

FREE

FREE

FREE

ISSUES

Premiere Edition - featuring:

Wholistic Practitioners

Consciousness Raising

Environmental Concerns

The Wholistic Practitioner's Directory



ISSUES

Feb. & March 1990
Volume 1 - Number 1

Contents

Wholistic Health

Pages 4 to 7

Networking for Change with Dave Cursons

Pages 8 to 11

Wholistic Clubs & Events

Pages 12 & 13

Focus on Women with Laurel Burnham

Pages 14 & 15

Resource Directory

| | |
|-------------|---------------------------------------------------------------------------------------------------------------------------------|
| Page 16 | Health Food Stores Wholesome Meals Organic Produce Natural Places to Visit & Play |
| Page 17 | Natural Items for Enhancing Health Quality Health Products Healthy Products for Little People Handy Helpers |
| Page 18 | Wholistic Health Practitioners |
| Page 19 | The Wholistic Directory |
| Page 19, 20 | The Wholistic Glossary |
| Page 21 | The Professional Directory Professional Counseling Services Teaching & Training Centres International Spiritual Groups |
| Page 22 | Natural Moves Publications promoting Wholism |
| Page 23 | Classified Listings |

ISSUES is published by **Angele Rowe**
2645 McKenzie Street, Penticton, B.C., V2A 6J1

This magazine is dedicated to "YOU" the people who are willing to start the change of attitude needed to help Mother Earth survive.

We need to find alternatives to chemicals, to become aware of the toxic poisons that are accumulating in our food chain, poisoning our children and the earth for generations to come. We need to take the time to rediscover the natural healing therapies, using what nature does provide. We must get in touch with our inner wisdom so that it may provide us with the knowledge. We need to live in harmony with nature and our neighbours.

We do indeed create our own reality, with our thoughts and our dollars. "Every dollar you spend is a vote for what you believe in" Consider thoughtfully when spending your hard earned money.

Issues will focus on local events and individuals that are leading the way to a healthier, happier life. To help you in your search we offer a Wholistic Directory of Practitioners, places to visit, eat, shop and people who are helping to make changes.

Issues cannot guarantee or warrant any goods or services offered by our advertisers.

Opinions expressed in this publication do not necessarily reflect those of the publisher or the advertisers. Contributors assume responsibility and liability for the accuracy of their claims and statements.

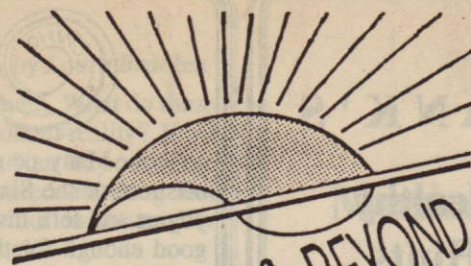
We welcome all manuscripts, photographs, and artwork. If you wish them returned then please enclose a self addressed envelope. We prefer them typewritten or on IBM disk.

We invite everyone to share their opinions about wholistic happenings in their community.

Next Issue is April / May
Submission deadline for articles is
March 10th
Advertising deadline is March 15th.

Advertisers are welcome to phone Angele 492-0987 for advertising rates.
Office Hours are 8 am to 8 pm

Published bi-monthly. Available free from selected locations or by mail.
\$15.00 yr.



Kelowna, B.C.
#105 - 1735 Dolphin Ave.,
off Kirschner
Phone 763-6222

**The Okanagan's only
Personal Growth, Metaphysical, Healing
Bookstore**

"Your 'Course in Miracles' headquarters"

**Cards & Posters
Music, Healing & Meditation Tapes
Gem & Crystal Jewellery**

plus

Co-dependency, Addicton & ACOA Books

**Books & Beyond offers
courses, workshops
and support material
for all facets
of human development.**

**"We would be happy
to special order anything
you're looking for.
Our intention is
to be of service to you."**



Steve Tomlinson Photo

HANK'S

Healthy Hints

Digestion or Indigestion

Indigestion is perhaps the most common ailment that is affecting mankind today.

Over the counter remedies are a multi-million dollar industry, providing temporary relief to sufferers of indigestion around the world.

As mentioned these remedies are only for temporary relief, they do not correct the problem.

Food or anything that is ingested does not become part of the body or its functions unless it is broken down to minute, absorbable particles. This is the process that is preformed by the digestion mechanism, which is a very complex process interrelated with just about every other function in the human body.

It is a documented fact that proper nutrition is vital to the maintenance of a healthy body, but if the digestive mechanism is hampered or tampered with, even if the best food is eaten, it could be wasted and/or become gas forming toxic or putrefactive material, doing more harm than good and bringing about symptoms such as heartburn, bloating, flatulence, nausea and cramping.

The reason why traditional remedies do not provide long term effectiveness is that their use does not address imbalances in the human's body chemistry that continue to interfere with the digestion, assimilation and utilization of food nutrients.

As every person is different, so are their digestion problems different. A proper analysis must be done to discern the individual's needs before the cause of indigestion can be corrected.

The body's acid/alkaline balance is of utmost importance. If there is an imbalance major problems may be the result.

Our digestion system has two opposing sets of secretions. One is very acid and the other very alkaline. For the maximum digestion efficiency to take place, these two secretions must balance each other. We cannot ignore this PH level if we wish to maintain perfect, vibrant health.

**Hank Pelsler is a
Certified Colon Therapist
Herbalist, Iridologist,
Counsellor of Nutripathy
He lives & works in Penticton
Phone 492-7995**



Wholistic Health

by Haddy Abra

Many people see the wholistic movement as an offshoot of the Sixties when California Crazies turned to yogurt and tofu instead of the meat and potatoes that was good enough for their parents. While it may have had a reawakening then, wholistic health has been with us since the dawn of time.

Wholistic approaches in health care refer to dealing with the person as a whole instead of as a broken arm, heart attack or cancer victim. During medical emergencies there is little time for niceties, but that is such a small part of the total health picture. In ancient times, physicians used surgery and medicine to treat their patients, but they also employed music, colour, baths, nutrition, massage, and other approaches as necessary parts of the treatment. As we became more and more enamoured with scientific technological breakthroughs, the tried and true methods fell by the wayside as outdated or unscientific.

The term "quack" comes from "quacksalver" or "quicksilver" meaning mercury, which was used by the medical profession, to the great detriment of their patients. Confining people in rooms without fresh air or sunshine, bleeding, X-ray therapy, using powerful and unproven drugs and numerous other approaches have all been accepted as scientific. Hippocrates, the Father of Medicine, advised his students that they should do nothing to harm the patients. In our headlong rush to utilize the latest treatment, the modern physician has often unconsciously done just that.

I would not suggest for a moment that we should forego the marvels of Modern Medicine, nor do I condemn physicians for not being schooled in a broader approach. In these days of specialization, they have enough on their plate just keeping up with what they have been taught.

What is needed is greater "schooling" for everyone. Practitioners need to better understand and respect what is being done by others with different training, and consumers need to know what it is that is the best approach for their needs. This is where workshops and events such as the **Spring Festival of Awareness** play an important role.

People need to take responsibility for their health and be informed consumers when it comes to seeking assistance. They must realize that although a health practitioner may have found a truth, it is not necessarily the total truth. Does that practitioner seemed concerned about you as a person? Did he or she take the time to hear what you had to say and properly assess your situation? Was he or she prepared to refer you to someone else as part of your therapy if it was appropriate? We all must keep striving for greater truths.

**Haddy Abra is President
of the**

**Canadian Coalition of Wholistic Health Practitioners
This is an umbrella organization for wholistic minded
individuals & organizations. If interested in joining or just
finding out what it is they do. Phone Haddy
in Vancouver 879-0304
or Joan McIntyre in Vernon at 542-6881**

The First Step

by Laara Bracken

Self Authority. Self Empowerment. What do these words mean? Dare we make them a part of our reality? If we dare, where do we begin? How do we find our way out of the quagmire of thoughts, tapes, images and conditioning that says "Don't make waves," "You are not important," or "Loving yourself is egotistical and wrong"?

Self love is not egotistical--it is an artesian well from which to draw on love for others, as well as ourselves. To draw on the strength to be there for others, caring and nurturing freely, without fear of depleting ourselves. When we love ourselves, we feel neither greater nor lesser than others--we see ourselves as part of the whole of humanity. This is true humility. This self concept creates a link with the universal source, and love and power flow through us. We become filled with it --healing and serving simply by being.

How do we get there? By exploding a couple of myths. The first, and most insidious is that we do not love ourselves. Horsefeathers! We feed and clothe ourselves, don't we? We house ourselves, and keep ourselves warm, don't we? This, and a myriad of other survival techniques, prove that we do love ourselves. Think about it for a while. Focus on that part of you which has been keeping you fed, warm, and sheltered. Then you will be ready to explode myth # 2....

We can't afford to get help with our conflicts and confusions (subtitled: I don't deserve that much happiness) Question: If you had a dear friend who was suffering terribly, and he/she asked you to loan him/her some money to find relief, would you do it? You bet you would. So would I. We would cut out some other expenditure, we might even take out a loan--but it would be worth it for our dear friend. End of second myth.

Having exploded these illusions, the question becomes to whom, or where, do we go? There are so many people offering so many things that it is confusing. First, we stop panicking about the whole choice issue. We allow ourselves to make mistakes. We experiment with different counselors, healers and methods. We ask a lot of questions. We ask our friends for their impressions of people and techniques. We realize that it took years to create our present situation. We cannot expect to create another reality in a month.

Having affirmed our self love, that we can afford it, that it may take time, we are already half way to clearing the mists that obscure our inner light. This is when the "magic" happens. When we are in this state, we attract to us a person or a method that resonates with our own energies, and will "work" for us. All that remains is to do it.

Musing



Steve Tomlinson Photo

I looked up the word muse in the dictionary and it means to meditate in silence; think deeply; dream. My column will be to share with you, thoughts and dreams. I feel that wholistic health is very important, but not many people are aware of the benefits. Many practitioners are very talented but don't always make a living doing what they love. I hope my skills as a promoter will entice people to give the wholistic practitioners a try. I'm a networker not a writer so I'm depending on you to supply me with interesting articles. I'd like to thank my supporters and the sponsors who helped make this publication a reality. I hope you enjoy and share this premiere edition of ISSUES.

