

Flight: A Living, Breathing Document of Consciousness

Volume 11 Issue 116, February 2022



Articles and excerpts that will inform and inspire!

Letter from the Editor



I know a lot of folks have issues with Valentine's Day. In fact, I do as well. Too often it has been used as an excuse for someone to get back together with an abusive partner when they really need to run for the hills. But I do consider the month of February to be LOVE MONTH. I look at it as an opportunity, all month long, to spread as much love around as one possibly can. It also helps that my birthday falls smack dab in the middle of the month, so for me this is ideal.

I would like to thank all of my contributors for your wonderful work in putting your articles together and submitting them. There is some fascinating stuff that you bring to the table! I would encourage readers to forward this on to others who may be interested. And if someone receives this and would like their FREE subscription, just let me know at deerhorn007@gmail.com and I can make it so.

Until next time, enjoy LOVE MONTH!



Also, to view my keynote presentation for Questers of Canada, copy this link and put it into your search bar:

https://youtu.be/O7-XUcfiz_I

Enjoy the read!

Trent Deerhorn

Upcoming Events

Moons of 2022

From Llewellyn's Witches' Spell-A-Day Almanac

February 16th: Full Snow Moon 11:56 am.

Color of the Day: Yellow

Incense of the Day: Honeysuckle

Charging your Magical Tools

Every practitioner has tools that they prefer to use for their Craft. To make the most of your tools and your energy, you should recharge your ritual items at least once a year. If you happen to have snow in your area at this time, you can include that in your spell. If you do not, you can utilize shaved ice for a similar effect.

Place the tools and/or stones that you wish to recharge in a bowl. Then top them with snow and any herbs you wish to use. Chamomile is a good choice, if you have it handy, as it works to purify. The snow works toward purification and a clean slate, and it will work slowly and steadily as it melts throughout the night under the full moon. Place the bowl on your altar and say:

Lady may your light illuminate my work in the months to come.

Leave the items to soak overnight, then remove the next day and pat dry.

Charlynn Walls

**Please note this is to be used on items that are NOT water soluble and that will NOT rust in water.*

Ceremonies with the Shaman

Join Shaman, Trent Deerhorn of Deerhorn Shamanic Services for a special ceremony once a month, hosted by Heavenly Reiki of Saskatoon. These seasonal and moon-based ceremonies will be centred around going deep and making much needed changes within. Experience the true magic of Shamanic Healing Ceremonies.

Participants will be required to bring a pillow, blanket and a cushion or stool upon which to sit.



Ceremony will begin promptly at 7:30 pm and the doors will be locked at that time. Please come between 7 and 7:15 so you can have time to settle in.

NOTE: If you arrive after 7:30, DO **NOT** KNOCK TO GAIN ACCESS. This will only disturb the ceremony that is already underway. Please just join us next month and arrive earlier.

Price: \$20/ceremony Date: February 26, 2022, at 7:30pm Waning Moon Ceremony, The Release of Obstacles

**Once the ceremony begins, participants will refrain from chit chat as that only serves to distract from the energy of the ceremony. These ceremonies are geared toward adults, so it is important to have childcare in place to attend.*

To access dates of the ceremonies, contact Kiernan Garvie at Saskatoon Heavenly Reiki at (306) 880-3433 or visit the website at <https://www.saskatoonheavenlyreiki.com> or <https://deerhornshamanic.com/>





LINGUINE

LINGUINE IS AN APPROXIMATELY 9 MONTH OLD COLLIE MIX. HE IS A GREAT NATURED LITTLE GUY WHO ENJOYS THE COMPANY OF DOGS, BIG OR SMALL, AND HE ALSO LOVES HUMANS! HE IS NEUTERED, FULLY VACCINATED AND MICROCHIPPED. COME SAY HI TO LINGUINE AND HIS HANDSOME SMILE! THE DOGS AT THE RESCUE CAN'T WAIT TO MEET YOU!



