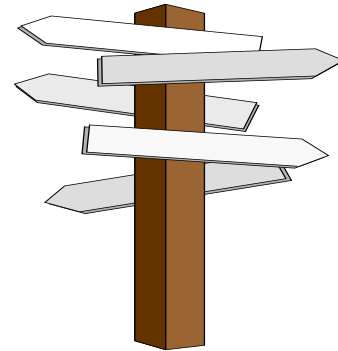


Chaneeg Chaneesch Newsletter

Volume 5 Issue 4
Winter 2004

Blurbs

- ☞ Reminder: Chaneeg Chaneesch has a prayer board in the communication room. Feel free to add to it or pick up a few people to pray for! Please pray every day. It is one way to stay connected w/ your community!
- ☞
- ☞ Luann Open Heart has decided to add a drumming circle to our Arts & Crafts night. This drum circle is very informal and starts around 4:30 followed by potluck prior to arting & crafting.
- ☞
- ☞ Reminder- Pipe circle at Tom's is once a month and is based on the teachings from Evelyn Eaton as taught to the Bear Tribe. Strong prayers from pipe.
- ☞
- ☞ Bright Owls friend Barry has been visiting Chaneeg Chaneesch since early Nov. Please make sure to say hi and introduce yourself to this wonderful man! His talents rebuilt the chicken house and will help with the gardens and land projects.
- ☞
- ☞ Barry brings a new member to Chaneeg Chaneesch... 'Snatch' the puppy! He's a pure bred Queens Blue Heeler. Leave leather shoes somewhere he can find and you'll know why he's called Snatch! He's friendly and still in full puppy mode.
- ☞
- ☞ There is now a third donation pouch for contributions for the J-Fund. These funds are for land improvements. Chaneeg Chaneesch greatly appreciates the donations you bring for circle needs and the needs of the land! This newsletter in your hands is part of your giving!
- ☞
- ☞ Richard – another friend of Bright Owl's from the East coast will be coming to live in community at Chaneeg Chaneesch starting in Mid December. His expertise in electrical and plumbing matters will be quite a boon!



Changes on the land

- ☞ The Raccoon is still at large and all our Chickens and Ducks were killed. Perhaps he has moved on without anything else to eat.... After a hyatus, we have a new raccoon proof chicken house, a watch dog and a flock of new chickens!
- ☞
- ☞ The Geese, broken down vehicles and a few other last items have been removed from the land. Our cleanup and reorganization of the spaces is an ongoing process but much of the interior of the main house has been redone. The Kitchen, Community room, and Mahala's room have all been repainted.
- ☞
- ☞ The new 'workshop' had the siding completed literally by the sunset of the first heavy frost! (Whew – just under the wire!) . With some aide from other community members Wiring is soon to be completed – yeah power! & The Drywall is right behind that. Next up is the fun part of all the finish work – paint, trim, flooring, etc.
- ☞
- ☞ **CORRECTION:**
Last newsletter on the calendar, dates had traditional Solstice on Mon-Tues it should be Tues-Weds. Sorry for the typo.

Opening Observation – By Grandmother Bright Owl

THIS TRIBAL COMMUNITY IS A LIVING BREATHING DANCING CELEBRATING ENTITY. LIFE IS NURTURED HERE, GROWTH SUPPORTED. LOVE IS SHARED FULLY. OUR COMPOST PILE RECEIVES OUR JUDGMENTAL TENDENCIES AND OUR PERSONAL AGENDAS. THE ONLY MOMENT IS NOW AND EACH NOW HAS A GIFT AND A CHALLENGE. WE CHOOSE TO SEE THAT IN THIS TRIBE. WE CHOOSE TO LOVE THAT AND DANCE THAT. WELCOME TO CHANEEG CHANEESCH AND ITS ENTIRE VARIED PEOPLE.



Poems & Quotes & Short Stories

Please send in yours



“I'M TIRED OF PUSHING AWAY ALL THE GOOD THINGS!”

Heard in a circle discussion

Desireth thou to know the deep hidden secret?
Look in thy heart where the knowledge is bound.
Know that in thee the secret is hidden, the source of
all life, and the source of all death.

