

FREE

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ISSUES

Featuring - "Organic" Information

Wholistic Practitioners

Consciousness Raising

Environmental Concerns

"The Natural Yellow Pages"



ISSUES

April & May 1990
Volume 1 - Number 2

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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 "Natural Yellow Pages" A Wholistic Directory of Practitioners, places to visit, eat, shop and people who are helping to make changes.

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We welcome all manuscripts, photographs, and artwork.

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

Next Issue is June / July / August
Submission deadline for articles is
May 10th
Advertising deadline is May 15th.

Advertisers are welcome to phone Angele 492-0987 for advertising rates.

Office Hours are 8 am to 8 pm

Vernon Representative is John Slinn

Phone: 542-0764

I'm looking for a Rep. in the Kootenays

Published bi-monthly. Available free at all Health Food Stores in the Interior or by mail. \$15.00 yr.

A Practitioners Picnic

Sunday - May 6th

10 am to 5 pm

Penticton
at the Leir House



Sponsored
by the CCWHO

Canadian Coalition of
Wholistic Health Organizations

All Wholistic, Alternative Practitioners are Invited!
That includes Chiropractors, Naturopaths, Massage Therapists
Anyone doing counselling, bodywork, reflexology, etc., etc.

A time to meet new acquaintances involved in Health Care!
Cost - \$25.00 each adult. Spouses & children are welcome!
Arrangements being made for activities to keep children busy.

Catered Smorgasbord Lunch - Organic & Vegetarian

****Please register by April 28th by phoning Angele 492-0987**



HANK'S

Healthy Hints

The Eyes have it All!

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral "Saint Exupery - Flight to Arras"

There is something compelling about the human eyes. They are perhaps the least understood and the most important means of communication in our society. What is the first thing that we notice when we look at a picture or photo of a person? It is the eyes.

It has always seemed amazing that people spend hours in front of the mirror, but seldom do they take time to study the "mirror of the soul". The iris is the mirror of the soul, it reflects every process that is happening in the body.

How ironic it is, that we are more concerned with the outside of ourselves than the inside. As the healing or maintenance of the human body should be based on body, mind and spirit and not the symptoms only.

The eye provides that information, portraying a picture of the body as a whole, internally as well as externally, the physical as well the emotional.

The science of Iridology and Sclerology reveals the processes that make the body what it is, what it has been and what it is likely to become.

**Hank Pelsler is a
Certified Colon**

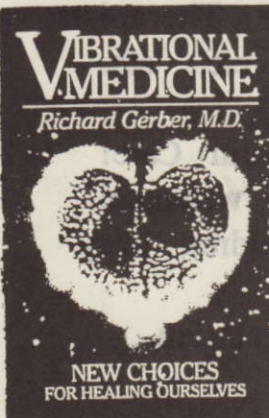
Therapist

Herbalist, Iridologist,

Counsellor of Nutripathy

He lives & works in Penticton

Phone 492-7995



"New choices for healing ourselves".

Do want to read all about them?

This book will help you to understand all the research that has been done.

The medicine of the future is understanding the energy field that surrounds the body.

Another Way

by Shanta McBain

Herbs! We've all heard of them or thought about them. We've used them for food, medicine, dyes, clothing, to build our homes, and to decorate them afterwards. Herbs affect every part of our lives. The effect on our bodies is created by eating, drinking, smoking, smelling, rubbing, and seeing them. They affect our body, mind, spirit and emotions.

What herb is used, how it is used, what it is needed for, and the quality all contribute to its effect. Most herbs seem to be a panacea. We read or hear that a herb or combination of herbs will cure all that ails you. Which herb is used for a given situation will vary greatly due to the variety of factors in your life. Your decision to use a herb (or any treatment) must be based on a blend of facts and feelings.

To get the facts we need to find out what in our lifestyle is wrong; that is, what is causing your disease. Remember that health is a fourfold balance (body/mind/spirit/emotions). The source of your facts/feelings is your practitioner team:

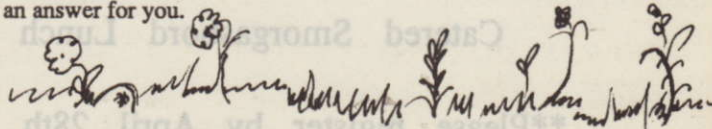
- 1) Naturopathic Doctor - Excellent source of information on health and disease, drug effects, herbs, acupuncture, etc.
- 2) Medical Doctor - may be the best source of information on disease and reconstructive surgery.
- 3) Lay practitioner - Herbs, Reflexologists, etc.
- 4) Friends, relatives, etc.
- 5) Books.

A point to remember here is that the road to health and maintenance is ongoing. When change is created in one area a reflex action occurs in another. Once you have some idea what is wrong in your lifestyle, change can be sought. Your practitioner team can be of help here. Herbs can play a fundamental role (locally we have 150 to choose from). Start with cleansers and builders, then move to toners and the final toners. Some herbs work on all levels. Some will stimulate in the AM to calm in the PM (eg. mints). It is also important at what stage in the cycle of an illness a herb is taken. For example Yarrow, taken hot, early in a cold or flu aids in eliminating the distress through perspiration, but because it moves energy out from the core of the body it should never be used when your energy has gone inward at the chronic stage.

The quality of the herb is extremely important and can be affected by:

- 1) Where the herb is grown. (Has the forester or grower sprayed or used chemicals? Has it been grown close to a road or other sources of pollution?)
- 2) What was the attitude of the forager/grower or marketer? Do they respect the plant and its environment or are they in it for greed?
- 3) How was the herb processed and stored? eg. was it: air dried, freeze-dried, gas packed, or air/bulk?
- 4) How old is the herb? The shelf life will vary greatly depending on how it was stored.
- 5) How you use it.

Herbs play a very important role in our lives. Through their wise use we can not only heal our own lives, but also the world around us. In future issues we will explore the realm of herbs further. If you have any questions about herbs, how to use, grow, harvest, etc. Ask and we will find an answer for you.





Healing

"Our Birthright"

by Vicki Allen

Ten years ago a number of my friends were excited about a workshop they were taking called Reiki. Little did I know how my life would be influenced by this small word as they told me of this curious practice of using your hands to channel energy to heal.

Being a practical person with a healthy sense of skepticism, I knew to let this "New Age parlor sport" blow over the Kootenays before I got any closer to it. The trouble was....instead of disappearing, the number of people getting initiated and practicing the treatment positions continued to grow. As did my curiosity. My skepticism began to abate and in time I asked a friend for my first Reiki treatment. So began my loving, challenging, empowering, and enduring relationship with this healing art called Reiki.

Reiki (pronounced Ray-key) is the gentle, yet powerful practice of using your hands to channel Universal-Life Energy for the purpose of healing yourself or another.

Often people describe the experience of receiving a treatment as deeply relaxing, or sensing enormous heat radiating from the person's hands, or experience it as light, or centering, or loving compassion. But each time it's different, and different people feel it differently. The fact that Reiki works on the four levels of being: physical, emotional, mental, and spiritual, makes it hard to even predict where the healing might appear. What I have grown to know and trust, though, is that a treatment is always healing, not only for the person receiving but for the practitioner as well.

To begin with, the energy that a person channels to another is "Universal", not personal, which ensures that your own energy can not be depleted in the exchange. Secondly, because this vital life force is being drawn through the person giving the treatment, they too receive the benefits. These benefits can show up for a person in any number of specific health results as I've come to witness in my sessions, but my teachers have expressed it more concisely "Reiki accelerates a person's healing process". And with this I'd say often come surprises, lessons and gifts.

One of Reiki's biggest gifts to me has been that it has taught me how to sense energy in a very tangible way. Reiki has helped me discover the shades and sensations of energy; nuances that I have no words for.

Children continue to remind me how we all started out in this world as clear, open, loving channels of energy and Reiki reminds me that I still have access to it.

