GEORGIAN NEWSLETTER

THE GEORGIAN CHURCH
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FEBRUARY 1984

BAKERSFIELD - All goes as well as usual here. We asked that you send more material than usual this month so Lady Fauna could get some advance typing done. HA! So practically nothing came in except voting on the Georgies and subscription checks until a day or two before the deadline...but we made it anyway.

THE GEORGIES

BEST SERIES - LADY DEMETER for Pagan Parenting

BEST ARTICLE - TIFFANY ST. MOONSTAR for The Sacrificial King

SERVIVE TO CRAFT/PAGANISM - Richard Clarke of Calumet Pagan Temple for all the articles he has written over a long period. Although Richard passed to the Summerland in 1983, his articles are still being printed; there is one in this issue.

So there you have the Georgie winners for 1983. They should be shipped out by the time this goes in the mail.

This issue begins our ninth year of publication and we still haven't missed an issue. Not a bad record.
Sub is still $6. yr. (12 issues) in the U.S. , $12. foreign surface mail, $24. foreign air mail.

We still have problems with some of you not sending us notice of your new address when you move. THE POST OFFICE WILL NOT forward newsletters or other bulk mail....certainly not non-profit because our mail rates are so low. So...if you don't send us your new address so we get it before the end of the month, you miss the next issue.....or you can pay extra for it. Newsletters sent any time except in the bulk shipment cost 40¢ just for postage....overseas much more: Foreign surface mail is 81¢ and foreign air mail is $2.08. This is the cost for regular foreign so that's why the sub rates are much higher...there is no bulk for foreign.
You might also remind your friends to send $1. when they write for a sample copy.

Your editor still has a sore, swollen throat, but it seems to be slowly improving since I've been both gargling and swabbing my throat with Hydrogen Peroxide. There ought to be a better way; that stuff tastes terrible. No, I haven't gone to a doctor because I don't know a good Witch Doctor, and I don't trust the other kind.

So..things go pretty well here. At least there is no earth-shaking news...not even an earthquake.

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This letter missed the last issue--From Adrianne in Bakersfield.

THANK YOU! THANK YOU! THANK YOU! THANK YOU!

Bobby, Thanks from us to you for inviting us into your home for Festival of Lights. It was so nice visiting with friends, old and now; Pinky from Coven Tara was there with her charming mother... Judith...Bill...Khristi and her husband...Herbie, Katrina, and Megan ...Puck...Don...Elizabeth and many, many more. Lord Vulcan and Lady Selene conducted a most powerful ritual, including a chant which ended with a surprise for a sweet visitor! How many witches fit into Bobby's Circle??? As many as want to, that's how many!! And it was fun...fun dancing, fun keeping away from the flames of the candles, and fun communicating and sharing our common gifts. After the ritual, there was food, Food, FOOD! (First time I had ever heard of "canary beans") And lots of good company. Later in evening I understand everyone had a wonderful time singing Yule Carols with words kindly submitted to the November newsletter by Eloxa. Once again, we had a great gathering. And I hope the rest of you enjoyed your Festival of Lights as much as we in Bakersfield.

Blessed Be!
Adrianne

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From UPI

A California museum opened an exhibit of weeds.

The curator of the Oakland Museum says the outcasts of the plant world have their positive side.

Louise Revol says that while weeds are usually only a nuisance in the eye of the beholder. ."People need to stretch their minds a little." She's researched uses of these underdogs of the botanical world for an exhibit titled, 'Urban Weeds'.

The exhibit says California Indians used the 'cotton batting' plant as an effective bug repellant for their feathers. And the roots of Maidenhair and Bracken Fern were dug up, split and buried in mud to darken them for use in basketmaking.

Revol says scientists are working to tame the common Amaranth, which grows profusely in neglected city spots, to produce a new source of grain.

The exhibit ran through July at the Storefront Museum in Oakland's Victorian Row. Weeds for the show are defined as plants which grow wild at urban sites that have been disturbed by people.

A burglar broke into a St. Louis liquor store. After feasting on a few bottles of wine and a five-pound box of crab meat...he dozed off.

Police found the suspect asleep with the wine bottles strewn around him. They left him alone while gathering evidence, and awakened him only to take him to a cell...where he continued sleeping off the binge.

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DON IN NORTHERN ONTARIO sez: Merry Meet Pat & the Georgians. Please accept this cheque as payment for one year's subscription of the Georgian Newsletter...if there is extra, use as you see fit. Have been enjoying your newsletter for 5 months, an informative, interesting and truly enjoyable experience.
Your articles from Rik, Lady Demeter, Lady Rhea, Shadowhawk, to name a few, are really good (to say the least)..
I like the frankness, openess and invitation to all who wish to give their opinions.
If you should open this later than January edition, please send me that copy. I'd really appreciate it. A thousand thanks for sending me last April's copy.
You, I feel, do a damn good job on our newsletter. It's not an easy chore but, I believe you must get a great personal satisfaction... and at times, it's probably a pain. For those times, Pat, once again, Thank you.

May the God & Goddess shine Their light upon your path.
Blessed Be
and many thanks.
Don

ED. NOTE: Thank you for the nice letter, Don. You sent the letter and check by registered mail. This is really not necessary unless your are sending cash. It actually slows down the mail rather than speeding it. I rarely meet the mail delivery, so they put a slip in the box. Then I have to drive about 5 miles each way to the P.O. branch where they hold the letter. Often, as in this case, it may be a couple days before I get around to picking it up. Your letter arrived on the 4th, I picked it up on the 6th.
However, your January issue had been sent. We try to remember to stamp "expired" on the issue before your last and on your last. Also send one issue past theexpiration date. We know it is easy to forget, but if someone doesn't get the message by that time, we figure they don't plan to renew.

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LADY ALLUSHA sez: I hope you all survived the holidays just fine. I think we are...
NEWS: my husband, Mike...now DRAGONFIRE...was initiated as an 'honorary Witch' on Dec. 19. He's been strutting like a peacock ever since. It's hard to believe that, not counting our Coven, I actually have a "Witch family".
Please forward the enclosed letter to Lady Demeter in Florida.

Blessed Be. Love, light, & laughter...
Lady Allusha

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You know feminism has gone too far when.... from Lady Fauna

...you can't tell your High Priestess from your High Priest and neither can they.

...the kids call you "Daddy."

LADY RHEA in Atlanta sez: It's winter--feed the birds! And remind others to do so. We recently had some very severe cold weather, and being house-bound by it, was listening to the radio. Not once did they say anything about feeding the birds! Bring in your dogs and cats, such as that, but nothing of the birds.
So, I called the station and reminded them. After that, they continued to remind listeners throughout the cold spell that the birds couldn't find anything to eat when everything was frozen, so please feed the birds.
With so many other things on their mind, they had just forgotten--don't you.

Love and Blessed Be!
Rhea

ED. NOTE: Rhea also enclosed some news clippings. One of them telling people how wonderful to teach the kids to hunt birds. The other about a place in Atlanta that has a psychic fair every month.
The birds don't have that much problem here in Bakersfield since it doesn't snow and seldom freezes. But I throw my stale bread on the roof of the temple for them where the dogs can't chase them away.

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MAY in Oklahoma City sez: hope you or some of your readers can help me out - I'm trying to find healing rituals - particularly those for furry people. At some time or another we all get ill--but it's really hard to stand by and watch our furry friends suffer. Is there any time or date that is better for doing a healing ritual? I'm interested in ones for both people and animals. Please feel free to print my name & address.
A friend of mine has a cat with cancer of the jaw. We've been burning candles for her and she's much better. The swelling has gone down and, as far as we can tell, the inflamation is gone. She looks far more than 100% better as she is no longer in pain.
We annointed the candles with pine, rosemary or sandlewood oil, as for cleansing...and used green (cancer color) candles, emerald green (general healing) and white candles.
The change in her has been dramatic - she has a lot more energy, her fur is shiny again, etc.

I've heard that dark blue candles are good for taking away pain, and that the very dark red (maroon?) candles are good for healing arthritis. Any suggestions would be helpful.
If it's OK I'd like to send some healing your way; I know you've been plagued with ill health lately. I don't do that unless I get permission. It's a matter of personal ethics of not sticking my nose in where it doesn't belong or maybe isn't wanted. I don't believe just good intentions are good enough. I believe that when the energy channels become blocked or clogged, disease is the result. Any info on balancing the energy flows would be helpful, too. It's something I don't know much about but I know it's very important, especially when I hit those blocks and feel the pain when I'm working with my (quartz) crystal. When I find them before they manifest physically,

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MAY continued

I can usually quickly and easily heal them; they're usually a block caused by tension, and located in my hands or wrists.
Please, Pat, any help would be greatly appreciated and I would be glad to compile the results and send them to you. You could then print what you feel important.
We all need help and healing at times, and this is what I feel is one of the most important - healing those who are ill - mentally or physically.
Thanks. Love and Bright Blessings
May Whelpley, POB 75546, Oklahoma City, Ok. 73147.

