



RETURNING TO SPIRIT

VOLUME 5, ISSUE 1 FEBRUARY 8, 2012

CREATING SUSTAINABILITY

To date: our core funding has been provided by CCEPIRSS (Corporation of Catholic Entities Party to the Indian Residential School Settlement). We were recently notified that this funding will end on March 31 2012. We are very grateful to CCEPIRSS for all the support we have received to date. The development of RTS, to date, would not have happened without the core funding from CCEPIRSS. With their support, RTS has:

- Established a charitable organization, which supports a community of leaders dedicated to the mission of reconciling the residential school legacy in this country
- Trained Aboriginal and non-Aboriginal trainers to deliver dozens of Aboriginal, non-Aboriginal & Reconciliation workshops across Western Canada
- Initiated a follow-up process (Seminar Series) in several communities across Western Canada – these communities are providing a steady supply of Seminar Leaders and Workshop Trainers
- Partnered with an increasing number of communities

and organizations who are supporting the greater portion of the costs associated with hosting an RTS workshop

We are intentional in fulfilling our mission of Reconciliation regarding the Indian Residential School legacy. Our work is not finished nor is it complete.

We continue to receive funds from the Moving Forward Together campaign and various donors. Several host communities (both Aboriginal and non-Aboriginal) are paying the full cost of the workshops.

As part of our immediate sustainability strategy, we are focusing on regional fund development plans by hiring local proposal writers (BC & NWT). This is a pilot project for local communities to identify and request funds from regional sources. We will make requests to foundations, provincial health authorities and corporations. We are seeking a Fund Development Director to take leadership of our sustainability efforts. If you have

expertise in this area or know anyone who does, please visit our website to see the job description or contact Anne Taylor for more information—1-855-244-3963.

We have received support from an Anonymous Donor and the Counselling Foundation for the design, development and piloting of the RTS Youth Leadership Development Program. This program is being designed by Marc Pizandawac, drawing on his expertise and experience. We are anticipating transformational outcomes when it is piloted this year! (More to come in the next issue and monthly email.)

We remain intentional in making requests for funding so that all Canadians, Aboriginal and non-Aboriginal, can participate in reconciling the residential school legacy and thereby creating a new conversation of possibilities across Canada into the future!

If you want to go somewhere quickly go alone - if you want to go far go with others.

COMING UP!

Next Reconciliation Workshops

May 12-16
Yellowknife, NT

May 28-June 1
Prince George, BC



INSIDE THIS ISSUE:

SEMINARS KEEP ME MOVING FORWARD	2
NEWS BITES—SOME HIGHLIGHTS	3
THOUGHTS AND FEELINGS	3
COINCIDENCE—A GIFT FROM THE SPIRIT	4
MAKING THE IMPOSSIBLE... POSSIBLE, IN CRANBROOK	5
WHOSE RESPONSIBILITY IS IT FOR THE RESIDENTIAL SCHOOLS? EVERYONE'S!	6
SPOTLIGHT ON A TRAINER—GIGI JAKOBS	7
UPCOMING SCHEDULE	7
DO WE HAVE YOUR EMAIL?	8
NEW BOARD MEMBERS	8

The great French Marshall Lyautey once asked his gardener to plant a tree. The gardener objected that the tree was slow growing and would not reach maturity for 100 years. The Marshall replied, "In that case, there is no time to lose; plant it this afternoon!" John F. Kennedy

SEMINARS KEEP ME MOVING FORWARD

IF YOU HAVE
ONE HUNDRED
PEOPLE
WHO LIVE
TOGETHER,
AND IF EACH
ONE
CARES FOR
THE REST,
THERE IS ONE
MIND.
SHINING
ARROWS, CROW



A request was made of me a while ago to submit an article on how participating in the Seminar Series is impacting my life. Since I responded yes to that request I will share a few ways that the principles I am learning from the Seminars are showing up in my day-to-day life.

