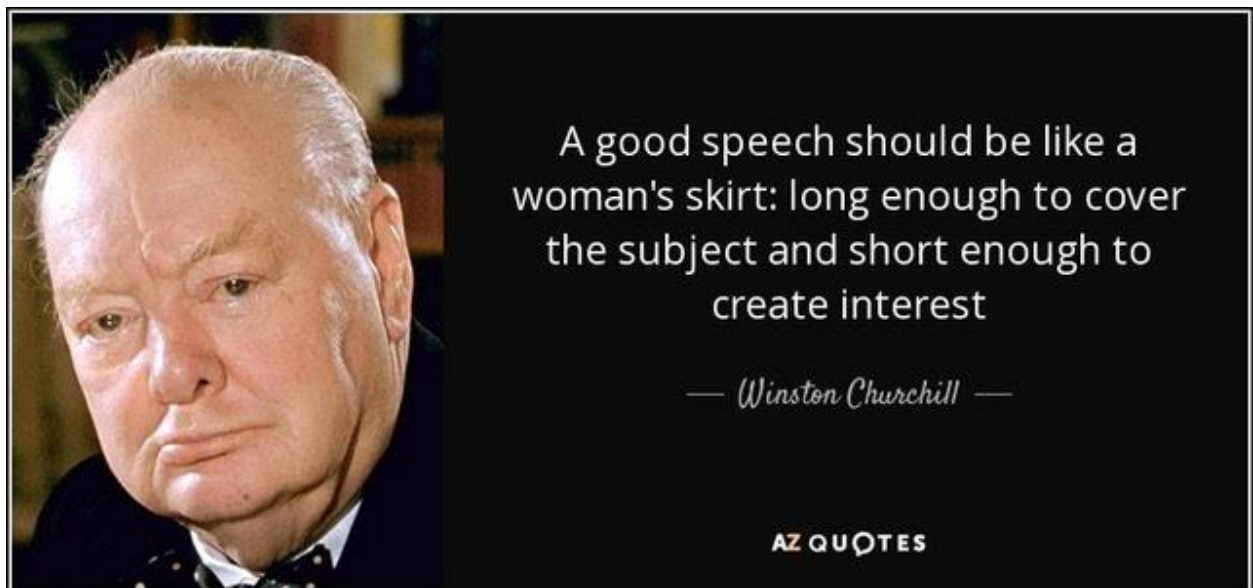


Paraphrased from "LOVE IS IN THE EARTH – A Kaleidoscope Of Crystals by Melody" and "THE BOOK OF STONES – Who They Are And What They Teach by Robert Simmons and Naisha Ahsian. With personal add- ins and details by myself (Ave)

Higher IQ puns, or just cringe-worthy.

A hangover is the wrath of grapes

Quotes by Winston Churchill



WAKING YELLOW

(a self peomtrait by Ave Riddler)

She is sunshine
If sunshine were made mortal.
Dressed in yellow,
Maybe her coat, shirt, or shoes,
Perhaps it's her sunglasses that gleam so bright.
Known for her
Giggle

Her smile,
The impish twinkling eyes.
She walks with purpose,
Hips swaying,
A bounce in her step...
She hears the songs of birds,
The breath of wind dancing through trees,
Melding with the music in her mind.
Walking with clear focus,
Yet mindful of the beauty around...
A yellow flower on the side of the road
And the hum of a plump bumble bee
Gives her pause.
The flash of red and yellow as a black bird flies by makes her smile.
A pause in step to admire,
To capture the moment,
Before moving along.
Brilliant blue sky,
Sunshine above,
Lights her up,
Warms her,
Has her tipping her head back,
Eyes closed
Expression of bliss on her face.
She is sunshine,
Gold and yellow
Lighting up and waking others
As she shares her joy and love of life,
Bringing a smile or laugh to those
Who know her.

Thought for the Day:

Be realistic: Plan for a miracle

-Bhagwan Shree Rajneesh

Did You Know...?