Angele Rowe

The Alpine Herbal College is a reality. Yarrow Alpine of Salmon Arm will soon be starting an eight month course titled "The Spirit and Therapeutic Use of Herbs". Yarrow's background is impressive, B.A. from University of California, professional basic teaching credentials, two certificates from Herbal Colleges, one from Green Leaf, under Norma Myers and the other from Rosemary Gladstar. Certificate of completion of Applied Nutritional Education in 1981 and professional training in use of Flower Essences. In addition Yarrow has written a book, owned a health food store, organized Medicine Wheels and works as a Health Consultant full time.

Rosemary Gladstar is providing the 500 page apprenticeship program and is the resource consultant for Yarrow. Rosemary founded the California School of Herbal Studies. Yarrow's keyword is participation while learning these gentle alternatives for healing the whole body. The College will grant the title "Herbalist" to students successfully completing assignments. If you are interested in the Herbal College, it starts April 28, phone Yarrow for more info: 835-8393



POLARITY THERAPY

with Margaret Lambert of Vancouver

March 8th - Thursday - FREE Introductory Lecture
at Books & Beyond in Kelowna

Level 1 - **POLARITY** through TOUCH - March 9, 10 & 11th

Level 2 - **ATTUNEMENT** with the FIVE ELEMENTS - March 16, 17 & 18th

For more information please call Kelowna: 764-8762 or 763-6222 or Angele in Pent: 492-0987



Dr. Craig Wagstaff, N.D.
Naturopathic Physician

PHONE
763-3566

Orchard Plaza One
#100 -1890 Cooper Road, Kelowna, B.C. Y1Y 8B7

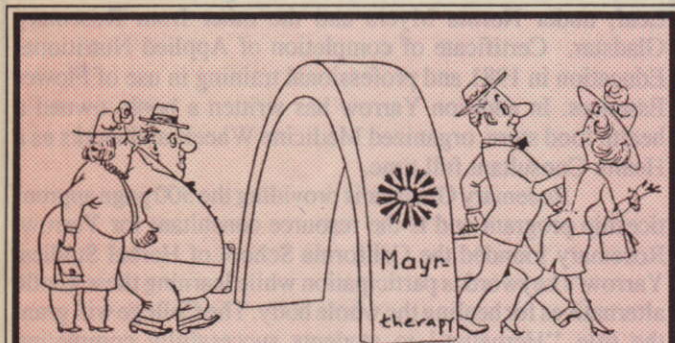
No aches, no pains

I'm always interested in new ways to regenerate the body, so when I heard of the Mayr Cure, I was curious. I spoke with Ostap Korecki, (Penticton's Acupuncturist) and to Dr. Craig Wagstaff, (Kelowna's Naturopathic Physician). They had just returned from a two week intensive at Whistler. I was told Mayr Therapy offers a modern citizen a natural preventive and regenerative treatment for body and soul.

I also spoke with several of Ostap's clients and they confirmed what he had told me. They said they had more energy, got rid of aches and pains, lost weight and their digestion improved.

The routine for cleansing sounded fairly easy as you did get to eat certain foods.

If you would like more information to find out what the Mayr Cure can do for you, phone either Wagstaff or Korecki.



THE MAYR CURE

**Improves Health, Posture, Vitality
and great for aches and pains
Weight-loss Guaranteed or Money Refunded**

For Free Consultation Phone:
ACUPUNCTURE THERAPEUTIC CENTRE
54 Nanaimo Ave., E., Penticton.
493-6967

Colour for Healing by Ana Fassman

Light, with its component colours, is a marvelous storehouse of power to vitalize and heal mankind. It produces not only colour, but chemical effects, heat, electricity, magnetism; its organic reaction is witnessed in the flora and fauna of the earth.

All things manifest their potencies and their qualities by means of colour. There is tremendous power in colour repulsions and colour affinities. From these facts an exact materia medica can be constructed.

The seven different colours in sunlight are each composed of a different style and number of vibrations and each has special properties and chemical powers. Everything possesses a finer positive principle and a coarser negative principle.

The coarsest particles scatter white light. The finer particles scatter some rays from the red end of the spectrum. the finest particles scatter rays only from the blue end.

Different kinds of glass transmit different powers of colour. The cobalt blue glass, called mazarine blue, transmits not only blue but other colours in the spectrum, both hot and cold, visible and invisible. the yellow ray is absent and much of the green. Orange and red are partially transmitted. The infrared rays pass through cobalt. It is thus not advisable for persons with inflammatory conditions, but for nervousness and some dormancy of the bodily functions, it is beneficial. Deep blue glass coloured by cupro-diammonium sulphate is the best of the electric colours having no thermal rays. For calming and cooling brain, nerves, and inflammatory conditions, it is unexcelled.

Glass coloured with iron oxide, a deep iron green, admits violet, blue, and orange freely and some yellow and red. It is good for cooling electric effects.

Very brilliant copper green admits violet, blue, and a small amount of orange, some yellow, and full green.

Manganese violet glass extends into ultraviolet, has a few yellow rays, red is shortened, green fades into black shadows, and the other rays blend into an intense blue.

Many other combinations both in glass and solutions are possible. Heat is transmitted by red or ruby glass, but the orange glass admitting a small amount of electric rays seems to produce even more heat, while clear glass, especially a little warm, causes the greatest amount of heat.

The healing powers of water in coloured glass or colourful liquids in a glass are quite different from their appearance to the eye. So remember, red, for instance is the hottest visible colour but red glass does not transmit as much heat as orange or even yellow glass. The power to transmit must therefore be considered, not the visual effect.

Solutions of different colours or thin coloured draperies have similar effects to the solared glass. Every colour has a special power different from that of any other colour. The universe is not filled with a meaningless array of hues that have no other use than pleasing the eye.

The grosser elements of man's can be built with food and food medicines but the higher elements can be healed by light, colour, based on the noble philosophy of colour. Next time you desire a drink of water charge it by placing it in a coloured glass and leaving it in the sunlight for 20 minutes.

Calendar of Workshops

February 3 - Saturday

The Healing of Relationships

according to "A Course in Miracles" principles.
Learn how to experience the joy and fun that relationships are meant to be.

"To heal is to make happy" T66

Workshop Leaders: Faye Stroo & Marie Prosser

Kelowna at Books & Beyond - cost \$50.00

Please phone Faye at 763-6222 for more info.

Ayurvedic Cooking Class

Learn the basics of food combining with this 5,000 year old science with James Battle of California.

All food supplied. Cost is \$50.00

Cooking class Sat. - 10 am to 6 pm

Penticton: to register phone Angele 492-0987

February 17 - Saturday

"TIME" It's Role & Goal in our Life

A workshop designed to put you in the driver's seat.
Mastering goals and success is easy when you know how. Cost is \$60.00 - 10 am to 6 pm.

Inner Directions Training Centre.

1725 Dolphin Ave, **Kelowna**. 763-8588

February 25 - Sunday

Mini Wholistic Health Fair

12 Instructors will share knowledge with you.

Classes are 1 1/2 hours long, all day.

Healers and Displays

10 am to 10 pm - Cost is \$15.00 for the day.

at Leir House in **Penticton** - 492-0987

Everyone is Welcome!

March 30, 31 & April 1

Spring Festival of Awareness

See ad on back of this magazine

June 17 to 22

Full Retreat in Universal Shamanism

at Gardom Lake near **Vernon**

With Ed Kenney

founder of the Shamanic Foundation

in Thunder Bay, Ontario

Register before May 1st and save.

For more information: Please phone 838-7587

SOUTH OKANAGAN NATUROPATHIC CLINIC

DR. AUDREY SHANLEY URE
NATUROPATHIC PHYSICIAN

ALLERGY TESTING, HOMEOPATHY, NUTRITION

105 VANCOUVER AVE.,
PENTICTON, B.C. V2A 1A1

(604) 493-6060

We need a vegetarian restaurant in Penticton.

People's attitudes are changing towards a healthier life style and knowing what is in the food they eat. With the poultry industry using so many chemicals to feed the mass of chickens and the beef industry using hormones to fatten the cows and with books like *Diet for a New America*, giving us the facts about the multi-million dollar food industry. People are now looking for quality food. The 1990's are here, the shift in consciousness is happening now on a level where we can see it.

Travelling through the valley I found two restaurants that make their meals from scratch, using organic products. One is in Rutland, just off the highway, at 164 Asher Road and the other in Vernon, on 30th Avenue.

The Vegi-Del in Kelowna serves lots of homemade tofu as they make it fresh daily in the back of the restaurant, plus Gluten, Protein and Vegi Burgers and tofu cheese. They make their muffins with no eggs or sugar. In the evening this cafe bustles with people learning to cook the vegetarian way.

In Vernon there is the Sunseed Health Food Store and Cafe. They serve the most delicious organic vegetarian homestyle meals. They grind organic flour daily to make their bread and serve desserts that are a meal in themselves. They have filtered water to drink or you can order organic carrot juice.

I do hope you will support these people in their endeavor to provide us with good quality organic cooking. For more information, these restaurants are listed in the Directory under Wholesome Meals. I hope this article will encourage someone to open a vegetarian restaurant in Penticton.

VEGI-DEL CAFE

HOMEMADE VEGETARIAN FOOD

Gluten, Protein & Vegi Burgers

FRESH TOFU, CARROT JUICE & SOYA CHEESE

Freezer items to take home

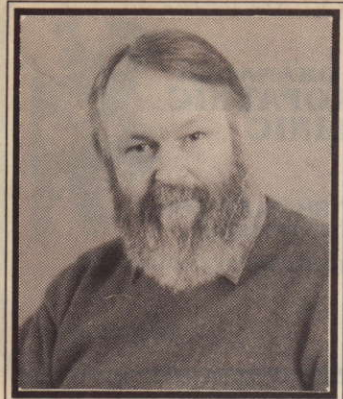
MUFFINS made with NO EGGS & NO SUGAR

164 Asher Rd .

Open 9 am to 7 pm

765-2626





Dave Cursons

Steve Tomlinson Photo

Networking for Change

"It's a sad person who does nothing because he can only do a little." That's Edmund Burke, a conservative British Politician of nearly two centuries ago. He also gave us "All that is required for evil to overcome us is for enough good people to do nothing." It's a wonderful opportunity to write this column in the first of what we expect will be an informative and useful periodical for Interior of B.C. readers.

