

# eT Totempole

March 2004



*A Newsletter for the Animalwork Community and those interested in The PTPP® and Deep Imagery*



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**Rosalie Douglas** lives in Tucson, Arizona where she conducts individual sessions and two workshops each month: one introductory Personal Totem Pole Process and one continuing PTPP. Contact her at 520-888-1895 or [rgdouglas@cox.net](mailto:rgdouglas@cox.net) for workshop dates and times.



## The Distance You Cover

I am in the meadow where I meet with my animals standing by the Pine Tree that is my creature of imagery. It is winter and the meadow is bare. The Pine Tree stands there strong and I ask if it is my guide for this journey. The Tree's needles shake as if it is chuckling and it says, "The only place that I can guide you is to the top of me." So, I start to climb. It is easy to climb, like a ladder. The branches are just the right distance apart so that I climb easily inside them right by the trunk to the top of the tree. The tree is so strong from the base to the top. It doesn't get wobbly at all. Tree says to me, "You're like that, too." I look out through the pine needles at this amazing view, beautiful winter, all greys and browns. I can see so far. I ask tree what I am supposed to be seeing. It says, "Just look." In every direction it goes on and on until the scene fades out of view. I know it continues on, but I just can't see it any longer. Tree shows me the view and relates it to the family reunion that we are planning – shows me where the view starts out strong and then ends up in a box canyon and equates that to those brothers and sisters of my father some of whom died in infancy, others who had no children. Tree points to other areas of the vast scene that seem to go on and on and says that is like the family members who had many children.

Tree shows me an area that it says represents my immediate family, showing me that whatever happens with me, this view continues in essential ways over paths of the scene of which I have no comprehension. It is a glorious view in all directions with mountains and woods, valleys, rivers, every possible manifestation of life in all directions and we are a part of it; not creating it, not separate from it, but an aware part. Sometimes we think we are creating it, but we aren't.

I ask if there is anything I need to do with this and Pine Tree says, "Isn't it enough to just see it and be with it? Take time to be with it."

My bear (feeling) and turtle (grounding) and mountain lion (emotion) come to join me in the Pine Tree and at once the Tree is filled with my family. My grandchildren are playing with Bear and it is such a joyous scene. The spirit of my daughter Cindy is here just being with every member of my family. I thank her for always being with us. She tells me that it doesn't matter what happens to me, whether I remain here or go to be with her. My spirit will be with my family always, too. She says, "Nothing is ever lost. It is a vast tapestry. We each are just a thread, an essential thread. Your role and the role of each of us is to be the strongest best thread we can be for the time that we are here, not to worry how many others we touch. We are each one on our path. There is no way to judge and no reason to judge someone else's path. We just need to live the best we can."

I become aware that I can recognize myself and each of my brothers and sisters and parents and children and friends in the tapestry that is the scene extending outward forever around the Pine Tree. Each of us is a brilliant stitch surrounded by a unique tapestry flower, some tiny,

some spreading out endlessly and unknowably interwoven with other flowers, but each perfect. And I realize that the tapestry is continually being woven as I watch. It is so beautiful to see the tapestry being woven.

I finally climb down the tree and when I get to the bottom it is Spring. Everything is in bloom. Lots of blue Iris in the meadow. It is so lovely. I thank the Tree for always being there and for such a beautiful journey. Tree says, "The distance you cover is not important. It is the quality and the beauty of your journey that is important."

Rosalie Douglas Journey  
Guided by Gail Perkin in Tucson AZ  
February 11, 2004

## Austrian Webpage

The Austrian Web Page is online at: [www.totempole.at/](http://www.totempole.at/)! It contains informations in German about Animal Imagery, a complete index of the Austrian guides, a list of workshops and events, sharings, literature and much more. Enjoy surfing!

Greetings!

Raffaella



## Ende des Klagens

Margot Beierwaltes' book of poetry has recently been published in Germany. The poems on this page all come from it.

A lot of Margots' poems come out of her Imagery journeys. The book can be ordered directly from Margot (MargotBeierwaltes@web.de) or at any bookshop, in German speaking countries.