ED. NOTE: About times: as I've mentioned before, waxing or full moon for healing, waning or dark for destruction of sickness or disease. Here, we associate Apollo with healing and with the sun. Thus, Sunday and the sun hours of any day would be good for healing.
Light blue candles are good for healing, also red for health and energy. Wouldn't hurt to use a gold one when calling on Apollo and his son. Asclepios or Esculapius (God of medicine) and you might add a candle of the astrological color of the sick one.
Apollo may also be called on for the care of animals. Apollo is also associated with the cat. Dogs are sacred to Diana, and she is also associated with the cat.
You might spend a little time looking up which animals were associated with which gods. For example: Jupiter, the swan. Venus, the dove. Pan, the goat. Isis, the cow. Mars & Tyr, the wolf.

If you wish to send healing my way, I would thank you. Healing oneself is the most difficult. However, I'm not certain these problems are of natural origin.
I hope the above may be helpful.

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DAVID in Iowa sez: I am very sorry I haven't written before now but I have been very busy with the expiration of my sentence coming up in about 3 weeks. Then, I'll be free, with no strings attached. There is a woman incarcerated at the women's institution where I work in the print shop who wants to go to the same school where I will begin classes in Chicago in March. The road will not be easy for us because we will have "two strikes" against us. Not only are we both convicted felons but, I am black and she is white.
Also, the woman has just earned back a year of her "good and honor time" and expects to be released in March. I have promised to pay her $75. application and registration fee for her classes beginning in July. We are planning to move to Phoenix, Arizona within the next two years.
I will probably write again when I get settled down in Chicago around the middle of next month.
I am looking forward to beginning my classes at De Vry.
Much Love & Blessed Be,
David

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TALL GREEN GODS
Nutritious Pines
by Rus of Arcane Crafts

It's winter, and you will want an extra amount of vitamin C to prevent the "sneezles and wheezles". If you are tired of orange juice, don't want to choke down pills, but want your nutrition, and then some, try a pine tree. ("Wait Rus," you say. "You didn't mention rosehips!") Well, rosehips have plenty of vitamin C, but pines have even more. Besides being chock-full of vitamin C, pines contain tremendous amounts of protein. If you are out in the woods in mid-winter, you'll sooner find pines than roses (except on Long Island, where you find plenty of both in every square mile). The best part of the pine, and the tastiest, are the nuts--pinons, pine nuts, pignola nuts, these are some of their names. Supermarkets carry them among spices or baking needs. Fruit & nut shops and health food stores sell them by the pound. They are somewhat expensive, but cheaper than equivalent amounts of vitamin C and protein. The pine nut is 62% protein and 35% vitamin C. That's a lot. A handful of nuts provides all the nourishment you need. They taste equally good fresh, toasted, or as trimmings on cookies. Among Indians, these nuts are not only a staple food, but also one of the sacred items of the Ghost Dance Religion.

Every part of the pine is full of protein and vitamin C. You can make a nice tea from the needles. Or you can chew the resin--some varieties taste better than others but they all stick to the teeth (especially to cap!). Or you can make Indian survival cakes from the soft inner bark. Let's say you've cut a Yule Log (Don't ever peel the bark from a live tree--you'll kill it!). After you've peeled away the rough outer bark, carefully remove the reddish-brown inner layer. Grind it up and make little, flat cookies. You dry them for future use. They can be crumbled to mix with other food, boiled into a tea, or eaten as is. It may not be your idea of a gourmet meal--eating tree bark--but it is a survival food, and many an Indian is alive today thanks to the pines which sustained their grandparents after the buffalo were gone.

When I was a little lad, I used to see large, green pine cones sold at farm stands. I always wondered what these were used for--certainly for something edible--for the nuts? Or what? Can any readers enlighten me?

For those who want more information on edible trees, I recommend a book called EARTH MEDICINE, EARTH FOODS.

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DIDJAKNOW?
Winston Churchill's mother is credited with inventing the popular manhattan cocktail--a mixture of whiskey and sweet vermouth.

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Adrienne sez: I really enjoyed the last newsletter as usual.. And Robyn's, from Australia, letter has persuaded me to do something that I've been wanting to do for a long time. That is to submit a series for the newsletter for Natural and Herbal Home Remedies. I'm not sure if you even have room in the newsletter for me, but I will answer Roby's question regarding a cure or 'help' for Thrush. Maybe other readers may have questions that might be interesting to all of us, also.

First of all, I'm not sure if Robyn is referring to thrush in a baby's mouth or vaginal yeast infection which is also commonly referred to as thrush. So....I'll give some information on both.

The white, patchy inflamation of a baby's mouth, gums, and tongue (thrush) is caused by the same yeast infection that causes itching and inflamation of the vagina and is sometimes passed to the child at birth. But it is also caused by reaction to milk or other foods. And I'm sure that there are other 'medical causes'. Anyway, one of the most effective 'preventatives' is to not let the child fall asleep with a bottle of milk in the mouth. Try to give the child water or juice instead of milk at bedtime. Also, giving a drink of water after formula or milk has been given will help to wash out the mouth. You might try a little apple cider vinegar (¼ teaspoon) in bottle of water if the infection is bad. Also, try feeding the child small amounts of plain yogurt.

The best 'cure' for this type of infection that I've found is to swab the mouth out two or three times a day with Benitian Violet. Genitian Violet can be purchased over the counter at any pharmacy. Be sure to dress yourself and the baby in old clothes, because this WILL STAIN the clothes, usually permanently. Also, this will stain the baby's mouth a horrible purple for a couple of days, so have the photographs taken for Grandma BEFORE the treatment begins. (More specifically, by swab I mean to dip a Q-tip into the Genitian Violet and rub it all around the baby's tongue and gums. The chils will probably make a terrible face, I'm sure the taste is bitter.) But Genitian Violet has NEVER failed to cure thrush in each of my three children.

For vaginal yeast infections, there seems to be one very specific and highly effective natural remedy, and this is the living bacterial culture, Lactobacillus acidophilus, which is found in MOST yogurt. Choose unflavored yogurt and check the label to be it contains living or 'viable' yogurt cultures. These cultures don't actually kill the infection, but change the environment of the vagina and encourage the growth of normal, healthy bacteria. A common cause of yeast infections in women is the use of antibiotics, which kill off these 'friendly' bacteria. Replacement of the normal bacteria is necessary. Try the following:

MILD CASES (You've noticed itching and burning for no more than two days)

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Adrienne (cont.)

1. Mix ¼ cup apple cider vinegar with 1 quart warm water. Douche with this solution every day for two days. You should experience relief within two days. You will find that this is not comfortable, the solution usually burns like hell, but it is almot always effective for me. I lived in the tropics for 6 years and this is the 'treatment' that my gynecologist prescribed.

MORE SERIOUS CASES: (You've seen the M.D. but would like to speed up things a bit)

1. Obtain half cup of plain yogurt.

2. Obtain capsules of powdered Lactobacillus acidophilus in your health store. (Trade name is Lactinex)

3. To the half cup yogurt, add approximately two tablespoons of the powder. Mix very, VERY well. Keep refrigerated.

4. The mixture should be inserted into the vagina once at bedtime for five nights IN A ROW. The applicator may be a medicine applicator, tampon applicator, or any other suitable device. Approximately two tablespoons will suffice.

5. In the morning, each morning, douche with water and two tablespoons of vinegar. The usual quantity of water is fine. This inhibits the growth of yeast and promotes the growth of the 'friendly bacteria'. (Also cleans up the mess.)

6. Eat lots of yogurt while taking the treatment and also take the L. acidophilus capsules in the prescribed amounts.

And as usual, this is not a treatment that you should substitute for a prescription from your doctor. Yeast infections can be serious and prescribed medication should be obtained if necessary. But in the case of an emergency ... (ho-hum)

Last, but not least, the bad news. You should abstain from sex until your infection is cleared up. You and your partner could end up passing it back and forth like ping-pong---and that's really a drag!

Hope this helps.....Blessed Be! Adrienne

P.S. If acceptable, I'll give some simple home rememdies for Asthma next month.

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DIDJAKNOW?
Before Henry Ford revolutionized the automobile industry with the assembly line, it took mechanics more than 12 hours to put a car together. Using the assembly line the time dropped to 93 minutes.
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MICHAEL & LINDA in Columbus, Ohio sez: I forgot about the renewal until the last minute. Enclosed is a check for another year...the extra can go to postage or whatever. If possible, could you still renew with the January issue?
Either Linda or I will send a longer letter soon. Sorry to have been out of touch for so long.

Blessed Be!
Michael

ED. NOTE: Thank you for the letter and check. January issue was sent.

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As usual, CIRCLE has lots of things going on and various tapes for sale. You might send an SASE requesting flyers to their new address: CIRCLE, Box 219, Mt. Horeb, Wi. 53572.

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ATTENTION ALL CRAFT TRADITIONS

I am presently working on a new book on Witchcraft. I would like to include in it a listing of all the major denominations, traditions of the Craft, to help a seeker choose the path that seems most suitable. To help me make this listing as accurate, comprehensive and up-to-date as possible, I invite and request all coven leaders to send me a general review of their tradition; God, Goddess, or equally oriented - whether based on another tradition - how long it has been established; what distinguishes it from other traditions; robed, skyclad, or other; mainly religious, magickal, or both; and any other information you may feel is pertinent. Your input will ensure accuracy and your assistance in this matter will be greatly appreciated. Thank you.