One instance showed up a few weeks ago while hiking with a friend in Wells Regional Park (Victoria, BC). We were doing a short hike, only about 1.3 km but it was steep with patches of roots and rock, especially towards the top. So the park authorities have installed near the top a steel chain on both sides of the path. My friend went into how ugly it was, not needed and destroyed the beauty of the park. So I thought about how to bring forth the positive and see about shifting his thoughts about the chain. So as we were on some wet and slippery rocks I voiced that I agreed that it was unsightly that we have to keep in mind that not all people are as fit as we are and that the chain aided some people who without it would not be able to get to the summit. And it is

the summit where the views are from, the goal of the hike to speak and since it was here I was going to use it. So not only did both of us use it to get safely to the summit but we had some fun on the descent with the chain, using it to jump along passages of slippery rock where we otherwise would have had to slow down and step carefully. And after the hike my friend had to agree that, although unsightly, the chain was a positive to the park.

Another instance is the request that I made while shopping for my Christmas Dinner groceries. I was in Save-On-Foods and realized that I did not have my points reward card and at this store you have to have it to get the discounted prices. I knew I had a significant amount of discounted items so I asked the lady in line behind me if she had a card. She did so I requested that she allow me to use it to get the discounted prices and she in return would get the points associated to the total purchase. She was not only agreeable but was profusely thanking me for giving her my points. So when I got my receipt I

thanked her once again and let her know that she saved me \$8.99. That was worth making the request!

The other thing I am noticing is that when I am presented with a disappointment in life, that although I may be upset, cry and get in a mood about it, I don't stay in that mood too long anymore. I am able to see that I am creating the story and that I need to just get out of it. To accept what has happened, be responsible and make the completions if needed and keep on living for the day.

I recall Lisa Raven sharing that it will be a step or two forward, then a few back, another forward, maybe a couple back but that what matters is that we always move forward again.

I would have to say, if asked in a nutshell what the Seminars are helping me to do, is that they are keeping my focus on moving forward.

Vicki Hamilton

Campbell River, BC

RTS has been piloting the Seminar Series on Vancouver Island by flying trainers in to deliver groups of seminars over several weekends.

OMG! (Oh My God!) RTS has opened me wide open. I feel like grieving, unforgiveness, grudges and stubbornness has been erased. I can't believe I create all these negative feelings and make them stay around. I am tired of creating this, I want to be successful and create friendliness, unity and love instead.

Mystri Duncan, Lower Kootenay Band, Creston BC

This workshop gave me the courage to change. It helped me to see who I really wasn't and who I want to be in my life.

Jessie Kimiksana, Tuktoyaktuk NWT

It has made me aware of how and when I disempower myself, and has opened my mind and heart to profound and wonderful new possibilities for my life.

John Bird, Toronto ON

NEWS BITES—SOME HIGHLIGHTS

Regina/Lumsden SK is hosting a non-Aboriginal workshop for the first time. Dawn Rolke, the host coordinator, has managed to solicit donations from a variety of organizations to fund the entire cost of the workshop. Way to go Dawn!

Université de Saint Boniface is also hosting and fully funding a non-Aboriginal workshop for the first time. Participants include students and employees of host as well as the University of Manitoba and University of Winnipeg. Thank you Sr. Norma MacDonald for organizing this workshop!



Carrier Sekani Family Services in the Prince George area hosted an Aboriginal workshop in **Burns Lake**. *Our thoughts are with the community as they recover from the devastating mill explosion and fire that destroyed one of the community's primary employers.*

Concurrent Aboriginal and non-Aboriginal workshops were held at **Five Oaks Centre** in Paris Ontario in early January. This is another first! The United Church contributed to the workshops and Moving Forward Together and United Church funds to sponsored some Aboriginal participants in attending the Aboriginal workshop.