Your Networking for Change columnist, has lived in the Okanagan and Kootenays since 1976, having spent his first 25 years in the moister climates of the Lower Mainland. My connections with people in the Interior have revolved around community theatre, peace and disarmament, green politics, the uranium issue and Central American issues.

Networking for Change will support, and hopefully advance the efforts of people who are ready to work for their communities to secure good water, air and soil, to promote secondary resource recovery (recycling), re-use; to back with words and in practice, appropriate energy, agriculture and industry.

This column is for those interested in being more socially and politically active, those interested in "progress as if survival mattered."

One of the emerging "grass roots" human energy sources is Watershed Protection Alliances. At Darke Lake behind Summerland, a water crisis drew the community's interest in forestry issues. At Trepanier Creek above Peachland the Kelowna connector of the Coquihalla Highway swept through the watershed alerting people to water and land-use issues.

It's happening all over the Interior. In mid-November when we were doing some political organizing we attended a meeting at Rossland of a new group called Rosslanders Advising Council on the Environment. They were talking about what they might do to prevent a private tree lot owner from clear-cutting lands adjacent to their water supply.

Taking the lead in the Interior of B.C. was The Slocan Watershed Alliance when in 1984 their FLOW (for the love of water) conference led to the publication of Herb and Susan Hammond's British Columbia Watershed Protection Handbook. It's a big comprehensive workbook in a three ring binder so you can add your watershed's chapter to the book.

Order one from the Slocan Valley Watershed Alliance, P.O. Box 139 Winlaw, B.C. V0G 2J0.

Contacts:

Rosslanders Advising Council on the Environment

Jill Spearn - Slocan Valley Watershed Alliance

Box 139, Winlaw, B.C. V0G 2J0 - (604) 362-5367

Trepanier Creek Watershed Alliance - (604) 767-9231
RR#2 Site 26A Comp 5, Peachland, B.C. V0H 1X0

West Arm Watershed Alliance (Nelson)

Richard Bridge, P.O. Box 787, Nelson B.C. (604) 229-4364

Darke Lake Watershed Alliance

c/o Catherine McDougall, Site 44, RR#3, Summerland, B.C.
V0H 1Z0 Radio Kelowna Channel 0-711-1142-8857

Committee For A Clean Kettle Valley,

Box 118, Rock Creek, B.C., V0H 1Y0 - (604) 446-2517

Western Canada Wilderness Committee

29 Water Street, Vancouver, B.C., V6B 1A4

West Coast Environmental Law Research Foundation

1001-207 W. Hastings Street, Vancouver, B.C., V6B 1H7

Network with these organizations when you get active in preserving your watershed.

Ecological Perspective

Your columnist is going to cultivate a radical perspective on a lot of issues, especially in relation to environmental concerns. Many will have heard of Deep Ecology. It's a term coined by Norwegian philosopher, Arne Naess. In brief Naess says (and I agree with him) as follows.

1. *all life has it's own intrinsic value. Humans have no right to exploit their companions on earth except to meet absolutely vital needs.*

2. *humans are too numerous and a "substantial" population decrease is required.*

3. *to achieve harmony and balance humans must severely limit or change their economic, technological and material ambitions.*

Given these beliefs, I'm not particularly taken with such popular ideas as "sustainable development". S.D. tells us that we can "have our cake and eat it too" planet wise. ■

Network for Change

can be your forum for opinion and information.
Be brief, be tough, if you must.

**There's lots to be done. Don't panic.
Share the load. Write us.**

**Issues, 2645 McKenzie St.,
Penticton, B.C., V2A 6J1**

Tools for Peace



Here's a great way to get active and have fun as well. In the Interior of B.C. there are a number of Tools for Peace Committees. They are listed by contact person below.

Since its beginning in 1981, Tools for Peace has shipped over \$8 million worth of priority goods to Nicaragua.

The Tools for Peace campaign has five Priority Projects to meet Nicaragua's most urgent needs.

Notebooks. Education for all is an essential part of Nicaragua's commitment to a better life for their children. Notebooks are in short supply.

Farm Tools. Food production is a top priority in Nicaragua. Simple tools (shovels, rakes, hoes and axes) .

Rubber Boots for agricultural workers are scarce. Boots should be in excellent condition.

Safety Gear. Safety goggles, gloves and ear protectors are basic equipment for helping Nicaraguans.

Roofing. The contra war and Hurricane Joan have forced thousands of Nicaraguans to rebuild their communities. Donated funds will purchase roofing materials

Other items are also being collected. If you can donate any of these priority items, or funds for the general campaign, please contact your local **Tools for Peace committee.**

Here are your contacts in the Interior of B.C.

Ann Godderis, 3417 5th Ave., Castlegar, B.C., V1N 2V8. ph: 365-5077

Martha Marchal, RR#1, Grand Forks, B.C., V0H 1H0 ph: 442-8307

Bill Wells, Box 5, Johnson's Landing, B.C., V0G 1M0

Josee Bayeux, Box 117, Kaslo, B.C., V0G 1M0 ph: 353-2638

Dianne Luchtan, RR#3, Nelson, B.C., V1L 5P6 ph: 229-4715

Sam Simpson, RR#1, Winlaw, B.C., V0G 2J0 ph: 226-7682

Al Howard, RR1 Upper Colony, Armstrong, B.C. V0E 1B0 - 546-9339

Karen Abramsen, 605 Elliot Ave., Kelowna, B.C., V1Y 5S9 - 763-1181

Penny Wilson, 851 Desmond St., Kamloops, B.C., V2B 1M6 -376-6324

Lori Gillard, RR#1, S-16, C-22, Naramata, B.C., V0H 1N0 - 496-5295

Marilyn Hansen, RR #4 Site 106, Oak Ave., Summerland, - 494-9265

Don Pegg, P.O. Box 117, Vernon, B.C., V1T 6M1 - 542-4858

CHBC Kelowna to show balance over "FORESTS FOREVER" complaints

Summerland resident Tom Anderson complained to the Canadian Radio and Television Commission about the "Forests Forever" ads featured regularly on CHBC television out of Kelowna. This portion of the text of the CRTC reply went along with the rest of the letter to CHBC President, Ron Evans.

"The Commission takes the view that the issue of forest management is a matter of public concern to the people of B.C. Therefore, while the Commission is not in a position to preclude the licensee from broadcasting the "Forests Forever" ads, a licensee may be obliged to present alternative perspectives on this issue in its programming.

Accordingly, in response to previous complaints, the Commission obliged the licensee in question to demonstrate the manner in which adequate balance was provided with respect to the views expressed in the ads."

The letter was signed by Fernand Belisle for the CRTC.

COLUMBIA RIVER TREATY Renegotiation of Downstream Benefits

In September of 1964 the Governments of Canada and the United States exchanged instruments of ratification putting the Columbia River Treaty into effect..

The Columbia River Treaty Downstream Benefits resulted from the construction of the Mica, Keenleyside and Duncan Dams in B.C. The benefits are in the additional energy and capacity for hydroelectric power generation through delayed flow release. Half these downstream benefits belong to B.C., the other half were sold to Bonneville Power Authority for 30 years.

The original sale ends commencing in 1998 and their return or resale must be arranged well before that date. The downstream benefits spoken of here are estimated at 5.25 billion kilowatts. Compare that with Site C on the Peace River at 4.6 billion kilowatts.

The North Columbia Group, Sierra Club in conjunction with the Northwest Conservation Act Coalition (USA) has determined the best environmental solution to be as follows:

- (1) Resale of the benefits to Bonneville Power Authority
- (2) BPA to pay the full monetary value of the benefits.
- (3) BPA funds a conservation program equal to the energy component of the benefits
- (4) Investment in the conservation program to begin immediately upon agreement,
- (5) In B.C., West Kootenay Power to receive a share of the energy capacity at no cost for use only in the WKP service area.

This proposal will serve to:

- (a) Satisfy the US that the benefits stay in the US NW.
- (b) B.C. acquires the money for the benefits plus a conservation program
- (c) We avoid the construction, indeed the "need" to construct new dams in B.C.

For further info contact: Bob Miles at (604) 860-8200.

Leave it in the Ground!

Networking to stop uranium mining.

One of the places where peace activists have been rubbing shoulders with the broad stream of environmental activists is around the issue of nuclear energy and in the Interior of B.C., uranium.

Substantial uranium ore deposits are contained in the Okanagan, Similkameen and Kettle River Valleys. Birch Island on the North Thompson is another hot spot. In 1980 Premier Bill Bennett stopped exploration and mining halfway through a Royal Commission of Inquiry headed by UBC's Dr. David Bates. Seven years later (1987) the moratorium was lifted by Bill Vander Zalm.

Uranium and associated elements such as Thorium are lodged within ancient ore bodies which have gone undisturbed over vast periods of geologic time.

Radioactive elements emit sub-atomic particles over long periods of time. Radioactivity, even at low levels, has an effect upon living organisms and is associated with occurrences of cancer and birth defects in animal populations. See Dr. Rosalie Bertell's book titled *No Immediate Danger*.

The mining industry wishes to develop uranium deposits for profit in a world market which includes the nuclear power plant industry and the nuclear weapons industry. Development of uranium means digging it up. Ore tailings are non-marketable left-overs from the mining process and are radioactive. From these tailings radioactivity is dispersed into the surface environment through air and watercourses.

Watersheds where drilling takes place are affected by the introduction of freshly dislodged radioactive materials. There is normal background radiation in the environment which varies from place to place. With the introduction of freshly dislodged radioactive materials into the surface environment and watercourses the radiation level increases overall. Community based organizations such as the South Okanagan Similkameen Union Board of Health are calling for comprehensive base line studies to show what the existing or natural background radiation levels are in the Okanagan,

Similkameen and Kettle River Valleys. This is the only way of determining the changes which are being brought about through activity on the uranium-bearing ore bodies. To date, no comprehensive base line studies have been done in the Interior through studies of a limited sort have been done from time to time.