Raymond Buckland
POB 7882
Charlottesville, VA. 22906

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A nice letter from my daughter in Florida, most of it personal and about her family, but she sez: I send you a Christmas card because I can't find a Yule one anywhere. I love getting your newsletter because it tells me something about you. We are all well and happy, hope you are, too. Have a healthy and happy New Year.

Love,
Patty

ED. NOTE: A lot of people have the problem of finding Yule cards or others for our holidays. I used to see ads sometimes where you could get them by mail order but haven't noticed any lately.

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Professor Kirkpatrick, San Diego State U., sent abstracts of his comments about the Craft at the annual conference of the Society of the Scientific Study of Religion. Also enclosed some news reviews of same.
It would appear to me that his survey has done the Craft much more good than harm.

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DOG DAYS

ADRIANNE in Bakersfield sez: does anyone out there have any good rituals or ideas to help keep my puppies from running away? I don't really think they want to "escape". I think it's just their nature to be curious about what's going on outside the fence. But I'm afraid they'll get hurt or picked up by someone, and we've grown so attached to them. Anyway, "HELP" will be appreciated. I'm at a loss, we've tried waiting outside the fence to scare them, everything, and now we've resorted to locking them in the bathroom when we leave, which is neither comfortable for them nor convenient for us.
Thamks in advance. Blessed Be!
Adrianne

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FROM U.P.I. - L.A. Police say a man who was apparently trying to rescue his pet dog from the path of a city bus was struck and killed by the vehicle. Police tried to capture the dog to examine its collar tags for clues to the man's identity, but the animal got away.

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The Anderson Animal Shelter in South Elgin, Illinois, surveyed names of the 7,000 animals brought in for treatment last year. It turns out the most popular names for dogs were..in order...Pepper, Brandy, Lady, Bear, Rocky, Sam or Samantha, Misty, Sheba, Bandit and Smokey. The top 10 cat names were Sam or Samantha, Kitty, Tiger, Boots, Princess, Patches, Muffin or Muffy, Smokey, Fluffy and Tom. More than half the pets brought to the shelter had people names.

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In Spokane, Washington, there was an actual case of man bites dog... dog bites man. Robert Olyfsen and his Labrador Retriever were in satisfactory condition after exchanging bites. Police said Olyfsen became angry with his pet and punished him by biting him on the nose. The dog returned the compliment by biting Olyfsen on the legs and hands. Police said the dog was in great pain and was "acting in self-denso."
ED. NOTE: Good Dog! But too bad he couldn't bite that creep on the nose.

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A lawyer says two former Texas jail inmates are $14,000 richer after settling out of court their claim the prison system used them as dog bait. Their attorney says the two were used to lay a scent for tracker dog training...and then were told to fight the dogs. He says his clients were "chewed up." A Texas prison spokesman denies the charge, despite the settlement.

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BEING A WITCH DOG IS.....

....chasing invisible entities around the house.

....not catching them and getting frustrated.

....catching one and not knowing what to do with it.

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BLACKSUN sez: Yule brought very strange happenings. First, I was poisoned. Not to worry, I'm OK now. It is a long and complicated story. Let it be enough to say that it was not intentionally directed at me. It was also not known by the person who did it that it would act as a poison. It was a medication which was stolen from another person at our annual Yule celebration (which, by the way, was a great time - over a hundred of us making sure the sun would return!) and the stuff was dropped in a drink -mine - for no reason other than the mug was sitting there. I guess the expected response on my part was I was supposed to get high or something. Well, I don't react to certain drugs the way most people do and I was pretty sick for awhile. Partial deadening of the sense plus a great deal of mental confusion and lack of motor response.

Anyway, I'm OK now and none the worse for wear. Just before this happened, I gathered together and performed a healing ritual for you. When the poison hit, I thought I had done something to me psychicly which was a boo-boo. Anyway, you are supposed to be well by now and I won't take no for an answer.

I'm almost finished with the first draft of the radio script; I hope to have it done in time for the next meeting of DAO so I can pass it around and get people interested in playing the parts. We may have some recording studio time donated and perhaps some other goodies, too. Anyway, it sure is fun.

I truly hope you are feeling better and will stay that way. Talk some cute young thing (or better yet: several gorgeous a little older things) into nursing you slowly (not too fast) back to health. I haven't received the Jan. newsletter as yet but I'm sure it is in the works.

Take care of yourself as well as you take care of the rest of us and hope that the Lady never runs out of Maidens.

Blessed Be,
Blacksun

ED. NOTE: Hope you made it clear to the idiot who put that stuff in your drink that such "jokes" have sometimes killed people. Hope your radio script turns out well. Thank you for the healing. I did get over the flu or whatever virus thing and felt normal for a couple of days...then caught a bad cold. The cold seems to be pretty well gone but the sore, swollen throat hangs on. I guess I sounded pretty bad on the air for a couple of days. I do 2½ hours of farm news each day, but fortunately, I have recorded stories from all over the country (and even England and Israel) so I don't have to talk very much unless I want to. Anyway, your efforts are appreciated. Thank you. And thank you for the annual church report. Sounds like things are really going well for DAO. Keep up the good work. DAO, POB 30654, Greenwood Station, Seattle, Wa. 98103-0654.

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SPICES & HERBS from the U.S.D.A.

Spices and herbs can lift humdrum vegetable dishes out of the ordinary. But they must be used sparingly or they overpower rather than enhance the natural flavor of vegetables. As a rule of thumb about ¼ teaspoon of most dried spices and herbs is enough for two cups of vegetables. The term "spices" generally includes the herbs as well as true spices. According to the U.S.D.A., herbs are leaves and sometimes the flowers of aromatic plants grown in the temperate zone. Spices come from plants grown in the tropics. Dried herbs are more concentrated than fresh herbs. Use about ¼ teaspoon of a dried herb for 2 cups of vegetables and add it at the beginning of the cooking period. With fresh herbs, increase to about 3/4 teaspoon for 2 cups of vegetables. Chop herbs very fine to allow some of the flavoring oils to escape. Heat chopped herbs in melted butter and add to vegetables after they are cooked. Here's a rule for your other thumb: pepper and parsley may be added to just about any vegetable...and curry powder is good with creamed vegetables.

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Now that your garden is ready for winter - how about spending an evening trying to remember what you planted, what was a success, what was not, and why. If you didn't keep records of crops and varieties through the season, the U.S.D.A. suggests you make some notes now before you forget. Compare results with your neighbors. This can help eliminate a poor choice of crop and introduce you to a new variety or crop that will do well in your garden. If you've never had your soil tested, check your county Extension agent for details on how and where. Curl up with seed catalogues, or drop a card to garden seed and supply distributors for early mailings of their catalogs. If you buy seeds from local dealers who didn't have what you wanted last spring, see if you can talk them into getting what you want for next spring. You might even discuss your problems of last summer with your garden supply dealer. And don't forget to clean and repair your garden tools now and perhaps save costly repairs next spring. According to some amateur gardeners, a successful gardener is one who keeps at it 12 months a year. So how about waking up and getting started now? Well, tomorrow's okay.

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Be sure to refrigerate fresh sausage and use it within 2 to 3 days. According to the U.S.D.A., fresh sausage must be cooked thoroughly for safety reasons. That means 170 degrees Fahrenheit for pork sausage.
Smoked sausage that is uncooked needs to be thoroughly cooked. A good rule is to cook it to 170 degrees.

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If you use a crockpot for preparing food, the U.S.D.A. cautions you to not use frozen meat or poultry. It takes longer to cook, so lengthens the time for the crockpot to heat the food to a bacteria-killing temperature. Frozen meat can also result in undercooking.

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HOW TO BECOME AN EX-COVEN MEMBER IN TEN EASY LESSONS
from Jim in Winchester

1. Never be on time or call if you are going to be late (caution--if you show any signs of punctuality, they are liable to make you some kind of leader).
2. Never bring food or offer to help the High Priestess and High Priest get the Covenstead cleaned up for the meeting--after all, that is why they have a maiden--right?
3. Never have your lessons prepared or read over the material for next week's training meeting.
4. Always criticize and immediately point out any mistakes of other members in the Circle so they won't get over-confident.
5. Don't ever ask a question if you don't understand--they might think you don't know it all.
6. Never put a little donation in the jar to help buy candles and incense. After all, they wouldn't be coven leaders if they didn't have a lot of money.
7. Never try to help a new member feel comfortable and welcome--they are just going to have to fit in or get out (a little choice gossip about the other members will let them see how important you are).
8. If you want to bring a guest--just go ahead, after all, you are a member and you don't have to ask anyone's permission.
9. If you receive a nice invitation to attend an event put on by that other coven in the next town, that belongs to that other tradition, just throw it in the trash without an RSVP so that it will show them that you know your tradition is better. Be sure and criticize any members of your Coven who attended for being disloyal.
10. If you have not been able to avoid getting stuck teaching a novice, be sure and make it as difficult as possible and don't tell them any more than you have to--after all, knowledge is power and you wouldn't want to give up any of that would you?