At the end of March, the Diocese of Victoria is hosting concurrent workshops, an Aboriginal workshop on **Penelakut (Kuper) Island BC** and a non-Aboriginal workshop at St. Joseph the Worker parish in **Victoria**.

In April, the Diocese of Mackenzie-Fort Smith is sponsoring an Aboriginal workshop in **Inuvik**, another first! We already have received applications from three women—a granddaughter, mother and grandmother—three generations in one family. Thank you to Sandra Sanderson and the Diocese for coordinating this workshop!

THOUGHTS AND FEELINGS

I picked up a book at the second-hand bookstore the other day by Richard Carlson called *Stop Thinking & Start Living*. It looked good but as I started reading it I realized... I've read this before! But I'm a firm believer that books come into my life for a reason, so if this one was here again, obviously I needed to read it again. So I read it... and again... and again.

The premise of the book is disarmingly simple... our thoughts determine how we feel. But is that really true? Sometimes I just feel angry don't I? Well, if I stop and slow down the whole process of "feeling angry", I find that, yes, there is a thought, or actually several thoughts that go along with that feeling. They happen in a split second,

so fast that most times I'm not aware of them. But they are there.

I was struck by Rolling Thunder's quote to the left—we have to be responsible for our thoughts. We have to learn how to control them. I think Richard Carlson and Rolling Thunder are speaking the same language.

Thoughts come and go in my life... but in every moment I have a choice as to whether or not I'm going to believe the truth of that thought, or whether I'm just going to let it go, recognizing that it's just a thought. As Rolling Thunder says—it might not be easy... but it can be done.

Of course, we can go in the other direction, and hold onto thoughts. We can nur-

ture them and feed them and care for them and believe them to be true because we want to be right about it. We can persevere on them... fixate on them... hold onto them. But that really doesn't do much other than create a lot of suffering in our lives.

Whatever thoughts we are having... they're just thoughts. They aren't concrete reality...

So the next time you're feeling angry or upset or fearful or ashamed or guilty... stop and take a look. What thoughts are you having? What conversation are you having with yourself. *Alter your conversation... alter your life.*

Gigi Jakobs
Calgary, AB

PEOPLE HAVE TO
BE RESPONSIBLE
FOR THEIR
THOUGHTS,
SO THEY HAVE
TO LEARN TO
CONTROL THEM.

IT MAY NOT BE
EASY,
BUT IT CAN BE
DONE.

ROLLING
THUNDER,
CHEROKEE

COINCIDENCE: A GIFT FROM THE SPIRIT

I CAN TELL YOU
THAT
UNDERSTANDING
BEGINS
WITH LOVE AND
RESPECT.
IT BEGINS WITH
RESPECT FOR THE
GREAT SPIRIT.
ALL THINGS -
AND I MEAN
ALL THINGS -
HAVE THEIR
OWN WILL AND
THEIR OWN WAY
AND THEIR OWN
PURPOSE;
THIS IS WHAT IS
TO BE RESPECTED.

ROLLING
THUNDER,
CHEROKEE



One year and eight months ago, a dozen people from St. Mary's Indian Band and Cranbrook came together to learn about Returning to Spirit. Three in our group had just attended their Reconciliation session and wanted to not only share their experience but also look at ways we could bring the workshops to our community and Diocese. My recollection of those meetings over the next year was times of challenge and confusion because we weren't sure where we were going.

This past November, the first RTS workshop was held with 23 Aboriginal participants, thanks to the passion, commitment and headstrong resolve of Mary Richardson and June Forsythe.

After that, we began advertising and enrolling for the non-Aboriginal workshop which was to take place in early January. Registrations were coming in slowly and many who we anticipated being zealous about this opportunity seemed luke-warm in committing to the process. By early December, we didn't have much to show for our recruiting efforts. Maybe a dozen participants would be present, mainly priests and

sisters from the Diocese of Nelson. Our enthusiasm was flagging and discouragement was creeping in.