Emerald Tablets

What Is Life?

It is the flash of the firefly in the night.
It is the breath of the buffalo in the winter time.
It is the little shadow which runs across the grass and
loses itself in the sunset.

Crowfoot (Blackfoot) 1880

If you are willing to see and hear it:
There is magic in every moment and in every moment
there is magic.

Larz

When there are no longer concerns with any moment but now, We discovered that a single moment in time can be a universe in itself. Full of powerful forces. Most people arent aware enough of the now to even notice.

Star Trek Insurrection

May today there be peace within.
May you trust your highest power that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born in faith.
May you use those gifts that you have received, And pass on the love that has been given to you.
May you be content knowing you are a child of god. Let this presence settle into your bones,
And allow your soul the freedom to sing, dance, praise and love.
It is there for each and every one of you.

Saint Theresa's Prayer



Earth Renewal- By Grandmother Bright Owl

This is our Big Celebration at the end of each year. A Time to renew the energy of our walk in many practical ways.; as a tribe, as a family, as we walk lightly on the Mother! A Re-blessing of our land and spaces happens at this time! Circle Gatherings, grinding corn and making the smoke mixture and blessing feathers. Celebrating together Moon and in Sweating and celebrate with pipe. Then we all say thank you in feast and sharing. See the schedule for details or call for information. Kids are welcome.



Earth Renewal- from Larz

The ceremony that I was taught by OhShinnah and Grandfather David is only to be done on the actual morning of Solstice - so Bright Owl said “ Okay we are having 2 Earth renewal Ceremonies.”

This obviously will be different and very interesting for us all! For example- I will not be able to eat at the new age Earth Renewal Ceremony as I will be fasting. The biggest point is this ancient renewal ceremony takes place just prior to dawn –I know this may be problematic for a number of you who work, have other holiday events, etc. so if you cannot - know you are in our prayers. It takes a 2 males & 2 females to do this ceremony. Come to one, come to both – we will make it all work - just as we always do - with love!





Cycle of Seasons by Grandma Bright Owl



““One planet is turning, circle on her path around the sun”

The song says it well. Our planet is still turning, seasons change. All our lives, we’ve seen the end of summer come, come with garden harvests, zucchini as big as a boat, corn sweet and grapes full on the vine. My kitchen in the past has seen canning jars with applesauce and green beans. The days seem golden warm, the evenings chill, the nights turning gradually frosty. Every Halloween, my son’s costume needed to be waterproof because of the rains in late October. Then the cold is deeper and more daily, leaves finally turn orange and red and fall from the trees. One big leaf maple puts a mat down several inches thick. I send a big one folded up to my aunt in Virginia because she loves the big big leaves.

The cycles of the Mother are reflected in our lives. End of summer, Autumn, into winter – this is the time of Mudjekewis, Grizzly Bear, Spirit Keeper of the West whose path to Creator on the medicine wheel is the path of Experience, Introspection and Strength. This time of year is for shucking peas on the porch while we think back over our experiences of the year. Grizzly will help us notice what we have learned about what helps us be stronger on Spirit’s path. Sometimes we learn from something that didn’t work well, sometime we learn from something that did work well. When we reach inside (introspection) and evaluate these things with our hearts, we can feel stronger with Spirit.

Then in Winter, the Mother’s mantle of snow quiets her rooted ones. Here in the rainforest, her constant rain and wetness puts down the plants, and animals seek shelter, maybe to sleep. We need to also seek Waboose’s path of Cleansing and Renewal, thus making our walk with Spirit Pure. It is the time to rest, soak in the hot tub, to do a cleansing diet, to sleep deep and awaken with a new energy for the days footsteps. We can let go of the ways and things that Mudjekewis helped us to notice were not working. We can make stronger the things that were working well. Then in the new energy of Spring to come, we can acknowledge our purer experience of Spirit and say thank you for th cycles that help us learn.