### Book Information:

Margot Beierwaltes: Ende des Klagens,  
Edition YE, ISBN 3-87512-190-2



### Tod des Bruders

wußte ich plötzlich daß er sterben wird bald  
ein Klang in mir für den nicht Platz war  
dieser Schmerz meißelte und schuf - es begann

erschrocken geflüchtet ans schwarze Wasser  
Kreise laufen dort die Augen pulsweise erweiternd  
Libellen ihre Farben für nichts mehr gut

noch klimpert ihm Kleingeld in den Taschen  
steckt ihm die Schachtel Luckies in der Hemdbrust  
lacht er und wirft die Jacke schulders und geht  
schlendernd dahin den Weg durch das Wäldchen

### Landschaft mit Tür

meinem Vater Berg sind  
die Bäume heute fein gekämmt  
die Schafe auf der Wiese am Hang  
sind seine Liebe und Gelassenheit

mir wird die einstweilige Torheit  
abfallen wie verdorbene Frucht  
und mein Garten wird gedeihen

die Unzeit vorbei die Tür gewandt  
steh ich in der Landschaft  
vor dem steinernen Gesicht

und es legt sich zurecht in mir  
dieses Jahr noch werd ich alles  
was sein muß zunichte führen  
nächstes Jahr weiß ich das Blühen

### Schale

feine zarte Lamellen entlang  
beschrieben von Erinnerung  
gewiegt - berühre sie nicht  
in die große Schale - ist es Wasser

ist es Wasser -  
daheim - sagt es

mit den Augen mit den Ohren baden  
und getränkt versiegelt hinaus hinein  
ins Zeitwandlerwerk  
wo dich empfängt Liebes und Leides

waren da Hände - Engelshände -  
niemals spreche ich -  
so nicht davon sich verhärtet ein Gerüst  
zu betreten zu verwechseln  
zu glauben an eine meine kleine Zeit

## UNESCO

Andrea Campbell, was elected as a permanent member of the UNESCO Leadership Committee in Istanbul at the conference in 2003. She will attend the conference June 24-27, 2004 in Istanbul and present a paper.

## News from IIVR

At the annual board meeting in October 2003 the Council of Elders set out to address both the successes and failures of IIVR. The meeting began with a ceremony in which the Elders released all that IIVR had been; all our expectations for IIVR and all our frustrations. This process allowed the Council to restructure IIVR so that the important work of IIVR can be carried out more efficiently.

The Council moved to close the office and reserve those funds for other functions. To do this effectively it was decided that IIVR would need a volunteer coordinator, Debra Vickroy, to be a focal point for communication among the Council and the community. Each Council member would also be asked to take on responsibility for some aspect of IIVR.

Financial management will be handled by Rhonda Lunsford with the support of Kris Olson, IIVR Treasurer until a volunteer administrator and new Council Treasurer are identified.

## Accomplishments:

Although IIVR has experienced two difficult years, it has been able to provide support to the Personal Totem Pole Process community through the giving of scholarships, and through Practitioner and Festival support. IIVR has continuously sponsored scholarships for trainees who will bring deep imagery into professional settings. Over the last six years, IIVR has provided over 25 scholarships to trainees worldwide.

IIVR has sponsored a U. S. Practitioners Council. Its purpose is to help certified PTPP practitioners and trainees in their third year of training to support each other in the development of a practice of deep imagery work (in whatever area or manner that suits each practitioner).

IIVR has also continued to support an annual Festival of the Animals by providing practical support and often, financial support. In 2002, the Festival was in Australia. This provided a focal point for the emerging Australian community to introduce new people to deep imagery and to further the work that Frank Coughlan has been doing for several years. It also led to a decision by the Australian community to hold a local Festival in 2003.

In 2003, the Festival of the Animals was held in Northern California. Although small in numbers, it has provided a catalyst for an evolving California community.

Both new participants and veteran journeyers did some profound imagery work.

## **M**oving Forward: Website -

Of major concern is the promotion of, networking in and communication for the PTPP. To address this issue, the Council agreed to the development of a new website designed by Mary Diggin. It was also agreed that the new web address would be [www.deepimagery.org](http://www.deepimagery.org). Mary proposed that IIVR contract with Yahoo Small Business as the server. She proposed the new website include the following:

