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"The Natural Yellow Pages"



ISSUES

June, July & August 1990

Volume 1 - Number 3

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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.

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.

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.

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

Introducing.....

.....Twin Island Resort Centre

Twin Island is called a nature lover's paradise for good reason. A first-time visitor to the resort is almost always captivated by the tranquility and peacefulness which the land and lake exude. The laughter of the loon, the lush greenness of the north Okanagan, the fresh scent of the woods - all absorb one's senses. Gardom Lake, safe and gentle, ranges from shades of turquoise to deepest green. Canoes, brightly colored, contain the promise of lazy, sun drenched afternoons.

Visitors are offered many ways of reconnecting with nature. Some choose to just enjoy the peacefulness - curled up in a hammock, or watching the reflection of the moon on the lake by an evening campfire. More serious nature buffs can explore the unique qualities of the lake and the islands.

Open year-round, in winter Twin Island offers opportunities for cross country skiing in the nearby Larch Hills, one of the best areas for the sport in Canada.

The centre contains a range of accommodation to suit all pocketbooks, including a pleasant tenting area, well-kept housekeeping cabins, and the main lodge.

The resort, practising earth friendly land management, is in the forefront of the sudden consumer and business rush to be green. It recycles, minimizes the use of harmful chemicals, and promotes preservation of wildlife habitat.

Whether guests stay at Twin Island for a vacation, a workshop, a business meeting, or a short weekend getaway, people service is very important. Staff will organize special packages, or assist in any other way possible. They realize that special experiences are important for visitors, whether their getaway is two days or two weeks. At Twin Island, those special experiences happen.

Twin Island Resort Centre



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TWIN ISLAND RESORT CENTRE 1990 SUMMER WORKSHOP CALENDAR



- | | |
|---------------------|--|
| June 9 - 16 | Life on the Wing - Birds in Paradise. Experience the richness and diversity of nature. With Jim Shaver, Salmon Arm; \$625.00 per person. |
| June 17 - 22 | The Power of Ancient Healing - A workshop in Universal Shamanism. With Ed Kenney, Shamanic Foundation. Increase your sense of connectedness. \$575.00 pp. |
| July 21 - 28 | 2nd Annual Energy Works Retreat. Rediscover your human potential, with Hal Boulter, Calgary; \$454.00 per person. (Excludes meals) |
| Aug 11 - 17 | Here's to our Children - an Earth Friendship Celebration. Reconnect with nature, and with others. Peter Duryea (Kootenays) and Sarah Kipp (Twin Isl.), \$625.00 pp. |
| Aug 23 - 26 | Joy through Moving! A T'ai Chi Chih Retreat. Bring the art of T'ai Chi Chih into your life and experience its benefits. Sharon Melvin, Calgary. \$195.00 pp. |
| Sept 3 - 8 | Touch the Earth - A Wellness Program. A potpourri of massage, yoga, recreational activities, diet guidance, and native philosophy. Twin Island staff \$595.00 pp |
| Oct 6 - 13 | The Salmon are Coming! The salmon's death and life hold symbolism for us all; tours include the world famous Adams River, a winery, other features. \$685.00 pp |
| Oct 13 - 20 | The Salmon are Coming! Repeat of program from Oct 6-13. |

NOTE: Except where noted, program fees include all workshop costs, area tours, accommodation (double occupancy), and meals. Most programs offer discounts for camping.

"The Milkman"

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Ecology, the buzz word of the 90's

with Shanta McBain

- 1: The branch that deals with the relation of living organisms to their environment and to each other.
- 2: The branch of sociology that deals with the relations between human beings and their environment.

Our relationship with herbs find us living with both of the above definitions. How we, as other organisms, affect them through harvest, mining, recreation, agriculture and building. Whole subdivisions will go in, without thought to where the food once produced there will come from. Swamps are filled to make way for industrial development, killing the life forms in the swamp. The pollutants from industry may contaminate the air, earth, and water which are the source of life.

Plants and animals form an intricate web of existence. When we harvest one herb we affect the web. Each ecosystem has its own web. How much we can change things in that web before the web can no longer sustain itself is largely unknown. The radical practice of clear-cut logging has led ecosystems to total destruction. The system that grew trees in no longer able to do so. In some climates such as India, Africa, and Central and South America, deserts replace once fertile forests. Forests here return to scrub and underbrush, some to mini-deserts. Erosion and herbicides pollute creeks. Where select logging has taken place in the past, trees and herbs are available to harvest on an annual basis.

We need to tread softly, observe the results of our treading. Adapt to what we have done. If one discovers that one can harvest more of a herb than harvest can be increased. If the effect of harvest is decreasing the available herb or others that live around it, then harvest must be scaled down, stopped or intervention carefully planned to allow recovery. To do this we must go slowly, constantly being a part of the ecosystem that we depend upon for life.

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- * Bread Quarters in Westbank
- * Golden Grains Bakery in Kelowna



Glass is Class

by John Slinn

Mrs. Nellie DeWitt of D. Dutchman Dairy personifies the unique blend of approachability and strong leadership skills required of an independent business owner.

While she is every bit a business woman, our conversation about her company's use of glass bottles took on the casual flavour of neighbours discussing milk yields across a backyard fence.

Mrs DeWitt heads the family-run business now that her husband has passed away, but it became obvious that major decisions are a family affair.

Running an independently owned and operated business like D. Dutchman Dairy requires making "tough" decisions. Such a decision faced the DeWitt family a couple of years ago when plastic bottles were introduced to the market as containers for milk products. After consultation, the family choose not to adopt the use of the new plastic bottles. "It cost us business, but we felt that the plastic containers had too big an impact on the environment and on the taste of our milk", said Nellie.

This is the kind of uncompromising tenacity that has maintained the high quality line of dairy products produced and supplied by D. Dutchman Dairy to this day.

One of Mrs. DeWitt's goal's is to get her milk products to the consumer without losing the "fresh from the cow" taste. When Consumers' Glass approached her about using glass bottles, it gave the business a unique alternative to plastic.

Today 50 percent of all milk and milk products like table or whipping cream, are available in recycled glass pints or quarts. "Once consumers try milk from bottles, they seem to keep coming back because of the improved taste and longer shelf life," DeWitt said. All the milk products especially cream stay fresher longer.

Ultimately it is you and I, as the consumers, who determine the future use of glass bottles. Now you can choose recyclable glass bottles, but you can also join the growing numbers of families serviced by home delivery in communities like Vernon, Armstrong, Kelowna, Penticton and Naramata. Or you can buy through independent supermarkets.

Next time you buy milk, why not give glass bottles a try? You'll appreciate the improved taste, you'll be helping our environment and you'll be supporting our local economy. All in all, we think you'll agree - Glass is Class!!!

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tative side of health. For my part, I will begin by establishing an Office of Health Promotion which will pursue consultations with British Columbians throughout our province"

Pat Wolzok, B.C.'s new director of health promotion, says "We're not setting the agenda for other people. Instead, we'll be providing support for people to do the things they want to do. We're trying to empower people to address their own health issues." It appears that health promotion in the 1990's may be focused on community-based action.

Send your questions or comments to :
Executive Director, Office of Health Promotions, Ministry of Health, 1515 Blanshard Street, Victoria, B.C. V8W 3C8.

Well readers, any comments to send in? Take the time to write, expressing your opinion on the direction that Government should take.