This is ideal. It’s the way things have been. Now, though, in the Earth Changes, things are changing, even the cycles of the Mother – the last three years I have seen wetter Springs, longer hotter summers, milder winters. Prophets have said many things – “this may be the global warming before an ice age!” among others. It feels a little unsettling to this one that I can no longer predict 2 week of sun in February to plant my peas and early spinach because we don’t get a rain break. I need to plan to water more in the new long days of summer. Earth Changes mean our most valuable asset may be our ability to adapt to change. I am grateful for Sun Bear’s words “Listen to the Mother. In the changes, she will tell you where you need to be and when.” In the meantime, I practice silence and listening, slowing down and listening. Being on the land, anywhere, helps that. Please give it a try and let me know what you hear.

Love to all, Buhmuh



FASTING ANOTHER PERSPECTIVE

EVERY RELIGION & SPIRITUALITY HAS FASTING AS PART OF THEIR PROCESS OF PREPARATION. MANY PEOPLE IN THIS COMMUNITY THAT I'VE TALKED TO SEEM TO THINK FASTING IS A TORTURE TEST OR ENDURANCE THING, BUT THERE IS THE WAY MY ELDERS TAUGHT ME & WITH THE SOLSTICE APPROACHING I FIGURED IT BEST TO SHARE THIS....

FIRST PLEASE LISTEN TO YOUR BODY & BE KIND TO IT! GOING WITHOUT FOOD SHOULD **NOT** BE IN TIMES OF NEEDING PHYSICAL STRENGTH AS YOU WILL NOT HAVE THE RESERVES YOU USUALLY DO. FASTING WITHOUT LIQUIDS CAN BE EXTREMELY DANGEROUS SO OHSHINNAH AND OTHER ELDERS ADVISE AGAINST THAT. IF YOU ARE **ABLE** TO FORGO THE FOOD GREAT! ONE SHOULD NOT PUT OUR HEALTH AT RISK BUT SURELY SUGAR, CAFFEINE, DRUGS / ALCOHOL AND MEAT ARE NOT ESSENTIAL TO OUR EXISTENCE? IF YOU ARE ALREADY FREE OF THESE WHAT MORE CAN YOU DO?

FASTING BY THE DICTIONARY DEFINITION IS GIVING UP FOOD OR *CERTAIN FOODS* FOR RELIGIOUS OR SPIRITUAL PRACTICE. IT IS NOT A MACHO THING, SELF-FLAGELLATION, OR ANYTHING LIKE THAT. THE WAY THAT I WAS TAUGHT COULD PARTIALLY FIT THE DESCRIPTION ABOVE ALSO BUT EITHER WAY - IS A WAY OF PREPARATION FOR ENTERING A SACRED SPACE. JUST AS WE DRESS UP FOR A BIG CEREMONY, SMUDGE AND OTHERWISE PREPARE OUR EXTERIORS WE FAST - TO PREPARE OUR INTERIORS FOR BIG EVENTS. EQUINOX AND SOLSTICE HAVE ALWAYS BEEN FASTING TIMES FOR ME AND I SUBMIT THIS TO THE CHANEEG CHANEESCH CIRCLE AS FOOD FOR THOUGHT!

FOR FOOD FASTS 4 DAYS BEFORE AN EVENT ARE RECOMMENDED. TYPICALLY WE USED TO DO A 16 DAY FAST WHERE EACH THING ELIMINATED CONTINUES THROUGH TO THE END OF THE FAST. THE FIRST FOUR DAYS - STOP EATING MEAT; THE NEXT FOUR - SUGARS & CAFFEINE; THE NEXT FOUR - STARCHES; THE LAST FOUR DEPEND ON MY STATE OF HEALTH. IF I AM FEELING STRONG AND WELL I GO TO A LIQUID FAST, IF NOT PHYSICALLY ABLE OR IN A BUSY WORK CYCLE- I JUST DO VEGGIE AND FRUITS. MANY IN SAQUASOHUH DID THIS SAME FAST.