Vicki Allen is a Reiki Master from Silverton, B.C. who gives workshops throughout the province. Call 358-7786 for more information

1st Degree Reiki with Vicki

Nelson - April 9,10,11,& 12 - M,T,W,&T - 7-10 pm

Penticton - April 19,20 & 21 - Thurs., Fri., & Sat.

Vernon - April 26,27 & 28 - Thurs., Fri., & Sat.
(Thur. & Fri. - 7:30-10pm & Sat - 9:30-4pm)

Salmon Arm - April 24 & 25 - Tues & Wed - 9:30 - 4 pm



First Night is a Free Introductory and the Start of Workshop.

For information contact:

Prashant Ziskand - Nelson: 352-6227 - Angele Rowe - Penticton: 492-0987

Lea Henry - Salmon Arm & Vernon: 838-7686 or 832-7405

Steve Tomlinson Photo



Musing

Hope you enjoyed meeting my Dad and youngest brother Don on the front cover of the first issue. We were homesteaders, settling near the Nass Valley. Our family of nine worked hard at just surviving, enjoying the good life. Both Mom and Dad loved taking pictures so I have a wonderful collection of what it was like and now I get a chance to share them with you.

This month's front cover is middle brother Billy and myself; we are getting food supplies from the creek so Mom can make dinner. It was years before Dad built us a cold storage room.

My Dad used horses to pull the plough and us kids to pick rocks and weeds. Thinking back, it taught us many survival skills that I still use.

I've always tried to live as naturally as possible and as I got older I realized how many people were relying on supermarkets, doctors and T.V. for the essentials of life.

ISSUES will offer alternative choices in food, health care and awareness that are available here in our valley.

There is no shortcuts in life and especially where our health is concerned. To be healthy, requires a commitment of time, exploring bookstores, for new ideas and trying things to see if they will work, learning to listen to your body and doing all things in moderation.

We have many local practitioners all willing to share time and knowledge. Each with their own special ability in an area that they enjoy. They are listed in a "Natural Yellow Pages" at the back, give one a call and see if they can help you.

Thank you to everyone who submitted articles. Keep them coming, this magazine is for you. This is your chance to share your knowledge with others. Don't forget it's available at your local health food stores every second month. I am looking for a representative in the Kootenays. If interested phone me at 492-0987.

Health Care in parts of China means just that. A doctor is given a certain number of people to take care of and as long as they stay healthy he gets his paycheque. If one gets sick it is deducted from his wage. Therefore he spends his time educating his patients on healthy habits. Sounds like we could use a little of that in North America.

Angele Rowe

The Reiki Circle

We are a circle of friends who come together once a month in the evening.

We practice Reiki and send Light, Love and Reiki Energy to the Universe.

For more information phone:

In Kelowna: Sealia - 766-2341 or B & B - 763-6222

In Penticton: Urmi - 492-5179 or Angele - 492-0987

Why Panic

Go Organic

by Sharon Rempel

If you are concerned about the health of the soil, the planet, the food you eat and your body, then you should be adding "certified organic" to your food list. The growing awareness of health problems related to chemical residues has pushed the organic food market into the most rapidly expanding sector of the food market.

As one finds more and more "organic" labels appearing on the foods in local stores and fruit stands, you as a consumer need to understand the new terminology.

An "organic" carrot or other food item is really a product from a system of sustainable agriculture practices. The farmer enhances soil fertility with the knowledge that healthy soil produces healthy plants. Healthy plants are better able to withstand stresses, including disease, pests and climate changes.

Canada has a new definition of "organic" food; compiled by members from various certification groups across Canada, through the processes of consultation and consensus. It has been printed in the Federal Consumer and Corporate Affairs Guide for Food Manufacturers and Advertisers.

IN the very near future Canada will have OFPANA Unity project, standards that define methods of cultivation, harvesting, packaging and processing. This work will help insure that the consumer is getting the best quality product, and will help protect the legitimate organic producer from fraud.

Public pressure brings changes, so start asking the politicians to support organic agriculture with money for research. Ask your local supplier or store manager "who certified the product? If you have a problem with any food product phone the Federal Consumer and Corporate Affairs Office. (listed in the Blue Pages in the phone book) They will investigate the complaint.

You have the right to the best value from your dollar. Buying directly from the farmer saves money, and establishes a rapport of trust and awareness. In the Okanagan we are lucky to have an array of organic growers and products. Consider placing your order with the farmer for your families needs in the spring to guarantee a fresh supply of healthy food from local farmers. Try to eat local and buy local.

As consumers, we will have to decide whether factory farming, with high dependence on chemicals and monoculture cropping practices, is producing the most desirable food product for our bodies or the planet. Are we willing to settle for less variety in the supermarket, to ensure the survival of our food system and ourselves?

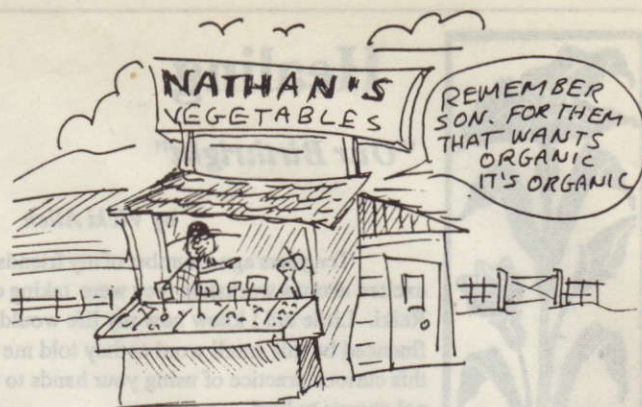
You vote with your food dollars, you need to be aware of your options. In addition, become involved in preserving good growing land. Parking lots do not grow much food. Food production has not been a high priority for land developers.

Finally, remember that a society that preserves its landbase prospers; those that mistreat it have fallen. It is up to each of us to do our part. It can be a lot of fun and soil (soul)ful growth is always productive.

Want to know more? Start at your local library, buy a book or magazine on the topic, attend an Educational Forum provided by your Organic Growers Association, or a course. **Penticton Garden Club is sponsoring an Organic Gardening Workshop - April 21st 10 - 4 pm. Call 492-3008 for details.

You can get more information from certification organizations listed in our "Organic" directory at the back.

Sharon Rempel has her degree in conventional agriculture, and has her feet firmly planted in organic farming. She works as a Historic Site Interpreter at an 1880's Grist Mill in Keremeos.



Transitional to Organic

by Wayne Still - President of SOOPA

When a conventional farmer decides to change to organic growing practices the farmer and the land go through a period and process of transition. The food produced on such a farm is designated as "transitional" in the market.

"Transitional" to "certified organic" is an arbitrary time period designated by whatever authority is overseeing organic farming regulations in the bioregion where the farm is located. In the U.S. the time varies from state to state, from no period of transition through one, two and three years. In Canada three years is accepted as the norm in the Canadian definition of organic production. One certifying body in Saskatchewan has a four year period, Similkameen Okanagan Organic Producers Assn. and Shuswap Thompson Organic Producers Assn. in B.C. have a five year transition. During the time of transition only organic farming practices may be used.

Conventional farming practices use chemical fertilizers and other toxic materials which leave residues in the soil and perennial plants such as fruit trees. Chemical fertilizers tend to deplete stable organic matter in the soil and suppress its biological activity. The period of transition is necessary so the soil can regain its biological activity and rid itself of chemical residues.

The farmer has to learn different management skills in order to manage soil fertility through crop rotations, and the habitat modification must also be learned. These skills take time to learn and must be learned through practical experience.

Presently about one percent of food production is classified as organic, however, consumers have indicated they would prefer to buy organically grown food. In order to supply that demand it will be necessary for many more farmers to make the transition to organic practices. These farmers will need the support of the consuming public if they are to make a successful transition. Unless you are especially environmentally sensitive you can confidently eat transitional products. You will also have the satisfaction of knowing that you are part of the solution to our earth's environmental problems. Ask your grocer to stock transitional as well as certified organic products. ♦



Canada Crookneck Squash

"Hard work is well Worth It"

Wearing a \$500.00 astronaut helmet that was air conditioned didn't help Ferdoss Saatchi from becoming sick after spending agonizing hours in our Okanagan sun spraying her orchards against insects. Suffering headaches, vomiting and dizzy spells, Ferdoss has turned away from chemicals and is seeking certification as an organic grower.