This could easily go on and on, but if you really try and follow each step carefully, you should be well prepared to be kicked out of any coven you will ever join (don't let any one's helpful suggestions for self-growth stop you from raising all kinds of mischief at this point). When you are asked to leave, I am sure you will be able to blame all in the coven except yourself, when you take your sad tale to the next group you plan to honor with your so-called membership or if you are more dangerous than I think, you might even start your own coven and fool a few people for a little while before they figure you out and move on. So, if the shoe fits, etc.....

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Mariah in So. Cal. sez...

I am enclosing a check to extend my subscription for two more years.

Well, my lecture went just fine, I was going to give one talk but they wanted me to come back and answer their questions. I told them why not all Witches are alike, cause of different traditions. Some told of some groups they went to and how they felt about their experiences. I told them that they were not visiting Witches, from what they were saying.

I am a very private person, and I do not like to be in the limelight of things. It made me very uneasy knowing that we live in a world of crazy people, and I hoped that the crazy people were elsewhere. But I will keep doing my talk, until I feel that I need to stop. Also, I go and give free tarot card readings. I hear that in Bakersfield, there is a shop getting started, why don't some of the Witches there go and give readings to the people in your town? Think of all the new friends they will meet. Maybe some can show people how to make incense or blend oils. We all have a different talent that could help the public. This way we all can start getting a better reputation, it is a slow way of showing people that we are not what preachers say we are like.

One problem I need help on...someone help me, I will be open to anyone's idea. The people at my lecture want to be involved in a Witche's Circle, and to see how magic works. The normal things people want to see. I do not want to put on a "show" or "play," I would feel very uncomfortable doing this, with outsiders. So now what do I do? I do not get into a circle with people that I do not have "Perfect Trust & Love" with. The sign that I am has made me a very religious feeling person, and my beliefs are very special to me. I feel like I am giving part of my "being" way, for people to stomp upon, or drag it in the mud, if they want to make a "side show" for people. There are about 30+ people. I feel like I am going to let people just hang...so now what???

Also, my Circle will only hold 12 people, and I won't make it bigger. And I won't have strangers in my Circle. So someone help me think this out, cause I can't think clear on this?

EDITOR'S TYPIST NOTE (Lady Fauna): Why not turn the side show into a slide show? Load up the camera with slide film and make a series of slides that coincide with your talk. That way, lectures can feel like they've been there without having been there and you retain your privacy, as all the slides can be "framed" without casting a Circle. Slides of a sample altar set-up, for example, shown with accompanying lecture on the symbolism of each item, would be most informative...

* *

ROBIN sez: Just recieved the Yule newsletter. Haven't read it yet because we are busy packing. We are moving to a newer, bigger (also our own) home in San Jose. Please change address and publish. Marion & Robin Hindenes, POB 2658, Saratoga, Ca. 95070.
We are excited because everything is falling into place fast. Our new home will have a ritual room, used for no other purpose. It will be used Imbolc for the first time when we dedicate our newly-formed coven.
The coven name is not divined yet, but will come to us shortly, I know. We will be neo-Gardnerian. The coven is being formed by a group of South Bay residents who have been meeting for 6 months or so, in study group. All of us are dedicated to continuing the study group as an outer court.
We will not be taking any seekers or neophytes into study, only those who are already practicing Craft or reasonable facsimile.
Anyone interested in joining our group in greater San Jose may feel free to contact us for a pre-interview. The group studies magic and ritual.

Enclosed is also a small token for use by the Georgians. I'd much rather give to a Craft group than respond to numerous requests for donations by "church" this or disabled that, or starving those. The work that you do is more important, and certainly more enjoyable for us.
Anyone who has written to Marion about her handmade Ritual Robes may have lost us in our move. If you requested a brochure but didn't receive it, please write again. Address above.
Thanks for a great newsletter.

May the Goddess fill your life with Love and Laughter
Robin

ED. NOTE: Thank you for the kind words and the donation. By the way, donations to the Georgian Church are tax deductible.

*

PAM in Florida sez: just enjoyed reading my January newsletter. I really must make a big binder for all the newsletters as they have so much useful information in them.
We have finally got all the boxes unpacked in our new house, and Frank has made a bookcase so I now have all my Craft books where I can find the one I want when I need it.
I'm planning on going to the Gathering of the Clan in February. Penny was kind enough to invite me. Since this will be my first meeting with Craft folk, I'm really looking forward to it. Is there any chance you will be there? I would love to meet you and all the bright people at the Georgian.

Bright Blessings
Pam

ED. NOTE: No, Pam, no chance I could be there. My job keeps me on call 24 hrs. a day, and there is always too much work to do here with the newsletter and such for me to go anywhere.

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HENRY in Georgia sez: the address of Barnes & Noble Inc. mentioned in last GN by Jim is 126 Fifth Ave., N.Y., N.Y. 10011. Write for their free catalog of books on sale, closeouts and discounts. I find several books on Witchcraft, occult, etc. in each catalog at a savings.

*

LADY MANDEL in N.Y. sez: I started several years ago saving the G.N. and found I was running out of room to live, with all the other books, mags & periodicals, so did a grand sweep with much regret. Emptied 2 closets, cleaned under the bed - even there, found a lot of articles I thought went into the Black Hole.
Wouldn't ya know it..after I did my cleaning, I found someone who would have loved them -Dear Me! But please do send a dear friend a combination Yule & Birthday gift - a 2 yr. subscription to G.N. (a little extra enclosed). Name & address are.....

Blessed Thee
Mandel

ED. NOTE: Thank you for the check and the nice Sabbat card.

*

I am Catka Lowansa
Left Hand Dream Singer

I had sung my songs on the
paths of light for a thousand years
and then my foot slipped and I fell

Now I sing in darkness, my songs
dull and lifeless and yet hopeful
for there is light in hope, light and
yearning (though they be but glimmers
of what used to be)

Someday a hand shall reach out
and lift me up again and the
songs of CATKA LOWANSA shall
again ring out in joy and light
for once again I shall be Home.

A free verse to any who wish to use it.

*

CIRCLE has a new location and a new address: POB 219, Mt. Horeb, Wi. 53572. A free flyer is available regarding this.
The 1984 National Pagan Spirit Gathering will be held in Wisconsin in June. A free brochure will be mailed in the Spring to those who request it.
Positive Magic by Marion Weinstein is one of the books available from Circle. $11. book rate, $13. first class.

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THE WINDS OF MARIAH

As I watch nature to help me with a problem, this is what came to me. People say: "Tell me how to get money, I want to never worry about money again."

As I ponder about this, I know that the animals worked all year and some save and store food for hard times. Some will go many miles to go to places where there will be food for them to eat, and if they do not stop playing they may die from the cold or the plant life will die out, or their animal food they eat may be gone also. So because they are gods creatures, they will "supply" all their needs. Nature is not kind, at all times.

I feel that the gods will help us but not do all the work for us. Are we different or more special thean the other animals?

In our religion, it tells us to work for the hard times that we will encounter, we will not have spring all the time, to keep a balance we will have winter also.

When we are going through winter times in our life, we always have the promise of springtime. We all love the springtime, but we must prepare for our wintertime just like all the other animals.

The gods "supply" the food for the animals, but they have to go get it. Their food does not come all stored up in their homes. I see that the gods helped the animals but the animals had to help themselves also.

Just because we use magic to help us go through our lives, do not think that magic will supply all your needs; we have to supply some of our needs. We were given a mind that thinks and hands that we can use, no different than the rest of the animal world...

Like the other animals we all get good sof the earth differently. Some hunt (work) for the herd (family), and some hunt (work) for their own self. Some raise the young while their mate gets the food. Some animals get to lay in the sun all day while their mate gets their food. Some animals live in an area where there is very little to eat, everyday is a hope that they can find food to hunt, but they will spend all day and maybe the next day looking for food.

I wonder if they lay in the shade and say "I'm a good animal, and I deserve the best, maybe I can get food by magic?" Wonder which animals are the wisest--beast or man/woman? My bet is on the beast!!

(cont. next page)

THE WINDS OF MARIAH (cont.)

Now let's breeze around the plants and see what they say.

A tree will enjoy the summer breeze and swing their beautiful leaves around. But winter must come. The tree will lose its leaves and suffer the winter cold winds, it cannot shelter itself from the elements. Some trees are cared for by humans, while the tree enjoys the sun, without a care in the world. But the other trees and plants will grow their roots far from the base of their trunk to get food. Some plants and trees will grow bigger leaves to get much-needed sun to stay alive. Some plants will grow taller than normal to reach the sunshine. Some will grow through cement and brick walls to survive. I bet not one takes time to say, "I'm a good plant. I deserve...'. The plants will go against all odds to survive. They help themselves, and then, every so often, the gods will come help them. Maybe more rain will come, maybe the sun will shine longer so they can grow strong. The plants do not whine about their condition.

Just because we can think we have the nerve to call ourselves the Wise Ones!!!

* * *

FROM GAIL IN IDAHO:

I felt it important for me to write on behalf of my last letter that I have found readers to have taken critically. (December 1983 issue).