Angele

P.S.: One of the ways I would like to encourage you to look after your health is by becoming a vegetarian or vegan. To support you in your endeavour, I would like to invite all the readers of "Issues" to a Vegetarian Potluck Picnic. This picnic will be held on Sunday, July 15th at Sunoka Beach, on Highway 97 between Summerland and Penticton. So mark the date on your calendar and join us from 11 am till 7. Bring your kids, some vegetarian food and ideas for games to play. ♦

Steve Tomlinson Photo



Musing

Summer always reminds me of berry picking. I remember sunny days in the hills, picking wild blueberries, saskatoons, gooseberries or raspberries. With many hands helping, the small but tasty berries quickly filled our buckets and bellies. We knew if we worked hard Mom would not only make preserves but would bake us a pie as well. Proud we were of our day's work.

Thinking back, it makes me appreciate the love and effort people put into growing the bounties of summer. I guess that's why I feel it is such a privilege to be able to spend time in someone's garden or orchard, filling once again my buckets and boxes.

If you have never met and spoken to your local growers about their gardens, you are in for a delightful surprise, they will be only too happy to show you their labour of love.

Urmi and myself are currently interviewing organic growers in our area and you will get a chance to meet some of them on a one-hour special of "The Holistic Networker", airing on Shaw Cable 11 from July 6 to the 12th. So stay tuned!

I hope your summer is relaxing and rewarding as you preserve your winter supply of summer's harvest.

Peter Dueck, B.C.'s Minister of Health until recently, maintained that our current state of health is much like a person who keeps rescuing drowning victims out of a river, until he gets tired and realizes that if he only had time, what he really should be doing is to go up the river and find out who is pushing all these people in! Dueck would like to see more attention given to disease prevention, but says it does not grab headlines like pictures of plane wreckages with flashing lights and sirens. He feels that any attempt to change the status quo will be viewed by many as a threat - it may be seen as taking something away as opposed to making something better.

At a recent conference on Health Promotion sponsored by the B.C. Ministry of Health, Dueck said; "The political reality is that there is need for a groundswell of public support before governments will begin to initiate meaningful economic shifts towards the preven-

← (to the left under ad)



LIGHT UP YOUR LIFE

Johanna Jacks, M.Sc., D.N.

The well-being we sense as spring shifts into summer may have more to do with the increased amount of natural light we receive by being out-of-doors than any other factor.

Sunlight has long been considered a vital healing force, and now medical researchers are discovering just how it works.

Sunlight assists in building the immune system by increasing the number and activity of white blood cells and antibodies. Some studies have shown that following exposure to sunlight, white blood cells can double their ability to engulf and destroy bacteria.

Blood cholesterol levels will drop after a sunbathe. One study showed a 13% decrease after 30 subjects were given just one sunlight treatment. Another researcher found a more dramatic drop in blood cholesterol and triglycerides after several sunlight treatments.

Exposure to sunlight also causes blood pressure to drop - the higher the blood pressure, the greater the drop. The effect reaches its peak about 24 hours after exposure, and lasts as long as five or six days.

Exposure to sunlight will also result in lowered blood sugar levels through a mechanism similar to that of insulin, which moves blood sugar out of the bloodstream and into the liver and muscles for storage as glycogen. Many diabetics have been able to lessen their dependency on insulin as a result of regular exposure to sunlight.

Sunlight also causes the synthesis of Vitamin D on the skin. This vitamin is responsible for gastrointestinal absorption of calcium, which is essential for strong bones and teeth and also for proper function of the neuromuscular junctions.

We also now know that light affects not only our neuroendocrine systems but also our psychological system. The tiny pineal gland embedded deeply within our skulls needs natural, unfiltered sunlight for proper functioning as a synchronizing, stabilizing and moderating organ for several important physiological processes. It also acts as a general tranquilizing organ, giving a physiological basis for being the site of the seventh Chakra, the gateway to perfect rest and harmony.

What can we do to ensure we receive enough natural light when we are unable to be out-of-doors regularly during the day?

The best method is to install a full spectrum lighting system in the areas in your home or office where you spend the most of your time. Natural lighting systems installed in schools which previously had used fluorescent lighting resulted in increased scholastic achievement and alertness for both teachers and students, with less fatigue, and more comfort, health and tranquility. Detail workers in office using natural lighting reported far less eyestrain, increased efficiency and more comfort.

We've always known sunlight is good for us.
Now we know why!

KARMA

is the reason for each person's fate at any particular time to be what it is. The outer circumstances surrounding one right now are the direct result of karma. These outer circumstances are designed to bring into balance certain inner attitudes within one's mind. These inner attitudes are called karmic tendencies and it is these which draw into one's life the exact outer circumstances designed to correct the basic imbalances. These inner attitudes are about very specific situations and were created at some point in the past by one's free will and consequently gave rise to many actions based on those inner attitudes. The correction of each imbalance is achieved when the inner attitude is rejected through a thorough understanding of its unwholesome nature. The old attitude must thus be fully eliminated in favor of a higher inner position regarding that particular situation and one must then act consistently from this new position. This upward movement is called personal growth.

Therefore, through the analysis of one's present outer circumstances one can discover the inner imbalance that is in the process of being rectified. This is one's present evolutionary position. In discovering the unbalanced inner attitude, one is then in a position to change and so move on to the next correction to be made. The longer one does not see the truly unwholesome nature of the wrong attitude the slower and more painful is one's process of growth. In refusing to see, one of necessity escalates the intensity of the other circumstances which are trying to correct the inner imbalance. This intensity usually appears through experiences that one finds extremely painful. Then, because of the pain, one relents and begins to truly look within oneself to see what is there. Consequently the sooner one can see and let go of the inner attitude causing the outer circumstances one is in, the smoother becomes the process of growth.

At some point in this evolution one may question the extremely slow and painful nature of this educational process. One is at this point ready to accelerate things dramatically. This acceleration can take place by working directly with the mind itself and its tendency to form its various attitudes about things. Through proper training one will not need any attitude whatsoever about anything, thereby releasing one's intelligence to truly see what is there before it. This highest inner position can only be achieved through the path of discipline. This discipline must undercut one's compulsion to form an attitude about this or that or anything. The discipline will therefore cut the flow of karmic entanglement freeing one's life fundamentally. Achieving this primordial freedom is the ultimate goal of every person's growth. The discipline through which this freeing can take place is Meditation.

Doug Hayes is Program Director
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Johanna Jacks, M.Sc., D.N.

Note: 50% fee reduction for initial consultation of 1 hour is in effect until July 15, 1990.

A Powerhouse of Nutrition

What weighs one gram and supplies as much beta carotene as 14 cups of whole eggs or 23 cups of yogurt or 14 grams of liver or 140 grams of beet greens or 70 grams of carrots? Answer: Four capsules of freeze-dried Super Blue-Green Algae; lab tests conducted on the algae during the past two years show that 1 gram contains 1400 mcgs. of beta carotene. "If I had to recommend one nutrient above any other to include in a person's low-fat, high-fiber diet to reduce the risk of cancer, it would have to be beta carotene", writes Charles Simone, M.D. in Cancer and Nutrition (McGraw-Hill, 1983). And how much do we need? The healthy male: 1000 micrograms daily, the female 800 mcgs. and the child 600 mcgs.

We know that orange, yellow and dark green vegetables are supposed to be rich sources of beta carotene. However, today's farming methods, food processing and storage are primarily responsible for an unfortunate change in the nutritional content of our vegetables. Raw carrots, for example, have been found to differ widely in beta-carotene content from 18,500 I.U. - which they are supposed to be - all the way down to 70 I.U.! Many of the foods that we would normally expect to nourish us are simply images of what they should be, and a modern carrot in most cases only 'looks like' a carrot. No wonder thousands of people are excited about the availability of the little blue-green algae from Upper Klamath Lake to supplement their food.

Algae are among the Earth's most ancient organisms, found in every inch of soil and in every body of water from the largest ocean to the tiniest puddle, in the hottest springs and the coldest streams. It is responsible for 90% of the world's photosynthesis thus consuming carbon dioxide and producing oxygen and food for the entire food chain. Without algae there would be no life in the seas and very little on land.