Politically, uranium has been a "hot issue" with environmental, native, religious, municipal, and public health organizations. All have lobbied for a cessation of uranium exploration and mining.

Since February of 1987 designated uranium claims must be worked by the claim-holder in accordance with new regulations. Opponents of uranium exploration and mining say the regulations are inadequate and unenforceable.

Groups such as the B.C. Medical Association backed by a loose coalition of groups called the Uranium Room have called for:

- (a) an immediate ban on exploration and mining of uranium in British Columbia.
- (b) immediate convening of a board of public inquiry to include environmentalists and women to determine "whether", not "how", uranium exploration shall occur.

Concerned citizens are urged to write to their city or village council, their Regional District Representative, their Member of the Legislative Assembly and their Member of Parliament to ask what they are doing to stop the drilling in uranium-bearing ore bodies in the Okanagan, Similkameen and Kettle River Valleys.

Concerned citizens who want to further involve themselves in solving the problem can contact the Similkameen Ecological Society (499-5715), Committee for A Clean Kettle Valley (446-2363), or Canadian Coalition for Nuclear Responsibility (860-7663).

This issue, like many other critical environmental issues requires solutions and the beginning is with individuals who learn, communicate and thus empower themselves and others.



Whi?

with
David Hughes
of Kelowna

Wholistic House Issues

Q.

What are
the effects
of chlorine
in water?

Cl₂

Chlorine is added to our water supply as a disinfectant to reduce the bacteria count thereby playing a key role in eradicating water borne infectious diseases, such as typhoid and gastroenteritis. The desired chlorine level is usually one part per million although system repairs, malfunctions or high bacterial count may increase this level.

The potential health threat of chlorine was recognized as far back as 1934 when it was cited as a cause of asthma. For the chlorine-sensitive person the heating and splashing of water in a shower, washing machine or swimming pool can cause problems by aerosoling the chlorine infused droplets and liberating the gas. For the less sensitive the effects are not as apparent, but chlorine is, after all, a virulent poison. That is why it kills bacteria so effectively.

A recent survey in Wisconsin implicates chlorinated water as a factor in raised cholesterol levels, particularly for women. Cholesterol levels were about 4 % higher in women who drank municipal water than in women drinking unchlorinated well water. This represents an 8% increased risk of heart attack. Links between chlorinated water and gastrointestinal and urinary tract cancers are also disturbing. Toxic and carcinogenic compounds called trihalomethanes (e.g. Chloroform and trichloroethylene) are formed when chlorine reacts with organic matter. The National Institute of Environmental Health Sciences says that the immune system is one of the most sensitive targets of toxicity for such chlorinated chemicals as dioxin and trichloroethylene.

Health and Welfare Canada advises against the removal of chlorine because of the possibility of contamination after the removal of the disinfectant and the potential of bacterial contamination from inadequately maintained filters.

Chlorine can be removed from the entire household water supply by installing a high capacity activated carbon filter with regular back washing or at point of use with a smaller activated carbon filter by itself or as part of a reverse osmosis drinking water system. A point of use filter should be replaced every six months or 1,000 gallons. Filter systems which are claimed to last longer should be avoided because of potential bacterial contamination.

Sources

Why your home may endanger your health, Zamm A.
Your home, your health, and well being, Rousseau D.
Domestic Water Treatment, Lehr. J.
East West Journal. December 1989
Consumer Reports. January 1990.

Do you have a question for David? Write Issues.

Bio-medical Waste Incineration

One of those government ads calling for input from "interested parties" regarding a new bio-medical waste burner in Penticton caught the eye of Cheryl Saxon.

Bio-medical waste is all the paper, plastic, tubing, tissue, spent fluids, old drugs, chemicals and assorted gunk that hospitals have to get rid of. As with all "waste" there's no place to get rid of it except right here - planet earth. Industry is happy to come up with incineration schemes.

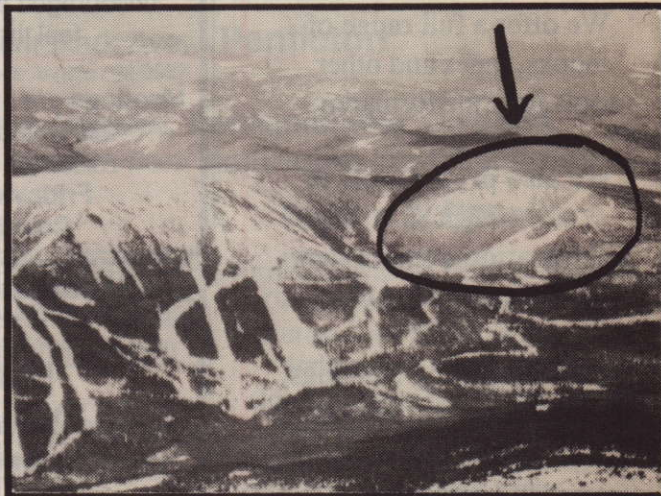
The Regional District in Penticton (RDOS) and elsewhere under a recent amendment to the Waste Management Act must develop and implement a waste management plan for bio-medical wastes by December 31, 1992.

J.J. Randall, Municipal Engineer, Waste Management Programs, Ministry of the Environment notes in his letter to Ms. Saxon of November 14, 1989, that at this time Waste Management has *no regulations established for bio-medical wastes and no emission standards have been established for incinerators handling bio-medical waste.*

Interior of B.C. activists might wish to ask hospital, municipal and health board people in their area what is happening with bio-medical waste

S.A.R.A.

is trying to **SAVE** this mountain!



from a proposed open pit quarry.

They would like you to be aware of it.

Are You?

Do you want Apex Recreation preserved?

Do you care?

If you do phone Mike Reed at 492-8584

If not, then the area may be turned over to Polestar.

The choice is yours.



Vernon Wholistic Living Centre

An ongoing program of events every Friday night designed to help you with personal transformation.

Our program instructors bring you information relevant for dealing with body, mind, spirit and emotions.

We offer a full range of books, tapes and other tools for transformation.

We also provide lots of **FREE** information about events in our community.

We have ongoing meetings, meditations and socials, plus Workshops just about every week-end.

We are a non-profit society.
Open 10 am to 4 pm
Drop in & Browse
at
2915 - 30th Avenue
Phone 542-6140

Penticton Metaphysical Club

Friday - February 2nd Ayurvedic Principles of Food Combinations.

James Battle from California
Understanding the elements of
nature and how they relate to food.
Cooking Class on Saturday.

Sunday - February 25th
Mini Wholistic Health Fair
10 am to 10 pm

Friday - March 9th Qi Gong

Philip Jiang from the
Shao-Lin Qi Gong Healing Arts
College of Calgary
will be here to demonstrate the
power of this ancient healing art.
Participation in the demonstration
encouraged so that you may
feel the energy.

Meetings are at the Leir House
220 Manor Park Ave
Starts - 7:30 p.m.
Friday evenings
Cost is \$5.00

The Holistic Networker Shaw Cable 11

Penticton & Summerland

Schedule

Friday - 9 p.m.
Saturday - 5 p.m.
Sunday - 7 p.m.
Monday - 10 a.m.
Thursday - 8 p.m.



Kelowna Parapsychology Association

Meets last Wednesday
of each month
at the Sandman Inn

January 31st Qi Gong Chinese Healing Arts

Master Lui Xin Guo will demonstrate this
ancient healing art. His incredible
source of life energy is something that
must be experienced personally as it
cannot be seen.

February 28th Heather Luise Zais

Her lecture will be on psychic readings
and astrology. She has her own radio
show StarScope and Channel 11 T.V.
Show called Wheel of Destiny

March 28th Ed Kenney Universal Shamanism

Counsellor - Therapist from
Thunder Bay, Ontario. He will take
us on a Shamanic Journey with
his drum and singing crystal bowl.

Meeting Place
Sandman Inn
2130 Harvey Ave., Kelowna
Meetings start at 7:30 pm
Cost : \$3.00 member
\$6.00 non-members

Pentiction Events



JAMES BATTLE

Saturday - February 3rd

Ayurvedic Cooking Class

All day at the Leir House - Cost \$50.00

To register phone Angele 492-0987

MONDAY * FEBRUARY 12 *****

**Free Introductory Class
in Soft Kung Fu & Meditation**

10 am - 1 pm or 6 - 9 pm

at the Leir House in Pentiction
for more information phone Angele 492-0987



MARC S. TEY

A Mini Wholistic Health Fair Sunday - February 25th 10 am to 10 pm

at the **Leir House** - 220 Manor Park Ave. - Pentiction

Need more information phone Angele 492-0987

**THREE Instructors teaching at ONE time, Healers, Reflexologists, Displays
Experience the Learning Enhancement System from Hollywood Health Studios**

Tenative Schedule

Topics & Speakers

| Time | Room 1 | Room 2 | Room 3 |
|----------------|---------------|------------------|------------------|
| 10 - 11:30 am | Kerry Saari | Bev St. Croix | Marsha Warman |
| 11:45 - 1:15 | Yarrow | Carole Glockling | Mariah Milligan |
| Lunch Break | | | |
| 2:00 - 3:30 pm | Faye Stroo | Bev St. Croix | Rolf Fassman |
| 3:45 - 4:15 | Salura | Hank Pelser | Mariah Milligan |
| Dinner Break | | | |
| 5:00 - 6:30 pm | Yarrow | ? | Marsha Warman |
| 6:45 - 8:15 | Lorna Schwenk | Hollywood Health | Carole Glockling |
| Tea Break | | | |
| 8:30 - 10 pm | Salura | Lorna Schwenk | Hank Pelser |

Psycho Physics - Marsha Warman
Dreamquest - Mariah Milligan
Auras - Bev St. Croix (Hotno)
Indigestion - Hank Pelser
Course in Miracles - Faye Stroo
Reflexology - Kerry Saari
Nutrition, Herbs - Yarrow Alpine
Earth Healing & Psycho Spiritual
Healing with Salura
Polarity Therapy - Carole Glockling
Insight into Female eating
disorders with Lorna Schwenk
Enhanced Learning - The
Hollywood Health Studios
Astrology - Rolf Fassman

Time & Instructors may vary due to unforeseen circumstances

Cost \$15.00 for the day



Laurel Burnham

Focus on Women

It's always a treat to be able to expound on one's philosophies/world view and interests. I thank Angele Rowe and ISSUES for the opportunity and feel privileged to do so. This column will be devoted to those issues and concerns which must be addressed for women and men to achieve equality within this society.