Friendly Farms has a long way to go but she has support from North Okanagan Organic Assn. and others to teach her ingenious ways of keeping the pest population under control.

She hopes she has the support of the consumer this fall when her apple crop is ready. She was thrilled last year and said "I'd rather go 10 times around the orchard hoeing by hand then to get sick after wearing the head-to-toe plastic spraying my trees" Anyone wanting a taste of her apples or juice are invited to drop over.

Her farm is on Spiers Road in Kelowna and is listed in the directory under Transitional farms.

The Canadian Heritage SEED PROGRAM

by Heather Apple

Around the world a situation is occurring which threatens the safety of our food supply. People are abandoning the old varieties that they have grown for generations and are choosing modern hybrids. With the extinction of these varieties comes a serious loss in the genetic diversity of our food crops. If we have problems with diseases or pests, it is essential that we have varieties available which carry a resistance to these problems.

There have also been great upheavals in the seed business. In North America in the past three years, nearly one half of the seed companies have either gone out of business or been taken over. When this happens, the open-pollinated, regionally adapted varieties are dropped and replaced by modern hybrids. In the past three years alone, 950 varieties of vegetables have been lost. Right now 74%, or nearly 4,000 of the commercial varieties of vegetables are endangered.

Plant patenting legislation can pose another threat. It has been estimated that by 1991, three quarters of all European vegetables will be extinct due to the attempt to enforce this legislation.

The HSP (Heritage Seed Program) began in 1984. The heart of our Program consists of our network of backyard growers, who practice the proper techniques to keep the varieties pure, gather and store the seed and make it available to other members free of charge. We do not sell seeds. If someone takes seed from our Program, we ask that they make the commitment to learn proper seed saving techniques, grow out the seed and make the seed they gather available to there members. ★ *We are a living gene bank.*

Anyone is welcome to join the Program. Your membership supports our preservation efforts and our educational programs, you'll receive our periodical three times a year containing articles on seed saving, genetic preservation, the heritage gardens of historical sites, seed companies which sell heirloom varieties, and the backgrounds of some of the wonderful varieties which are part of our heritage.

★ "How to save your own Vegetable Seeds" - 32 pages
Cost is \$4.00 plus .76 postage, from Sharon or HSP,
c/o H. Apple, RR 3, Uxbridge, Ontario, LOK 1C0

Sharon Rempel, Gardener and Chief Interpreter at the Keremeos Grist Mill in Keremeos has been appointed a director of the HSP.

*Site and heritage gardens open daily May 12 to Oct 9th.
Various seminars are planned. Please phone 499-2888 in May
for a special events schedule.*

Consumer Amnesia

by Urmi Sheldon

The beautiful valley surrounding Cawston is home to a growing number of organic farms and orchards. Many of the farmers have spent most of their lives growing organically. Recent consumer awareness and demand for organically grown produce is just beginning to bring organic farming practices into the limelight.

On our tour of the valley we found the people producing organically grown food to be dedicated to living a chosen lifestyle and to growing food in a way that they believe is right. Concern for the environment and a desire to create a healthy food supply has developed into a labour intensive farming method called "Organic Farming".

We attended the recent Educational Forum in Cawston (SOOPA) Speakers included three scientists that are doing research into chemical free ways of controlling pests and weeds, as well as a panel discussion on improving marketing practices.

Organizations such as SOOPA provide a reliable standard as to what defines "Organic" as well as information and support for the farmer wishing to change from high input farming to a more sustainable, personalized style of living with their land, trees, gardens and animals. Some believe that food produced in such a caring way contains more "prana" of life energy which is ultimately what feeds us. Whatever the beliefs, most will agree that there is a sense of security when munching an apple or a handful of cherries that knowingly has not been sprayed with toxic chemicals.

Those opposed to organic farming argue a world food supply will not be possible without high input fertilizers and pesticides. They argue chemicals are basically harmless. However when one sees the protective clothing farmers are encouraged to wear while spraying, one wonders why we would give a sprayed apple to a child.

The withdrawal period between spraying and consumption induces a type of "amnesia" for the whole process and we trustingly buy our perfect apples, cherries and lettuce unaware of invisible traces of toxic elements. Two weeks or two month is not a long time.

Consumers are beginning to recognize their strengths in creating products by demand. Most supermarkets now stock "environmentally safe" products and some have small sections of organic produce. Consumer requests for organic fruits and vegetables the more that will be supplied, the greater the demand for organic products, the more likely the conversion of conventional farms to transitional, and certified organic. This transition reduce contamination of air, water and land. Take a tour of Cawston, 5 minutes off the highway from Keremeos, to see the farms or visit the Wild West Organic Harvest Co-op, it's open daily.



Sharon L. Rempel

Presents:

- heritage gardens and seeds
- historic site interpretation
- sustainable agriculture practices
- organic farming and gardening

Creatively.....

Phone: 499-5172
RR 1, Keremeos, BC, V0X 1N0



Dr. Craig Wagstaff, N.D.
Naturopathic Physician

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763-3566

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Late registration - \$59.00

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Sing for your Life

by *Joan McIntyre*



Singing is a profound, uplifting experience. When you pour out the sound, your heart opens. You don't have to do anything to make this happen. It is a natural occurrence. And there is no way you can stay depressed or unhappy or even moody when you sing.

Physiologically, singing stimulates the endorphins and circulates the breath deeply. It elevates your mood and, more often than not, contributes to a transcendent state.

There is not one religion or spiritual path in the world where singing doesn't play a major role. Primitive peoples combine singing and dancing to enliven their prayers and connect with their God. Civilized folks are prone to sit, stand, or kneel in churches, temples or mosques while raising their voices in prayer and song.

Many of us don't sing very much at all. We were told that we can't sing, or shouldn't sing. So we learned to shut down our voices and stay silent--moving our lips while others sing.

The Bible directs us, "Make a joyful noise unto the Lord". It says nothing about making a "beautiful" noise or a "perfect" noise. By definition, a "joyful noise" means a sound without fear or resentment, a sound full of heart, a sound that delights in its own vibration.

Of course, there are those of us who sing beautifully. They may have worked hard to produce this beauty or it may be a natural gift. Whatever the case, these are the voices we love to listen to. But they are not necessarily any more joyful than your voice or mine.

Several years ago, I met and subsequently lived with a woman whose metastasized liver cancer was healed during a couple of hours of concentrated singing. This healing occurred during a workshop she attended. At the time, she was surrounded by friends who gathered and focused energy to help sustain her singing. Not only did she heal herself of the cancer, but also diabetes which she had endured since childhood. This woman had nothing to lose, nothing to protect or defend. She was dying and so she simply abandoned herself to her songs. Eight years later, she is alive, productive and healthy.

Not everyone is able or even wants to produce such instant results, but these and countless other possibilities remain open to singers.

So sing. Sing to hear yourself sing. Sing to pray, to heal. Sing to express the boundless joy that is the gift of Life. Sing in the shower, in the car, in groups and by yourself. No matter how or where, sing. Sing for your life!

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FLOWER ESSENCES

A powerful
CATALYST
for change

by Peggy Ness

Since first taking flower essences in 1985, I have been inspired to learn about them and share them. Out of my deep gratitude, respect, and enthusiasm for their remarkable healing qualities, I want to explain how they work and what they do.

Flower essences are liquid solutions containing an etheric imprint of specific healing and balancing patterns primarily found within the petals of the flower. Simply put, preparation consists of placing the petals on water and leaving the bowl in the sun for about 3 hours. The healing pattern is released into the water to which brandy or vinegar is added as a preservative.

This healing ability was discovered by Dr. Bach, a London physician, in 1930. He produced 38 flower essences known as Bach Flower Remedies. The California Essences and the Perelandra Rose and Garden Essences were developed in the late 70's and 1980's.