Then one phone call changed all that. We had advertised in our church bulletin a request that parishioners consider making space available in their homes to billet priests coming for our January workshop who would need accommodation. A few people indeed came forward and offered their homes, which was much appreciated. One evening I came home to a phone message. A woman identified herself as the co-owner of a motel in town and she and her husband wanted to offer free rooms and breakfast at their motel as their contribution to Returning to Spirit!

I phoned her the next day barely able to contain my excitement and joy at this wonderful offer. The woman shared that she and her husband bought the motel a while ago after moving from Saskatchewan. To get this business venture off the ground required long hours of work for them and fitting church attendance into their schedule was difficult. However, they attended church on the weekend our request was

in the church bulletin. They discussed it and decided to offer up to 15 rooms at their motel! The woman told me, "We don't give much financial support to the church, so we saw this as a way we could contribute."

This offer and the timing of it could not have come at a better moment. When I shared the news with our key organizers, the adrenalin started to flow. We saw the providential phone call and offer as a gift from the Spirit. When our attending clergy were presented with the option of staying at the motel free of charge, they were most appreciative and grateful. We used our newfound energy to beat the bushes for more participants. Twenty-five participants ended up taking part in the non-Aboriginal workshop in January!

I came across a saying that grabbed me when I first saw it: "Coincidence is God's way of remaining anonymous." I think our efforts to get Returning to Spirit going in Cranbrook and the Diocese of Nelson sorely needed a "shot in the arm". God's timing was perfect!

Gerry Sobie
Cranbrook BC

I thought I was complete. But then, like a snake shedding its skin, parts of me started to die and fall away. It was scary, watching those pieces of yourself wither and fall to the floor, unaware of what might replace them. But now I can see what is there and I like it. I like my new skin.

Darrell Cole, Winnipeg, MB

My husband and I can now speak the same language. Affirming and empowered my being. That I and my stories are okay to have but I can shift and transform "NOW". It is permission to be me in all my Glory. With an awareness that I can shift. This will help in "ALL MY RELATIONS" Community healing.

Halijo Webster, Ft. St. James, BC

MAKING THE IMPOSSIBLE... POSSIBLE, IN CRANBROOK

Early in 2008 I received an RTS registration form & brochure via email from our new Bishop in the Diocese. I had been working with our First Nation Communities in the East Kootenays for 7 years so anything to do with Aboriginal Programs caught my eye. I printed the information and read it over at least 3 times letting it sink in. It struck me that this workshop was not only about the residential school legacy but about something deeper, “discovering my spirit”. That got my attention and I decided to attend the non-Aboriginal workshop in March 2008 in St. Albert.



HEAR ME!
A SINGLE TWIG
BREAKS,
BUT THE BUNDLE
OF TWIGS
IS STRONG.
TECUMSEH,
SHAWNEE

The 20 workshop participants were from different denominations and backgrounds, but that didn't matter. I didn't know a soul when I arrived yet I left feeling like we were family. That workshop shifted my perspective on how to shift myself into a new way of being—letting go of what is holding me back and being the spirit of who I really am!

I returned home and talked to my friends, parishioners and various Band Communities about the workshop. Early in 2009 I invited some workers at Ktunaxa Child & Family Office to attend the Aboriginal workshop in Calgary in April 2009. June Forsythe and her sister Pearci decided to go. Afterwards the three of us continued our conversation around Returning to Spirit and decided that we wanted to complete the process by attending the Reconciliation workshop in Saskatoon in the

Fall of 2009. We came home with an awesome feeling!

In February 2010, I had the opportunity to give a short presentation on Returning to Spirit at a Diocesan Pastoral Council Meeting. I asked if we could bring the RTS workshops to the Diocese and I was given the go-ahead to move forward. In the next few months, June, Pearci and I decided to invite Aboriginal and non-Aboriginal people to form a joint planning committee to bring RTS to Cranbrook. Our committee consisted of 12 people including key players from both groups.