- The focus will be to capture the spirit of the work
- there will be a section that describes deep imagery and the PTPP
- the website will promote the work through testimonials, samples of journeys and biographies of the practitioners (who, as Mary pointed out, are very intriguing and interesting people)
- there will be a products/donation section with security for accepting credit cards
- there will be a page for each country to announce and describe their work
- there will be a section devoted to scholarships with the applications and requirements available to download with information as to where to send the completed application
- there will be a sponsorship page for making direct donations
- there can be secure chat rooms for the use of Council of Elders, Doorway Council and Practitioners
- the site through Yahoo comes with 25 e-mail boxes with an ....@deepimagery.org; addresses that can be used by the active coordinators or auctioned for donations
- the site will be home for the eTotempole Pole
- maintenance costs will be minimal with updates happening every six to twelve months

## **F**undraising

Another major area of IIVR's focus needs to be fundraising. To facilitate this, Rosalie Douglas agreed to chair a Products Committee. Rosalie's vision is to offer tasteful imagery-related items for sale on the new website with the proceeds going to fund IIVR. The first item may be a new T-shirt offered for a donation of around \$20 to \$25. Rosalie will coordinate the things that will be offered on the website as well as the distribution of the items. She has developed a committee including Pam McWethy and Laura Lindsay. They will be soliciting items to be donated for sale to support IIVR.

The website page that announces and describes each country's work will provide US and non-US practitioners with concrete identification with IIVR that should encourage their financial support. The website sponsorship page will provide a simple method for that support.

## **S**cholarships -

The Scholarship Committee will be chaired by Gail Perkin and include Karen Rider and Janet Francis. Making the scholarship applications available on-line will streamline the process for candidates. Completed applications will be sent to Gail for distribution to Karen and Janet. IIVR is currently seeking funding for scholarships.

## **F**estivals -

A Standing Festival Committee will be chaired by Phee Brooks and include Audrey Dickson, Frank Coughlan, and members of the community who are willing to support the organizing committee of each Festival. IIVR will also contribute financial support as long as it has funds in the Festival account.

## **F**urther Information:

The complete annual report with proposals for two projects to begin in 2004 is available on the website, [www.deepimagery.org](http://www.deepimagery.org).



### **USA Practitioners Lists**

Due to the unfortunate loss of information when the old IIVR website collapsed, the IIVR no longer has a digitalized list of USA practitioners, suitable for online viewing, available. I would like to rebuild that list as soon as possible and invite USA based practitioners to send the information they wish to have listed (name/address/telephone/email; whatever is applicable) on the WEB PAGE to [etotempole@deepimagery.org](mailto:etotempole@deepimagery.org)

I believe the practitioners information from Europe is available from the European web sites but it would be a good idea if everyone took the time to update their information.

This should initially be a SHORT listing. At a later date I hope to build a more extensive description of what people do and offer but at the moment it is a priority to get some information online.

Thanks  
Mary Diggin

## Meeting The Beast

All of a sudden I took a look straight into my heart. I saw a beautiful landscape: Lush meadows, streams, mountains with snow on their tops. A lively moving and splashing everywhere. I felt like coming home! - A feeling of sadness followed.

This time I could enter into my heart without opening any doors or putting away any curtains - they were gone, and it made me feel insecure for a while. "All this beauty is for me?", I asked. "All the beauty is for you", it echoed. I started crying, feeling, what I had missed for such a long time. Doubts were crossing. "Will I be able to enter even when there will be people around me?" "Always there", answered the mountains.

Suddenly my mom came into my mind, I doubted she'd ever experienced such a free love. "How'd you know?", asked the squirrels playing on the ground. "Maybe she has just forgotten to tell you!" they finished, laughed and disappeared in the woods.

Starting to trust my surroundings I asked "What's about my brother?" The hawk appeared. "Well what's about him?" he repeated my question in a sonorous tone. "Does he experience love at all after what has happened to him?" "You're talking about his illness, aren't you? What if he got over it?" "What if..." I started feeling guilty again of what had happened.

The mountains were still shining in the sun. What a lovely day! I tried to get in contact with my guilt, asking it to appear. Out of the woods it came: worn out, hairy, clumpy, unwashed. I could feel loneliness rising up again. How I loved to escape from all that! I didn't know what to do with that creature... How to bear its company... Horst would advise me to tell the beast about it - so I did.

"I feel ashamed to see you." It moaned. Shaggy as it was, I thought about asking if there might be something I could do for it, but all of a sudden I got tired, unbelievably tired. The sun was still shining, enlightening and warming. I discovered a small stream right in front of me, silently moving through the green grass, making these funny \*gluggsy\* noises which I love listening to. I laid down on one of these huge, flat grey rocks which reflected the sun's heat.