Although algae have been eaten by man for centuries, only recently have they been lauded by scientists as THE group of high protein-containing organisms which are the most likely to provide man with sufficient amounts of nutrients for the future, and when presented graphically the amino acids contained in fresh water blue-green algae almost overlap those of the human body.

Previously the best known species of blue-green algae to be available for human consumption were spirulina and chlorella both marketed throughout the world. However, both spirulina and chlorella are grown artificially in man made ponds, and fed whatever man has decided that their proper food should be, while *Aphanizomenon flos-aquae*, better known as Super Blue-Green Algae is a completely wild algae living in Upper Klamath Lake. Located in Southern Oregon far from cities and their sewage, from industrial and agricultural activities, Upper Klamath Lake is fed by 17 volcanic mountain streams and rivers shaping this high desert lake into an actual nutrient trap. Protected by the high Cascade Mountains and fed by geothermal hot springs and 4000 square miles of melting snow, all the minerals our bodies need are contained here in this basin -in chelated form- to become food for the micro algae with the fancy name. Super Blue-Green Algae has a complete balance of vitamins, except for "D" (sunlight) and "E" (the algae's high chlorophyll contents help produce vitamin "E" naturally in the body); it is rich in the B vitamins, including B-12; and it has the highest known source of chlorophyll, 300% higher than alfalfa. In fact it may be the last complete basic food source left on the planet today.

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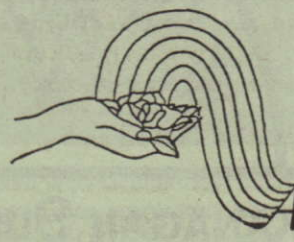
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Health with a Chinese Twist

Part 1 - Regeneration

The Hollywood Health Studios

Mankind has long struggled for the attainment of health and longevity. In the west, the focus, has been on illness and the alleviation of symptoms - the principle of substitution. In the east, however, the focus has been on strengthening the body's natural healing ability with proper nutrition - the principle of regeneration....China's gift to the modern quest for health.

The regeneration philosophy teaches the importance of nourishment for the entire body with whole foods. Because the organs of the body are inter-related, this approach restores balance to each organ within the system, giving the body the nourishment it needs to effectively deal with its own health challenges...Through regeneration, body processes are nourished rather than bypassed, allowing both body and mind to reach a higher state of physical health and mental clarity. Regeneration does not focus on disease, treatment or cure. Instead, regeneration strives towards order, balance and health.

Chinese herbal formulas are available today through a company named Sunrider. They are made up of concentrated, highly nourishing whole foods formulated and combined to retain a synergistic relationship. These formulas, used and tested for centuries are processed with the finest modern technology available.

Find out why Sunrider is unlike other 'medicinal tonics'. Sunrider's lasting benefits result from the fact that Sunrider is whole food in a concentrated form, providing the body with the nutrition it needs to heal itself. (see back cover)

Part 2 - Substitution - Next issue.



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Taking Control of your Food Supply

by Lee McFadyen

After a summer of good eating it can be quite a shock to again be dependent on imported produce. For many years at our farm, we have bypassed the generally accepted dependence on imported produce during the winter months. To adequately supply one's family with local organically-grown produce all year requires planning and some extra work. It also requires a change in attitude to food. When discussing stocking up, we often hear comments like "the family doesn't like frozen vegies" or "all that processing destroys the food". Perhaps we should examine the life of imported produce. How fresh can a vegetable be which is picked immature enough to survive picking, then packed, shipped thousands of miles, stored and displayed before final purchase? The produce may be grown with unknown fertilizers and chemicals; during packing, it may be treated with growth retardants, irradiation, petroleum waxes and other dubious substances to inhibit spoilage and maintain a fresh appearance. This produce may be uncooked but it would not fit into my understanding of "fresh".

***To have control over the food you eat,
grow it and store it yourself!***

Few people are able to grow the quantity or variety of produce needed to supply a family through the winter but those truly concerned about what they eat can seek out farmers using organic methods and stock up for winter throughout the summer. It is a good idea to place orders early in the season to be sure of getting the variety and quality you want. To have your winter food tucked away gives you a feeling of real security: you are no longer vulnerable to international politics, strikes, unfavourable weather or manipulations of supply and price.

When buying B.C. organically-grown foods, the consumer is supporting an expanding and important part of our economy and encouraging an industry that, in the future, will help B.C. become self-sufficient in food production. Canada and its provinces need to become self-sufficient in food production. The people of many countries who have lost the ability to produce at least a good portion of their own food are extremely vulnerable to many forms of manipulation. This fact is easily observed through the media.

Back to the decision to stock up. If you are in a position to grow food, preserving it becomes easier. Frozen foods are often not enjoyable because the produce is not picked at "just the right time" and proper care is not taken in the freezing process. Getting your produce at "just the right time" from your organic grower or your backyard garden makes all the difference in the quality of the finished product. When planning what to grow or purchase, you may wish to examine or modify your winter eating habits. For example, serve home-produced tomato juice or apple juice for breakfast instead of imported orange juice. Next, decide what quantity of the various fruits and vegetables you need to supply your family and which methods of storage you are going to use. House space may restrict your options but it is amazing how much can be stored in available space once you become aware of those options.

There are basically five options for storage, each with its virtues and drawbacks. Freezing, canning, drying, juicing and root cellar storage. For many years we have used all of the above methods, and we have yet to buy a vegetable from the store. We have a daily choice of about 33 different fruits and vegetables to satisfy our needs and fancies.

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Address on back cover.

stored produce to provide interesting and healthy meals. With some organization, people who want to control their food supply can successfully do so. If both adults work away from the home, they may need to examine their priorities to achieve some degree of food independence.

Preparing the food for storage may be regarded as hard and tedious work or it can be viewed as an opportunity for a family or group to work together at a challenging and interesting project that will benefit all. Moreover, the effort will be appreciated every time a meal is prepared from the fruits of your labour.

The best "health foods" are fruits and vegetables grown locally from known sources and carefully prepared with love. ♦

Lee McFadyen teaches 'Organic Growing' classes
for Okanagan College. She lives in Cawston and is listed in our
"Natural Yellow Pages" under Organically Produced Products.

Swimming with Dolphins

Slide Show/Lecture Presentation

★Wednesday June 6th..... Vernon

Sponsored by 'The Western Canada Wilderness Committee'

★Thursday June 7th..... Kelowna

Sponsored by 'The Canadian EARTHCARE Society'

★Friday June 8th..... Summerland

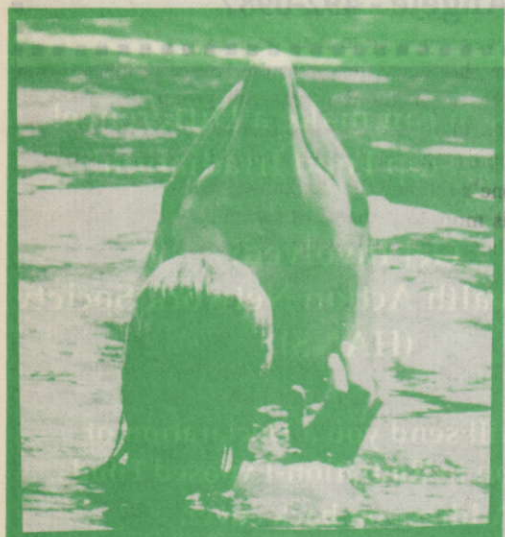
Sponsored by 'Environment Week Awareness Committee'

★Saturday June 9th..... Penticton

Sponsored by 'Environment Week Awareness Committee' *



Special Speaker for Environment Week..... *Elizabeth Fortune*



Time: 7:30-9:30 pmat.....