Our first meeting took place in May 2010. Aside from June, Pearci & myself, none of the other committee members had attended RTS. After hearing about the process from us our committee was on board. Subsequent meetings focused on funding, location, and timeline. Gerry & Doug worked on funding proposals. Sister Nina wrote letters to Women Religious Communities asking for donations. Our Bishop did the same to some Religious Orders and also set some designated funding aside, which is given to the Diocese annually by a charitable organization. Chief Cheryl of the St. Mary's Band along with Debbie Whitehead, director of the Nation Social Programming, and Shannon, their proposal writer, worked on funding from the Nation side. Pearci, June, Gerry & myself worked on a venue for the workshops. Our 2 Elders, Herman

and Annie, shared ideas and promoted the workshops.

By late January 2011, major funding was in place but we were still looking for a venue. In the next few months that fell into place and then we began looking at workshop dates. By early June 2011 the RTS office in Calgary had firmed up dates and we began to advertise the workshops and send out the registration forms. We managed to get the materials out before the summer and then followed up with personal invitations and reminders in September and October for the Aboriginal workshop in November 2011. Upon completion of the first workshop, we began promoting the non-Aboriginal workshop being held in January 2012. After Christmas we continued to personally invite people to the workshop.

We have successfully completed the two workshops and our committee will continue working together to bring the Reconciliation Workshop to our area. It was not easy at times bringing 12 people together for a committee meeting, but we worked together as a team! The conversations about Returning to Spirit continue not only by committee members but also by those who have participated in the workshops. We are looking forward to the Reconciliation Workshop later this year. We have made “the impossible, possible” for Cranbrook and so can you!

*Mary Richardson
Cranbrook BC*

WHOSE RESPONSIBILITY IS IT FOR THE RESIDENTIAL SCHOOLS? EVERYONE'S!!

THE VAST MAJORITY OF THE RACE ARE SECRETLY KIND-HEARTED AND SHRINK FROM INFLECTING PAIN, BUT IN THE PRESENCE OF THE AGGRESSIVE AND PITILESS MINORITY THEY DON'T DARE TO ASSERT THEMSELVES.
MARK TWAIN



My husband Murray and I attended the five day non-Aboriginal 'intensive' workshop this past November 28 to December 3, 2011 in Prince George at the Domano Renewal Center, that a trusted and respected acquaintance of mine gently referred us to.

This healing workshop has proven to have enhanced all my relations, personal, professional and in the community. On a more personal note it has made a profound difference in my marriage as we learned through the workshop how to speak the same language, take responsibility for our own lives and should there be a breakdown how to breakthrough quickly instead of repeating the same unhealthy patterns where we were stuck in.

I have been to many workshops, models of healing, and therapies and all I can say is this one is extremely unique, highly emotionally intense and positively one I feel compelled to share. I am aware of some others in the community who have been and also say the same about the Returning To Spirit Workshop.

There is a series of eleven follow up seminars that follow the workshop we are looking forward to going to in Prince George and then there is the reconciliation with the

Aboriginal group.

My Father being of Miq'maw origin had me struggle some as to which group to be in. However; since being raised non-Aboriginal I chose to go with that group after having learned that the model for each healing group is identical. If there is any reconciliations I have to complete with the duality I live with, will have an opportunity to be healed during the reconciliation workshop in May 28 to June 1· 2012.

This workshop has made such a change in my home life that I made a promise to myself that I would share this information as a pay it forward so other community members can choose to have the same opportunities as those of us who have already been.

Open mindedness and willingness is required to journey through this workshop. It took courage and energy on my part to choose to stay for the duration of this workshop as the journey opens many doorways that I have opened before only this time successfully walked through and learned to transform rather than keep it as a band-aid for a toxic cyclical wound.

If you're stuck anywhere in your life I highly recommend this workshop and a special pay it forward for the front

liners to take advantage of this workshops healing opportunities. "Get rid of what you know you already know" And begin the journey.