CHECK OUT OUR FACEBOOK PAGE! WE WILL BE HAVING ONLINE ADOPTION DAYS DUE TO COVID SO TO VIEW PUPPY VIDEOS AND APPLY JUST JOIN THE EVENT PAGE!

WE ALL NEED A RESCUE (WANAR) IS DEDICATED TO SAVING THE LIVES OF SASKATCHEWAN DOGS. COVID-19 HAS 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.



ATLANTA

ATLANTA IS PLAYFUL, TALKATIVE, AND IS AN ALL-AROUND LOVELY CAT. SHE LIKES TO CUDDLE, BUT USUALLY AFTER SHE HAS GOTTEN OUT SOME OF HER ENERGY FIRST. ATLANTA IS GENTLE WHEN PLAYING, BUT SOMETIMES NEEDS REMINDERS NOT TO GET OVEREXCITED.

ATLANTA IS AN EASYGOING CAT AND SHOULD SETTLE IN QUITE QUICKLY TO HER NEW HOME. SHE HAS SPENT TIME WITH OTHER CATS AND WOULD DO WELL BEING ADOPTED WITH ONE OF HER KITTENS, OR IN A HOME WITH ANOTHER FRIENDLY CAT. SHE LOVES CATNIP AND TREATS, SO THIS IS A GREAT WAY TO MAKE FRIENDS WITH HER.



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

DATE OF BIRTH:
OCTOBER 8, 2019

CONGREGATIONALIST WICCAN
ASSOCIATION OF SASKATCHEWAN



SKY RIVER TEMPLE

Our temple has taken a brief pause, to reconfigure and plan for the future, there will still be occasional posts and activity on our social media, but for the next while there will be no formal planned online nor in person offerings.

We do have a YouTube channel 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



Rock Talk

by Ave Riddler

This month I'll be sharing a dream that led me to a stone I hadn't actually heard about until the dream! In my dream I was walking around downtown Saskatoon and every street facing window had a cluster of a pretty blue geode, it didn't matter if it was a place that served food, coffee, a dollar store, or a high-end clothing store they ALL had one in the window. I finally got curious enough that I went into the next store, which turned out to be some fancy clothing store. I went to the clerk and asked about the crystal in the window; she looked at me all snobby and rudely said "It is **BLUE** Celestite." The tone of her voice clearly implying I should have known and her attitude indicating that I was an idiot to have to ask.

That's all I recall of the dream, but later I went to my favorite magical store, told the owner about the dream, and asked her if she had ever heard of blue celestite. She not only confirmed it was a real stone, but she was also confused that I specifically dreamt about BLUE, until that day she hadn't realized it came in other colors. She had also JUST gotten in a shipment of some!

I spent some time holding each one of the clusters she had gotten before bringing home the piece I still have decades later.

Before I dig into the properties of this mineral I will offer one very important detail, this is NOT a sturdy crystal, it has a Mohs hardness of only 3 – 3.5...handle these crystals with care; they are not the greatest as a pocket stone with other stones. I learned about Mohs hardness of minerals way after I had gotten my cluster, and even though this cluster is not a pocket rock size many of points and faces of the crystals have been chipped and damaged. I even have a tumbled version and it too is banged up with chips and scuffs. It's why I often try to include the Mohs hardness in my articles. The crystal is still beautiful, still offers the healing energies, it just has damages that I may have been able to prevent if I had understood the Mohs ratings.



CELESTITE

Celestite comes in many colors ranging from clear, white, green, blue, grey, yellow, orange, red, and brown; the blue variations are the most ones most shops carry. As a crystalline formation it has tabular and prismatic facets, but it can be

found in massive, fibrous, granular, and nodular shapes. Most commonly celestite does form as a geode, but there are rare single crystals of it that have been found. These single crystals have slightly different properties, and energies, I will be focusing on the cluster formation since that was what my dream was about. At one time there was also one variety that was called golden celestite, but it has disappeared from supply, they also have different properties if you are able to find one to work with.