★Vernon Okanagan College Theatre

7000 Okanagan Way, off Hwy 97

★Kelowna Laurel Building

1304 Ellis St.

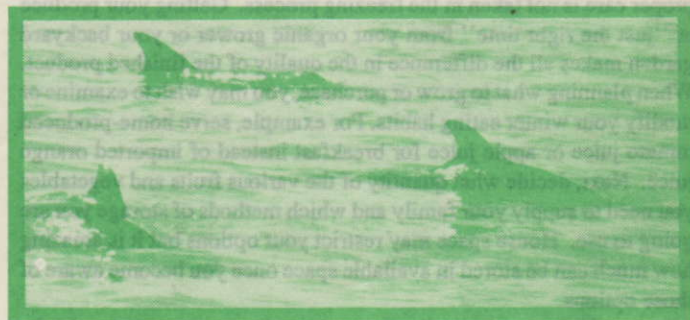
★Summerland Curling Rink

8820 Jubilee St.

★Penticton Library Auditorium

785 Main St.

Tickets : Adult \$15.00
 Senior/Child \$10.00
 Child \$ 8.00
 FAMILY \$25.00



Tickets at the Door or in: Vernon - Western Canada Wilderness Committee Store - 2908-30 Ave. - 545-9292
 Kelowna - EARTHCARE Centre - 1476 Water St. - Phone 861-4788
 - Books & Beyond - 1735 Dolphin Ave. - Phone 763-6222
 Summerland - At the Door or in Penticton - 2645 McKenzie St. - 492-0987
 Penticton - At the Door - or at 2645 McKenzie St. Phone 492-0987

CREATIVE INTELLIGENCE TRAINING

with

Ilizabeth Fortune

of California

**June 9 & 10th
Saturday & Sunday**

9 am to 5pm

in Summerland

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**

Plus.....

- ☆ Your dominance pattern and how it affects your behavior
- ☆ Stress release techniques
- ☆ Maximize your full potential by intergrating brain hemispheres
- ☆ To access creativity and organizational skills for more completion
- ☆ To muscle test
- ☆ The Holographic Brain/Body Concept
- ☆ The Triune Brain and the effects on learning
- ☆ Movement and activities for integrating the left and right brain
- ☆ To apply integration procedures to your job and personal life
- ☆ To enhance auditory memory
- ☆ Application for learning and information processing
- ☆ Focus and clarity techniques
- ☆ Update on current psycho-neuro technology for learning & perception
- ☆ To maximize your seeing to have better vision
- ☆ To know procedures for releasing your creativity
- ☆ Techniques for increasing energy
- ☆ To know the effects of light/colour on the Human Body
- ☆ Sounds that awaken electrical energy

Cost: \$150.00
includes lunch both days

**Register before June 4th and get the
Slide/Lecture Presentation
"Swimming with Dolphins" Free**



**Ilizabeth
Fortune, M.A.**

is Director of Education and Research for the Fortune Center of Integrated Balance and the Institute for Creative Intelligence. She is also creator of the Full Spectrum Learning Lab and develops consulting programs in Del Mar, California.

Besides training and consulting, Ilizabeth guides support groups and children with dyslexic-type behavior, blocked learning abilities, and self-esteem problems to build their courage and innate creative intelligence.

Her latest research, swimming with dolphins, provided an answer she been looking for a long time. That swim, Fortune said, changed my life. "I finally felt complete. When I was in the water and I looked into the eye of a dolphin, I became whole...It was something I had not experienced on that level before. It changed my life and I knew it was something I was supposed to share with others."

And share she did. After returning from Florida, Fortune began DolphinSight, a self-training research group that provides people with the opportunity to swim and interact with dolphins. The program bonds people to the sea and the land and provides for greater understanding of one's self and the "unknown world"

"There is more to it than just swimming with dolphins," Fortune said. "It has to do with assisting people to discover how beautiful and intelligent they are. By learning how dolphins communicate, we can learn how to love ourselves and how to be supportive of others".

Ilizabeth will in the Okanagan during Environment Week, and will share with us her emotional experiences of human interaction with dolphins through a slide show/lecture in the evenings, entitled "Swimming with Dolphins"

Fortune will be in Vernon, Wednesday on June 6th; in Kelowna, on Thursday, June 7th; in Summerland, on Friday, June 8th and in Penticton on Saturday, June 9th. Monies raised from these evening presentations will be used by the sponsoring group to create environmental awareness.

A workshop called "Creative Intelligence Training" led by Ilizabeth Fortune will happen in Summerland on June 9th & 10th, Saturday and Sunday, from 9am to 5pm. This workshop is unique because of its easy activities and the amount of useable information each participant receives. The format comes from an unusual synthesis of self-help techniques, skills, and educational information on 'what works' in Education and the Learning Process, Psychology and Psycho-Neuro Science.

The participant will learn practical techniques for unblocking learning abilities, helping dyslexic behaviors, remembering what is read, understanding new information, completing multiple tasks, increasing creativity, releasing fatigue, improving self-esteem, clearing the blur, enhancing vision/seeing, increasing organizational abilities and having fun. If you are interested in the workshop, pre-registration is appreciated. Please phone Angele at 492-0987.

Spring Festival of Awareness



by Heather Jean Glebe

One image above many lingers in my mind, weeks after the 12th annual Spring Festival of Awareness.

It comes from the closing ceremonies. A great circle of people, from children to grandmas, sing and dance in unity. They use a Russian phrase, *mir*, meaning both "peace" and "earth" or "peace to the earth".....appropriate for the feeling in the hall, the walls decorated with fun loving jokers.

"Spirit of Peace,

To your cause we give our strength,

That love may reign and wars may cease,

Mir, miru, mir"

As they follow the steps of a dance, people look unabashed into one another's eyes and fold their arms around each other. They rise above the barriers usually felt among strangers. A few men hung back shifting uneasily from one foot to another but, soon found themselves drawn in.



It was an extraordinary weekend, for sure. The warm ambience of the Naramata Centre provided the ideal setting for a gathering of 275 registered Festival participants, about 125 volunteers and instructors and another 75 children.

From March 30th to April 1st, they experienced the Festival's theme, "Love, Laugh and Learn". Amid the new life popping out on the trees and shrubs around the Centre, they rediscovered their inner magic and creativity and love.

They connected with their Higher Powers and each other in 69 different workshops with some of the best wholistic health practitioners to be found.

"The fun part was choosing which ones were best for you", says Angele Rowe, spearheading the Festival organizing crew. "Nine workshops were going on at the same time. Most people spent days circling their choices on the program, then changed their minds when they got there!"

Body, mind and spirit were considered in the workshops. Some helped people discover their full potential, such as Soaring With Your Own Wings or Come Play with Me. Others dealt with wholistic health, like Flower Remedies; Yoga, Energy and Relaxation; or the Joy of Movement.

Workshops such as From Fearful to Fearless and Self Esteem helped participants heal emotionally. Many other sessions enriched participants spiritual understanding, such as the Great Cosmic Story and Astral Projection.

Yes, indeed, choosing was difficult!

Many people were moved by the Drumming and Medicine Wheel workshops conducted by Native spiritualist Yellow Bear.

Some sessions had practical applications: Relieve Back and Neck Tension, Prosperity is a Choice, or Natural Dental Wellness. While many people experienced the wonders of the Healing House, other toured an organic farm.

Meanwhile, their children kept busy with everything from making masks to herb gardening. The colorful results of their crafts workshops and play were paraded up the street on the final afternoon of the Festival.

"Naramata itself has a feeling and a working energy already," says Angele. Despite the intensity of the weekend, "you just sail for days on the energy of the festival. You're not drained, but renewed."