First of all, I'd like to say that I'm not much of a writer, but I do hope to clear up any misunderstanding due to the lack of communication between writer and reader. The letter was meant for the beauty and love of having children. Something you don't hear too much of in this day. Instead, it turned out that someone took it as the most offensive letter wrote. My apology for any hurt or anger I may have started. But, is there a possibility that one may have just been so on the defense? Or maybe just bothered by me speaking the truth so openly?

And Pat, you were right about all you said. Some people are not emotionally suited for raising children. I know one girl who was in her early twenties at the time that she had a tubal sterilization operation. She had no children and said she didn't like kids. She also said she would rather be a playground instead of playing house, and it all interrupted her work time. Well, it just may be that she was not suited for children, and she knew it, using these for excuses.

(cont. next page)

FROM GAIL IN IDAHO (cont.)

I realize that I haveno right to judge anyone for their choice of lifestyles. But the Goddess did give me the right to voice my opinion. And I feel if I were in this girl's position, I would hat to find that I may have made a terrible mistake after it was too late. Whereas, if it had been before the operation, I had read such a letter (as the one I wrote), I believe I would be strong enough to handle the truth about being ignorant, selfish or whatever my problem was and sit back to take a different view on things before it was too late.

The letter I wrote was for the good intent. And if one sees me as slefish and narrow by the concern I have for people's happiness, then they'd better think on. Sometimes the truth hurts and sometimes in order to learn one must suffer.

As for the women who don't have children because of sterility, poor or chose not to contribute to overpopulation, well, these are all good excuses. But if one really wanted a child and was sterile or poor, just maybe it would be a good idea if they considered adoption and help aid the world against overpopulated children. I believe that where there's a will, there's a Goddess!

And, for the ones who can't find a good husband to be a father or the ones who are gay, well, they'll have to find their own solutions. After all, I'm not the Pagan Pope!

BEING A BABY SON-OF-A-WITCH IS... from Gail, Idaho

...keeping Mom gussing whether I made it disappear, or if I ate it.

* * *

FROM MAUNETTE IN MODESTO

Thank you for making the third lovely thing happen to me in a day-the newsletter arrived with one of my pet poems on the back page and of course, it fired my imagination--been very busy with my dream diary--had a premonition of death and many other interesting messages that I would have forgotten if I hadn't written them down. That few moments' discipline in the morning is almost as good as that first cup of coffee.

Glad to hear you are on the road to recovery--I've had a short vacation with pain due to lifting a helpless patient from bed to wheelchair. He didn't cooperate and now I can stand or lay but when I sit--it's painful. I didn't realize how many things you do while sitting! My daughter is up for initiation this full moon. I'm very pleased. We all send our very best wishes.

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RELIGION IN THE NEWS from U.P.I.

A judge in Michigan aquitted the founder of the House of Judah religious sect on charges of child cruelty in the beating death af a 12-year-old boy. But the judge stresses he is not saying that the defendant, William Lewis, is innocent. Rather, the judge says the prosecution failed to prove its case. Lewis was accused of felony child cruelty in the July 4th beating death of John Yarbough at the religious camp run by Lewis in southwestern Michigan.

*

A trial date was set in Fresno Municipal Court for a former part-time teacher's aide at the First Church Christian Center cahrged with child molestation. The trial date was set for Alan Trimble after he pleaded innocent to two misdeanor counts of fondling two 7-year-old boys at the school last May. Trimble resigned after he was confronted with the charges.
Two school officials...former principal Timothy Zeiler and Daniel Harman, pastor of the First Church of God, which runs the school... are charged with misdemeanor counts of failing to report the alleged offenses. All three men were arrested after the mother of one of the victims complained to police.

*

A historian says in San Francisco that women were hanged, drowned and tortured as Witches in New England settlements during the 1600's because of their gender...and not because they brewed-up evil spirits. Carol Karlsen of New York's Bard College told the American Historical Association almost all the victims were women without husbands, sons or brothers to protect them. Karlsen suggested that women without male relations became "possessed" not by the devil, but by rage and frustrations at their bleak prospects in a male-dominated Puritan society.

*

Christian Fundamentalists in Nebraska suffered two legal setbacks. The state supreme court refused to change teacher certification laws and a district court judge refused to cancel arrest warrants for the Reverend Everett Sileven, his daughter and the mothers of seven students at Sileven's Faith Christian School.
But the fundamentalists have won at least a preliminary investigation of their situation by regional officials of the U-S commission on civil rights.
The controversy involves Faith Christian School's refusal to obey state teacher certification laws...court orders to shut down.

*

A coalition of religious groups hopes to use utility stocks owned by its members to put pressure on the firms to stop funding a pro-nuclear-power advertising campaign. They say the 20-million-dollar campaign waged by the nuclear industry is "one-sided and misleading." The coalition, assembled by the Interfaith Center On Corporate Responsibility, comprises 17 Protestant church agencies and more than 200 Roman Catholic orders and agencies.

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From Bonnie, Albion and Family: I would like to respond to Susa's response (Jan.) to Gail's letter in the December newsletter, I was reading the newsletter front to back when I came on Susa's letter. It SHOUTED at me, it SHOUTED at Gail. I believe if one has a difference of opinion, that difference should be explained, not screamed and I don't believe the 'Georgian' is a medium for our shouting matches. But to the point. Basically, I agree with Susa. In the not to far past, there was not much choice as to whether one had children or not. Either they were needed or it was just the accept able thing to do. Fortunately, we now live in a time when we can make a choice and those women and men who choose not to have children should be respected for their decision, some who do not make that decision lightly but after much thought and inner seeking.

Being a mother I can understand how Gail feels and how she would want to share her zeal with all women. Children are a gift; they are fun; even during the actual ACT of childbirth, even with the pain, you are aware that your labour, what you are doing, and going through is very special indeed, and something you won't experience too often!

But I disagree with Gail saying only a mother can fully experience the Goddess. Does this mean only a father can fully experience the Horned One? I think not, for there are many ways in which to 'mother,' ways not restricted to gender. Either by taking in and loving your furries or by lending your shoulder to a friend in their time of need. The Goddess loves us and craddles us, and we should do no less for one another.

In New Mexico alone, there are 250 cases of child abuse reported EACH MONTH. The number of unreported cases one can only guess. As you said, Pat, it would be nice if there could be psychological examinations given to prospective parents. Un fortunately that would probably lead to restrictions in other areas. When you draw the line once, more lines will ultimately be drawn, so freedom of choice in the long run can only be best.

On to other things. Here is a clipping from the paper about the Russian slatey-back gull. Also, on the N.M. state tax return there is a space provided where you can donatesome of your tax refund to wildlife. Don't know if other states have it but I think it's a great idea, even $5 or so dollars I'm sure would help. Had another clipping about a wildlife refuge here in N.M. but can't seem to find it now. Oh well.

All is well here. Have had lots of snow, but to my disappointment most of it melts off before the next snow comes. Much un-like my old home in Montana. But I need to get used to it as Al doesn't share my love for snow! The kids are well. Kerridwen will be 2 on the 22nd and happy to say, she's added many new words to her vocabulary! Olwen is now 8 months and pulls herself up onto everything!

Love and Blessed Be! Bonnie & Albion--and family

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ANTARES sez: I have enclosed another statement by Silverstag for your enjoyment, Tools.
The Unicorn Calendar you received - who was the author? Weinstein? Or was it from her? I like her works, that is why I ask.
Lady Mariah - could you please write me? I live in your area and would have liked to have attended your lecture, but I could not find a listing for the "Old Way Inn" in Huntington Beach. I would appreciate contact.
Antares, 12922 Harbor #592, Garden Grove, Ca. 92640.

ED. NOTE: The calendar was a gift from Marion Weinstein. The Unicorn paintings, one for each month, are by Michael Hague. Published by Holt, Rinehart & Winston, 383 Madison Ave., N.Y., N.Y. 10017. You might find it in the larger bookstores.

*

TOOLS

Not pentagram, nor athame,
candlelight, nor time of day:
Not hazel, wand nor incense sweet,
nor the circle scribed about my feet,
can match the virtue of my will
to shape the Power, my wish fulfill.
I search within to find the key,
That as I will, so mote it be!

Silverstag

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S.T.A.R. Temple, POB 14234, Chicago, Il. 60614-0234
A note to our Pagan friends:
As most of you probably know, Esther and Michael of the Star Keepers planned to leave for California in January.
One of the inner working groups of the Temple of the Star Keepers is now known as The Temple of Spiral Traditions of Ancient Religions (S.T.A.R. Temple).
The three of us (Beatrice, Dennis and Glenn) started working together on this year's Virgo New Moon. We have been working simultaneously with the Star Keepers and S.T.A.R. Temple. With Esther and Michael's departure, we will be devoting ourselves to S.T.A.R. Temple.
We hope to continue the same close relationship with you as was enjoyed by the Temple of the Star Keepers.
Wishing you all a happy Yuletide season,
Bea Dennis Glenn

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BEING A WITCH IS.....

....wishing you had the money to buy all the nice things in the occult catalogs and stores.