Powerful, yet gentle and totally safe, the essences respond through vibrationally healing the energy imbalances registered on our central nervous system. Uncorrected, these become mental and emotional blocks. The essence acts to balance and stabilize us on our physical, emotional, mental, or spiritual levels. At the same time bringing to conscious awareness the cause of our dysfunction, while strengthening and supporting our internal process of change.

They are incredibly effective in helping us to transform attitudes, emotions, patterns of behavior, or handle present challenges with confidence. Children and animals greatly benefit from their qualities.

The essences available today respond to almost every issue we are faced with. Some examples are stress, relationships, self-esteem, parenting communication, grief, life directions, and transitions. By enhancing our soul qualities like love, joy, creativity, and courage, our true potential begins to blossom.

*Peggy Ness, C.A.C. is a Certified Flower Practitioner
in Kelowna: 769-7195*

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Calendar of Workshops

April 12 - Thursday

April 14 - Saturday

SELF TALK with Jeffrey Godine of Victoria
Ericksonian Hypnotherapist & Counsellor

In this 3 hour workshop you will learn specific skills to change your unfriendly inner voices into constructive inner dialogue. Positive **SELF-TALK** will help resolve emotional issues, accomplish goals, & heal problems.

Thursday in Penticton at Leir House

7:00 to 10:00 pm

phone Angele 492-0987 to register or for more info

Saturday in Kelowna at Books & Beyond

10:30 am to 1:30 pm

phone Linda 764-8762 to register or for more info.

Fee: \$15.00/individual; \$25.00/couple

April 20, 21 st

MASSAGE for EVERYBODY

with Yvonne Brine, R.M.T.

Basic massage manipulation designed to inspire confidence and skill while giving a massage to family and friends. \$50/single or \$85/couple
Phone 766-4604 or leave message at 762-3340

MAY 12 th

Laara Bracken - Workshop on AURAS

Saturday - 10 to 5pm

In Penticton at the Leir House - Meet her Friday Nite

June 17 to 22nd

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

August 19 to 25th

Tai Chi Summer Retreat

Join us in living and learning this unique exercise, health & martial art, on the shores on beautiful Kootenay Lake.

Fee: \$295.00 includes tuition, lodging and meals

For a free brochure contact: Kootenay Tai Chi Centre

Box 566, Nelson, B.C., Canada, V1L 5R3

or phone 352-3714 or 352-2468

Summerland ENVIRONMENTAL Group makes "A FRESH START"

It all began when a core group dedicated to a Community Compost Project called a public meeting due to the wide interest expressed to them about a number of environmental concerns. It was an overwhelmingly successful meeting with 200 people attending. As a result, the Summerland Recycling Society was reinstated.

Although recycling is one of the key goals, four committees have been struck to address a number of environmental issues:

1. Recycling: Denise MacDonald is head of the Recycling Committee. Their initial goal is to see the present program improved by adding clear signs labelling what materials are recyclable and making improvements to the present recycling locations. At present paper goes to the blue boxes at IGA, glass and plastic bags go behind the Shop Easy.

2. Consumer Education: Sammy Selinger leads this key group. The greatest demand has been consumer related enquiries. People want to do their share, all they ask is How, When and Where? These questions will be answered through the local radio stations and newspapers regularly.

3. Lobbying: David Finnis to lead various lobbying efforts. This will have to be done at civic, provincial and national levels if governmental bodies are to be expected to take strong environmental responsibility, not only in principle, but financially and by the laws of the land.

4. Composting: A major project to provide selective controlled composting of septic and organic constituents on a 10-acre site at the Summerland Landfill has been proposed. The originating group has been working on this project for several months and is requesting funding from GO B.C. and the Federal Environmental Partners Fund.

The energy and enthusiasm shown by this community group is a reflection of the commitment people are making to ensure that environmental concerns are a priority that will be acted upon now, not next month or next year.

Contacts: Penny Drew 494-2101
or Sammy Selinger 494-9055

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by D.R. Vincent Love

Never before have we had access to so much information about the way our bodies work..... enough to absolutely transform our lifestyles and our health. We know that all matter is energy. We know that the body is a complex system of various energies with functions far more advanced than the most modern computer. We know that healthy human functioning is achieved only when all the natural energy flows are operating smoothly and in harmony with each other. But how do we achieve this transformation to optimal health and begin to balance these energies that allow the body to heal itself?

Clearly, we must focus on restoring the body's total electrical balance. In our wonderful world of fast-developing medical technology there are instruments that can identify the vibrational frequencies of organs and diseases. There are computers that can print our analyses of the body's electrical energy systems, indicating areas of weakness and defining specific locations at which treatment can be applied. There are therapeutic devices that can help in the treatment of chronic illness and stress, relieve pain, accelerate healing, and even promote cell regeneration.

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All of this technology can be beneficial to varying degrees for those who are willing to explore alternatives. In fact, benefits can be enhanced when combined with a nutritional program specific to the individual. All matter is energy and it is the quality of our energy that determines our physical, mental, and emotional health. Strengthen the body's energy field, balance and harmonize the natural energy flows, and a better level of health will automatically result.

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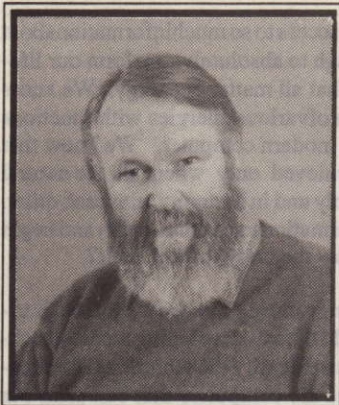
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Dave Cursons
Editor

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63 W. Victoria St., Kamloops, B.C. V2C 1A3 - Phone 372-2331
KELOWNA, Daily Courier (evening) Canadian Newspapers Co Ltd
550 Doyle Ave., Kelowna, B.C., V1Y 7V1 - Phone 762-4445
KIMBERLEY, The Daily Bulletin, E. Kootenay Newspapers Ltd.,
335 Spokane St., Kimberley, B.C., V1H 1Y9 - Phone 427-5333
NELSON, Daily News (morning),
266 Baker St., Nelson, B.C., V1L 4H3 - Phone 352-3552
PENTICTON, Herald (evening), Canadian Newspapers Co. Ltd.,
186 Nanaimo Ave. W., Penticton, B.C., V2A 1N4 - Phone 492-4002
TRAIL, Times (afternoon)
1163 Cedar Ave., Trail, B.C., V1R 4B8 - Phone 368- 8551
VANCOUVER, Sun, Province (Sun: evening; Province: morning),
Southam Inc., 2550 Granville St., Vanc., B.C., V6H 3G2 - 732-2513
VERNON, Daily News (evening), Thomson (B.C.) Newspapers
Ltd. 3309-31st Ave., Vernon, B.C., V1T 6N8 - Phone 545-0671