The food provided by the Naramata Centre kitchen was as marvelous and fulfilling for the body as the workshops were to the mind and soul. But no paper or styro cups were to be seen. Instead, participants wandered up the road to their campsites or rooms and to the workshops with their own mugs dangling from their belts.

"We thank Tim Horton Donuts who donated 500 cups so we could do our bit for the environment," said Angele. "We also had fruit snacks donated to the Children's Festival from Okanagan Dried Fruit Ltd."

There was plenty of learning and loving, but also laughter. Another outstanding memory to me was the Saturday night jam session--really more of a dance to a few fiddles, guitars and drums. Such wild abandon! Young and old lost all track of time and inhibition to the lively hoedowns and mesmerizing beat of the conga drums and stomping feet.

The Spring Festival of Awareness just gets bigger and better, year by year.

Plans are already underway for the 13th annual Festival, April 26, 27 and 28th (blossom time!) in Naramata, 12 miles north of Penticton on the shores of Okanagan Lake.

And I've already circled it on my calendar as a "must". Have you, too?

13th Spring Festival of Awareness in Naramata

April 26, 27 & 28th, 1991

Be the first to know who's coming!

Sign up for our mailing list by writing:
Marion Walters, #301 - 894 Weyburn St.
Penticton, B.C., V2A 6A9 or Phone 493-3697
Registered Festival participants from last year will automatically be on our mailing list.

All Things Considered

A collection of columns written for the
Penticton Herald 1981-1989

Spiritual Evolution

August 27th, 1987

One summer's night recently, people all over the planet connected in an invisible but powerful way.

I know nothing about the ancient calendars or astrology, but I found the whole idea of Harmonic Convergence inspiring. The concept that humankind may be moving out of one era and into another is exciting because it means growth, and affirming growth is positive.

And I love the word 'harmony'. It has the same gentle sound as the words 'serenity' or 'peace' or 'love'.

Evolution is easy to understand in the physical world, and accepted as reality in nature. As a continuing process towards perfection, may evolution be unfolding on other levels, too? This idea was presented by a lovely woman from the Philippines who spoke in Penticton once. I can't recall her name, but I remember some of the things she said. She suggested that mankind was moving out the 'head' space and into the 'heart'--that the age of materialism and technology and the scientific advancement is drawing to a natural conclusion as a new age of enlightenment is dawning. She said the process of evolution is taking place on a spiritual level as well as the physical.....



There is much more to this story, and many more informative and delightful insights about spirit, nature, family, community, people, time, and growth in a new book by Heather Jean Glebe of Penticton. The book is a collection of choice columns from Heather's weekly newspaper column "All Things Considered"

"As clear as a mirror, her thoughts reflects our own thoughts until we smile with recognition."

-Sandy Wilson, Filmmaker

She is sensitive to people, to animals, to places and feelings--to life itself. A delight.

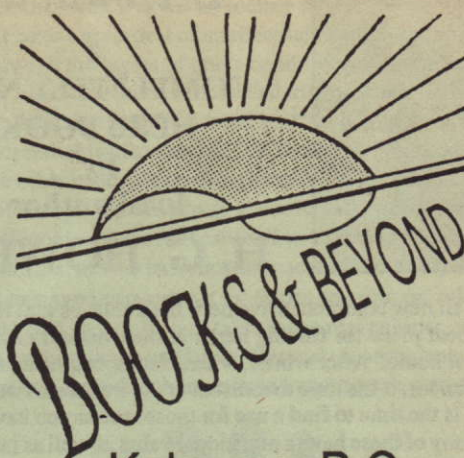
-Jan Drabek,

Author of "The Golden Revolution"

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Vernon

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Introducing
a
**COMPLETELY NEW
HERB BOOK**
by
local author
H. G. HOWELL

This all new comprehensive herb book tells us that the Okanagan Valley is the ideal place for finding herbs in their natural environment, or growing them at home. After winter, when Nature begins to show itself in all its green splendor, is the time to rediscover the wonderful world of herbs.

Now is the time to find a use for those weeds you have acquired a distaste for. Many of these have a nutritional value as well as being good for what ails you. Look for the Plantain that grows up between cracks in the paving that is good for burns and scalds; or that ubiquitous Chicory in an empty field that is a good source of minerals needed by the body to assimilate vitamins.

This new herb book is the result of many years using old herbals by the old masters of ancient green medicine, such as Dioscordies, Avicenna, Hippocrates; to Gerards and Culpepers herbals. The title "Herbal Renewal" reflects the updating of this herb usage to modern techniques. The methods are in everyday language, easy to prepare and use. Illustrations by the author were sketched from real life to assure their correct identification of all the plants and trees called for in the book.

Even today about 1/4 of our modern medicine contain herbs in one form or another. The reason for this is they haven't found how to duplicate them without undesirable side-effects. At least 1/3 of the world's population still use herbs as their main source of keeping healthy. Today, more and more persons are turning toward practitioners of natural medicine.

The hunting man, in days not too long ago, used wild plants for cuts and bruises and was knowledgeable about what fruit, nuts, and roots to eat for survival. Just a few years ago, practically every household had herbs growing outside their kitchen door. This was their medicine chest as well as for use for food preparation. Today there are many plants growing around the home that those living there unconsciously have a need for.

In addition to healthful suggestions, there are nutritional guidelines and natural sources for both vitamins and minerals. Part 5 is delightful potpourri of related information that covers such useful subjects as the need for fiber and roughage in the diet; what to use for companion planting in the garden; natural means of controlling bug life; saltless salt; even to an apple diet that is the author's standby, and he still likes apples. ♦

LOSERS CAN WIN

On This Natural Diet

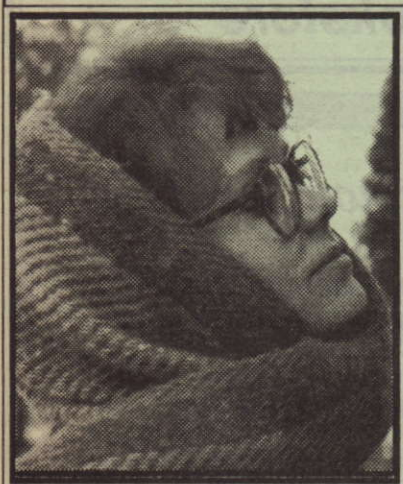
Read page 270 to find out how!
This new herb book has many natural
and nice ideas for everyone.

Herbal Renewal



By H. G. Howell

**Available now at your
local bookstore.**



Netta Zeberoff

First Aid Kit for the 21st Century

with Netta Zeberoff

June 22 - 10 am to 4:30 pm

Visiting my garden, which has 50, medicinal and culinary herbs, we shall explore what nature offers us so freely and learn to use the bounty, that Mother Earth has provided.

We will learn how to make ointments, tinctures and salves. On our local herb walk, we will search for food, shelter and healing plants readily available. Join us!

To register phone 226-7681 - Cost is \$35.00 - Bring a Lunch

Location: 1853 Pass Creek Road, Pass Creek near Castlegar



Focus on Women

Editor
Laurel Burnham

I received a copy of that infamous R.E.A.L. Women letter that our tax dollars mailed across Canada. A fairly weighty little missive it is, too, at ten typewritten pages. Written by Peggy Steacy, former president of R (Realistic) E (Equal) A (Active) L (Life), in a chatty, rather colorful style it is disturbing and also somehow pathetic. Like Ms. Steacy, I just finished organizing a conference of women....and mailed out my invitations and pre-conference materials...without the benefits, alas, of Tourism B.C.'s free mailout. I, too, had invited Carol Gran to speak at our AGM, (as had D.A.W.N. Disabled Women's Network of B.C. and the Northern Women's Conference) all on the same weekend. One could make some interesting speculations about the choices Ms. Gran makes. Maybe it was because we didn't have time for afternoon tea at Fantasy Gardens? I digress. Usually when you are inviting people to attend an event you send out an invitation that extolls the virtues of your organization. You give all the positive reasons for attendance, all the successful things the membership has accomplished, past activities, etc. Ms. Steacy's letter was nothing of the sort. Apart from the minor details of the conference organization...the letter went from bad to worse quite quickly.