Three of the different slogan's that have stayed with me from the workshop are- and the first is quoting and Elder who had taken the workshop:

- Healing doesn't take a lifetime
- Making the impossible possible
- Alter your conversation, Alter your life

An added note, this has nothing to do with religion. It is however; about the spirit and returning to it. What more could one wish for themselves, there relations, professionals and communities?

This is my gift to you by paying this information forward. For those of you who have already taken the workshop, here is wishing you many completes!

For more information on the up and coming workshop please contact :

Jean Marie Lehtinen, OP
Domana Renewal Centre
1 250 964 4475 Phone
1 250 964 4741 Fax
jean-marie@pgdiocese.bc.ca

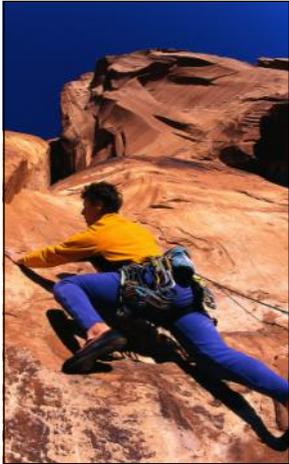
Halijo Webster. Ft. St. James, BC

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www.caledoniacourier.com

This opportunity has awarded me a sense of connectedness with community and an opportunity to move forward in my life by bringing to the foreground the issues in my own life that have kept me from fully engaging in the human experience. I have a sense of peace and well being as well as enthusiasm for what is present. Much gratitude.

Murray Webster, Ft. St. James, BC

SPOTLIGHT ON A TRAINER—GIGI JAKOBS



“I am letting go of fear. I am in development with freedom and self-expression!” I still remember the power of uttering the words of that declaration on Day 4 of my workshop. They have remained with me ever since. They have supported me in creating possibilities in my life. They continue to open up new vistas for me. There is always some fear to let go. There is always some opportunity to step into freedom and self-expression.

I became an RTS trainer because of that declaration. I moved to a new city because of that declaration. I stepped into my power as a writer because of that declaration. I stopped hiding because of that declaration. And yeah... the

fear still shows up. It always will. And when it does... just let it go and move through it.

The funny thing about this work is this... it isn't confined to the training room. It isn't confined to the workshop. It isn't confined to me leading the work up in front of the room. It shows up in so many different ways in my life everyday.

I think that is the power of the work... that it doesn't stay in the Third Circle of the Reconciliation Workshop, but moves outwards. This work has impacted my life. It wove its way into my preaching when I was working for the parish in Prince George. It weaves its way into my writing in my books and blogs. It weaves its way into

my relationships with friends and family and strangers.

Sure, I still have upsets. I still go into fear. I still have breakdowns. But that's all suffering and to be honest, it's tiring and exhausting to stay in that! That is a place of no possibilities. That is a place of fear. And fear changes its appearance all the time. If I look at an upset... if I examine a breakdown... at the core, I find fear. What a great opportunity to step into freedom and self-expression!

Gigi Jakobs, Calgary AB

Gigi is a certified RTS trainer who leads non-Aboriginal and Reconciliation workshops. She is currently serving as Admin Keeper & Communications Keeper for RTS.

UPCOMING SCHEDULE

For more information on any of these workshops or to host a workshop, please contact Anne at 1-855-244-3963 or info@returningtospirit.org

Feb 22-26, 2012
Non-Aboriginal – St. Boniface University, St. Boniface, MB
Contact: Norma MacDonald
204-233-0210 ext 424

Feb 27-Mar 2, 2012
Aboriginal – Queen's House, Saskatoon, SK
Contact: Lorraine Vandall
306-930-9305

Mar 5-9, 2012
Aboriginal – Star of the North, St. Albert, AB
Contact: Kathy Jackson
780-435-3995