The energy of celestite is soft, it elevates the one working with it, but it is a gentle uplifting, more like floating than riding a rocket. If you are looking for gradual shifts and changes this is the crystal for you. It is also not a very direct or focused type of energy, which makes this a great crystal to place in a room so the energy of it can radiate in all directions defusing the gentle gifts it offers.

This crystal is an excellent mineral for mental activities, helping one to analyze complex ideas, the method of approach to difficult situations or ideas providing a clear mental outline of the actions required to easily accomplish the tasks.

A stone connected to the angelic realms, this crystal can help one to access, and comprehend messages from these light beings, and guides. It can also help one to work within the spiritual realms, with manifestations, and clairaudient endeavors. The combination of mental and spiritual energy within celestite may help one to understand, and articulate the knowledge

discovered within these higher vibrational realms. Because of its higher vibrational energy celestite can be a useful aid to astral travel, as well as for dream recall. The gentle vibration of celestite can also make this a good crystal to work with while in meditation.

Celestite can help promote a pleasant disposition and encourage clear communication. There is an equalizing force within this crystal, helping to balance the outside world, with the energy field. Alignment of these energies can be helpful to clear the chakras, especially the throat, third eye and the crown.

Celestite can help promote a pleasant disposition, while opening pathways for communication. It promotes feelings of hope, helping to reduce feelings of despair, restoring calmness and harmony. The energy of celestite can help one to overcome fear, suspicion, or paranoia, promoting feelings of safety, protection, and serenity.

This would be a good mineral to keep on hand while doing any type of musical art, or more delicate styles of art.

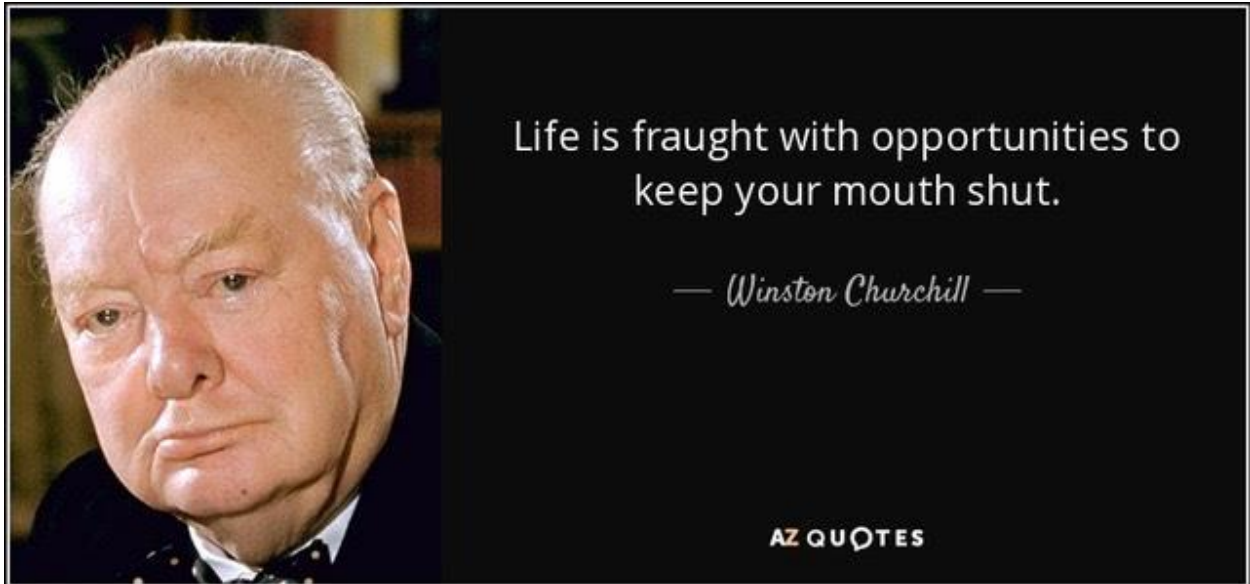
Physically celestite can be used as an aid for treatments of disorders of the eyes, to increase hearing, and treatments to help balance mental dysfunctions. It can be used to support treatments for digestive issues, clearing infections, and intestinal dysfunctions.