WARNING: The writer is a FEMINIST.

She believes in the social, political, economic and spiritual equality of women and men. She does not hate men, wreck families, nor protest in a loud, shrill voice about how nasty and horrible men are. She loves (beyond all reason) people, (male and female, young and old), this beautiful planet and her place on it. But she does recognize, from her studies and perceptions of human society, that women and men do not occupy the same, equal spheres in this world, are not treated equally, not perceived equally, not paid equally, nor do they have the same freedoms and opportunities.

The reasons for these inequalities are many and complex. There are no simple "band-aid" solutions. The issues that have been considered "women's issues" such as child care, violence in the home, sexual abuse, are widely recognized as social problems, in that they are related to the overall social patterns of behavior and only to be remedied by a complete change in social attitude and by education, counseling and support for everyone involved, including men. If as a society, we fail to come to terms with the fact that we are collectively responsible for the well-being of children, for preventing violence and abuse of women and children, we are doomed to failure as a civilization. Placing the burden of the care of the children and the home solely on the shoulders of one half of the population by gender is one way the oppression and inequalities are perpetuated.

In all our interior communities, women face the same problems: lack of decent housing, lack of day care, violence in the home, inadequate wages, poverty, the stress of holding two full-time jobs, one waged and one not. These are the same problems faced by women across Canada--indeed all over the world.

I run a Women's Centre, one of thirty federally funded such centres across B.C. I'm paid half-time to do a job that is full-time for two....not an unusual situation. I try, with limited resources, to provide information, programs, speakers, classes and a lobbying and advocacy service within our restrictive funding mandate, to address some of the staggering social inequalities that exist.

For Families Only

40 semi-detached townhouses
2, 3, and 4 bedroom suites.

Sound to good to be true?

Phone 493-6822 to find out about
Penticton's non-profit society,
Family Housing Resources Society.

**We need your help to make this
a reality. Call Laurel and tell her you
support her endeavors.**

**Write or phone Mayor Whittaker, City Hall,
or MLA Ivan Messmer,
or MLA Bill Barlee all in Penticton.**

**We are still accepting names for our
housing survey and could use more
help on the committees.**

In my community of Penticton, women make half of what men make-- not 63 cents to every dollar a man makes--50 cents!!! How does one reverse years of entrenched social attitudes? What do you say to a single mother of two on welfare who is desperately searching for a decent, affordable place to live in a community that openly and actively discriminates in the discrete "Adults Only" or "Senior Oriented" style? What do you tell the mother of a 14 year old who has just found out that her daughter was raped? or that she has been sexually abused by her uncle since she was 2? Have a nice day?

I don't mean to sound cynical/bitter (for fear of being accused of some unsavory behavior, such as angry), I'm just trying to give you a sense of an "average" day at Women's Centre. The problems are real. The issues are real. And they won't just go away.

There are Women's Centres in Penticton, Kelowna, Vernon, Kamloops and Nelson. If you need statistical information on women: in the labour force, poverty, violence, violence in the home, sexual abuse, you will find it at one of these centres. This can be especially valuable for students, teachers, researchers. You will also be able to browse through our small but extensive libraries on women and women's studies, and meet with caring, involved, intelligent women who are devoted to the equality of women not just in their own communities but world-wide. You'll get a schedule of programs, events, a newsletter, magazines, free brochures and interested attention. Men are NOT turned away at the door, either.....

In the next ISSUES, I'll cover some of the topics I've touched on here. Plus, I'll try to keep you posted on these issues and topics of importance directly affecting women as a gender. The next ten years will be a crucial decade, not only for the environment but for human beings, male and female, young and old, everywhere. So stay tuned!

PMS & Menopause Workshop

with Sharon Thompson, R.N.
Learn how to effectively deal in natural ways
with PMS and/or Menopause
February 10th
at the Library Auditorium Meeting Room.
Pre-registration advised.
For more information: **Phone 493-6822**

Heal Yourself!

THE MIND AS PHYSICIAN

by D.R. Vincent Love

Scientists have learned more about the brain in the last decade than in all of previous history, and the implications of the latest research are clear - the human mind is far more powerful, and has the potential for immensely greater growth and transformation than was ever before imagined. The idea that there is a mental element to healing has gained wide acceptance. Many physicians who once discounted the mind's ability to influence healing are now reconsidering in light of new scientific evidence, and researchers are probing a variety of phenomena. All this has led some physicians and institutions towards a more *wholistic* approach to treating the mind and body as a unit, rather than two distinct entities. Inherent in this *wholistic* philosophy is the belief that patients themselves must be active participants in the treatment of their illnesses.

Is it possible with our current level of technology that we could have at our disposal, machines and devices that could dramatically increase one's ability to memorize new information, and recall information already learned? Could you improve your ability to think creatively, to be totally in control? Can you synchronize the mind/body to be whole?

Yes, such devices and technology now exist, and are being used by an increasing number of people of all ages. With the wisdom of all our years we must continually seek out the things that may allow us to come closer to healing ourselves *wholistically*.

February 25th

Women's Car Care Clinic at the Penticton's Women's Centre

Phone - 493-6822 - for info.

Save Time, Money, the Environment and the Health of your Baby's Bottom.

Sounds too good to be true! Disposable diapers were developed only 30 years ago, and the advertising produced by the manufacturers convinced parents that they are a necessity. They aren't. There are many alternatives. Parents are starting to realize that our fragile ecosystem is being destroyed.

Fact 1: One baby will send 1 1/2 ton of waste diaper material to the landfill. Once they are soaked they become fire resistant and release toxic gases into the atmosphere. The human waste and the viruses in them are not being destroyed and this is turning into a disaster.

Fact 2: The Super Absorbent diapers draw moisture into the lining, so diapers feel dry when in fact they are wet, providing a nice warm environment for bacteria to form. Rashes are three times more likely to occur with disposables.

Fact 3: Disposables cost more than cloth diapers, and if you have more than one child the savings can really add up.

Disposables have their place, if used as an emergency convenience, otherwise do yourself, your pocket book, the environment, and your baby a favour and choose a natural alternative. Many parents are choosing to return to the old way with a twist, a time saving fitted cloth diaper made of 100 % cotton with velcro closures. We have several mothers that are putting in time and energy to talk with people about the advantage of returning to cloth diapers. If you would like more information please phone the numbers listed in the Directory at the back of this magazine under **Healthy Products for Little People**.

The HOLLYWOOD HEALTH STUDIOS

100% Satisfaction Guaranteed

Introducing the S100 LEARNING ENHANCEMENT SYSTEM

Improved Clarity & Memory

PERSONALIZED PROGRAMS

Holistic Counselling
Weight Reduction
Smoking & Stress Management



861-7770

SUNRIDER

2409 Highway 97 N. Kelowna

Phone 1-604-861-7772 for a 24 hour 3 minute Recorded Message



TECHNOLOGICAL AIDS

Passive Exercise Toners
Electro-Muscle Stimulator
Physio-field Rejuvenator

HEALTH FOOD STORES

Kamloops

Healthylife Nutrition
264-3rd Ave: 828-6680
Quality products from Quest, Natural Factors, Nu-Life, Richlife, Wild Rose, Albi, etc. All at Discount Prices.
Free Mail order Catalogue.

Vernon

Sunseed Natural Foods and Cafe
2919-30th Ave: 545-7892
Specializing in Organic Produce.
Fresh ground grains & snack foods.

Sorrento

Nature's Bounty
Sorrento Plaza, Trans C. Hwy: 675-4323
Health Foods, Supplements, Herbals,
Bulk foods, Locally Crafted Giftware

Kelowna

Lifestyles Natural Foods
Orchard Park North Mall: 762-9711
Vitamins, Cosmetics, Herbs & Books
"Helping you to change your lifestyle"

Westbank

Natural Harvest
On the Hwy: 2489A Main St.: 768-4558
Discount Vitamins & Health Products
Fran Kovacs can help YOU get healthy!

Oliver

The Harvest Pantry
Oliver - Main Street: 498-2266
Vitamins, Natural cosmetics,
Herbal Formulas, Books

Summerland

Summerland Bulk Food Emporium
Health - Bulk - Gourmet
Kelly & Main - Mon. to Sat. 9 to 6pm
Knowledgeable Staff: 494-1353

Penticton

Judy's Health Food & Dell
129 West Nanaimo: 492-7029
A Full line of Natural Supplements
Specialty Foods, Herbal Remedies.

Bulk Food Emporium
1515 Main St.: 493-2855 - Open 7 days
Quality Vitamin & Herbal Supplements
Natural & Organic Produce & Dry Goods
Natural Cosmetics & Cleaning Supplies

Edible Dried Goods
407 Main St.: 492-4080
Okanagan Gift Baskets
Wide selection of Bulk - Natural foods
Vitamins - Supplements

WHOLESOME MEALS

Kelowna

VEGI-DEL CAFE

Fresh Vegetarian food
Vegi Burgers, Freezer Items,
Tofu Products, Fresh bread baked daily
Muffins made with no eggs & no sugar.

Open 9 am to 7 pm Sunday to Friday
164 Asher Rd, Rutland: 765-2626

**Do you know
of any other
vegetarian
restaurants?**

Vernon

SUNSEED Natural Foods & Cafe

Home baked bread
We fresh-grind organic grains daily
Vegetarian Menu
Soups, Entrees, Salads, Desserts
Fresh squeezed Juices

Open Monday to Friday 9 to 5 pm
2919-30th Ave., Vernon: 545-7892

ORGANIC PRODUCE

Wild West Organic Harvest Co-op
Cawston: 499-5355

Fresh Organic Produce & Dry Goods
Open Monday to Saturday 9 - 4 pm
Bulk food orders. Everyone Welcome!