Mar 5-9, 2012
Non-Aboriginal – Providence Centre, Edmonton, AB
Contact: Kathy Jackson
780-435-3995

Mar 19-23, 2012
Aboriginal – Domano Centre, Prince George, BC
Contact: Jean Marie Lehtinen
250-964-4475

Mar 26-30, 2012
Aboriginal – Kuper Island BC
Contact: Cynthia Bouchard-Watkins
250-479-1331

Mar 26-30, 2012
Non-Aboriginal – Victoria BC
Contact: Cynthia Bouchard-Watkins

250-479-1331

Apr 18-22, 2012
Aboriginal – Inuvik NT
Contact: Sandra Sanderson
867-920-2129

Apr 23-27, 2012
Non-Aboriginal – Domano Centre, Prince George, BC
Contact: Jean Marie Lehtinen
250-964-4475

May 12-16, 2012
Reconciliation – Yellowknife, NT
Contact: Sandra Sanderson
867-920-2129

May 28-June 1, 2012
Reconciliation – Domano Centre, Prince George, BC
Contact: Jean Marie Lehtinen
250-964-4475

ALL BLAME IS A
WASTE OF TIME.

NO MATTER
HOW MUCH
FAULT YOU FIND
WITH ANOTHER,
AND REGARDLESS
OF HOW MUCH
YOU BLAME HER,

IT WILL NOT
CHANGE YOU
WAYNE DYER

RETURNING TO SPIRIT—RESIDENTIAL SCHOOL RECONCILIATION INC.

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Newsletter articles are welcome!
 Send to the Editor (Gigi Jakobs):
communications@returningtospirit.org

Thanks to Gigi Jakobs, Mary Richardson, Vicki Hamilton, Gerry Sobie, Halijo Webster and Anne Taylor for contributions to this edition.

Next edition—May 1, 2012



Returning to Spirit (RTS) is a non-profit organization that designs and delivers workshops and training programs for reconciliation within the context of residential school issues that have negatively impacted First Nations People, Religious communities and Canadian society in general.

Our focus is on moving people forward through the principles of personal empowerment. This defines all our work, including coaching sessions and consulting, which are designed to support individuals, families, organizations and whole communities to move forward in life.

Our work goes beyond healing. It provides conditions for transformation in personal, family, community, and organizational life.

DO WE HAVE YOUR EMAIL??

If you're receiving this via snail mail, it means that we don't have an email address for you—do you have one? Contribute to RTS and to the environment by sharing your email with us. We will not share your email address with anyone else. We'll just let you know what's new for the

organization each month, and keep you informed of workshops in your area.

A lot of paper goes into these newsletters, which means trees. We go green by going electronic! In addition, we save money.

Will you share your email

address with us? You can contribute to RTS because every saved stamp, envelope and paper newsletter makes a difference... both to RTS and to the environment.

It may seem small but it all adds up and is a significant, way to contribute to sustainability in many ways!

NEW BOARD MEMBERS

We have several vacancies on our Board of Directors and we are happy to report that we have filled two of them in January!

Our two new board members are: Lisa Monkman and Julie LePage. Lisa Monkman is an Aboriginal physician currently living in Dauphin MB. Julie LePage is an Aboriginal lawyer currently living in Montreal QC. We are very excited

to have them join our Board and look forward to their contributions in moving RTS forward at this critical moment in our history.

We are planning to have two other board vacancies filled by the end of February.

Many thanks to all those who submitted potential board member names. We had over a dozen individuals to choose from which is an indicator of

how important the Board of Directors is seen by our wider community.

We will keep you informed of who the next new board members will be.

Many thanks to our outgoing board members who have served faithfully and who have moved RTS forward to this point.

RACE AND LANGUAGE MAKES NO DIFFERENCE; THE BARRIERS ARE GONE WHEN PERSONS CAN COME TOGETHER ON HIGH SPIRITUAL LEVELS.

ROLLING THUNDER, CHEROKEE