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 Ahisian. With personal add- ins and details by me (Ave).

Higher IQ puns, or just cringeworthy.

Time flies like an arrow. Fruit flies like a banana.

Quotes by Winston Churchill



THAT WINTER STORM WAS BRUTAL

By Gail Fulkerson

What began as a cold and pleasantly sunny day, rapidly deteriorated into a blizzard with extremely frigid temperatures, driving snows, and frenzied winds that screamed across the landscape. Winter was taking yet another bite out of the Province of Saskatchewan, and there was nothing to do but to either hunker down and wait it out or try to get your errands done and get yourself back home beforehand. We tried to get our errands done quickly, but the weather got the better of us.

We were just leaving the city when the storm hit. We had half an hour's drive ahead of us to get home, straight down the main highway that was already beginning to drift over. We mistakenly believed we had enough time to get back home before the weather moved in. Unfortunately for us, we were driving down the throat of a vicious beast of a storm, when it took a decidedly darker and deadlier turn. Ferocious winds raced across the open fields,

picking up the newly fallen snow and whipping it across the road, creating a whiteout that walloped the car with deadly force.

We kept hearing soft thumping noises, which we brushed off as the sound of the tires driving over and through the snowdrifts, already gathering in more and more spots on the highway. The thumping got louder and harder against the car. Looking out the windows, I thought I could see claws and faces in the storm but could not be sure. Then, after a particularly loud thump, the passenger side window cracked. I screamed.

A claw on the end of a long, crooked, black finger, breached the window. Thankfully, the window didn't shatter, but the wailing sound of the storm through the break put me in mind of shrieking banshees.

A face, demonic in appearance, smooshed itself against the broken window. I screamed as I watched that wretched visage contort and fit itself through the hole in the window and into the car. It climbed up onto my lap, looked directly into my face, and screeched. I was so terrified I fainted and have no recollection of the remainder of the journey.

Apparently, the demon took control of the vehicle and drove it into the ditch. Then it yanked my husband out of the car, dislocating his left shoulder. (Sometimes demons don't know their own strength.) The winds and blowing snow continued their onslaught as I sat unconscious in the passenger seat.

I don't know how long I was out, but when I came to, the demon was gone and so was my husband. Someone was shaking me and calling my name. I tried to focus on who was talking, but my eyes and ears wouldn't cooperate. I think I blacked out again after that, because the next time I awoke, I was in a hospital bed and wondering how I got there. I asked for my husband, but no one could tell me where he was.

My coat was draped across the foot of the bed. In one of the pockets was my phone, and it was ringing. I grabbed it and answered. I heard my husband on the other end asking me

where I was and if I was okay. I said I was in the hospital and asked him where he was and when he would be coming to pick me up. That's when his voice changed. It took on a deeply menacing timbre and I realized I wasn't speaking with my dearest. The demon had somehow possessed my husband.

A throaty, deep and dark voice said, "Your husband is dead, Miranda, and you're next. His shoulder dislocated when I yanked him from the car, but that was only a taste of what I did to kill him. I'll tell you all about it later; for now, I don't want to ruin the surprise. Oooh, you and I are going to have so much fun when we get home!" The phone clicked, then was silent.

I was discharged from the hospital the next day, still worried about my husband, when, surprisingly and terrifyingly, he walked into the room to take me home. He removed the sunglasses he was wearing as he entered. As I looked into his eyes, the blue color that I knew had been replaced by a deep and rich dark red, that mutated to pitch black as I watched. An inadvertent growl escaped his lips as he stepped farther into the room. A string of drool was making its way down his chin from one of the corners of his mouth. A long, thin tongue flicked out to catch the drip.

"C'mon Miranda, time to go home. I have supper simmering on the stove. I made your favorite: Stovetop Demon Casserole, with extra meat and guts."

Did You Know...?