I knew the beast had stayed. With mixed feelings of helplessness and anger I was sitting there, feeling the impulse to shout at it. To tell him to behave, to beat him up, to hurt him. What made me so aggressive about him was his imperfectness - which was my own, after all. He was still standing there, enjoying the sun, discovering its warm and relaxing impact. I took a deep breath. "What do I do with you?", I shouted. "Nothing", he moaned. I decided to leave him alone for a while. Watching the hawk circling the sky, I felt tired and comfortable. He approached. I expected a bad smell which didn't come. "Finally", I thought, "I might even discover its beauty."

## From Judith in Austria

# Festival of the Animals 2004

## Dear Totempolers,

Vienna -Tourism is sponsoring the mailing of next years festival. So in a few days you will get **enrollment papers for the Festival of the Animals 2004 in an envelope of Vienna-Tourism.**

heartful greetings,  
the Festival-Komitees 2004:  
Gabriela Bernhart (A), Greta Frühwirth (A), Andreas Känzig (CH), Horst Lenes (A), Stefanie Maurer (D), Andrea Ortmaier (A), Corinna Veit (D):

## Kontakt Adress for the Festival 2004:

Andrea Ortmaier  
Vienna Tourism  
++43-1-24555-464

## Festival website

[www.animalfestival2004.info](http://www.animalfestival2004.info)



**Liebe Reisende und an der Methode "PTPP" Interessierte,**  
PTPP = "The Personal Totem Pole Process©", Begründer Stephen Gallegos,

dank Wien-Tourismus, der unseren Versand für das Festival sponsert, bekommt Ihr in einigen Tagen **die Festival-Post 2004 in einem Kuvert von Wien-Tourismus!**

Das Kuvert enthält die **Festival-Unterlagen und Termine für Seminare, Ausbildungen und das Workshopleadertraining mit Steve Gallegos in 2004.** Also das Kuvert nicht wegschmeissen, sondern sofort öffnen und lesen, um den Frühbucherrabatt bis Ende 2003 für das Festival nicht zu verpassen.

das Festival-Komitees 2004:  
Gabriela Bernhart (A), Greta Frühwirth (A), Andreas Känzig (CH), Horst Lenes (A), Stefanie Maurer (D), Andrea Ortmaier (A), Corinna Veit (D):

## Kontakt Festival 2004:

Andrea Ortmaier  
Wien Tourismus  
++43-1-24555-464  
[ortmayer@wien.info](mailto:ortmayer@wien.info)

## River Spirit

River Spirit, originally the center for the IIVR & Animalwork, may need a caretaker in June this year. If anyone out there is interested in spending time in New Mexico, having use of a vehicle and house, please call or email Mary Diggin. [animalwork@espanola.com](mailto:animalwork@espanola.com)/505-852-4897.

## About This Area:

### River Spirit

This is a photo of the house. As you look at it, the room on the left is the original house, built from adobe over 100 years ago. The rest of the house was added on room by room and is constructed from such various items as railway sleepers, wood paneling and ordinary brick. It is all finished in adobe style stucco.

The window frames are painted blue, a traditional Hispanic custom that originated with the Moors as a means of warding off the Evil Eye.



### Taos Pueblo

This is Taos Pueblo, the oldest continuously occupied Pueblo in the USA. It is about 3/4 of an hours drive from River Spirit. Pueblo is the Spanish word for town and was given as a name by the Conquistadores to the Native American Villages they saw in NM. These villages were built out of Adobe, brick made of mud, straw and other debris. Some people think that the legendary Cities of Gold the Spanish saw, were an illusion caused by sunlight reflecting off the straw in the adobe, in the Pueblos walls. Taos Pueblo dates from 1300 AD. In European terms, that is not very old but in the USA it is regarded as quite ancient. There are older ruins nearby, in Chaco canyon, Bandelier, Mesa Verde, etc., built as cliff

dwelling, dating from 800ad



### Rio Grande

River Spirit is right on the Rio Grande, yes, the one ABBA sang about!. The trees that surround the house are cottonwoods. They turn a golden yellow in autumn. This photo was taken from the door of the house, and shows the an easterly view of the river, with the golden cottonwoods .

Dear Members of the Animal Community,

I would like to invite you all to make use of our workshop listings and community news pages to list the workshops, trainings and other PTPP related events that are happening in your area. Currently, I simply publish whatever I receive but I am sure there is more happening worldwide.