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DOG DAYS

PAM in Florida sez: Lady and Puppy, my 2 dogs have settled well in the new home. They don't even mind being chained in the yard as I take them for a long walk twice a day, something I never did before when we had so much land for them to run free.

*

FROM U.P.I.
Max, the barking dog, is missing. Norfolk, Virginia, police officer Tom Atkinson says the three-year-old dog disappeared.
Max made the papers last August when a Norfolk judge sentenced him to death because of neighbor's complaints about his loud barking. However, dog lovers let out such a howl that the sentence was reduced to a 10-dollar fine.

*

As far as Maine courts are concerned it's not a dog-eat-dog world. The state supreme court in Portland ruled that Tucker, a 4-year-old Black Bull Mastiff, must be put to sleep because he killed a neighbor's Poodle. The mauling occurred in 1982 after the 130-pound Mastiff slipped out a basement door on his own.
Both the district court and superior court sentenced Tucker to death by lethal injection. His owner appealed to the state's highest court, which upheld the verdict.
Tucker's owner, Eric Leonard, said he would ask the governor to commute the death sentence.
Leonard says Tucker is really loveable, and offered to keep him permanently kenneled, give him away, or do anything to save the animal's life.
Leonard, who has 3 young children, says the huge pooch is great with kids and loves people - but just doesn't get along with Poodles.
He says the killing was an accident, not a case of premeditated murder.
Says Leonard, "If he (the governor) can pardon people, why can't he pardon my dog?"
ED. NOTE: Sorry we have no report on the outcome of this.

*

Dogs trained to detect explosives were used to check out a jet in Salt Lake City after what appeared to be a detonator fuse was found on the plane. The fuses were not attached to any explosives, but crash crews stood by as the 727 made an emergency landing. It's not clear how the fuses got on board.

*

One dog affected thousands of commuters in the nation's capital. Transit authority spokesman Al Long says a dog wandered into a subway tunnel and was not captured for almost an hour. The dog was spotted but got away, so transit workers had to turn off the power in the area, delaying thousands of Washington commuters. Eventually, the dog was captured, power was restored and the dog taken to an animal shelter.
Maybe he needs some "training."

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Anubis sez; Sorry its been so long in between letters. But so much has happened to me in the past weeks... In Dec of 83, my Grandmother passed on. She was like my mother, in fact, I knew her better. Then, the last part of December, my little girl died in a fire..She was only six years old, when I came here. When I came here she was only a year old, so she really didn't know me as her father, but as a father my heart is sure hurting for my daughter. To top it off, I couldn't see them off to the God and Goddess because it was out of state. All for that--- I'm sure you don't need to hear about all my troubles.

Along with this letter you should have received the long over due box I made for you. I hope you will like it. I had to send it to my people on the out side, and they will send it to you. That's the only way I could send it to you. If you want anything like that I will make it and send it, just let me know. I would make me feel better, because I know how much it must cost you to send me your newsletter every month...! The Georgian Newsletter is the only newsletter we receive, so thank you for taking the time and money.

Our group is doing fine. We have a new HPS. She comes in once a month. She lives over 300 miles away, but she has never missed a meeting yet...her name is Nancy. And I can't forget Joe, he has been coming for over a year now. He's a true brother. Without them I know we wouldn't be having our group here. I thank the God and Goddess every day for sending them to us!!! You don't have to print this letter, if you do that's alright too. I know it's not a very good letter...I find it really hard to write lately.

I found something I thought you might think is cute, I thought it was. This is a story about four people:

EVERYBODY, SOMEBODY, ANYBODY AND NOBODY.

There was an important job to be done and EVERYBODY was sure that SOMEBODY would do it. ANYBODY could have done it, but NOBODY did it. SOMEBODY got angry about that because it was EVERYBODY'S job. EVERYBODY thought ANYBODY could do it, but NOBODY realized that EVERYBODY blamed SOMEBODY when NOBODY did what ANYBODY could have done...

Author Unknown

BEING A WITCH IS:
Never having to play leapfrog with a Unicorn.!!

Well, its time I go to work now. Please take care.

LOVE & LIGHT
ANUBIS

P.S. Do you know any good Pagan book stores...we need to buy books and candles etc...

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DIDJAKNOW?
George Orwell arrived at the title of his famous novel '1984' by reversing the last two digits of the year the book was completed, 1948.

* *

From Rik in Tuscan

THE ADVENTURES OF...SUMMERLANDS SALAMANDERS BIKER COVEN

The Incident of the Horrible Devestation

When last we left our intrepid heroes they had begun to wash a swarm of grasshoppers from their leather robes after becoming lost. Being lost irritated them not because they didn't know where to go (someone was always telling them where to go) but because they hadn't passed a junk food bar in ages and at least some of them were going through Twinkie (trademark registered) withdrawal.

As it became dark Beemer suggested that they pull into a national park for the night "just to avoid the boogie-men".

"What strand looking trees," mentioned Suzi for she was the most intelligent member of the Coven. "They are all three feet tall, flat on top and have no branches. Perfect for an Altar but not much good for shade."

Suzi stared at the forest for awhile then recoiled in horror. "There be lumberjacks in the land!"

The entire Coven gasped in unison, thus causing several insects and a California Condor to fall to the ground in the ensuing vacuum.

Beemer immediately pulled out his Tarot deck and using a method of his own design, pulled a card at random from the deck, tossed it into the air and watched as it hit the ground. The entire Coven stared at the direction the card pointed and saw a tree come crashing to the ground a few yards away, narrowly missing Indian's bike. "That does it," she screamed. "My husband, yes. My dog, maybe. But my bike, NEVER!" And so she picked up a crushed beer can (made with pure Rocky Mountain spring water by tiny little artesians) and pummeled the tree killer senseless. She then removed all of his strength by ripping the hair off of his chest.

The Coven then bound the evil thing that they had captured to one of his victims and moved off some distance to hold a fertility orgy. As the sounds of the rite reached it's peak, a heard of furry squirrels, cute wiggle-nosed bunnys and homeless song birds approached their helpless victim that they may take their vengence.

The next day amid a new growth of green shoots and saplings, Davidson, Suzi and Indian threw up as their bikes lifted off leaving certain questions unanswered: are the three bikers pregnant or simply air-sick? will the lumberjack ever be allowed upwind of decent people again? will our heroes find a market for chest-hair wigs? will Beemer ever learn to make a decent pot of chili?

Be with us next time when none of these questions will be answered as we continue the further adventures of...Summerlands Salamanders.

* *

DREAM TRIP Naunette, Modesto

To travel in the land of dreams
Isn't always what it seems
Just when you think there is no more
The mind opens up another door.
Another beautiful room to measure
Full of halfway hidden treasure.
Rest or respite--here I go
To find that treasure, ON-SAIL HO!

JIM SEZ...

Just a note to let you know that the response to the offer to participate in the Crystal User/Operator Survey (DEC issue, GN), so far, has not reached "flood stage"... possible many overlooked or forgot about it due to the holidays.

As a reminder, the survey is available for the asking...write JF/Survey, Box 464, Ridgewood, NJ 07451).

Thanks again for your help.

STRENGTH THROUGH LOVE by Richard

This article has grown out of years of personal experience. My hope is that through sharing this knowledge that was gleaned through living, it will help some to make a short cut!

We are all human; that means we all have our respective strengths and weaknesses. We, as a species, have not attained perfection yet, but that is what we are a-1 striving toward. The attitudes of those around us can do much to help or hinder our progress as we pursue the goal of individual perfection. Acceptance fosters growth and Judgment causes stalemates. The goal of individual perfection as attained by Jesus, Buddha, etc. is that which every individual, be he Christian or Pagan, is aspiring, whether he realizes it or not. To simple get along in this world, one must progress and learn each lesson as it comes along and we soon learn that life becomes easier as we move through each lesson that comes our way; this is progress toward eventual perfection.

If we ostracize others for their weaknesses, then we deny these people the help they really need in order to progress. If we withdraw from certain circles because of the weaknesses we see in others, then we also deny these people a good model of strength that they need in order for them and all to progress.

(cont. next page)

STRENGTH THROUGH LOVE (cont.) by Richard

Remember, a weakness is more visible from the outside than from within. If you detect a weakness in another, it is only that he has not discovered it in himself, yet! A totally accepting at attitude towards all people will do more toward aiding all in their pursuits of self-discovery; it also is a good example for those who have known nothing but others judgments.

In a truly accepting environment, personal weakness can be recognized and dealt with effectively. The problem area can be focused on and the person can be helped tactfully. In unity is our strength.

Those who only pay lip-service to unity are those who, when they detect weakness in others, split the scene or try to destroy those in whom they detect weakness instead of offering their strengths to offset other's weakensses. These are also the people who will always be looking for the ideal world instead of helping the world to become an ideal!

There is one great initiator, and that is life! Therefore, no one person needs take the role of judge toward another. The life processes tend to teach each individual what they need to know, and the acceptance we show for each other, tends to give each the strength that is needed to grow, learn and evolve toward eventual perfection. Strength through love is the ideal.

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U.P.I.

Dogs have problems, too.