ALSO IT IS JUST AS IMPORTANT TO BE GENTLE WITH YOURSELF AS YOU BREAK YOUR FAST. SURE WHEN I FIRST WAS FASTING IN MY EARLY 20'S I BROKE SOME FASTS WITH PIZZA AND BEER BUT EEK! WHEN I THINK WHAT THAT MUST HAVE BEEN DOING TO MY BODY BACK THEN! USUALLY FOR EVERY 4 DAYS FASTING -I DAY OF BEING GENTLE SHOULD BE USED COMING OUT OF IT. WHEN I GO TOTALLY WITHOUT FOOD, MY FIRST DAY IS NOTHING BUT OATMEAL AND A LITTLE FRUIT TO HELP MY STOMACH GET USED TO PROCESSING AGAIN. WHEN GOING WITHOUT FOOD, EVERYONE I'VE TALKED TO AGREES THAT THE FIRST TWO DAYS ARE THE HARDEST (AS FAR AS HUNGER) BUT ONCE YOU GET OVER THAT HUMP IT GETS SO THAT THE CONCEPT OF EATING BECOMES IRRELEVANT, YOU COULD TAKE IT OR LEAVE IT. LASTLY - WATCH WHAT YOUR DRINKING IF ON A LIQUID FAST!

WHEN I WAS IN SAQUASOHUH, MANY WITHIN THE TRIBE HAD VERY LIMITED DIETS FROM DISEASE OR DIETARY NEEDS. SO HERE'S THE TWIST ON WEBSTER THAT MY ELDERS TAUGHT ME... FASTING IS FORGOING INDULGENCES! WHAT ABOUT TV OR AT LEAST THE SOAP OPERAS? (&YES THE SCI FI CHANNEL IS FULL OF SOAP OPERAS - SPACE SOAP OPERAS!) COMPUTER/ VIDEO/ X-BOX GAMES? CRUISING THE WEB? THE BINGO HALL? OR ANY ONE OF A MILLION LITTLE INDULGENCES THAT WE SILLY HUMANS LIKE TO GET CAUGHT INTO ALL SO WELL? FORGO THESE THINGS FOR A *MINIMUM FOUR DAYS PRIOR* TO THE BREAK FAST OF THE SOLSTICE OR EQUINOX AND USE THAT TIME FOR PRAYER, REFLECTION AND MEDITATION INSTEAD. THIS WILL HELP YOU TO SINCERELY PREPARE YOURSELF FOR ENTERING SACRED SPACE. WHEN LIFE WAS HECTIC OFTEN MANY OF US JUST USED A SIMPLE NON-INDULGENCE FAST WITH A FEW NON-ESSENTIAL FOODS ELIMINATED FROM THE DIET. FOR THOSE ON RESTRICTIVE DIETS OR WHO SIMPLY COULD NOT FORGO EATING THIS PRESENTED THEM WITH A WAY TO FAST WITH THE OTHERS AS WELL.

THE FUNNY THING IS AFTER 4-8 DAYS OF NO TV OR GAMES OR WHATEVER, ONE STARTS SEEING THIS INDULGENCE IN A WHOLE NEW LIGHT AND OFTEN IT MAY BE LEFT BEHIND FOR A LONGER PERIOD - OR FOREVER! ULTIMATELY HOW ONE FASTS IS BETWEEN THEM AND THE GREAT MYSTERY. BUT WHATEVER PATH ONE DECIDES ON, AND THEY SHOULD THINK THIS THROUGH PRIOR TO COMMITTING, AND THEN THEY SHOULD STICK WITH IT AS IT IS A PROMISE / VOW BETWEEN THEMSELVES AND CREATOR. DON'T RISK YOUR HEALTH AND BE KIND TO YOURSELF BUT DO THINK ABOUT PREPARING YOURSELF ON THE **INSIDE** AS WELL AS THE OUTSIDE BEFORE BIG CEREMONIES LIKE EQUINOX & SOLSTICE

CLEARINGLY YOURS LARZ



FROM GRANDMA BUHMUH:

SUN BEAR USED TO HAVE US FAST FROM FOOD FOR 4 DAYS BEFORE SOLSTICE (EARTH RENEWAL). HE TOLD US IT MAKES US LIGHTER - LESS DENSE - IN ALL WAYS AND MORE ABLE TO HEAR SPIRITS MESSAGES. WE BROKE FAST WITH THE SPIRIT FEAST AFTER SWEAT. I FIND FASTING VERY OPENING AND RECOMMEND YOU TRY

IF FOR YOURSELF.