It seems that, according to Ms. Steacy, the murders of 14 young women in Montreal were justifiable, given the possibility that some "feminist" had aborted Marc Lepine's child. Gays and Lesbians who participate in all manner of "disgusting, filthy activities" who contract AIDS are "simply reaping what they have sown". R.E.A.L. Women definitely see themselves as pitted against feminists, who they believe are man-hating family wreckers, fomenting revolution and distributing anti-government propaganda from centres of radical protest... women's centres. It seems that R.E.A.L. feel threatened from every quarter these days...from the movie "A Handmaid's Tale" to Madame Justice Bertha Wilson of the Supreme Court, to sex education in the schools, and to Svend Robinson and homosexuality. Not to mention Kinesis (a Feminist Newspaper), N.A.W.L. (National Association of Women and the Law), Vancouver (Sodom North), Chantal Daigle, the Knowledge Network, Darlene Marzari, Henry Morgentaler, the Vancouver Status of Women, child care, and equal pay for work of equal value. Everything I have just mentioned came under attack in her letter. What makes me sad is that these are other women attacking, for the most part, people and other organizations who have the liberation of all as their primary focus.

Whenever there is great pressure for change in a social order, there is always a reaction against that movement. R.E.A.L. Women represent this reactionary resistance. It is obvious that they are clinging to fundamental concepts which are value-laden. Their position is connected to a right-wing, fundamentalist Christian interpretation of "family" and of women's place in society. It has become increasingly obvious that disparities exist in our society, not only between the sexes and the races, and the rich and the poor, but between the platitudes

mouthed by those who feel they represent an appropriate moral order and the reality which exists as society today.

It takes a great deal of intellectual strength and spiritual courage to see through the layers of one's conditioning and what is deemed as "reality" to see our culture for what it truly is--materially driven, death oriented, incredibly self-centered and on complete collision course with environmental disaster and the overwhelming needs of the majority of the other residents on this globe. R.E.A.L. Women represent an aspect of human nature which I would call "horizontal violence". Instead of looking to the root cause of one's unhappiness and suffering, we, as humans, have a tendency to react unfavourably towards others in the same predicament. It is easier to pick on other oppressed minorities and groups than to take on the real culprits...be they multinational corporations and/or ineffectual governments, both amply protected and served by human greed and human complacency. ♦



June

The month of June received its name from the Roman Goddess Juno, protector of women and marriage. This is where the custom of June weddings originates. The summer solstice also has its home in June, when the sun exerts its maximum power upon the Northern hemisphere...the time of full outward physical manifestation...everything is "doing", growing, blooming, changing!



July

This month is named after Julius Caesar, who reformed the entire western calendar in 45 B.C. The days are actually starting to get shorter!! Appropriate activities: to prosper, to enjoy, to grow in wisdom, to celebrate the ecstasy in nature.

Our History 1990.....Dateline.....Kelowna

The Kelowna Women's Resource Center has been fortunate in finding a helping hand over the past few months since all Federal funding was lost. The board had agonized over the availability of funding over the long term plus the fact that there was no money for rent at the site on St. Paul. The coordinator of the center Lucille Kyle had decided to put out a letter to other organizations telling them what had happened and letting them know that the center was cut off without notice. The letter also indicated that the center was in financial trouble and needed help to keep the center going.

The center had to relocate and was able to find a suitable location in the downtown core. With help from the Central Okanagan Foundation and The North Okanagan Labour Council came renewed hope. The community support and new coverage helped to rekindle awareness in the form of new members and volunteers. The Kelowna Women's Resource Center is also the headquarters for other groups such as Disabled Women's Network plus the Okanagan Endometriosis Support Group.

The Center is now located at #203-1610 Bertram St.
Phone 762-2355.

ENVIRONMENT WEEK - June 2 to 9th

EARTHCARE invites you to PARTICIPATE!

Our Theme is "What can I do to help save the Environment?"

We have lots of ideas.....join us for exciting concerts, slide presentations, workshops and informational displays in the malls. EARTHCARE is located at 1476 Water St. Kelowna, for more information on any of the following please Phone 861-4788.

Sunday - June 3 - 10 am to Noon

"Radon Gas" Neil Lenard, part of the team conducting a provincial survey on the effects of radon gas will provide information on what it is and how you can protect yourself, including strategies to lobby for change. (EARTHCARE Centre).

Sunday - June 3 - 1 to 3 pm

Pesticides & Storm Drain Marking Program

Lloyd Manchester, founder of EARTHCARE will cover existing pesticide laws, both federal and provincial and point out inadequacies of public protection. He will outline possible harmful effects of pesticides and how to best protect yourself. In the Right to Know Campaign, EARTHCARE is requesting a bylaw requiring notification as to what is being applied and when.

Brent Styra will update you on the The Storm Drain Marketing that is now in progress. Our storm drains are being used as sewers; toxic poisons, gasoline, antifreeze and pesticides are being flushed into our lake. Our natural filter system has been paved, and untreated water now runs directly into the lake. By marking a fish on the storm drain intakes, we hope to raise awareness.

Sunday - June 3 - 7:30 pm

A Rick Scott Concert, this multi-talented performer from Vancouver will sing his own compositions as he plays the dulcimer. This delightful entertainer will share his insights and humour in a rollicking good concert for adults and children. Tickets are \$10.00 and available at the EARTHCARE Centre. Our official opening ceremonies will precede the concert. At Okanagan College Theatre

Monday - June 4th - 7:30 - 9:30 pm

"Healthy Homes - the Oasis Test" David Hughes provides a wealth of information and a handy worksheet to analyze your home, he will point out potential hazards and how to make your home safe and healthy. (Earthcare Offices)

Tuesday - June 5 - 7:30 - 8:30 pm

"Forests, Wildlife & Wilderness Endangered Spaces and Species" - The Western Canada Wilderness Committee. Have you visited Carmanah lately? If not, come and see the WCWC Carmanah video. Join members in a discussion of wilderness issues and ways in which anyone and everyone can get actively involved in conservation. Books, posters, postcards and reports on Environmental Hotspots will be available. (Laurel Building)

- 8:30 - 9:30 pm

"Naturopathic Medicine" - Trevor Salloum

Naturopathic medicine views the individual as an integral whole. Symptoms of disease are seen as indicators of improper functioning and unfavourable lifestyle habits. (EARTHCARE Centre)

Wednesday: June 6 - 7:30 - 8:30 pm

"Fish & Wildlife Conservation" - Gordon McKinnon will focus on individual action to help preserve the environment, including ideas on cleaning up our creeks, reporting environmental concerns and contact people from the Ministry. (EARTHCARE Ctr.)

Thursday - June 7 - 7:30 to 10:00

"Swimming with Dolphins" - Ilizabeth Fortune, MA from California has been "swimming with Dolphins" for several years and will present a colorful and dynamic slide presentation of what she has learned from these intelligent mammals.

Tickets at EARTHCARE, Books & Beyond or at the DOOR. Cost: \$15.00 Adult, Children \$8.00, Students & Seniors \$10.00 or the entire FAMILY for \$25.00. (Laurel Building)

Friday - June 8 - 7:00 - 8:00

"Yoga: An Environment Friendly Way to Exercise"

Margaret Lunam will be giving a demonstration, encouraging participation and discussion of Yoga techniques.