So, please make use of these pages. Should the listings ever get too large, then we will just place them on the webpage.

Thanks  
Mary

## Main Contacts for the PTPP Worldwide:

- USA:** IIVR webpage: [www.deepimagery.org](http://www.deepimagery.org); email: [iivr@deepimagery.org](mailto:iivr@deepimagery.org)
- GERMANY:** **Kiki & William Larro**, Heideweg 29, 85598 Baldham, Germany  
Tel./Fax: 0049-(0)8106 – 4115; E-Mail: [totempole@onlinehome.de](mailto:totempole@onlinehome.de); [www.totempole.de](http://www.totempole.de)
- Corinna Veit**, Spieglerweg 4B, 88131 Lindau, Germany  
fon (..49) 08382-944 803 fax (..49) 08382-942 137 [corinnaveit@begegnungs-reisen.de](mailto:corinnaveit@begegnungs-reisen.de)
- Mona Gimbel-Goepfert**, at telephone (Frankfurt) 0049(0)69 - 751 997.
- AUSTRIA** [www.etotempole.at](http://www.etotempole.at)
- IRELAND:** Audrey Dickson: [audic@esatclear.ie](mailto:audic@esatclear.ie)
- U.K.** Veronica Rock <[v.rock@amserve.com](mailto:v.rock@amserve.com)> (England & Wales)  
Leonie FitzGerald <[lf@1home.fsnet.co.uk](mailto:lf@1home.fsnet.co.uk)> Scotland
- AUSTRALIA** Frank Coughlan email [frankacoughlan@bigpond.com](mailto:frankacoughlan@bigpond.com)  
<http://www.deepimagery.com>
- SWITZERLAND:** Christian Lerch; [chlerch@mydiar.ch](mailto:chlerch@mydiar.ch)

# Workshop and Training listings:

## ... in Germany

### 2004 Calendar with Steve Gallegos in Germany:

submitted by Kiki and William Larro

#### Workshops:

April 2	Evening talk	“ The Way to Wholeness ”
April 3-4	Two day workshop	“ The Personal Totem Pole Process ”
April 5-6	Two day workshop	“ Deeper Into Wholeness “

Location: “Movimento”, Neuhauser Strasse 15, Munich

#### Training and Seminars:

March	6–12	PTPP Training Year 2/2003, Part II
May	8-14	PTPP Training Year 2/2004, Part I
June	19–25	PTPP Training Year 1/2004, Part I
July 31- Aug. 6		PTPP Training Year 3/2004, Part I (Part II in Spring 2005)
August	4-13	Intensive Week
November	13–19	PTPP Training Year 2/2004, Part II
Nov. 28 - Dec. 4		PTPP Training Year 1/2004, Part II

Location: Herberge Seminar House, Unteroed, (near Wasserburg, east of Munich)  
please see December’s issue of the eTotempole for photos of Herberge.

Request for Information to:

Kiki & William Larro  
Heideweg 29  
85598 Baldham  
Germany  
Tel./Fax: 0049-(0)8106 – 4115  
E-Mail: [totempole@onlinehome.de](mailto:totempole@onlinehome.de)  
[WWW.totempole.de](http://WWW.totempole.de)



*Seminar Raum, the room where workshops are held, at the Seminar haus Herberge.*

## ... in Denmark

### Workshop Information:

**Trainings and Workshops:** Please contact Kaare Claudewitz for information on Trainings and Workshops with Steve Gallegos in Denmark. (kchypno@tiscali.dk)

**Creativity and Clay:** Kaare Claudewitz has arranged for a second week of Creativity and Clay to be held in Spetember 2004, 20-26. It is currently open for applications. All applications within Denmark, to Kaare Claudewitz or email Mary Diggin at: workshops@moonbearpress.com Please see the USA listing for further information.

## ... in Ireland

### Workshop Information:

Contact Audrey Dickson for general information on the animalwork in Ireland and workshops, trainings etc. with Margaret Vasington. audic@esatclear.

Margaret's next workshop in Ireland will be in Cork 16/17/18th April 2004.

**Dates of Gatherings in Ireland:-**

Jan. 9-11 2004 - An Tobar, Navan,

Apr. 23-25 2004 - The Burren Holistic Centre

Sept. 17-19 2004 - The Burren Holistic Centre

Each meeting will be preceeded by a FireKeepers Meeting on the Friday

## ... in The UK

### Workshop Information:

Contact Veronica Rock <v.rock@amserve.com>

Workshop: The next workshop in Hertfordshire, England will be on August 14th 2004. The subject will be the Chakra Animals.