Indian Hills



From Llewellyn's Witches' Calendar 2022



By the time we enter February, the return of the light (which began at Yule) is beginning to become more noticeable. The days are a little longer and the nights a little shorter. At the same time, those who deal with a winter season – whether it is snow or endless gray and rainy days – may be feeling gloomy and blue. Coming out of the dark at this time of year is both literal and figurative, but you can use magic to help you reach for the light.

Many of us struggle with a darkness of the spirit, especially during the winter, when the sunshine is less abundant. Fortunately, as Witches, we know that we can turn to the gods for help and tap into the changing energies of the Wheel of the Year to shift our own energy from darkness to luminosity.

Starting with Imbolc at the beginning of the month, add some candle magic to your day.

Imbolc is a fire festival, so it is fitting to celebrate it with a candle ritual that you can then continue on through the rest of the days that follow. Call on Brigid, to whom the sabbat is dedicated and who is a goddess of both fire and the hearth, as well as healing and inspiration. She is symbolized by the cauldron, so if you have a small cast-iron cauldron, you can use it for the ritual. If not, a small fire-proof bowl will work. Don't worry – if you can't use actual candles for this, battery-powered ones are an acceptable substitute.

Brigid Candle Healing Ritual

This is a simple ritual you can do every day throughout the month or just on the days when you need healing most. Because it is basic and quick, you should easily be able to fit it into your schedule – maybe right before dinner or before going to bed. Just make sure you snuff out the candles when you are done. If you are really struggling, I highly recommend making this a regular part of your February routine.

Place a candle (white is fine; use red for increased energy or blue for healing) in your cauldron or bowl. If you are doing this on an altar, you can leave it set up for the month. You might want to add a statue of Brigid, pictures of the Sun, or anything that brightens your spirit. Fresh flowers are nice, both as an offering to the goddess and to cheer up the space. As you light the candle, focus on the glow of the flame and feel that glow flowing into your heart and mind. Say,

Great Brigid, lend me your bright power. Help me walk out of the dark and embrace the light. Let my spirit glow with your positive, healing energy. I am the light. I am the flame. I am at peace. So mote it be.

-Deborah Blake

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.

The greatest miricle in the bible is when Joshua told his son to stand still and he obeyed him.

From 365 Zen daily readings by Jean Smith

Never allow yourselves to mistake outward appearance for reality. Avoid the error of thinking in terms of past, present and future. The past has not gone; the present is a fleeting moment; the future is not yet to come. When you practice mind-control [zazen], sit in the proper position, stay perfectly tranquil, and do not permit the least movement of your minds to disturb you. This alone is what is called liberation.

-Zen Master Huang Po (9th Century), *The Zen teaching of Huang Po*

Inspirational Insults

These glorious insults are from an era "before" the English language got boiled down to 4-letter words .

"His mother should have thrown him away and kept the stork."

Mae West

Reflections from the Shaman's Hut

Fur Babies

By Trent Deerhorn



There are so many people I know, myself included, who refer to their pets as their “fur babies.” People with children often get offended by that expression, thinking that the term “baby” should be strictly reserved for a human infant/child.

I, for one, have raised children of my own. Although the human interaction is different, the heart connection one has to a four-legged member of the family is equal, and sometimes stranger than, the one a person has with humans. Cats and dogs are different species altogether, but something that is so often experienced by the person who adopted them is a deep heart connection to them. These furry creatures are completely at our mercy and totally dependent upon us for survival. If we do not come home, they are immediately in crisis. They require us to feed them and clean up after them, exercise them, love them and play with them. (Did I just describe a toddler?)

The very sad part of having a fur baby is that it is inevitable that one day we have to say farewell. I find that there is such a mixture of grief and honor at a moment like that. Honor that we got to have them in our lives, and grief that they will be so completely missed.

When raising children we expect that one day they will be fully grown and move out on their own and possibly move completely away. But with our fur babies, we expect that they will be with us till the end. Barring an accident or illness that takes us from them, we have to understand that in adopting them we are also contracting to be there for them when it is their time to die. Heartbreaking as that may be, it is the contract. I, myself, have had to say goodbye to far too many a fur baby. They usually die of old age because I care for them well, but it still does not make it easy to say goodbye. And when a sudden illness takes hold of them and devastates their bodies, it is also a relief to know that they are no longer suffering.