Elder Family Christmas

This is about the 15th year Chaneeg Chaneesch has sent Christmas presents and goodies to the Looking Horse family in South Dakota. Each year we are told they are very glad we continue to do this. Without us, there would be no packages for the 20+ children and 15+ adults. This year four more infants have been welcomed into the family. All of us have so much fun wrapping packages, baking cookies and boxing everything for mailing.

Adopting a child or an adult with another person or a group gives us all our way to experience the abundance of this time of year. The abundance of relationship in sharing our abundance with others! The white pouch even has so much green stuff in it to help with the cost. Many, many thanks to all of you who help with this.

Love Grandmother Buhmuh



WORKSHOPS

We love doing workshops at Chaneeg Chaneesch but need people to sign up in sufficient quantity to make them happen. Lists are by the kitchen door. We are always open to suggestions for other topics the community would like to learn about. Here's the latest news....

HERBS – W/ OH SHINNAH

(\$150 +/- 3 DAYS)

Price depending on # of sign ups. Tentative date Feb 25-27th.

8 signed up only 4 more needed to sign up by Dec 15thOR this workshop will be postponed.

CRYSTALS 101 W/ BUH MUH

(\$15-50 – 1 DAY)

Price as willing / able. Date will be set if enough people interested.

APPLIED SPIRITUALITY W/ BUH MUH (\$15 – 1 EVENING)

Date will be set if enough people interested.

SOUL RETRIEVAL – W/ DEEP ARROW

(\$150 +/- X 3 DAYS)

Price depending on # of sign ups.
Date will be set if enough people interested.

EXPLORING PAST LIFE

INFORMATION W/ BUH MUH

(\$15 - 1 EVENING)

Date will be set if enough people interested.

COMPASSIONATE COMMUNICATION- W/ DEEP ARROW (\$150 +/- 3 DAYS)

Price depending on # of sign ups.
Date will be set if enough people interested.

CREATING A NEW WORLD – W/ BUH MUH (\$15 – 1 EVENING)

Date will be set if enough people interested.



THOUGHTS About Sweats

BY GRANDMOTHER BRIGHT OWL

WE HAVE BEEN HAVING A COED SWEAT THE DAY AFTER THE FIRST LEVEL MOON CEREMONY, SOME HAVE REALLY ENJOYED THE ENERGY OF MEN AND WOMEN SHARING THIS TOGETHER. SOME WOMEN HAVE DECLINED TO COME SAYING THEY PREFER THE ENERGY OF JUST WOMEN. WHAT IS YOUR FEEDBACK? THESE DECISIONS ARE MADE BASED ON COMMUNITY INPUT. WE CO-CREATE OUR EXPERIENCE HERE WHICH TAKES COMMUNICATION. PLEASE LET US KNOW WHAT YOU THINK, FOR NOW, WE WILL LEAVE THINGS THE WAY THEY ARE.



Balsamic Moon (This abbreviated article courtesy of Steve Nelson)

The Balsamic phase of the moon cycle is the three days before the New Moon when typically, the waning crescent can be seen an hour or so before sunrise. The Balsamic Moon is called the wishing moon because it is a good time for putting wishes in the air.

A wish made at the Balsamic Moon is more likely to come true because needs are felt more deeply now. The more deeply a need is felt, the more invocative energy goes into the Moon cycle and the more likely this need will be met. Fulfillment comes at Full Moon in response to what is seeded at the New. Seed intentions may be more consciously sown when the Crescent Moon appears beginning.

People are more likely to be aware of psychic phantasms, fears, self-doubts and disturbing emotional tides at the close of the moon cycle. (a.k.a. the Full Moon). The old emotional cycle is breaking down and everything is wrong tends to come to awareness. Remember feelings invoke healing. It might seem strange, but the worse one feels at Balsamic Moon the better for invoking healing and need fulfillment. More often the process is unconscious and rightly so as seeds grow best when planted in darkness.

The darkest of any cycle is at the end when all its shadowy elements come to the fore. "It's always the darkest just before the dawn" whether this refers to beginning of a day, a new moon, or a new Zodiacal year. During the 2 days before the New Moon, the world can seem a tangled web of problems impossible to resolve. But it is the Balsamic Moon phase that problems are revealed but are not solved. Seeing the problem is easy at this time. Solutions come later. A too quick fix will be superficial and can inhibit the flow of growing understanding. This is a good time though for bringing to awareness, highlighting, and releasing old patterns of belief and behavior that are holding us back from easily meeting the challenges of the time. And wait for that next cycle to complete the energy of what you began during this phase.