and the weeklies

Ashcroft-Cache Creek, The Journal (Tue.)
Box 190, Ashcroft, B.C., V0K 1A0 - Phone 453-2261
Barriere, North Thompson Journal (Wed.)
Box 720, Barriere, B.C., V0E 1E0 - Phone 672-5611
Castlegar News (Sun. & Wed.)
Box 3007, Castlegar, B.C., V1N 3H4 - Phone 365-7266
Chase Shuswap Weekly (Wed.)
Box 1060, Chase, B.C., V0E 1M0 - Phone 679-3554
Clearwater Times (Wed.)
Box 1102, V0E 1N0 - Phone 674-3343
Cranbrook, The Kootenay Advertiser (Mon.)
Box 369, Cranbrook, B.C., V1C 4H9 - Phone 489-3455
Creston Valley Advance (Mon. Thur.)
Box 1279, Creston, B.C., V0B 1G0 - Phone 428-2266
Enderby Commoner (Fri.)
Box 610, Armstrong, B.C., V0E 1B0 - Phone 546-2316
Fernie Free Press (Wed.)
Box 1320, Fernie, B.C., V0B 1M0 - Phone 423-4666
Golden, Columbia Valley Gazette (Fri.)
Box 273, Golden, B.C., V0A 1H0 - Phone 344-5909
Grand Forks Gazette (Wed.)
Box 700, Grand Forks, B.C., V0H 1H0 - Phone 442-2191
Kamloops, The Sentinel (Sun. Wed. Fri.)
206 Seymour St., Kamloops, B.C., V2C 2E6 - Phone 372-7731
Kelowna, Central Okanagan Capital News (Wed. Sat.)
287 Bernard Ave., Kelowna, B.C., V1Y 6N2 - Phone 763-7114
Lillooet, Bridge River-Lillooet News (Wed)
Box 709, Lillooet, B.C., V0K 1V0 - Phone 390-4471
Logan Lake Leader (Tues)
Box 190, Ashcroft, B.C. V0K 1V0 - Phone 256-4322
Lumby Review (Wed)
Box 160, Lumby, B.C., V0E 2G0 - Phone 547-9075
McBride, Robson Valley Courier (Wed)
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Merritt Herald (Wed) Box 6, Merritt, B.C., V0N 2B0 - Ph 378-4241
Merritt, New-Advertiser Focus (Mon) Box 9, V0K 2B0 - 378-4241 New
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Olliver Chronicle, (Wed)
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Revelstoke Review (Wed)
Box 20, Revelstoke, B.C., V0E 2S0 - Phone 837-2193
Salmon Arm Observer (Wed)
Box 550, Salmon Arm, B.C., V0E 2T0 - Phone 832-2131
Salmon Arm Shoppers Guide (Mon)
Box 1270, Salmon Arm, B.C. V0E 2T0 - Phone 832-9462
Sicamous, Eagle Valley News (Wed)
Box 113, Sicamous, B.C. V0E 2V0 - Phone 836-2570
South Okanagan Review
Box 295, Okanagan Fall, B.C., V0H 1R2 - Phone 497-8880
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Westbank - Westside Sun
2417 Main St, Westbank B.C., V0H??? - Ph. 768-4561
Winfield, the Calendar (Wed)
Box 54, Winfield, B.C., V0H 2C0 - Phone 766-4688

Consumers Put on the Brakes Refuse, Re-use and Recycle

by Dave Cursons

Everywhere we look positive steps are being taken by governmental and non-governmental organizations to advance recycling at the local level.

People are being persuaded to relieve the burden of municipal landfills by participating in recycling at home, work and in schools and other institutions. In some places this success has meant outstripping the capacity of the young recycling industry to absorb materials.

Moving recycleables out of the collection centres to the recycling industry is a problem right now in the B.C. Interior. Recycleable glass, paper and plastic is piling up.

The realities may cause the recycling efforts in the interior to lose momentum unless strides are taken to increase the recycling industry's capacity to process material.

Garbage accumulation is an ongoing problem and in the thrust toward recycling we shouldn't lose sight of the real "front line" in the fight against the wasting of the world. That front line is refusal. Refusal means:

- (1) Reject excessive packaging by buying bulk in your own containers (this includes health foods, screws and nails). Insist on leaving the blister packs etc. at the sales counter and, of course, carry groceries away in your own bags.
- (2) Refuse to buy or use disposables including pens, lighters, diapers, cups, flashlights etc.
- (3) Refusal to use or to buy the unnecessary will mark a turn around in the thought and behavior of most of us. Slick advertising inveigles us to buy where our earth consciousness would have us leave it on the shelf.

Next to refusal comes re-use. Re-use involves things like buying and returning beverage and milk bottles, second and third use of envelopes and using the blank side of printed paper and the trade in secondhand (pre-owned) clothes

The upsurge of recycling encourages us to believe that consumption is O.K. After all, we'll just run it through the process again and thus, prevent waste.

Secondary Resource Recovery is the term used to describe what is popularly known as recycling

Our industries take natural resources, the ores, petroleum and wood mixed with "externals" like air, water and soil and forged with energy and our labor to give us manufactured goods, the preponderance of which are quickly trashed. This includes everything from toilet paper to automobiles.

Recycling or S.R.R. is a good thing, as far as it goes. It slows the depletion of natural resources and slows the glutting of landfills. It goes some of the way in addressing the problem of gross over-consumption.

What needs to happen is restraint in each of us to slow the engines of industry producing that which is unnecessary and worse, what depletes resources and damages the earth's natural systems.

The RECYCLING COUNCIL OF BRITISH COLUMBIA (RCBC) established in 1975, is an association of companies, groups, societies and governments engaged in Recycling and Waste Management. Recycling Council of British Columbia, 2150 Maple Street, V6J3T3, Phone 731-7222.

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The SIERRA CLUB Demystified

by Kathryn McCourt

"Oh, I've heard of the Sierra Club. It has something to do with wildlife, doesn't it?" asked my curious new friend. Yes, it has, I replied, and with many other things besides.

The Sierra Club is an international organization dedicated to the enjoyment, protection, and enhancement of the natural environment. Founded by John Muir in 1892, the Club has chapters in the U.S. and Canada, and numerous individual members around the world. The Western Canada Chapter covers the four western provinces and the territories. Locally, the North Columbia Group (a Chapter division) has a membership of about 150 people who live within the watershed of the Columbia River north of the U.S. border.

Sierra Club members deal actively with issues confronting their communities: threats to clean air and water, recycling and waste disposal, the damming of rivers, logging and mining practices, endangered wildlife populations, and more. The North Columbia Group has had input into issues as diverse as West Kootenay Power's proposed gas turbine in the Okanagan, and plans to redistribute Columbia River Downstream Benefits when the current treaty expires. Proposals for new mines, for logging wilderness areas, for subdivisions or grazing which affect water supplies are issues currently being monitored by the North Columbia Group.

By means of reasoned arguments rather than demonstrations, the Sierra Club promotes policies which harmonize human endeavor with the natural ecosystem. Would you like to know more? Call Rus Domer (Penticton 439-8378), Robert Miles (Kelowna 860-8200), or write to me, Kathryn McCourt, Group Secretary, Box 352, Penticton, B.C., V2A 6K6.



NAOMI RACHEL OF SURVIVAL EXPRESS OUT OF CORTEZ ISLAND IS FED UP WITH THE ARMLOADS OF TRASH IN HER MAILBOX AND PROPOSES..

A MAIL JUNKY REBELLION

Naomi and her widening circle of rebellious friends say:

"Junk mail is pulp from our diminishing forests. It takes one hundred thousand acres of forest to produce one year's worth of junk mail for the Canadian market. Many hundreds of thousands of acres are cut for the American market."

"Junk mail adds great quantities of wasteful material to our landfills which are overflowing. When such waste is buried toxic leachates end up in our water supply and our food chain."

"Burning junk mail pollutes our air with toxic gases such as dioxins and produces carbon dioxide which leads to further global warming."

"Even if junk mail could be recycled (much of it can't), toxic wastes are released in the process."

"Junk mail promotes consumerism at a time when we must learn to reduce our consumption, re-use what we can and recycle the rest".

ACTION YOU CAN TAKE

Organize a Dump Day to return junk mail to the post office by the barrow and truckload.

Send an envelope of more than three quarters of an inch thick and POSTAGE FREE to your Member of Parliament and to Lucien Bouchard, Minister of the Environment, Ottawa, K1A 0A6 (with a brief note on a small piece of recycled paper)

Boycott businesses that use junk mail to advertise.

Get a special Return to Sender stamp from:

Survival Express,
P.O. Box 3093,
Courtenay, B.C., V9N 5N5



SO WHAT'S WRONG with CLEARCUTTING

by Okanagan Greens

Clearcutting sets the forest back to square one. When followed by a hot slash fire, the complex balance among plants, animals, insects and soil which forms the forest ecosystem is totally destroyed. Even the soil, so essential to forest growth and health, has been seriously damaged.