**Organic & Transitional
Growers this is the place
to put your ad to sell
your produce, reasonable rates.
Phone 492-0987**

**S.O.O.P.A
Similkameen Okanagan
Organic Producers Association**

To find Certified growers in your area
write: Box 577,
Keremeos, B.C., V0X 1H0

NATURAL PLACES to VISIT & PLAY

Natural Recreation Centre

Wildland Setting, Water Taxi
Guided Tours, Ridgewalking,
Sail, Row, Canoe, Kayak,
Lakeside Tipi Camp
Scenic Boat Tours

Kootenay Lake Eastshore
227-9330

Twin Island Resort

A Nature Lover's Paradise.....Year Round
Workshops, Vacations, Retreats, Meetings

Cosy Lodge, Cabins, Camping
on Gardom Lake
between Salmon Arm and Vernon

838-7587

Best Rates in the Valley

**Give me a call
492-0987**

NATURAL ITEMS for ENHANCING HEALTH

Aura Paintings / Readings

Salmon Arm: 832-2330
Bev St. Croix

Birkenstock- German Health Shoes

Summerland : 494-8203
Delectable Deli - 9909 Main Street
Fresh homemade salad, nutritious lunches

Mediation can Change your World

and you can learn in the comfort of your own home with self teaching audio tapes. Peter Morris brings 40 years experience in healing through meditation.

Write Box 404, Sechelt, B.C., V0N 3A0

Highest Quality Gems & Crystals

Vernon: 549-7107 - Joan McIntyre
Custom Jewellery, pocket gems,
Presentations to groups large & small.
Box 1207, Vernon, V1T 1T1

Crystal Mountain Crystal Co.

Peachland: 767-9597, 5878 Beach Ave.
"fantasyland, on the beach"
Swarovski crystal, pewter fantasy,
etchings, stained glass, custom work.

Other Dimensions Bookstore

Salmon Arm: 832-8483
Books & tapes, metaphysical, esoteric,
self help, healing and more.

Reverse Osmosis &

Carbon drinking water systems
Professionally installed & serviced.
Springfield Plumbing - Kel: 861-8080

Wonderful World of Sheepskin

Kelowna: 765-2300
Mattress pads, coats, boots, gloves,
slippers, moccasins, seat covers, mitts

Books & Beyond

Kelowna: 763-6222
Cassette or Video Tapes on Guided
Visualization & Self Help, Crystals,
Cards, Posters, Jewellery & Books.

QUALITY HEALTH PRODUCTS

Super Blue Green Algae

Oliver: 498-3032 or 498-2600
Guin B. Moriz, distributor

Vitol 27 - Herbal Elixir

Kelowna: April 763-0079
100% natural, 100% Guaranteed
30 day trial period or money back.
Excellent business opportunity!

The Hollywood Health Studios

Kelowna: 861-7770
2409 Hwy. 97 North, North Kelowna

Oriental Cleansing Beverage and Herbal Formulas

Ye Olde Faithful Fibre Klens

The Amazing Gizmo - Electro-Magnetic Blocker

Thai Deodorant Stone

Organic Scent Deodorizer

Natural Skin Care Products

HEALTHY PRODUCTS for LITTLE PEOPLE

Indisposables

100% Cotton Fitted Diapers
Convenient, economical, safe for baby
and the environment.
Penticton: 493-8362
Kelowna: 766-2698 or 768-5185
Vernon: 542-1667

Wee Care Diaper Service

Vernon: 545-6065
Soft, 100% cotton diapers delivered to
your home weekly. Velcro no-pin, diaper
covers available.

DISCOVERY TOYS

Summerland: 494-0476
Educational Consultant, Denise St. Martin
Discover educational toys, books and
games for all ages. Shop by phone or mail
or host a fundraiser or home party.

HANDY HELPERS

Creative Printing by Pal's

Penticton: 492-6488 for Quick Service
Business Cards, Foil or Thermographic
Wedding Invitations, Announcements,
& Napkins

Diversified Computer Applications

Penticton: 492-4466 - Jared
Personalized computer systems with
guaranteed service. Specializing in
computer training for most programs.

Wonderworks Laserprinting

Penticton: 493-4422 Fax 493-4434
Fast, personalized computer services,
Photo copies, resumes, manuscripts.

Partly Daves Neighbourhood Garage

Vernon: 549-3666 - 1805 - 46th Ave.
Guaranteed, Licensed, Quality work,
Conserver-minded, Honest & Fair.

Springfield Plumbing & Heating Ltd.

Kelowna: 861-8080 - 1091 Gordon Dr.
A full service plumbing company
specializing in water filters & water
conservation measures.

Baubiologie

Kelowna: 860-4223 - David Hughes
The pathway to a non-toxic home.
Radon & Water testing,
Home consultations & reports.

Carefree Drinking Water Service

Serving Osoyoos to Kelowna
John Hall - Penticton: 492-3172
Rental units for less than \$20 per mo.

Good Service Construction

Penticton: 496-5259 - Daryl
Radon gas Mitigation, Renovations,
Non-Toxic Construction, Free Estimates.

WHOLISTIC HEALTH PRACTITIONERS

Acupuncture Therapeutic Centre

Penticton: 493-6967
Ostap Korecki, D. Acu - Member of
Acupuncture Association of B.C.

Acu-lite Therapy

Princeton: 295-6179
Robert & Betty Pelly After 15 years of
suffering, I got well & I'd like to help you.

Ana Fassman -Silver Star Metaphysics

Vernon: 545-0352
Psychic readings and regressions, Vita-
flex, colour therapy. Communicates, heals
and works with animals.

Bev. St. Croix (Hotno)

Salmon Arm: 832-2330
Awakening "Healer within" thru aura
breath, body & movement therapies.
Workshops: Spirit Movement
Aura Paintings / Readings

Carole Ann Glocking, C.P.T.

Oliver - 498-4885
Certified Polarity Therapist, Bodywork,
Reflexology

Dale Richard, M.H., C.I.

Wholistic Health Ctr. Kamloops 554-1525
Penticton 492-7029 Vernon 549-3992
Jensen & Rayid Iridology, Herbology,
Nutritional Counseling, Vitamin & Mineral
Therapy, Reflexology, Touch for Health &
Bach Flower Remedies.

David C. Warren

Penticton: 493-3104
Reflexologist C.R.R., Symptomatology
22 years, trained & certified through the
International Institute of Reflexology.
A member of the Reflexology Assn. of B.C.

Guin B. Moriz, Ph.D.

Oliver: 498-3032
Practitioner of Neuro-Linguistic
Programming. (N.L.P.) Counsellor

H.J.M. Pelser, B.S., C.H., C.I.

Penticton 492-7995
Natural Health Outreach
Herbalist, Iridologist, Nutripathic
Counsellor, Certified Colon Therapist

Hollywood Health Studios

Kelowna: 861-7770
Independent Sunrider Distributors
Weight & Stress Management,
Kandesn Skin and Glamour Line,
The Amazing Gizmo - Body Balancing
Personal Consultations using Chinese
Quinary - Natural Toning
E.M.S. (Electro-Muscle Stimulation)
Physiofield & Electromagnetic Field
Applicator, Auricular Laser Therapy,
Learning Enhancement Tapes,
Sonic Therapy Tapes.

Inner Direction Consultants

Breath Practitioners, Personal Growth
Consultants, Workshop Facilitators,
"A Course in Miracles".
Kelowna: 763-8588

| | |
|----------------|------------------|
| Cheryl Hart | Bradley Harrison |
| Cyndy Forry | Hazel Peters |
| Patti Burns | Sharon Strang |
| Estella Moller | Bill Urquhart |

Kamloops: 554-1525 - Cyndy Forry
Penticton: 493-6060 - Patti & Hazel
Vernon: 542-6140 - Hazel & Bill

Joan Smith (Noor-un-nisa)

Salmo: 357-2475
Reiki Master; classes, treatments Gestalt,
Dreamwork, Counseling

Judy Moll

Rosslund: 362-7622
Reflexology, Herbology, Symptomatology

Kerry Saarl

Summerland: 494-1193
Certified Reflexologist, Tension Relief
Treatments, Muscle Balancing

Laura Bracken, B.Sc.

Salmon Arm: 832-5164
Certified Core Belief Engineering Practi-
tioner. Intuitive Aura Readings, Balanc-
ing and Healing, Personal Taped Medita-
tions, Dream Interpretation,
Regressions (non-hypnotic) Reiki,
Workshops: Learn to see Auras, Self
Esteem: some Basic Building Blocks,
Anger, Sound & Colour, Beginning
Metaphysics, Meditation and More.
Travel Throughout the Interior
Brochure available.

Leah Richardson

Peachland: 767-9597
Astrological Counselling, Lecturing,
Teaching, Crystal Mountain Crystal Co.

Mabel E. Broadhead

Penticton: 492-5661
Certified Reflexologist

Marc S. Tey

Vernon: 542-4486 Pent.: 492-0987
Office - Kelowna: 763-3566
Traditional Chinese Healer, Lecturer,
Meditation, Psycho Immuno Therapy

Margrit Bayer

Kelowna: 861-4102
12 years of intensive study in Hatha
Yoga, Yog Philosophy & Meditation with
teachers in Canada, U.S.A & India.
Ongoing classes for beginners and
advanced or Private Classes.

Marlah Milligan

Vernon: 542-4381
10 years of study with dreams.

Marsha K. Warman Psycho-Physics

Kelowna: 764-7223 Pent: 492-0987
Instructor, bodywork and counseling in
mind/body healing.

Moreen Reed - Cardinal Astrology

Kamloops - 573-5432
Compatibility, Career Choices,
Personal Growth.

Peggy Ness, C.A.C.

Kelowna: 769-7195
Certified Flower Essence Practitioner
Transform emotions, behaviors,
life direction, relationships.
Enhance creativity & desired potentials.