A veterinary researches says man's best friend suffers stress just like many people...and this stress can cause illness and social withdrawal.

Dr. Charles Banta spoke yesterday at the First Eastern States Veterinary Conference in Lake Buena Vista, Florida.

Banta says some of the things that can cause stress for dogs include being left alone for long periods of time...long car and airplane trips...a climate change...breeding...or just about anything they are not accustomed to.

In other words...the same kinds of things that bother people.

What to do about doggie stress?

Banta suggests feeding Fido a high-protein diet of meat and meat by-products...which he says can help curb stress and keep dogs on an even keel.

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ANIMALS from U.P.I.

The Herman Park Zoo in Houston issued a public appeal for a quantity of fresh green bamboo...the principal food for Yin, the zoo's nine-year-old Lesser Panda. Yin needs two or three stalks of fresh green bamboo a day, and the zoo had been growing its own. But the recent surprisingly severe cold weather froze the bamboo plants. Zookeepers emphasized that Yin will eat only the type of bamboo that remains green all year. Last report was that there had been many bamboo donations.

It was not a magic act, but firefighters in Gardiner, Maine, proved they can pull rabbits out of a burning house. In what might be called a HARE-Y rescue, the firefighters rescued 17 pet rabbits caught in a house fire. The human occupants of the home were out at the time. No injuries were reported.

Bears hibernate in winter, but apparently no one told Freida that. The 150-pound pregnant bear has been roaming around Hatfield in western Massachusetts, taking sunbaths in backyards and stopping traffic. Officials say they may have to move Freida into the hills to get her to settle down for her long winter's nap.

Residents of Cummington, Massachusetts, say if you know Susie like they knew Susie, you'd be sad,too.
Susie was a 12-hundred pound pig that attracted national attention in 1979 when school officials banned her from munching garbage from school lunches.
The good-natured animal won support in hundreds of letters from around the world.
Her owner says the eight-year old celebrity sow died of an apparent heart attack in her favorite spot behind the barn.

Luck, the female Loggerhead Turtle, has a brand new pair of front flippers. In a 3 hour operation, surgeons attached rubber flippers developed by Goodyear to the pregnant turtle. The hapless amphibian lost her own fins to a shark while mating in the Florida Keys.
Her new flippers are about 16½ inches long, beige with darker brown scales...and emblazoned with Lucky's name, the names of her doctors and the Goodyear logo.
Following the operation, the 350-pound Lucky was carried to a tank of water. She'll spend about 30 days recuperating, then be tagged and released in the ocean.
Dr. Patrick Barry, Lucky's chief surgeon, said they performed the unprecedented operation to save the turtle from - "75 years in a pen, with no open sea, no mate, no sex." Noting Lucky is pregnant, Barry quipped - "We're doing this for motherhood, too."

ED. NOTE: It's so nice when someone wants to help an animal instead of destroying it.

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From The Kitchen Witch:

SKILLET CHICKEN AND DUMPLINGS STEW

Brown cut up fryer (s) in butter over medium heat. (Do not use high heat, or butter will brown too much.) While chicken is browning, cut celery, onions, carrots and potatoes into cubes. Add to chicken, stir and saute until vegetables begin to clear. Add water to cover, bring to fast simmer, cover, and cook approximately 30 minutes. (Add more water as needed.) Salt and pepper to taste.

Add drop dumplings to top of stew. (Canned biscuits can be used --cut each biscuit into quarters.) Cook ten minutes uncovered, ten minutes covered.

Serve with crisp salad.

ORIENTAL PEPPER STEAK

Have round steak cut as thin as possible. Cut into one inch strips, about three inches long.

Saute steak strips in hot oil until browned. Cover with water, bring to fast simmer, cook approximately 20 minutes. (You can test to ensure steak is done.) Add water if needed.

While steak is simmering, cut into strips celery, onions, green peppers.

When steak is done, add vegetables and enough water to cover. Bring back to fast simmer. Cook NINE minutes. (Vegetables will be cooked but still crunchy.) If desired, add sliced water chestnuts (adds a very nice flavor and texture.)

Mix corn starch with water to creamy consistency. Pour by spoonfuls into cooked mixture, stirring all the time. Continue slowly until sauce is thickened to cream consistency.

Add soy sauce to taste.

Serve with rice, chinese noodles or egg noodles.

SKILLET MEAT LOAF

Mix ground beef, egg (1 egg to each pound of ground beef), diced onion, green pepper, celery, salt and pepper. Grease heavy skillet lightly. Shape meat mixture into small 'loaves' (¼" x 2" x 1½"). Brown on all sides in skillet over medium heat.

Add one large can tomato sauce and 1 large can tomatoes (thoroughly broken up), and one can water. Cover skillet and cook over medium heat approximately one hour. Add more water as needed, and turn meat loaves occasionally to prevent browning to heavily on one side.

Serve with whipped potatoes, green beans, crisp salad, hot rolls. (Your electric skillet is great for this one.)

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DIDJAKNOW?

The Earth's deepest ocean has an average dept of 13 thousand 739 feet. The Pacific Ocean also contains the deepest trench--the Mariana Trench. It's 38,636' deep, by comparison, Mt. Everest is only 29,028 feet above sea level.

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PUSSY CAT KORNER

VICKI in Oklahoma City sez: thank you so much for putting me in touch with Georgia. She is a wonderful lady! I had just found that one of my fur people was very ill, and she was so comforting. Thanks to her candle-burning suggestions, my cat is much better. However, the vet says my cat has bone cancer in her jaw. Georgia suggested that I ask you about healing rituals for fur people. As all of my cats are at least 9 years old, I would also like to have copies of the passing rituals for animals.
Sonia is so much better from the healing energies that have been sent to her that I am much encouraged for her recovery.
If any of the Georgian readers do healing circles and include animals, please put her on your list. She is a Sealpoint Siamese born Dec. 24, 1972 in Norman, Oklahoma. I would appreciate any help we can get for her.
ED. NOTE: Vicki, Georgia should have a copy of the animal ritual. Tell her it's okay to give it to you. If she doesn't have it, let me know. The rest of your letter will be answered by mail.

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FROM U.S.D.A. One of these days when your old cat is scratching its fleas, you may be able to dip it into some orange peel extract and the fleas will die. In some experiments, the cat licked its fur dry and didn't seem to mind the experience. This may sound far out, but according to the U.S.D.A., research indicates that citrus oil from orange peelings can wipe out fire ants and kill the fleas on a cat. Tests have repeatedly demonstrated the tremendous killing power of citrus oil against household pests, too, such as flies, fleas and wasps.
The next step is to isolate the insect killing substance in citrus oil, and attempt to produce it in a laboratory. Scientists also do not know how many insect species are vulnerable to citrus oil. So far there is no evidence of anything toxic to humans or warm-blooded animals.

In one experiment, scientists put an orange in a cage with flies. Nothing happened. They then scratched the skin of the orange and put it back. In 15 minutes, the flies acted sick and two hours later, all were dead. In another experiment a scientist put the damaged orange outside another cage full of insects so the insects had no direct contact with the orange. They still died, which proves that even the fumes of citrus oil disagrees with some insects. The next time you have an orange in hand and you see a roach, and you can't squeeze the oil from the peel fast enough - just throw the orange at the roach.

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BEING A WITCH CAT IS.....

....catching bugs and other things that move...and sharing them with the person she owns.

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Lady Mariah sent us this copy of an ordinance which was to be voted on.

An ordinance adding Chapter 13.50 to the Los Angeles Code to prohibit fortunetelling and other occult arts.

SECTION 1. Chapter 13.50 is added to the Los Angeles County Code, to read:

Chapter 13.50

OCCULT ARTS

Section 13.50.010 INSTRUCTING OR PRACTICING.

Every person who engages in, practices or professes to practice, or acts as an agent for the business or art of astrology, phrenology, life reading, mesmerism, fortune telling, cartomancy, clairvoyance, clairaudience, crystal gazing, spirit photography, spirit writing, spirit voices, spirit psychometry, seership, prophecy, augury, palmistry, materialization, etherealization, numerology, physiognomy, necromancy, clairsentience, dreams, apportism, ectoplasm, levitation, mediumship, seance, soothsaying, theosophism, psychic healing, divination by magic, radiesthesia, or any other similar art or business, or craft, and demands or receives directly or indirectly a fee or reward, or who accepts any donation, fee, or reward, or who accepts any donation, fee, or reward for the exercise or exhibition of his or her art therein or who gives an exhibition thereof at any place where an admission fee, donation or reward is charged or received, directly or indirectly, or who teaches or gives instructions in any such art or craft business and demands or receives, directly or indirectly, a fee or reward, or who accepts any donation for such teaching or instruction is guilty of a misdemeanor.

Section 13.50.020 ADVISING BY MEANS OF

Every person who, by means of occult or psychic powers, faculties or forces, spirits, cards, talismans, charms, notions, magnetism or magnetized articles or substances, animal sacrifice or by using parts of animals or human being, effigies, or any craft art described in Section 13.50.010 of this ordinance, or similar art or craft, which may be known by another name or title in any other language, which purports to or does tell fortunes, life readings, find or restore lost or stolen property, locate oilwells, gold or silver, or other ore or metal, restore lost love or affection, unite loved ones, wives, husbands, children, lost relatives or friends, procure lovers, wives or husbands, diagnosis of disease or injury, casts spells, cause sickness or injury, advises of the past, present or future, or by such means gives any counseling or advice whatsoever, and who demands, solicits or receives directly or indirectly a fee or reward or who accepts any donation therefor, is guilty of a misdemeanor.