Clearcutting

- *eliminates the forest habitat
- *creates wind corridors for blow down and exposes soil to erosive forces
- *changes runoff rate and flow pattern
- *takes wood out faster than it can grow
- *takes place in ideal selective logging locations
- *has a high failure rate in reforestation
- *requires expensive management to restore
- *converts vigorous, resilient forest to risky single species tree plantations
- *is unpleasant to look at (tourism)
- *seriously compromises other uses
- *necessitates slash burning which destroys communities of fungi, algae and insects that are essential to forest growth
- *destroys the layer of organic material that is needed to modify extremes and moisture
- *seriously pollutes the air with smoke and carbon dioxide

Clearcutting may have it's place in the "Forest Manager's Tool Kit". But consider this. It requires a high level of management and hundreds of dollars per hectare to establish a plantation where a once healthy forest tree stood.

Further, the survival rate for a plantation is much lower than for a natural forest. Simple logic suggests that, in the long run, clearcutting is the opposite of managing for sustained yield. Forests feed off their own decay. We cannot continue to take all and leave nothing. **THERE ARE NO FREE TREES!** ♦

BRITISH COLUMBIA'S FANTASY GARDENS

by Tom Anderson

I find it astonishing that our forest policies are still based on the outmoded idea that man is capable of growing a forest. All trees that have fed the mills, providing jobs and helping to finance vital social services, were grown by Nature, not by man. The methods used to grow those valuable trees are not the same as the methods attempted by man. Nature's methods have proven completely successful; man's thus far, have proven disastrous.

Man sticks little fir trees into the ground and expects them to grow into a forest of big fir trees. Man sprays chemicals on any other species of tree that tries to grow there; he wants only fir trees. Man totally ignores the fact that Nature NEVER plants a single species on any one piece of ground....and that Nature NEVER starts with the final product. Nature starts with things like thistle and wild rose; tough, thorny plants that will not be eaten by deer. These plants build the soil over time, adding nutrients and helping to retain moisture. Greener plants then take over and - eventually with a little help from the birds and squirrels, larger species are planted, such as pines. As the pine forest grows, a scattering of fir and other species may appear, protected and nurtured by the pines. The pines will mature, all within a short time span, and will then be turned into soil as quickly as possible by the mountain pine beetle or whatever means Nature has selected for that particular site. The soil will now have the fertility and the humus absolutely necessary to grow a forest of fir and companions or fir.

Foresters are supposed to know all of this, yet they clearcut the pines as soon as the pine beetle appears. This operation provides short-term profit but causes long-term disaster. Not only is the only source of soil fertility hauled away, but the entire watershed is so torn up and left exposed that not even pines will be able to grow there for a very long time. Come spring, however, the planters will be out there again, poking poor doomed little fir seedlings into the dirt. Wishful thinking can be terribly expensive!



ACTIVE TODAY NOT RADIOACTIVE TOMMORROW

by Pat Kelly of Rock Creek
Committee for a Clean Kettle Valley

OURS FOREVER - NUCLEAR WASTE

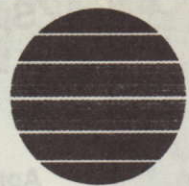
The federal government last year announced a three to five year environmental assessment of the disposal of Canadian high-level nuclear waste. At present hearings are scheduled only for those provinces with reactors.

There are groups and individuals in B.C. who would like to present evidence but this may not be possible if they must meet travel expenses. The Canadian nuclear industry has long been supported by the tax dollars of all Canadians and therefore these hearings should be accessible to all Canadians who wish to participate.

Please contact your M.P. requesting hearings in B.C. with full public disclosure of all facts needed to ensure that energy policies of our generation do not adversely impact upon the environment of future generations.

For more information on either Romania or the nuclear waste environmental assessment please contact:

Pat Kelly, Box 118
Rock Creek, B.C. V0H 1Y0



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Since February 1987, when the ban on uranium exploration and mining in B.C. expired, the public health of the province has been defended by only a permitting and licensing process.

It was clear in 1980 the technology did not exist to safely contain the mine tailings. Is the technology up to speed today? Well, Denison Mines had 11 spills from tailing ponds last year in Elliot Lake, Ontario.

If you would like more information on this issue please contact the address below. They will be able to put you in contact with the closest informed group.

The Uranium Room, Box 563, Penticton, B.C., V2A 6K9

ROMANIA NO CANDU

Recent news reports of forced labour being used on Canadian CANDU reactor construction sites in Romania have caught my attention. Atomic Energy of Canada Ltd. technicians were on site and surely must have known of the intolerable conditions under which these men worked and lived.

We all are aware of the possible negative health and environmental effects of nuclear power. For this reason the nuclear industry is required to abide by certain laws and regulations. The moral and ethical integrity of those responsible for following these regulations is a prerequisite from insuring that the system works.

Please write your M.P. requesting a full public inquiry into this incident and that those individuals who had knowledge of this but did not act should be removed from the decision making loop of the nuclear industry until such time as they show the competence necessary to have that responsibility.



Penticton Metaphysical Club

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

April 27th
Colin & Stephanie Cole
from Seattle

'Channelling in the Fourth Dimension'
(see Kelownas ad to the right & below)

May 11th
Laara Bracken
from Salmon Arm -

"The Human Aura"

Explanation of the four auras that make
up your aura field & their functions.

May 25
Nathalie Daoust
from Vancouver

"The Art of Living" (see ad below)
An opportunity to discover the very
nature of your true self.

Special Events at the Leir House Penticton

April 7th - Sat. - ACIM
with Faye Stroo - 10 am to 4 pm
"A Course in Miracles" - \$50.00
See write up for Kelowna

April 12th - Thurs. - Self Talk
with Jeffrey Godine of Victoria
Ericksonian Hypnotherapist
7 to 10 pm - Fee \$15

April 19th - Thurs. - Reiki
with Vicki Allen
Reiki Master from Silverton
Free Introductory - 7:30 - 9pm

April 25th - Wed. - Feeling Better
with Ed Marriette
A Free lecture/demonstration
with this Nutritional Consultant
and Herbalist of Kelowna.
This 79 yr. old has lots to say.

For info. on any of these classes
phone Angele 492-0987

Kelowna Parapsychology Association

Meetings are at the Sandman Inn
2130 Harvey Ave., Kelowna
Starts at 7:30 pm
Meets last Wed. of Month.
\$3.00 members - \$6.00 non-members

April 25th
Colin & Stephanie Cole
**"Channelling in the
Fourth Dimension"**

Discussing the difference between
entities and energies. Colin has 14 yrs
of study in Religion & Esoteric Phenomenon. Stephanie is a director of
the Unity Church of Seattle. They co-
ordinate the Rose Pearl Institute.

May 30th
Faye Stroo
"A Course in Miracles"

Faye is a Transformational Counsellor,
owner of Books & Beyond & a student
for 6 years in "A Course in Miracles".
Written in Judeo-Christian terms it
echoes the perennial wisdom of the
ages.

**Colin Cole &
Stephanie Glatzel Cole**
presents.....



"Communion with the Higher Self"

April 28 & 29th

Saturday & Sunday - 10 am to 6 pm
at Books & Beyond in Kelowna

- *Register before April 21st - \$125.00
- *Late registration - \$135.00
- *For more information please phone
Mike or Bev Erdmann - **861-8470**

Private sessions available

*****Special Introductory Sessions:**

Wed. - April 25 - KPA - Sandman Inn
(Kelowna Parapsychology Association)

Thurs. - April 26 - Books & Beyond

Friday - April 27 - PMC - Leir House
(Penticton Metaphysical Club)

All Introductory Evenings start at 7:30 pm

The Art of Living

with
Nathalie Daoust

A weekend of direct experience that leaves you
lighter, clearer, more joyous. Thoughts, stress, blockages in
the nervous system are cleared quickly and easily to make
way for the kind of experience we have all longed for and
gives you the knowledge and techniques to stay that way.