Indian Hills



Paraprosookians

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

Change is inevitable, except from a vending machine.

From Llewellyn's Witches' Calendar 2021



June

There is nothing more invigorating than the sounds and energy of a summer thunderstorm - the clean scent to the air, the sound of thunder, and the awe of seeing lightning flash across the sky. June brings us to a time when the Sun reaches its peak of power. But June isn't just the start of summer. For much of the world, it is also the start of hurricane season, a time ruled by gods of thunder, lightning and storms.

Storms show us the raw and vibrant power of nature. So it should be no surprise that there is a whole host of gods and goddesses connected to storms. The hag goddess Cailleach was thought to create violent storms that would endanger boats if she was displeased. Sailors often called her "Gentle Annie" in an effort to placate her storms moods. Similarly the goddess Oya is also connected to storms, wind, and lightning. Her name means "to tear," which may be a reference to the sound thunder makes in the sky.

Storm energy can be invigorating, and working magic during a storm can be an energy boost to any spell work. But not all storms are fleeting summer showers that pass through, leaving those in their path unscathed. For many, June is a time to prepare for the possibility of hurricanes and the damage they can cause. It is also an excellent time to make offerings to the gods who rule over storms and craft protective charms. Our ancestors believed that the gods who brought the storms could also protect us from these destructive forces, and a whole host of storm gods from around the world are there just waiting for us to call upon them as protective allies.

Charm of Protection from Storms

Before crafting your charm, decide which storm deity you wish to call upon for protection. (Be sure to get to know and establish a relationship with the deity beforehand.) You can create your charm from anything you like; a wind chime or another item to hang by your front door would be ideal. You may wish to draw a symbol connected to the storm god on the charm as well. Hold the item and imagine a shield of protection emanating from the charm whenever a storm comes near, like a force field or protective bubble covering you and your home. Imagine that when this shield of protection is activated,

it melts the storm and wind away, leaving a calm, sunny day. Once you feel your charm is fully charged, say the following over it:

*I call to the Storm Bringer,
(Name of god or goddess),
You who drives the roaring wind,
The thundering rain, the rising tide.
Protect me and this place.
Protect my family and those I hold dear.
Grant your mighty protection on this house.
May this (talisman, charm, etc.) be a shield
That no wind or flood may harm us,
That no storm surge or fallen trees may harm us,
That no lightning or winds may harm us,
A shield from all danger known and unknown.
May your protection be upon me and mine.
Let us dwell in the calm eye of your power.*

-Stephanie Woodfield

DREAMS

By Gail Fulkerson

The ebony glint
Of your eyes as you stare,
Leather sounds of your wings
As you fold them away.

My blood runs cold,
Sheen of sweat on my brow:
Who are you, I croak,
And who let you in?

You said that I was the one
Who opened my door
And bade you come in;
That I call you at night
In my unconscious dreams;
You float in the shadowy realms
Of my mind,
Where you whisper to me
With your black velvet voice.



DREAMS

The words that you utter,
Like honey they flow,
Sighing over my soul
Like a soft summer breeze.
I swoon and I sway

To the lilt of your song;
The touch of your breath
Is so soft on my cheek.

Your spell of enchantment
Shatters,
When you slash my tender flesh
With your rapier teeth.
You drink deeply of my blood
As you murmur so sweet:
Your life is now mine, my dear,
As together, forever, we dream.



Groaners

My neighbour knocked on my door at 2:30 a.m.

Can you believe that! 2:30 a.m.? Luckily for him I was still up playing my bagpipes.

A Kid's View

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

The jews were a proud people and throughout history they had trouble with unsympathetic genitals.

From 365 Zen daily readings by Jean Smith

Your mind can be compared to a mirror, which reflects everything that appears before it. From the time you begin to think, to feel, and to exert your will, shadows are cast upon your mind which distort its reflections. This condition we call delusion, which is the fundamental sickness of human beings. The most serious effect of this sickness is that it creates a sense of duality, in consequence of which you postulate "I" and "not-I." The truth is that everything is One, and this of course is not a numerical one. Falsely seeing oneself confronted by a world of separate existences, this is what creates antagonism, greed, and, inevitably, suffering. The purpose of zazen is to wipe away from the mind these shadows or defilements so that we can intimately experience our solidarity with all life. Love and compassion then naturally and spontaneously flow forth.