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Ordinance sent by Lady Mariah (cont.)

Section 13.50.030 ADVERTISING

Every person who advertises in any way that he or she will do anything which is prohibited by Sections 13.50.010 and 13.50.020 is guilty of a misdemeanor.

Section 13.50.040 AGENTS

Every person who acts as an agent for any other person, assists or procures customers for another person for the purpose of engaging in anything which is prohibited by Sections 13.50.010 and 13.50.020, or who receives any fee, reward or donation for such procuring is guilty of a misdemeanor.

Section 13.50.050 RELIGIONS

This ordinance does not apply to, and it shall not be construed to interfere with the belief, practices or usage of an incorporated ecclesiastical governing body or the duly licensed teacher or minister, priest, rector or an accredited representative who holds a certificate or credit, commission, or ordination under the ecclesiastical laws of a religious corporation which is incorporated under the laws of the State of California, or any voluntary religious association, and who fully conforms to the rites and practices prescribed by the supreme conference, convocation, convention, assembly, association or synod of the system or faith with which they are affiliated, thereof acting in good faith and without personal fee, reward, donation or the solicited or unsolicited promise of any fee, reward or donation. Any church or religious association or organization which is organized for the primary purpose of conferring certificates of commission, credit or ordination for price, fee donation or reward, and not primarily for the purpose of teaching and practicing a religious doctrine or belief, shall not be deemed to be a bona fide church or religious organization.

Section 13.50.060 PENALTY

Violation of Sections 13.50.010, 13.50.020 and 13.50.030 is punishable by imprisonment in the County Jail for not more than six months or by a fine of not more than five hundred dollars, or by both such fine and imprisonment.

SECTION 2 A condition presently exists in the County of Los Angeles where practice of the occult arts is not prohibited by law whereby a large number of persons are being defrauded by practitioners of these arts. In order to prohibit this conduct, it is urgently required for the immediate preservation of the public peace, health and safety that this ordinance shall take immediate effect, and the same shall take effect immediately upon the passage hereof.

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ED NOTE: Lady Mariah sez a hearing on the purposed ordinance was held on January 24. No action was taken. Since the councilmen felt it more important to welcome the Raiders back home, the matter was shelved for the time being...so this is not the end of it.

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SAN FRANCISCO SEX INFORMATION is a free hotline providing accurate, non-judgemental information about all aspects of human sexuality. M-F, 3-9 PM. 415/665-7300. TTY for the deaf: 415/665-0889.

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From the USDA--SMOKING AND BABY***Twenty years ago not much was known about the adverse effects of smoking during pregnancy. Today, cigarette smoking is recognized to be the single most important identifiable contributor to infant death occurring during the period from 8 weeks prior to 4 weeks following birth. This was brought out by panelists participating in a recent video teleconference of the U.S. Department of Agriculture and the Department of Health and Human Services. Some of the other insights provided by the panelists were:
.Women who smoke run a higher risk of certain complications during the third trimester of pregnancy. The occurrence of complications seems to increase with the number of cigarettes smoked.
.Infants born to smoking mothers weigh an average of 200 grams less than babies born to comparable women who do not smoke.
.The risk of spontaneous abortion is 30 to 70 percent higher among pregnant smokers than among non-smokers--and increases with the number of cigarettes smoked.
.The rate of premature deliveries increases significantly with the amount the mother smokes. About 13 percent of all preterm births can be attributed to smoking. Research also suggests that the adverse effects of smoking extend beyond the prenatal period. For example, smoker's children have more hospitilizations, more visits to the doctor, and are more likely to be victims of the sudden infant death syndrome. Several studies suggest that in older children, maternal smoking can hinder physical growth, intellectual ability, emotional development and behavior. Short of quitting or cutting down on the number of cigarettes smoked, is there anything mothers can do to offset the adverse effects of smoking? The experts say switching to low tar, low nicotine cigarettes will have no effect. On the other hand, it appears that improved nutrition can partially offset the effects of smoking.

ALCOHOL AND BABIES DON'T MIX***Adverse effects of alcohol on fetal development have been suspected for more than 250 years. Some of these effects are prenatal and/or postnatal growth retardation, damage to the central nervous system, and distinctive differences in facial features. Children with signs of what's call Fetal Alcohol Syndrome may also have external malformations affecting their eyes, ears, nose and throat in addition to internal abnormalities. Mothers of these damaged babies are chronic alcoholics who drank heavily throughout pregnancy. To understand how maternal drinking affects the unborn child, scientists have studied how ethyl alcohol acts in the body, once it's ingested. Here are some of the results:

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USDA (cont.)

.Alcohol can alter the structure of cell membranes, and can disturb the organization of embryonic tissue during the first three months of pregnancy.
.Large quantities of alcohol during pregnancy can cause fetal malnutrition because the alcohol interferes with the transpot of essential nutrients across the placenta.
.An episode of heavy drinking at a critical phase of prenatal development can harm the unborn child.
.High blood concentration of alcohol during the first three months of pregnancy can be detrimental to the growth of the baby's central nervous system and future intellectual and behavioral development.

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ED. NOTE: It has for sometime been the opinion of your editor that all female models for TV commercials have been chosen by two men. One picks only those with a bad case of the uglies, the other picks only those who look like over-priced hookers. Apparently some of the sponsors and ad agencies have come to the same conclusion. They now say they are looking for the "soap and water" look.

It has for quite awhile become more and more difficult to tell a male from a female just by appearance. In fact, there is one TV commercial I see every day, and I still don't know if the model is a male or female. But now it will be difficult; the latest style is dresses for men! Guess they'll sell well in San Francisco.

*

JUDY in Santa Ana sez: I have moved again. I like my new place. There's a park across the street, the sunset in my living room, and the full moon in my bedroom. Cats and dogs live here and are very friendly. They made me feel very welcome.
Hope all is well in Bakersfield.

Blessed Be!
Judy

*

A man in Montana accidentally cut all fingers off one hand while working with a radial saw. As the fingers fell to the floor, the man's dog, a springer spaniel, swallowed the thumb. About 20 minutes later, the dog was forced to throw up the thumb. The thumb and other 4 fingers were reattached during the initial operation but one of the fingers didn't take because it was damaged by the saw. A few days later there was another 12 hours of surgery, 10 hours the next day, and 6 hours the following day. Such operations are unusual in Montana because there are only a few microsurgeons in the state.

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FROM U.P.I. - The Pentagon is calling a halt to the practice of shooting dogs and cats so military doctors can learn how to treat bullet wounds. But pigs & goats will still come under fire. Defense Dept. officials ordered an end to shooting dogs & cats after 6 months of wound research. Animal lovers still are upset that live animals are shot so doctors can practice surgery.
ED. NOTE: We wonder which sadistic doctor came up with this idea!

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THE EIGHTH ANNUAL PAN PAGAN FESTIVAL sponsored by The Midwest Pagan Council will be held August 9-12, 1984 at Union Pier, near Western Michigan.
Pre-registration...$22.50 for adults, and to encourage family participation, only $7.50 for children.
For registration or further info write: Calumet Pagan Council, 1519 Kenilworth, Calumet City, Illinois 60409. Attn: Janel Clarke.

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Time again for the WITCHES' ANNUAL, published about March 21, includes the Earth Calendar. 100 pages, $4.50...also back issues for 1982 and 1983 at $4.50 each.
Arcane Crafts, POB 383, Mastic Beach, N.Y. 11951.

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Finally heard from Joyce Baker in Piitsburgh. She has a new business, Nature's Touch, supplying plants and plant maintenance for home or office. You don't even have to water them.

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ANGIE in Texas sez: please renew my sub for another year and use the rest as needed. Enjoy the newsletter so much - keep up the good work.
My husband of 31 years died last year - I feel like half of me is gone - it's very hard to get started again.

Blessed Be-
Angie

ED. NOTE: Sorry to hear that you're sad, Angie. But look at the bright side...you know he'll be back again.

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Saturday, January 28: All of the newsletter is printed and ready except this last page. Elizabeth and I attended a dinner of the S.P.C.A tonight. Some interesting speakers including Gay De Tuncq, president of the Bakersfield SPCA...and several directors, Barbara Hayes of the Kern Humane Society, Dr. David Pace of the Veterinary Association, and Dr. Ted Murphy of FACT (Facilty for Animal Care & Treatment at Cal State, Bakersfield). An interesting evening with lots of interesting information. And the food was good, too.
It's nice to know that so many people here are interested in animal welfare.
Almost forgot...another speaker from the California Animal Living Museum (hope I got that right), a new local addition zoo type project that features animals native to California rather that foreign ones.

Well, guess THAT'S ALL, FOLKS!

Love and Blessed Be.

Pat, Elizabeth and all the Georgians

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