Introductory evenings start at 7:30 pm & cost \$5.00

Vernon: May 23rd Wed Wholistic Living Ctr.
Kelowna: May 24th Thurs Books & Beyond
Penticton: May 25th Friday Leir House - (PMC)

Workshop is Saturday & Sunday - 10am to 5pm
In Penticton at the Leir House - Cost \$75.00
To register or for more info. phone: 492-0987

Nathalie Daoust, trained with
Pundit Ravi Shankar, spiritual Master from India

The course consists of talks, guided experiences,
yoga postures, pranayama and the Sudarshan Kriya.
(means proper vision of who you are)

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integrating The Mind and The Heart

with ILIZABETH FORTUNE of California

Friday - June 8 - 7:30 pm - Swimming with Dolphins

Sat. & Sun. - June 9 & 10th - 9 to 5 - Workshop

In the workshop - You will Learn

Confusion.....to.....Specific Action
Fatigue.....to.....High Energy
Scattered Thoughts.....to.....Organization
Procrastination.....to.....Organization
Learning Difficulty.....to.....Learning Ease

Ilizabeh Fortune, M.A., has counselled for 24 years assisting children and adults to trust themselves and have the courage to act on their creative intelligence. Since interacting with the dolphins and whales in 1988 she decided to intergrate this with

her previous teachings. Ilizabeh is Educator & Psychologist, Director of Research & Education for the Institute of Creative Intelligence. She is creator of Full Spectrum Learning Lab and develops programs on adequate light/colour for health.



Slide Show Presentation

This Event is Sponsored by the
Penticton Metaphysical Club
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Focus on Women

Editor
Laurel Burnham

There is a double-edged Chinese proverb of which I am particularly fond. "May you live in interesting times." Well, we certainly do live in interesting times. Unprecedented change at an unparalleled rate is transforming the planet. Change, in fact, is the only constant.

And so it is with the women's movement in B.C. After several years of consistent financial support from the Federal Government, as of April 1, 1990, 31 women's centres in B.C. will no longer receive funding from Secretary of State "Women's Programs". This is having a profound effect on communities across this province. Many, in fact, most of these centres will close their doors. The greatest impact of these centres closing will be felt in rural communities, where women's centres fill many gaps in the social service systems. Chetwynd Women's Centre is also the battered women's centre. The Women's Resource Centre in Quesnel operates a day-care centre, which is also a training facility for day-care workers. Vernon has an advocacy service and offers support for people experiencing difficulties with the Ministry of Social Services and Housing. Here in Penticton we are spearheading a drive for government subsidized housing for single parent and low income families in the Okanagan. In every community where a women's centre is found, women are providing valuable assistance to women and their families. Everything and anything from rape crisis, sexual assault counselling, job development, job training programs, health care, support groups, resource libraries, advocacy services, day-care centres. And all of this on minimal funding and literally thousands and thousands of hours of volunteer labour. All of this...is in imminent danger of disappearing.

B.C. and Newfoundland are the only provinces where funding for this work is not forthcoming from the provincial government. Women's centres in B.C. receive absolutely no assistance from the provincial ministry supposedly established to do so.

In fact, we live in a province where one man can arbitrarily receive \$500,000.00 to produce a promotional video, the same amount that equals the entire yearly budget for B.C. Women's Programs.

We live in a country where the federal government priorities have been to allocate a further \$1.6 million for fireworks and balloons on Canada Day, the same amount that was cut from the funding for Women's Programs.

We live in a world where the voice of the people has overturned dozens of despotic, entrenched regimes, and our government chooses to allocate 21% budget increases of \$33 million dollars to the Canadian Security Intelligence Service...Canada's very own "secret service"--our spy agency. "Cesis" as it is commonly known, will have a total budget of \$190 million a year.

For \$190 million dollars a year, we could have a 24 hour a day, universal access, government sponsored childcare in every

community in Canada. We live in a country where there are 200,000 licensed day-care spaces nationwide, and over 2 million children who require day-care.

Interesting times, my friends, interesting times.

I have had a bit of a fantasy, you know. It goes something like 400,000 people in the streets of Ottawa, dancing around the parliament buildings chanting "Resign, resign". They did that in Prague, why not here? I have other fantasies, like--a nationwide "Women's Day Off". In Iceland the women took the day off about ten years ago. Not one woman did what she normally did during that day; she went to be with other women instead. And guess what? They shut the country down. No schools, no stores, no banks, no hospitals, no dinners cooked, no beds made, no children tended, no restaurants open, no government offices, no telephones, no buses. I'd like to see the women of Canada finally recognize their essential contribution, their absolutely necessary contribution day in and day out to making this country and every other country in the world function. I'd like to see us, as women, recognize, honor, and act on that power. We need to shut this country down. We need to make major changes. As long as there is an elite, entrenched system of overfed, arrogant wealthy men ruling this country, (and every other) there will never be justice, peace, equality, or enough food to go around. And as long as women refuse to honor and value themselves, and continue to ignore our 52% majority, we will continue to be victims of a system that has death, not life, as its primary motivating force.

Marc Lepine was one man, acting alone, out of his culturally conditioned hatred of women, when he murdered 14 young women in Montreal. The federal government, because of its patriarchally upheld legislative power, has committed violence of a different kind on the women of Canada. This is what is known as structural violence. It is the same sort of violence that is destroying the rain forests and the lakes and the earth itself, and it has got to stop. ♦



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April

The name of April is derived from the Roman Aprilis, another name for Aphrodite, Goddess of Love and Death. The Latin root of April is the verb "aperire", meaning "to open".

April 1st is the holiday (holy day) of Venus/Aphrodite. In ancient times women used to celebrate this day by washing the image of the Goddess in rivers and lakes. Women also burned incense to her aspect of good fortune to ensure happy love, birth and joy in their lives; April Fools' Day grew from this observance, when all kinds of foolishness were acted out, to symbolize love's rule over logic.



May

May was named after the goddess Maia, Maria, the goddess of Spring, she who brings forth life. May also became the month of the Virgin Mary.

The full moon of May (May 9th) is an appropriate time to gather your household and have a party for all the children and all those family members and friends who care about the children. Deck them all with flower crowns, bake a cake, and remember to bless all the little ones with strength, health and sharp minds.

May Day (May 1st): Still celebrated in many parts of the world, the celebrations of nature, sexuality, resurrection and rebirth. This is also the celebration of the world's workers, the people themselves.

BC & Yukon Association of Women's Centres Annual General Meeting & Conference Naramata Centre - April 27-29th

Despite federal cutbacks to all women's centres,
we will be holding our conference and AGM
at Naramata Centre, April 27 - 29th.

We have invited:

- *****Marjory Cohen**, Economist
- *****Sylvia Farrant**, Western vice-president of the Canadian Advisory Council on the Status of Women
- *****Carol Gran**, Minister of Women's Programs

**The public is invited to listen to our
keynote speakers.**

Also present will be

- *****Judy Liefschitz**, who will hold
Fund Raising Skill Development Workshops.

For registration and more information please
contact **Laurel Burnham**, Conference Co-ordinator at the
Penticton & Area Women's Centre, #5, 212 Main Street,
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The Environment: a Return to Equilibrium

The environment will become the number one issue throughout the world. Even a few years ago, no politician took the environment seriously; now the concern is there. This growth about the environment is the result of the increasing Self-awareness in the world. There is a link, Maitreya says, between the inner and the outer environment: the movement you become aware of yourself, the environment within your mind, spirit and body is under control; this awareness then leads you to look into the outer environment.

There are also connections, however, between the negative forces generated by humanity and what happens in nature. These connections are not perceived at present, but will be increasingly seen and understood as such. Many natural disasters such as floods, earthquakes, and droughts, for example are responses to human activities. As a case in point, Maitreya cites the drought that struck the United States in 1988. The indifference on the part of many there to famine elsewhere on the globe, He says, was itself a cause which generated effects.

The use of nuclear energy also generates repercussions under the law of cause of effect. There is a difference between "using" energy within its natural evolutionary base, and "manipulating" energy. The latter leads invariably to trouble because natural equilibrium is disturbed. A windmill, for example, uses the power of the wind to generate energy.