And then we go on. We go on with a gigantic hole in our heart where that furry creature resided for so many years. We sometimes hear them still pitter patter across the floor and we know that it is just an auditory memory, but it feels so real that we also know that, on some level, they are still with us. We shed our tears and slowly mend our broken hearts. And we also swear to ourselves that we will never again put ourselves through this pain. And it is usually shortly after that declaration that we meet our next fur baby. We may be kicking and screaming protests as we brace ourselves against the frame of the threshold that we are being energetically sucked through, white knuckling it all the way until we finally let go and dive in. And then we look into the adorable eyes of this furry creature that needs a home and we know that we **MUST** adopt it, care for it, love it, protect it, and eventually help it across the threshold of the Veil into the next life as well. We know that this little furry creature is going to absolutely fill our hearts with love and joy. And we also know that saying goodbye is going to rip our hearts out. And yet, when we see that fur baby the first thing out of our mouths are words like, “Hey there, Sweetie pie! Awe, you are so adorable. Such a little cuddle bug! Yes, I will adopt you and love you and care for you till the end of days.”

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

Thought for the Day

You should always be aware that your head creates your world.

Ken Keyes, JR – *Handbook to Higher Consciousness*

According to the Farmer's Almanac 2022:



Fragrant Flowers

The striking yellow flowers of forsythia are easily spotted as one of the few splashes of color in late winter and early spring. The shrub is hardy to Zone 4 and, depending on the variety, can grow 6-12 feet wide and 8-12 feet tall. Commonly mistaken for true forsythia, white forsythia is also known as false forsythia. This fragrant shrub blooms in a bounty of beautiful white flowers. Hardy to Zone 5, it grows up to 3 feet wide and 4 feet tall. Both forsythias like full sun, regular watering, and well-draining soil.



February 1st: Lunar New Year (China)/New Moon

The plum, often depicted to symbolize winter or perseverance, is one of the “four gentlemen” (with orchid, bamboo and chrysanthemum) in ancient Chinese art.

February 2nd: Groundhog Day/Imbolc

February 2nd, bright and clear,

Gives a good flax year.

February 16th: Full Snow Moon

I sit here and the earth is

Wrapped in snow,

And the cold air is thick with

Falling night.

-Dora Read Goodale, American poet (1866-1953)



Inspirational Quotes by Alan Chazen

The ultimate mark of success is the ability to love freely, without fear of rejection and without wanting anything in return.

Ask the Shaman: With Trent Deerhorn



Q: Is it possible for an article, such as a dining room set, to carry the energy of its previous owner?

A: Absolutely, and the more personal the object is to the previous owner, the stronger the energy “fingerprint” will be. So a dining room table, for example, would carry energy of the previous owner, depending upon what it meant to the owner. If it belonged to someone who loved to have dinner parties, then the energy would be stronger than if it just sat unused in a dining room. If it was a location where arguments would frequently break out while dining, then that energy would also be strong. If it was, however, a piece of jewelry that was worn frequently on the person of the previous owner, then you have energetically hit the jackpot. Energy of the previous owner can also be cleared from the object if that is something that you prefer to do.

Tidbits and Tickles:

When I worked for the security department of a large retail store, my duties included responding to fire and burglar alarms. A side door of the building was wired with a security alarm because it was not supposed to be used by customers.

Nevertheless they found the convenience of the exit tempting. Even a sign with large red letters, warning “Alarm will sound if opened,” failed to deter people from using it. One day, after attending to a number of shrieking alarms, I placed a small handmade sign on the door that totally eliminated the problem:

“Wet Paint.”

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:

Paige Wrote: Loved the article on Smithsonite!

Bev Wrote: Thank you, Rod, for sharing the simple holds from Jin Shin Jyutsu. I have been trying them and they really do help!