-Zen Master Hakuun Yasutani (1885-1973), in *The Three Pillars of Zen*

Inspirational Insults

"I feel so miserable without you; it's almost like having you here."

Stephen Bishop

Reflections from the Shaman's Hut

By Trent Deerhorn



I found this meme on social media the other day and simply HAD to share it. This speaks volumes to how I have always felt about my personal connection to the Great Mother Earth.



So often we are told that we are the children of the earth; that we walk and live upon Her Sacred Body. But often what is missed in those teachings is that, being children of the Earth, we ARE the Earth. This is just like how being a child of certain parents makes us an expression of them, no matter what our actual relationship to them may or may not be. We cannot

avoid or hide from the fact that their DNA runs through us.

The Sacred Earth also has Sacred DNA. This is not limited to the DNA that is currently scientifically measured. It also includes an ENERGY DNA. A lot of times when I speak of this people will roll their eyes and immediately go to the "because, science" stance, thus limiting their consciousness to only what science is able to currently prove. But the thing is that science is fallible. It progresses as more discoveries are made. What was thought to be hog wash 20 years ago is now being discovered to be true. And the exciting thing about that (which also, sometimes, makes me roll my own eyes) is that the truths that are currently being discovered by science are simply Ancient Wisdoms that Shamans and Medicine People have known for over 40,000 years.

Now, along with the knowledge that WE ARE EARTH, there is also the responsibility of the knowledge that we are not a bunch of vastly different races walking on the earth. We are all a part of one race, the HUMAN RACE. People also often lose their minds when I say stuff like that. I am pretty sure that in order for some very limited minds to grasp this concept we are going to have to undergo an Alien Invasion. It is sad that in order for humans to get along it often takes a common perceived enemy.

The Sacred DNA offers us an opportunity to truly become consciously ONE with each other. That is true equality. That Sacred DNA is the birthright of every single person on this planet (assuming that you were born on this planet). We cannot hide from it any more than we can hide from our physical DNA and how it connects us to our bloodline ancestry. But ancestry is more than just a bloodline. Anything that has existed on this earth before us is an ancestor to us, because it, too, IS THE EARTH. Trees, rivers, mountains, prairies, the wind, animals and birds, the list goes on. They are all part of our Sacred DNA. They are all part of our ancestry. The sooner we realize this fact, the better off we are going to be as a

human species. But it will most likely take hundreds of more years for science to catch up. So until then, it is still up to those of us with this knowledge and wisdom to share it.

For more articles from the Shaman's Hut, visit Trent's blog at www.deerhornshamanic.com

According to the Farmer's Almanac 2021:



Awesome Ancients

Dragonflies, which existed 100 million years before the dinosaurs, spend most of their lives as underwater larvae. As adults, they often glide over sparkling streams and pristine ponds and lakes. Their four wings move independently, giving them the ability to fly forward, backward, and sideways-or to just hover. These master of

the air eat mosquitoes, flies, midges, and other flying insects. To attract dragonflies, such as the blue dasher (shown) create a water feature. Size is not crucial, but choose a spot in partial to full sun and plant a few native plants along the edges for wind protection.



June 5th: World Environment Day

Butterflies are not insects...

They are self-propelled flowers.

-The Cat Who Walks Through Walls, by Robert A. Heinlein, American writer (1907-88)



June 10th: New Moon

If you find nine peas in a pod, throw one over your right shoulder and make a wish.



June 20th: Father's Day

Live in each season as it passes;

breathe the air, drink the drink, taste the fruit, and resign yourself

to the influences of each.