The Balsamic Moon is the perfect time to stir out uncertainty and Confusion because it is the time for psychic clearing. Wishes are more readily fulfilled as the way is cleared to feeling the core need.

A hot mineral bath can be healing at the dark of the Moon, at time when emotional, psychic and physical toxins are ready to be released. Espom (magnesium sulfate) salt and baking soda added to a bath help eliminate these toxins, clear perceptions and open awareness. Candles, incense (esp. Myrrh) and flowers are part of the ritual bath prescribed for the day before the new moon in Hindu tradition. A candle at the foot of the bath can be an aid for clearing the mind and focusing intentions.

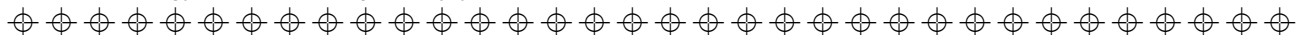
The dark moon is a quiet time, a time for pause before new movement begins. Lunar energy is inaccessible at the exact time of the New Moon as the slate of the unconscious mind is being cleared. The actual day of the New Moon is unfavorable for conscious planting of either psychic or physical seeds. At this time consciousness is turned within.

It is ideal to clean and put the house in order during the Dark of the Moon, the perhaps have friends in on the evening that the New Moon crescent appears. The night of the New Moon crescent is a time for celebration in all indigenous cultures. Cherokee women dance from the sighting until the setting of the Crescent Moon.

The lunar cycle begins when the Moon is united with the Sun. (See dates at end of article) But the New Moon is not visible then and its creative psychic energy won't be available until the New Moon Waxing crescent appears which will be about 2 and ½ days after the New Moon.

The days of the early waxing crescent are ideal for: beginning new creative projects; Problems that seem intractable now can be resolved; whatever is begun is apt to succeed.

Whether you believe in celestial events or not, a lot of energy regarding relationships has been occurring over the last few months. As one astrologer put it: The energy is so big that the only way to avoid it is to stay in bed with the covers pulled over your head. Answer the phone...oops...gotcha! This goes for resolving non working relationships and creating big new soul mate relationships. Here is something that I came across several years ago that needs to come forward again for this time and this energy that is occurring..... enjoy -Larz



Love vs. toxic love

(compiled with the help of the work of Melody Beattie & Terence Gorski.)

1. **Love** - Development of self, first priority.
Toxic love - Obsession with relationship.
2. **Love** - Room to grow, expand; desire for other to grow.
Toxic love - Security, comfort in sameness; intensity of need seen as proof of love (may really be fear, insecurity, loneliness).
3. **Love** - Separate interests; other friends; maintain other meaningful relationships.
Toxic love - Total involvement; limited social life; neglect old friends, interests.
4. **Love** - Encouragement of each other's expanding; secure in own worth.
Toxic love - Preoccupation with other's behavior; fear of other changing.
5. **Love** - Appropriate Trust (i.e. trusting partner to behave according to fundamental nature.)
Toxic love - Jealousy; possessiveness; fear of competition; protects "supply."
6. **Love** - Compromise, negotiation or taking turns at leading. Problem solving together.
Toxic love - Power plays for control; blaming; passive or aggressive manipulation.
7. **Love** - Embracing of each other's individuality.
Toxic love - Trying to change other to own image.
8. **Love** - Relationship deals with all aspects of reality.
Toxic love - Relationship is based on delusion and avoidance of the unpleasant.
9. **Love** - Self-care by both partners; emotional state not dependent on other's mood.
Toxic love - Expectation that one partner will fix and rescue the other.
10. **Love** - Loving detachment (healthy concern about partner, while letting go.)
Toxic love - Fusion (being obsessed with each other's problems and feelings.)
11. **Love** - Sex is free choice growing out of caring & friendship.
Toxic love - Pressure around sex due to insecurity, fear & need for immediate gratification.
12. **Love** - Ability to enjoy being alone.
Toxic love - Unable to endure separation; clinging.
13. **Love** - Cycle of comfort and contentment.
Toxic love - Cycle of pain and despair.