## ... in Australia

### Contact:

Frank Coughlan is the contact for the PTPP® in Australia.

**email** frankacoughlan@bigpond.com

**home page** <http://www.deepimagery.com>

**Address** 10 Hampson St., Kelvin Grove, QLD 4059, Australia

## ... in Austria

**International Festival of Animals 2004** in Austria from June 9 to June 14

Contact: Andrea Ortmayr  
Wien Tourismus  
++43-1-24555-464  
ortmayer@wien.info <http://www.animalfestival2004.info>

Sabrina Maesek will offer a series of workshops this year in which she will use Deep Imagery© and her Vision Quest skills. These include:

The Archetypes of the Medicinewheel / Die Archetyphen des Medizinsrades, March, 12./ 13.-14. 2004

Visionquests:

Date 1: July 16-26, 2004, Women and men up from 16, led by Sabrina Masek, PhD, and Oskar Demmer, MD. Upper Austria, 4300 ft (1300m), mountain hostel.

Date 2: August 19-29, 2004, Women up from 16, led by Sabrina Masek, PhD. Little hat in the Alps, Lungau, Salzburg, 6200ft (1900m).

Contact: Sabrina +43-(0)2236-89 26 39, [info@herzvision.at](mailto:info@herzvision.at), [www.herzvision.at](http://www.herzvision.at)

**Webpage:** There is a new Personal Totempole Website online from Austria.  
[www.etotempole.at](http://www.etotempole.at).

## ... in the USA

### Forth Coming Workshops

Sept 20-26            **Creativity and Clay**, River Spirit, NM USA

Creativity and Clay begins on Sept 20th 2004, You will need to arrive by early afternoon at River Spirit. The workshop ends at noon on the 26th. There will be a sweat lodge at Felipe Ortega's House on the evening of the 25th.

#### **With Steve Gallegos:**

After breakfast each day we will journey to various aspects of creativity: the animal of creativity, any blocks to creativity, whatever might need to heal in our creativity, the energies of creativity, the animal of the pot we will make (or are making), the animal of the clay and what it needs from us, etc. It is likely that creativity in most of us has been somewhat stunted because of the way we have been engineered to be similar to one another, in our schools and in our cultures. So to be different, which creativity is, means being willing to stand forth as who we are without excuses or rationalizations, the way a flower stands forth and lets itself be seen. The journeying will be either in the large group of in dyads or triads, depending on the composition of the group.

#### **With Felipe Ortega:**

After lunch we will drive (about an hour) to Felipe Ortega's house and studio in La Madera, a small and traditional New Mexico community, and spend the afternoon being taught by Felipe. Felipe Ortega is an Apache Medicine Man and a famous potter who works only in micaceous clay. The pots he makes are lovely, balanced and have a beautiful form. They are also pots that can be used for cooking. As you are making pots he helps you learn about yourself from the way you build and handle the pot. It is as if the vessel that you are is mirrored in the vessel that you bring forth out of earth. The workshop will include a traditional Apache sweat lodge at his home on the evening of Sept. 25th, just before a full moon. There are also nearby Indian villages and interesting towns that people occasionally want to have time off to visit.

We can sleep and have breakfast and lunch at River Spirit (Steve's home) on the Rio Grande River. The accommodations include two geodesic domes, a stone building, an adobe room and any large tents that we need, all supplied with beds or futons. You could bring a towel and a sleeping bag, but we also have some here. Alternatively, we can send a list of nearby B&B's, which one can book independently. The cost of B&B's is not included in the workshop fee. We do not charge for sleeping at River Spirit. River Spirit also has a hot tub, which you are welcome to use during your stay.

The workshop will end with lunch on Sept. 26th. The cost, including lunch and lodging at River Spirit, is \$700.00 per person. Evening meals will need to be arranged separately. People may like to eat at Felipe's, at a cost of \$10 per meal or may wish to try local restaurants in Espanola or other nearby towns. The maximum number of attendees is 10.

**email:workshops@moonbearpress.com**

### **Monthly:**

PTPP workshop and Groups lead by Rosalie Douglas <rgdouglas@cox.net>