Penticton Flotation Location

Penticton: 493-8788
673 Eckhardt Ave. W. - Open 10 to 10
Massage, Reflexology,
In store Wholistic Library

Relaxation Plus Clinic

308 Victoria - Nelson - 354-3811
Rebalancing, (Deep Tissue) Bodywork,
Flotation, Breath Energy, Tarot, etc.

Rolf Fassman -Silver Star Metaphysics

Vernon: 545-0352
Astrology, practitioner & teacher

Sid Tayal, Linda Kusleika, Centre for

Awareness, Rosslund: 362-9481
Bodywork, Polarity, Yoga, Reflexology
Chinese Healing Arts, Counselling,
Rejuvenation program, Annual retreat

Sharon Rempel

Keremeos: 499-5172
Member of Reflexology Assoc. of Can.

Sherry Skaros

Oliver: 498-4847
Reflexologist

Shirley Czapliski "The Therapy Ctr."

Kelowna: 762-2255
Certified, Registered Reflexologist,
Acupressure, Electro-Acu Point Therapy,
for needle-less "Quit Smoking", Weight
Control and Stress Reduction

Vicki Allen

Silverton: 358-7786 Pent: 492-0987
Reiki Master, Private Counsellor, and
Gestalt Group Facilitator.

Wholistic Health Services

Kelowna: 860-0680
Your Theta Float Centre for Relaxing.
Bodywork & Counseling

Yarrow Alpine

Salmon Arm: 835-8393
Founder of Alpine Herbal College,
Past President of Applied Nutritional
Education. Professional training in
California flower essences.

The WHOLISTIC DIRECTORY

Acupressure (Shiatsu)

Kelowna: 762-2255 Shirley Czaplicki
Rossland: 362-9481 Sid Tayal

Acupuncture

Penticton: 493-6987 Acupunture Ctr.

Astrology

Kamloops: 573-5432 Moreen Reed
Peachland: 767-0597 Leah Richardson
Vernon: 545-0352 Rolf Fassman

Aura Therapy

Salmon Arm: 832-2330 Bev St. Croix
Salmon Arm: 832-5164 Laara Bracken

Bodywork

Kelowna: 764-7223 Marsha Warman
Kelowna: 860-0680 Wholistic Health Ser.
Oliver: 498-4885 Carole Ann Glockling
Rossland: 362-9481 Sid or Linda
Nelson: 354-3811 Relaxation Plus
Salmon Arm: 832-2330 Bev St. Croix
Kamloops & Vernon, Dale Richard

Breath Practitioners

Salmon Arm: 832-2330 Bev St. Croix
Inner Direction Consultants
Kelowna: 763-8588
also serving Penticton Kamloops & Vernon

Chinese Quinary

Kel: 861-7770 Hollywood Health Studios

Colon Therapists

Penticton: 492-7995 Hank Pelser

Counselling Services

Kelowna: 764-7223 Marsha Warman
Vernon & Kelowna: 542-4486 Marc Tey
Kelowna: 769-7195 Peggy Ness
Kelowna: 860-0689 Wholistic Health Ser
Salmo: 357-2475 Joan Smith
Sal. Arm: 832-5164 Laara Bracken

Dreamwork

Sal. Arm: 832-5164 Laara Bracken
Salmo: 357-2475 Joan Smith
Vernon: 542-4381 Mariah Milligan

Educational Kinesiology

Kamloops, Vernon, Pent.: Dale Richards

Float Centres

Kelowna: 860-0680 Wholistic Health Ser.
Nelson: 354-3811 Relaxation Plus
Penticton: 493-8788 Pent. Flotation Loc.

Flower Remedies

Sal. Arm: 835-8393 Yarrow Alpine
Kelowna: 769-7195 Peggy Ness
Kamloops, Vernon, Pent., Dale Richards

Gestalt Therapy

Salmo: 357-2475 Joan Smith
Silverton: 358-7786 Vicki Allen

Herbalist

Kamloops, Vernon & Pent.: Dale Richard
Penticton: 492-7995 Hank Pelser
Sal. Arm: 835-8393 Yarrow Alpine
Rossland: 362-7622 Judy Moll

Intuitive Counsellors

Sal. Arm: 832-5164 Laara Bracken

Iridologist

Kel: 861-7770 Hollywood Health Studios
Penticton: 492-7995 Hank Pelser
Kamloops: 554-1525 Dale Richard

Laser Therapy

Princeton: 295-6179 Acu-lite Therapy

Learning Enhancement Systems & Sonic Therapy Tapes

Kel: 861-7770 Hollywood Health Studios

Meditation

Vernon & Kelowna: 763-3566 Marc S Tey
Kelowna: 762-5982 Harold H. Naka
Kelowna: 861-4102 Margrit Bayer

Nutritionist

Kelowna: 762-2255 Shirley Czaplicki
Kel: 861-7770 Hollywood Health Studios
Penticton: 492-7995 Hank Pelser
Sal. Arm: 835-8393 Yarrow Alpine
Kamloops, Vernon, Pent.: Dale Richards

Nutritional

Penticton: 492-7995 Hank Pelser

N.L.P.

Oliver: 498-3032 Guin B. Moriz

Polarity Therapy

Oliver: 498-4885 Carole Ann Glockling
Rossland: 362-9481 Sid or Linda

Psychic

Vernon: 545-0352 Ana Fassman

Psycho-Physics

Kelowna & Penticton: Marsha Warman

Psycho Immuno Therapy

Kelowna, Vernon, Penticton: Marc S. Tey

Rebalancing

Nelson: 354-3811 Relaxation Plus

Reflexologists

Keremeos: 499-5172 Sharon Rempel
Kelowna: 762-2255 Shirley Czaplicki
Rossland: 362-7622 Judy Moll
Summerland: 494-1193 Kerry Saari
Kamloops, Vernon, Pent., Dale Richard
Penticton: 493-3104 David Warren
Penticton: 492-5661 Mabel Broadhead
Oliver: 498-4847 Sherry Skaros

Reiki Masters

Silverton: 358-7786 Vicki Allen
Salmo: 357-2475 Joan Smith

Shamanic Work

Sal. Arm: 832-5164 Laara Bracken

Symptomatologist

Penticton: 493-3104 David Warren

The WHOLISTIC GLOSSARY

Acupressure A technique for utilizing varying degrees of finger pressure to open and align various energy pathways.

Acupuncture A traditional Chinese therapy which stimulates and balances the body's energy flow by inserting fine needles at specific meridians, or energy points, in the body.

Aromatherapy A form of healing using essential oils from flowers and herbs.

Astrology The study of positions and aspects of the planets as they relate to an individual's reality.

Aura An invisible emanation surrounding living things.

Auricular Therapy A reflex in which points on the auricle of the ear that are sensitive to pressure and/or electrical measurement are detected; these points are used to treat functional disorders by means of manual, electrical or other suitable stimulation.

Ayurveda A holistic medical practice, originated in India 5,000 years ago, utilizing diet, herbs, yoga, exercise, and breathing techniques.

Breath Integration A deep circular breathing technique that increases awareness of our innermost thoughts and feelings allowing for change and personal growth.

Bodywork A variety of hands-on techniques for healing and/or relaxation.

The WHOLISTIC GLOSSARY

Chakras Numerous energy centres in the body that control the energy systems in the physical/spiritual body.

Channelling Communication of spirits thru another body/voice.

Chinese Quinary An ancient philosophy using Yin and Yang interaction to achieve proper balance. Total harmony can be easily attained if through the Quinary your five elements are kept in an organized synergistic structure.

Chiopractic A system of aligning the body through adjustments of the spine.

Colonic Irrigation An internal bath to cleanse waste matter from the colon.

Core Belief Engineering A gentle, rapid but lasting cognitive change therapy which facilitates accessing and healing counter productive subconscious beliefs.

Course In Miracles Teaches Universal Spiritual principles, emphasizing practical application rather than theory, with daily lessons, text and teacher manual.

Dreamwork Interpreting the subconscious mind's symbolism, to help us understand our problems.

Educational Kinesiology A system designed to evaluate and resolve learning blocks, helping to create new and supportive connections in the brain and body.

Flower Remedies Pioneered by Dr. Bach, tinctures of flower essences are used to balance mind and body.

Gestalt Therapy Integrates a "whole life" approach to psychological therapy, by aligning the different and opposing forces of body, mind and spirit.

Herbal Preparations Tinctures, oils, extracts, ointments, salves and compresses created from plants. Thought to strengthen the body by natural means.

Homeopathy Promoting an individual's healing capacity by administering minute quantities of mineral and plant remedies that resemble the disease.

Iridology Is the science and practice of analyzing the delicate structures of the Iris of the eye to reveal imbalances and inflammation, where they are located, and in what stage it is manifesting

Kung Fu Kung means accomplishment, Fu means a martial art. *Soft* Kung Fu is studying the art to achieve inner peace and balance, knowledge of the inner self. *Hard* Kung Fu is used for competition and combat, using a fighting technique.

Laser is short for "Light amplification by stimulated emission of radiation". It is concentrated beam of light.

Learning Enhancement System The use of gentle pulsating lights and special sound wave patterns allows the user to bypass outer anxiety and stress to reach the calm, centering Alpha and Theta states where optimal learning can occur by helping to synchronize and focus the activity of both brain hemispheres.

Lee Jun Fan A Martial Art training, incorporating Chinese, Filipino & Indonesian styles.

Meditation Any number of methods used to quiet the mind. Helps to relax the body, improves circulation and slows the brain waves.

Naturopathic Physician A general practitioner trained to diagnose and treat disease to restore health using natural therapies, including nutrition, hydrotherapy, herbs, allergy testing, exercise, homeopathy and acupuncture

Neuro-Lingulstic Programming (NLP) A modern approach to psychology. Learn to use your own resources to rid yourself of stress, phobias, dis-ease, learning disabilities, etc.

Nutripathic Focus on a list of conditions to which one may be prone, on energy loss, metabolic efficiency, reserve energy and your life expectancy, assuming current lifestyle.

Physiofield Combines an electrical signal generator and electromagnetic field applicator to quickly recharge those cells in our body that have lost their electrical energy through degeneration, accident or natural aging. Promoting body to heal faster.

Polarity Therapy To bring our body's electromagnetic field back into balance. Enhances health, promotes relaxation. calms the mind & reduces stress. Profoundly effective.