- 8:00 - 9:00

"No Contest - Non-Competitive Games"

with Jane Forster of the Green Light Shoppe. Learn non-competitive ways to have fun, for adults and children. (EARTHCARE Ctr.)

OTHER EVENTS



Saturday - June 9 - 9-3pm

Main Firehall on Enterprise Way - Bring your hazardous waste to the firehall and together with City Hall, the Ministry of Environment and EARTHCARE, we will dispose of them safely. We will also answer questions and offer alternatives to hazardous materials such as cleaners, solvents, paints, drain openers, pesticide containers and car batteries.

Saturday - June 9th - 7:30 pm

Windup Concert - CUSO & EARTHCARE are co-sponsoring a concert with Bob Bossin, a rampaging environmentalist who has a great show reminiscent of an early 1900's travelling salesman. He promotes Bob Bossin's home remedies for nuclear disaster and the depletion of the ozone. Tickets at EARTHCARE.



MALL DISPLAY SHOWS



June 4 to 9th

There will be a variety of displays at Orchard Park Mall, Capri Centre Mall and the Towne Centre Mall. EARTHCARE will be joined by such groups as Recycling Depot, Western Canada Wilderness Committee, alternatives to disposable diapers, ozone information, Organic Farming, Friends of the Okanagan Mountain Park, Plumbing alternative and much, much more. Volunteers will be on hand at the various displays to answer questions, give information, suggest alternatives and network about environmental concerns.

*Join us as we raise our awareness
of these vital concerns.*

You Can't See the Missing Forest for the Trees

by John Slinn

Driving along the highways of the Okanagan or Kootenay Valleys one can get a false sense of the state of our natural resource base. There appears at first glance, to be an endless supply of forest and fresh water. Looked at from the perspective of a satellite, however, one begins to sense with outrage and shock the degree to which the bedrock of our economy and survival has been affected.

It is these core issues, sustainable forestry practices protecting special wilderness area and clean air and water that promoted Okanagan residents to approach the provincial directors of Western Canada Wilderness Committee about starting an Okanagan Chapter of the WCWC.

While specific sites such as the Carmanah Valley or the Stein Valley can be held up as examples of ecological abuse the WCWC recognizes the need to address the principles behind the specific instance of violating selective logging practices and the effects of clear cut logging on our watersheds.

Represented by a multitude of satellite groups clustered around four focal centres in the valley (Salmon Arm, Vernon, Kelowna and the South Okanagan), the interior chapter has its nerve centre in Vernon.

Joan Yardley, acting as liaison with the Vancouver-based WCWC has been instrumental in instigating an executive board whose members focalize the wide variety of activity being carried on in the interior. Three main branches of activity have been organized from the local chapters' centre.

FORESTWATCH is on of these and is currently studying new provincial government regional tree harvest allowable cost options. Also a South Okanagan group SARA (Save Apex Recreation Area) is heightening public awareness about a proposed garnet mine on Mt. Riordan adjacent to Apex Mt.

The second branch is concerned with recycling and seeks to further the Vernon recycling program, begun locally in 1971, by educating people as to how they can make a difference in their own practices at home. Tenders for curbside recycling containers are currently being accepted by the city to promote increased public participation in Vernon with respect to redirecting recycled items. To be really effective these ideas need to be entertained in other valley communities as well.

Finally, the third branch of activity focuses on the Retail Store and Memberships. The 30th Avenue Storefront affords the WCWC high visibility. Located across from the Wholistic Living Centre and Sunseed Natural Foods Restaurant, it makes available: posters, pins, books, T-shirts, sweatshirts, unbleached coffee filters and other recycled paper products. Beyond that it daily receives inquiries from concerned citizens, many of whom become members and some of whom participate in furthering the WCWC's aims by volunteering.

Not content to just heighten people's awareness about environmental issues the Western Canada Wilderness Committee is a forum for action. Environmental Week slated between June 2 and 9th will see a variety of activities organized by the WCWC, beginning with the grand opening of its Vernon-based store on June 2nd.

Okanagan College Theatre will be the place to be, Wednesday night at 7:30 pm (June 6) Elizabeth Fortune of California will be giving a slide presentation "Swimming with Dolphins" An excellent family show on these intelligent mammals and their highly developed communication skills. Tickets available at the Store or the Door.

June 7th will find Andrea Miller in the bandshell at Polson Park demonstrating home recycling ideas. The week will close with a rally on Saturday, June 9th. To get involved or for more details please contact: Western Canada Wilderness Committee, Okanagan Branch, 2908-30th Ave, Vernon, B.C. V1T 2B7, Phone 545-9292 or Fax 545-9293.

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Naturopathic Physician

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763-3566

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

Penticton's

*"Environmental Week
Awareness Committee"*

.....is holding a Public Meeting

Tuesday - June 7th

7:30 pm at the Leir House
Get Involved!.....Please Attend!
We need Help!.....We need You!

Environmental Displays

.....at the Peach Tree Mall
June 4th to 9th

.....GOING GREEN.....

with Laurel Burham

When one is confronted with such daunting problems as global warming, ozone loss, or rainforest destruction, saving the planet seems beyond our control. However, there is much that we can do--both on a political and a personal level--to help turn the tide. Every small act that we take in relationship to our environment, every day of our lives has a pronounced cumulative impact on the global environment. Adopting a "Green" lifestyle means change, it means being accountable, being aware of what we are doing to ourselves, our children and our world, every time we get behind the wheel of our car, flush the toilet, make a purchase. Every act is significant. If you are like me, you have already made a conscious attempt to recycle newspapers and glass, have a reasonable compost heap and a cloth shopping bag. How come I still have a kitchen drawer bulging with plastic bags? Why do I still have a garbage bag full of excess packaging? Ah well, let us continue to strive for the ecologically sound lifestyle...And let us look again at what each one of us can do to save our wonderful planet.

WATER

Water, water everywhere...clean, safe drinking water is rapidly becoming one of the world's scarcest necessities. Contaminated water kills at least 25 million people in developing countries annually, 8 million of whom are children. On average, each of us uses 60 gallons of water a day. Three quarters is used in the bathroom and as much as 40 percent is wasted...38% of our in-home water gets flushed down the toilet. Unless you have a low-flush toilet, you are wasting gallons of water with each flush--between 3.5 and 7 gallons! In order to get rid of 2-3 ounces of urine, for example we use an average of 5 gallons of pure, fresh water. **WHAT YOU CAN DO...** Think before you flush! You can retrofit your toilet by placing a plastic bottle weighted with stones in the tank, making sure that it doesn't interfere with the flushing mechanism. Depending upon the size of the bottle, you can save between one and three quarts per flush--countless gallons per year. Turn off the water while shaving or brushing your teeth. Save 4 to 10 gallons per day. Wash and rinse dishes in a filled sink basin. Save 8 to 15 gallons per day. Fix that dripping faucet! A dripping faucet can waste between 300 and 4,000 gallons of water per month.

FOOD

Buying organic may be the single most important step you can take to improve the quality of our food and soil. Over the past 40 years, pesticide use has increased tenfold, yet crop loss due to pests has nearly doubled. Up to 60 percent of pesticides used on our fruits and vegetables are used for cosmetic purposes. Aside from presenting dangers to our health, agriculture as it has been conventionally practised over the past forty years has wreaked havoc on the environment.

Livos

**Non-toxic Paints
Stains & Wood Preservatives
Durable & Safe for the Environment**

**Available: Christina Lake.. 447-6642
Kelowna.....861-8080**

Starting in 1984, world food production began to decline in response to a variety of factors, including topsoil depletion, water shortages, pollution and acid rain. Yet, at the same time, world population continues to increase at the staggering rate of more than 88 million people per year.