Love is not supposed to be painful. There is pain involved in any relationship but if it is painful most of the time then something is not working. There is nothing wrong with wanting a relationship - it is natural and healthy. There is nothing wrong with wanting a relationship that will last forever - expecting it to last forever is what is dysfunctional. Expectations set us up to be a victim - and cause to abandon ourselves in search of our goal.

If we can start seeing relationships not as the goal but as opportunities for growth then we can start having more functional relationships. If we can start seeing relationships not as the goal but as opportunities for growth then we can start having more functional relationships. A relationship that ends is not a failure or a punishment - it is a lesson. As long as our definition of a successful relationship is one that lasts forever - we are set up to fail. As long as we believe that we have to have the other in our life to be happy, we are really just an addict trying to protect our supply - using another person as our drug of choice. That is not True Love - or is it Loving?



Supporting each other

🌍 Chaneeg 🌍 Chaneesch 🌍 Classified 🌍

Rev - Bright Owl
Consultations, Weddings, Birthings,
Crossing Over Ceremonies, Coming
of Age Rites, Eldering Rites, Pipe
Ceremony, House Blessings,
Bundles and much more!
__****

Mahala
Professional metals Artist
Commission Works & Jewelry
Products from Niccon (Air
Purifiers, Water Purifiers, etc).
__****

Brain Tanning
Leather, Elk, Deer, Tanned sheep skin.
Chainsaw construction projects or other
rough land needs
Barry ***_***_****

Ask **Bright Owl**
For Mountain T-Shirts
Ask bright owl for more info

Tom 'Spirit Hawk' Outsen
Massage Therapist,
Shiatsu, Breath Work,
Pipe Maker, Pipe Ceremonies,
Sweat Lodge
__****

Rev - Luann 'Open Heart'
Reiki Master,
Beads & Craft Supplies
Ask bright owl for more info

HELP NEEDED
Unlimited # of positions available!
Chaneeg Chaneesch Northern Gardens
need a major overhaul.
The gardens and chicken pens are
overgrown and out of control.
If anyone would love some nitty gritty
hands on brush control experience,
please contact Grandmother Buhmuh
when you can come and help. Bring
thick gloves and a clipper and wear
jeans. I don't want anyone eaten by the
blackberries and thistles.

Larz Hitchcock
Residential Design & Construction
Environmental Design Specialist
Massage Therapist, Tarot,
Meditation, Beginners Yoga
__****

Look for box tops that have
coupons with
"Box Tops for education" on
them & Bring them to Chaneeg
Chaneesch!

FREE BIG LOOM
Slightly beat up but still good
Contact Bright Owl for more info

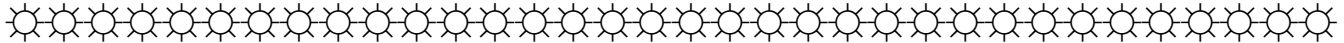
Candace Anello LMD, RC
Energize!
Massage – Energetic Body Work
__****

Sky Bear
Beautiful Leather Pouches
Ask bright owl for more info

WANTED
Tipi Poles & Logs for Cabin Building
Call Chaneeg Chaneesch

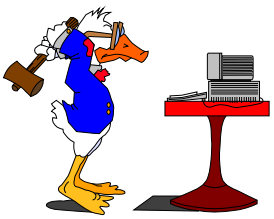
Kim Parks-Halvorsen
KMH Otter Designs - Jewelry
Northwest Coast Art,
Computer illustrations
__****

Jorgen Embreus
Real Estate Associate
Lynnwood & Beyond
__****



From the editor:

Please forgive me for any typos, errors or foibles.
I try my hardest to come from only a place of love
and sincerely want the best for all my fellow beings.
My prayer: Thy will be done creator, not mine – to
me and through me, to universal love.
Feedback always encouraged and appreciated!



Submittals for the next newsletter must be received by Feb. 15th

Lets hear YOUR story, YOUR poem, YOUR thoughts after all its YOUR tribe!!

