

PATHSTAR

PRESERVATION OF AUTHENTIC TRADITIONS AND HEALING

601 Van Ness Suite E711, San Francisco CA 94102

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Dear PATHSTAR friends and supporters,

It's coming up soon!! Our seventh annual PATHSTAR Pine Ridge/San Francisco program will be taking place October 5-12. The Alcatraz swim will take place on October 12. We will be welcoming some returnees and newcomers from Pine Ridge Reservation in South Dakota, and we will be expanding our horizons this year to include a member of the Athabascan tribe from Fairbanks, Alaska. The group will participate in a week of events focusing on healthful life style and nutritional habits culminating with the swim from Alcatraz. Our guests will take back their experiences and ideas to help influence change in their communities. We need your support to help make this our best year yet. Please let us know if you would like to help and in what capacity.

SWIM HELP: *Each PATHSTAR swimmer will need a 'buddy' swimmer to accompany them each time they enter the water, starting with their first swim October 5 through the Alcatraz swim. No cold water swimming programs exist in South Dakota or inland Alaska, and most of the guests have limited swimming experience. Therefore a calm, reassuring countenance and bay swimming experience are much more important than coaching ability. Please contact Trudy Molina (510-332-9057: tmolina@cwo.com) to volunteer for swim help.*

PILOTING: *We will need pilots and co-pilots for our October 11 practice swim and the October 12 Alcatraz swim. Please contact Jon Meyer (jonmeyer_sf@yahoo.com: 415-606-5314) to volunteer for pilot help.*

BREAKFAST OCTOBER 12: *Please contact Tina Lowden (tina@lowdenassoc.com: 510-530-0623) to help with our post-Alcatraz breakfast preparation and cleanup.*

GENERAL SUPPORT: *As is the case for many organizations, we have had increasing costs and financial challenges this year. Any and all financial donations are hugely appreciated. Please send donations to*

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And, if you have a way you'd like to volunteer that doesn't fit the above categories, please let us know: info@pathstar.org.



We are moving into the brave "new" world of email to bring you up to date from time to time about PATHSTAR news. We will not try to load your mailbox too frequently with broadcasts and you can 'unsubscribe' if you no longer wish to receive these messages. Just hit reply and write 'unsubscribe' in the subject line. On the other hand, if you know of

someone whom you think may like to receive this, invite them to email us at info@pathstar.org, and we'll add them! We want to express our appreciation for your continued encouragement and support. Huge thanks to everyone. Your energy, enthusiasm and contributions make PATHSTAR a vibrant healthy community.