Psycho-Physics A technique designed to address the physiological, emotional and mental responses and their direct impact on our body.

Psycho Immuno Therapy Working with the mind / body relationships to help increase the immune system.

Psychic The intuitive ability to visualize and understand the past, present and future.

Qi Gong An ancient Chinese art of healing using one's own energy. Improves vital energy to heal one's self.

Rebalancing A system of massage and rocking to relieve stress and allow the body's natural energy to flow.

Reiki An ancient Japanese healing art which uses your hands to channel Universal Life Energy to treat four levels of a being; body, mind, emotions, and spirit.

Reflexology Is the science of manipulation of specific reflexes in the hands and feet, which correspond to all the glands, organs, parts of the body. Normalizes the body, reduces stress.

Rolfing A slow manipulative technique that releases tension.

Shamanism Influencing of spirits by the Shaman, or Indian medicine man to heal us when we need it.

Sonic Sound Therapy A direct treatment through earphones using audible sound pulses (resonance) of varying degrees with measurements of different frequencies of Bio-oscillations to individual organs to achieve harmony.

Symptomatology An analysis of the body's nutritional needs.

Tai Chi An eastern martial art that combines concentration, breathing and graceful body moves.

T.B.M. (Total Body Modification) Deals with functional physiology using touch points and an indicator muscle along with soft muscle tissue manipulation.

Yoga An ancient Hindu system of self discipline and training designed to unite body, mind and spirit though exercise, breathing and meditation.

The PROFESSIONALS DIRECTORY

Chiropractors

Penticton

Souch Chiropractic Office

Penticton: 493-8929
Bill Souch
225 Brunswick Street

Alex Mazurin

Penticton: 492-3181
47 E. White Ave.

Chiropractors

Kelowna

Chiropractic Associates: 860-6295

Dr. Mervyn G. Ritchey
Dr. Mel Brummund
Bill A. Brummund, R.M.T.

Vernon

James B. Wickstrom: 545-5566
3002 - 33rd Street

Naturopathic Physicians

Kelowna

Dr. S. Craig Wagstaff: 763-3566

Penticton

Dr. Audrey Ure: 493-6060

Castlegar

Dr. Filip Vanzhov: 365-2477

PROFESSIONAL COUNSELING SERVICES

Inside Out Family Therapy

Summerland: 494-3434
Lynne Christian, RN, B.S.N., MA.
Marriage, Family & Child Therapist, ACOA,
Co-Dependency, Sexual Abuse,
Chemical Dependency, Loss & Grief.

Peggy Ness, C.A.C.

Kelowna: 769-7195
Self Esteem, Inner child work, ACOA,
Addictions, Co-dependency, Grief,
Intuitive, Transformative Counselling.

TEACHING & TRAINING CENTRES

Wholistic Living Centre

Vernon: 542-6140
Non-profit Society promoting Wholistic
Teachers and Ideas.
Open Mon-Fri 10 am to 4 pm

Metaphysical Club

Penticton: 492-0987
Meets bi-monthly, Friday nights
At Leir House

Parapsychology Association

Kelowna: 860-2200
Meets last Wednesday of each month
at the Sandman Inn.

The Center

Salmon Arm: 832-8483
Growth & Awareness Workshops,
Meditation, Retreats,
Summer programs, other services,
Program catalogue free

Kung Fu Retreats

Vernon: 542-4486 or Kel: 763-3566
Movement & Meditation - Promotes
health, controls emotions, improves
relationships. Instructor: Marc S. Tey

Twin Island Resort Centre

Gardom Lake: 838-7587
between Salmon Arm and Vernon.
Workshops, Vacations, Retreats, Meetings
A Nature Lover's Paradise....Year Round
Cosy Lodge, Cabins & Camping - Hosts:
Sarah & Clive.....For schedule of events
write: Box 7, Salmon Arm, B.C., V1E 4N2

Kootenay School of Rebalancing

Nelson: 354-3811 - 308 Victoria St.
A six month course in deep tissue
bodywork with many facets for Career
and/or Self Transformation.

Mobile Metaphysics

Classes in healing, meditation, past lives,
channelling, etc.,
For novice or advanced pupils.
With 40 years experience Peter Morris
will share his knowledge and teachings
where you live.
To sponsor or attend a lecture or
workshop in your town,
Write, Box 404, Sechelt, B.C., V0N 3A0.

Inner Direction Consultants

Kelowna: 763-8588
Breath integration, personal growth,
consulting and workshops.
"A Course in Miracles" evenings
and Sunday Celebration

INTERNATIONAL SPIRITUAL GROUPS

Three Mountain Foundation of B.C.

Kamloops: 579-9926
Transformational conferences & coun-
selling based on work of Richard Moss.

NATURAL MOVES

Creative Dance - Heather Jaeger

Kelowna: 860-2054

"A moving experience"

Classes and workshops

Okanagan Arts Academy

Maurice Clavette

Penticton: 492-5328

Classes in Lee Jun Fan Martial Arts.

Semiprivate & private instruction

Yoga - Ivengar style Hatha Yoga

Kelowna: 764-7223 - Marsha K. Warman

Unite inner & outer aspects through

practice of yogic postures. Weekly classes

Jazzercise - Betty Hillier

Penticton: 493-0858

Improve your body, self image and self confidence thru fitness and fun.

Moving Centre

Harold Hajime Naka

Kelowna: 762-5982

The natural Tai Chi Experience, Integrating Philosophy, Meditation & Movement in a meaningful way.

PUBLICATIONS PROMOTING WHOLISM

THE NETWORKER

Connecting people and ideas for wholistic living

Published bi-monthly in Calgary. Subscriptions

\$12.00 per year. Write: Box 6769, Stn D.,

Calgary, Alberta, T3C 3P6. (403) 245-0440

POSITIVE VIBRATIONS

Positive stories of change on ecology,

community, and harmony. Available at Health

Food Stores, Newsstands and by Subscription.

Box 995, Stn A., Victoria, B.C., V8X 3X4.

Published bi-monthly, cost \$12./ 1 yr or \$22 /2

COLUMBIANA

Journal of Sustainable Culture for the Columbia

Bioregion of the Intermountain Northwest.

Available at Newsstands or by Subscription,

Chesaw Rt, Box 83F, Oroville WA. 98844

OPTION

Published quarterly by HANS. (Health Action

Network Society) Educational facts and

networking to get you aware of flouridation,

AIDS, irradiation and wholistic alternatives. A

non-profit society helping you. By subscription

#202-5265 Rumble St., Burnaby, B.C.,

V5G 1T3. \$15.00 per year.

HEALING EXCHANGE MAGAZINE

Available Free in Victoria. Published bi-monthly

Promotes awareness of methods that support

the well-being of the whole person.

Subscriptions \$15.00 per year, write #106 -

3025 Shakespeare St., Victoria, B.C. V8R 4H6

COMMON GROUND

A resource directory of new age practitioners

and business around Vancouver and Victoria.

An events calendar of whats happening avail-

able free at selected outlets around the prov.

SHARED VISION

British Columbia's Healing & Creative Arts

Calendar. Available free at selected outlets

throughout B.C., or by subscription. \$19.95

Write #8, -3661 West 4th Ave., Vancouver,

B.C. V6R 1P2. Phone 733-5062.

ADBUSTERS

Join the MEDIA FOUNDATION in launching a

new environmental movement and advertising

awareness. Published quarterly \$16.00 year.

1243 W. 7th Ave, Vanc., V6H 1B7 Ph:736-9401

Support these Magazines!

This is your planet .

These people are trying
to help you!

Subscribe Today.



You want it WHEN?!

Try our Quick Service

We promise not to laugh

We offer Typesetting, Business cards, Resumes,
Small books and help for self publishers,

Wonderworks Laseprinting

#1 -419 Main Street, Penticton

Phone 493-4422 or Fax 493-4434

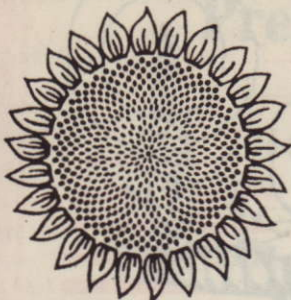


Carole Ann Glockling, C.P.T.
Certified Polarity Therapist

Relaxing + Revitalizing + Refreshing = POLARITY THERAPY

Everyone wants to experience these 3 R's! Well, Polarity Sessions can make this all a reality for you. This integrative bodywork method reduces stress and allows you to experience relaxation, revitalization, refreshed and calms the mind as well, thus bringing about clearer thinking. After just one session, you will notice profound relaxation. Why not give yourself a treat and experience **POLARITY THERAPY?**

For an appointment or if you have any questions, please call:
Oliver - 498-4885



Wild West
Organic Harvest Co-op

Fresh ORGANIC Produce

Delivered in Cawston every Saturday - Open 9-4 pm

We are here to serve you!

Dates, avocados, carrots, lettuce, oranges, kiwi
plus much more, including organic dried fruit.

for more information

Phone 499-5355 - Open week days



Steve has Moved!

He is now located at 1240 Main Street
Drop in and see his new premises.

493-6426

493-6426

Black & White Photo Specialist - Custom Colour Enlargements



**Why are all
these people smiling?**

**Becausethey know Jared
atDiversified Computer Applications**

He gives Personalized Computer Sales & Service.
Specializing in Computer Training for
Most Programs.....Guaranteed Service

Phone 492-4466 - Penticton

A FAMILY EVENT

12th SPRING FESTIVAL of AWARENESS

March 30, 31
& April 1st
1990



Love, Laugh,
Learn

PENTICTON B.C. at Naramata Center

Over 50 Different Wholistic, Creative and Learning Workshops

Healers, Entertainment both nites

A Children's Festival for ages 5 and up

Many Workshops & Creative Play Time

Interested? Write: Spring Festival, c/o Marion Walters, #101 - 894 Weyburn St.,
Penticton, B.C., V2A 6A9 or Phone 493-3697

Early Bird Registration is March 10th - Adults - \$60.00 Children - \$25.00

Brochures available at Health Food Stores - Final Program available February 25th