-1853 journal entry by Henry David Thoreau, American writer (1817-62)

June 21: National Indigenous Peoples Day (Canada)



June 24th: Full Strawberry Moon

For a unique color experience, plant "Strawberry Shake" panicle hydrangea. Its white blooms mature into dark pink.

Inspirational Quotes by Alan Chazen

A true gift requires no reward, for the reward is in the giving.



Ask the Shaman: With Trent Deerhorn

Q: I was wondering if you could tell us a little bit about the old adage "To Thine Own Self Be True"?

A: Well, for me this means to honor your own being. We are taught in so many dysfunctional ways in our world that we have to honor pretty much everything and everyone *other* than ourselves. This leads us into areas where we can be taken advantage of, bullied about, and oppressed by those in perceived authority positions in life. But if we are true to our own selves, then we get to make decisions based upon what we

know to be right for us, regardless of what others may or may not think. In fact, if we are truly being true to ourselves, we really don't care what others think about it. We don't guilt ourselves or shame ourselves based upon what the expectations of others may be. So often in our world people have been forced to be miserable in an existence that does not honor their sovereignty. That is both sad and an indication of a very sick system. When we can know our own hearts, we can flow from our own hearts. When we can know our own dreams, we can follow our own dreams. When we do these things we feed ourselves on a very deep Soul level. There is nothing more important than that.

Tidbits and Tickles:

During a practical exercise at a military police base, the instructor was giving the class instruction in unarmed self-defense.

After he presented a number of different situations in which they might find themselves, he asked a student, "What steps would you take if someone were coming at you with a big, sharp knife?"

The student replied, "BIG ones."

Forum:

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

Of the previous Issue:

Evelyn Wrote: I have been reading this newsletter for somewhere around 8 years or more and I always find that I learn something new from it. I am so grateful for Ave and her knowledge of rocks and gems and Trent for his knowledge of Shamanic Wisdoms. And I am so entertained by the poems and short stories that are included. This is one of my favorite things to look forward to each month!

Bradley Wrote: Indian Hills always cracks me up.

James Wrote: Trent, your story of the space stones was really "Out of this World!" Thank you!

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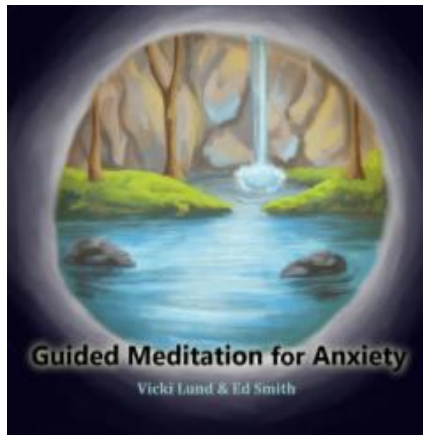
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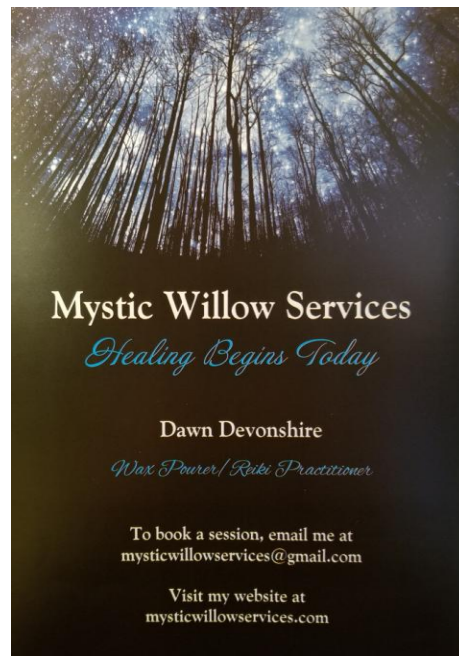
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HEALING, MINDFUL JEWELRY WITH CRYSTALS

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

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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 or Skype and you can speak to me face to face! If you are interested in this option, simply email me at deerhorn007@gmail.com or phone me at (306) 978.5300 to make arrangements. Blessed Be!

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