A "controlled" underground nuclear explosion, however manipulates energy, disturbing the earth's balance. This can and does result in earthquakes. The earthquake in Burma, which also affected neighbouring countries, was the ultimate or end result of underground nuclear explosions carried out in the USA, the USSR, China, Pakistan and India. The earthquake that struck Soviet Armenia in December, 1988 had a similar cause.

Human beings are linked to one another, and, in principle, a thought can be picked up by anyone, anywhere, in a moment. Similarly nuclear weapons are interlinked via both energy and thought formation. The energy behind all acts of nature and all mental acts is one.



Sierra Club members in Penticton are arranging a walk to mark Earth Day 1990. This day has received worldwide designation in order to focus people's attention on the natural environment. The date, April 22, falls exactly twenty years after the first Earth Day, held in 1970.

Members of organizations with environmental concerns will walk the Kettle Valley Railway right-of-way from the old railway station on Hastings Ave. to Vancouver Avenue, to emphasize its value as a natural recreational path. Following the walk--and weather permitting--participants will gather at the picnic area near the Art Gallery. The event gets underway Sunday at 2:00 pm.

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Earth Day 1990 - (604) 382-1660
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For free information on the Christ's emergence, contact:

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They are cross referenced on the next page so that you can find out who is the "reflexologist" in your town, etc then look up their name on this page for the additional information on their background. Plus, there is a Glossary on the next page to explain what some of the terms mean. They are listed alphabetically according to their first name.

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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.

Aroma Therapy 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 Therapy Seeing, feeling and working with, the invisible emanation that surrounds all 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

Brain/Mind Machines Utilizing light and sound pulses at a specified frequency, these machines stimulate the brain waves activity of the user, leading the brain from its normal waking consciousness to deeper more relaxed states.

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.

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

Chiropractic 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, disease, learning disabilities, etc.

Numerology Is the science of utilizing your name and numbers to reveal your talents, your goals in life, the obstacles you are likely to face and how to make a success of your life.

Nutripathy Use of scientific methods, including "The Biological Immunity Analysis", to measure the strength and weakness of the client's immune system, and suggest appropriate supportive therapies designed to reestablish organ and glandular balance.

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 Immune 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.

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

Three in One Concept Identification and diffusion of learning disabilities. Yoga An ancient Hindu system of self discipline and training designed to unite body, mind and spirit through exercise, breathing and meditation.

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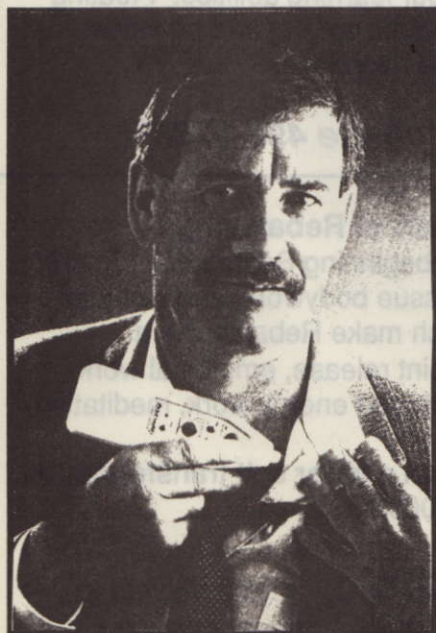
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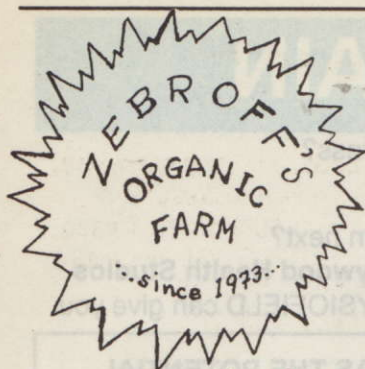
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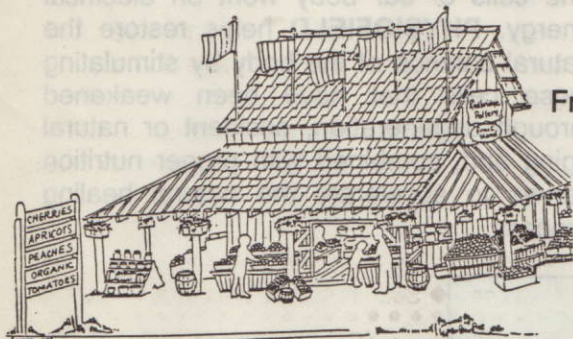
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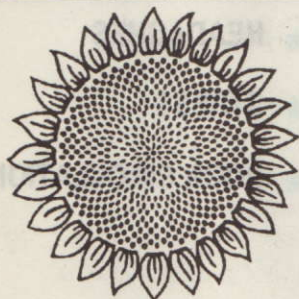
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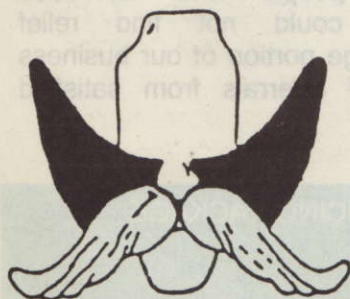
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RR # 1, Keremeos, B.C. V0X 1N0 (4 km. West of Keremeos)

Good Variety of Organically Produced Vegetable Bedding Plants
Plus a good selection of Conventional Vegetable Bedding Plants & Flowers

499-5785

PHYSIOFIELD for PAIN

- ✓ Do you want relief from pain, swelling, inflammation and stress?
- ✓ Are you fed up with taking prescription drugs?
- ✓ Have you tried everything else and don't know where to turn next?

If the answer is "YES" to any of the above questions, call **The Hollywood Health Studios** in Kelowna, 861-7770 for further information about the benefits PHYSIOFIELD can give you.

"THIS ONE SENSIBLE INVESTMENT IN YOUR HEALTH HAS THE POTENTIAL TO RID YOU OF A LIFETIME OF PAIN & PRESCRIPTION DRUGS."

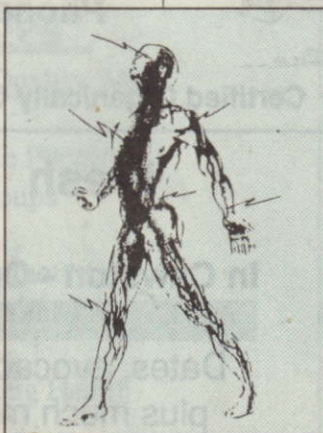
WHAT IS PHYSIOFIELD ?

PHYSIOFIELD is a portable, low intensity, high frequency electromagnetic unit which allows revolutionary therapeutic results without any known harmful side effects. It has proven effective for chronic pain as well as inflammation and swelling due to injury and is easily integrated with natural therapies.

HOW DOES PHYSIOFIELD WORK?

The cells of our body work on electrical energy. **PHYSIOFIELD** helps restore the natural balance of the body by stimulating those cells that have been weakened through degeneration, accident or natural aging and, combined with proper nutrition, serves to accelerate the natural healing process.

- ★ ARTHRITIS
- ★ BACK PAIN
- ★ SCIATICA
- ★ INJURIES



- ★ SINUS
- ★ HEADACHES
- ★ STRESS
- ★ POOR CIRCULATION

IS PHYSIOFIELD SAFE?

PHYSIOFIELD is strictly in compliance with national and international regulations. The International Safety Standard set by the World Health Organization is 10 milliwatts per square centimeter in the ultra-high frequency range. The **PHYSIOFIELD** maximum output is 7 milliwatts - well below the world standard.

IS PHYSIOFIELD GUARANTEED?

PHYSIOFIELD GUARANTEES RELIEF FROM YOUR PAIN WITHIN 30 DAYS OR YOUR MONEY WILL BE REFUNDED! Many of the people who now use **PHYSIOFIELD** could not find relief elsewhere. A large portion of our business is comprised of referrals from satisfied customers.

INQUIRE ABOUT OUR RENTAL PROGRAMS & FINANCING PACKAGE

The Hollywood Health Studios
2409 Hwy. 97 North, Kelowna, B.C.
861-7770