Kevin Wrote: Thank you for your article on your hopes for everyone in the coming year, Trent! It was beautifully worded.

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Trent Deerhorn



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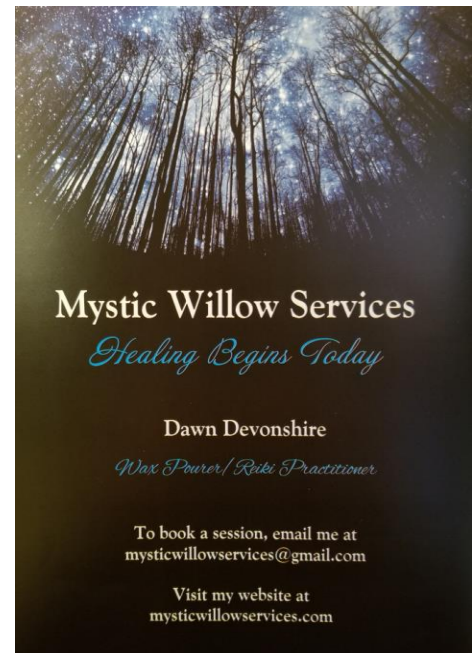
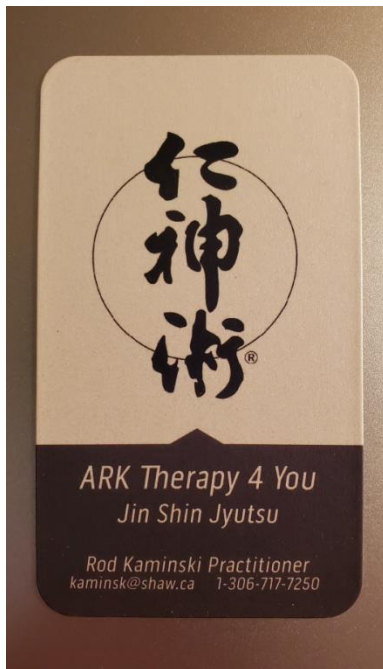
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Video Chat with the SHAMAN!



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, Skype, or Telegram, 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!

Mindful Jewelry with Healing 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. 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 much patterns to make designs. I like to "connect" with crystal intuitively 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. I have big variety of colours, shapes, and sizes of crystals. You will like your new little "friend"! Each pendant is charged with Reiki energy, cleansed and blessed for protection and wellness. Also I can create bracelets, earrings and rings. I am taking custom orders on wrapping your own crystals also.

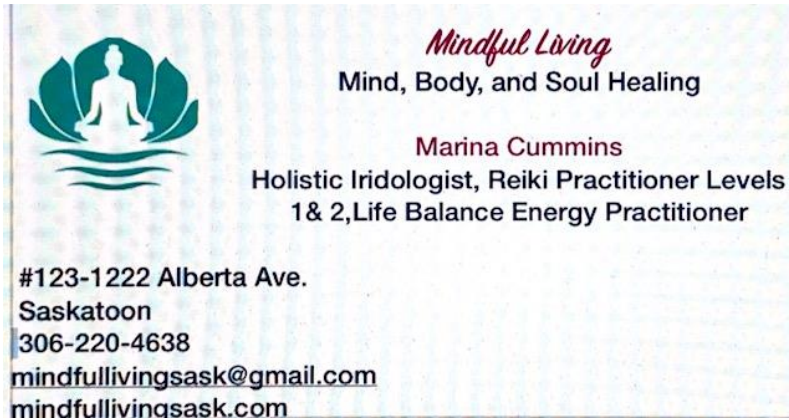
Check my website <https://www.mindfullivingsask.com/shop> for stock variety at the present time.

If you'll have questions and requests feel free to contact me through text, email or phone call: 1-306-220-4638; cumminsmar@gmail.com

Regards,

Marina Cummins





Flight Newsletter Advertising

All ads must be in by 6pm on the 20th of the month PRIOR to the issue that the ad is to be placed in.
No exceptions. Send to deerhorn007@gmail.com.

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