WHAT YOU CAN DO... Eat less meat. It takes 16 pounds of feed and 2,500 gallons of water to produce one pound of beef. Half the world's grain harvest is fed to livestock. An estimated 85% of our topsoil erosion is associated with raising livestock. Grow your own, or buy from local farmers. Ask your supermarket to carry organic food. Be wary of foreign produce. It may have more pesticide residue than domestic produce, particularly produce from Central & South America.

EARTH

In our desire to turn our yards into picture perfect landscapes, we are inadvertently turning our back yards into toxic sites inhospitable to wildlife, pets and children, not to mention adults. According to a study conducted in the U.S. by the National Academy of Sciences in 1980, our lawns and gardens are the most chemically laden land in North America, accumulating up to ten pounds of pesticides per acre. According to the National Cancer Institute, children living in homes where pesticides are used (indoor and in the yard) have a seven times greater chance of developing childhood leukemia than do children in pesticide free homes. **WHAT YOU CAN DO...** Get your lawn off drugs. Stop using the pesticides and herbicides in your own back yard. Go organic. Get a compost heap going if you haven't done so already. Almost one quarter of our garbage is made up of compostable materials, and almost 10% is food.

....The Green Light Shoppe....

We opened The Green Light Shoppe in Kamloops on December 4th and in Kelowna on April 2nd, 1990. We were trying to find unbleached paper products, organic food and recycled stationery for our own use, and it wasn't easy. We wondered if there were other people who wanted the same things we did in order to tread as gently as possible on the earth. So we opened two environmental stores dedicated to providing the safest product, as local as possible, at the best price we can. That translates into not stocking The Soap Factory because it is made by Chevron/Ortho/Pesticides, but carrying the more local VIP (Vancouver Island Products) that is also biodegradable, phosphate-free and available in bulk. The customer has to care enough (and does, thank heaven) to bring a container to the store to be filled, and that way we can all minimize the cost and effect of so much unnecessary packaging.

The idea of The Green Light is to give the customer the "go ahead" to use our products with safety and peace of mind. There is nothing in the store that we, ourselves, would not use. We have had to return items that have been packed in styrofoam because CFCs created in the manufacture of that material are destroying the ozone layer. Every time we vote with our dollars by purchasing foamy lawn cushions or rigid insulation or a fast-food hamburger in a container, we are contributing to our own destruction. Although we sell organic food, produced without the use of chemical fertilizers or pesticides, we do not sell meat because a high-fat diet is a major contributor to global warming, depletion of forests, soil erosion and water shortages, as well as being the cause of our two major "killer" diseases--cancer and heart attacks.

What we wish to become and to promote are "customers with conscience" who will make the dollars go the furthest in the preservation of this beautiful world, rather than its destruction through our thoughtlessness. The power of each one of us is unlimited.

Sheila Michener, Jane Forster and Wendy Dubbin

Household Hazardous Waste Day

Kelowna.....June 09...

Main Firehall on Enterprise Way

Penticton.....June 23

City of Penticton Works Yard, Okanagan Avenue & Dartmouth

9:00 to 3:00 pm

PESTICIDES...HERBICIDES...USED MOTOR OIL, ANTI-FREEZE & TRANSMISSION FLUIDS, CAR BATTERIES.... PAINTS (OIL BASED & LATEX) AEROSOLS: THINNERS, RUST REMOVERS, FURNITURE STRIPPER, TURPENTINE, FURNITURE POLISH...WOOD PRESERVATIVES: CREOSOTE AND PENTACHLOROPHENOL...HOUSEHOLD DRAIN OPENERS, OVEN & TOILET BOWL CLEANERS, OUT OF DATE MEDICINES...CONCENTRATED ACIDS AND SOLVENTS, PARTS CLEANERS, DEGREASERS AND BRAKE FLUIDS....PROPANE FUEL TANKS, OLD FLUORESCENT LIGHT BALLAST, 1979 or earlier (contains PCBs)

How to TRANSPORT your HOUSEHOLD HAZARDOUS WASTES

- ✓ Place item in a heavy, clear plastic bag
- ✓ Twist tie the bag closed
- ✓ Clearly identify each item
- ✓ Place in cardboard box with adequate packing material around it to eliminate possible spills.
- ✓ Bag each item separately
- ✓ Place items in trunk of vehicle, away from food products
- ✓ If you have more than one item, it would greatly assist if you could prepare a list of items, including the pesticide registration number if applicable.

When we think of hazardous, or toxic wastes, what image generally comes to mind? Great industrial smoke stacks belching out noxious chemicals into our air?

The same factories spewing gallons of foul substances into the water? Mysteriously labelled metal drums festering away behind chain link fences in obscure neighborhoods? While all of these are true, what it also true is that our homes also generate all kinds of poisonous substances, many of which end up in our water supplies, in the air we breath, and in our sanitary landfills. Our homes are literally stocked with hazardous substances in the forms we use every day for cleaning, home repair, gardening and auto maintenance. Who would have

guessed that such common household items as furniture polish, flashlight batteries, toilet cleaners, nail polish removers, oil based paints and thinners are hazardous substances that need to be handled with care and disposed of properly. Improperly handled, these poisons find their way into lakes and streams, and into the ground water by leaching through landfills. To maintain our current lifestyles, we generate an estimated 2,400 pounds of industrial and home hazardous waste per person, per year. The average person generates 160 pounds of household hazardous wastes per year.

Cleaning up our toxic environment must begin at home. Here's how to get started.

Learn to Recognize Hazardous Substances:

- ★ Look for key words on labels, which are legally required indicators of toxicity levels. "Poison" means highly toxic; "danger" means extremely toxic, flammable or corrosive; "warning" or "caution" means less toxic.
- Handle and store toxic substances with care
- ★ Don't underestimate the toxicity of household products. Read labels and follow directions carefully.
- ★ Use protective equipment, such as respirators and gloves
- ★ Don't use aerosol products. In mist form, toxins are more easily dispersed and can be breathed deeply into your lungs
- ★ Keep toxins in their original containers with labels intact
- ★ Store them in a well ventilated place out of reach of children & pets.

Practise careful disposal

Don't panic after reading this and throw all your hazardous household products in the garbage. Consult with Waste Management Branch of the Ministry of the Environment at 210, 3547 Skaha Lake Road in Penticton or call 493-8261. In Kelowna call EARTHCARE at 861-4788. In other cities of B.C.'s Interior call the Ministry of the Environment and ask!

- ★ *Don't pour toxins in your back yard or down a storm sewer,*
- ★ *Don't flush toxins down the toilet.*
- ★ *Save highly toxic substances for community pickup.*
- ★ *Avoid Buying Toxic Products*
- ★ *Read labels carefully when shopping*
- ★ *Buy in small quantities, and share leftovers whenever possible.*
- ★ *Always use nonphosphate detergents.* Check your labels
- ★ *Use nontoxic cleaning products, available at health food stores.*

★★★*Create a non-toxic home cleaning kit: a bit of borax, vinegar, baking soda, lemon juice or olive oil performs almost any household cleaning task.*

- ★ *Remove garden weeds by hand early in their growth. Encourage birds to come to your garden as an alternative to pesticides. Look for organic insecticidal soaps in your gardening store.*



Do your Part! Buy Recycled Paper Products

Recycled Toilet Paper - A case of 96 rolls - \$ 35.00
That's less than \$3.00 for 8 rolls

Recycled Paper towels - sheets or rolls
Bio-degradable garbage bags - regular or kitchen size

C A M C O SUPPLIES LTD.

Phone 493-6944 - 2350 Barnes St., Penticton

These products are Recycled

The Holistic Networker T.V. Show



Networkers: Angele & Urmi

Terms like "New Age", meditation, holistic, and organic are becoming a part of our everyday vocabulary. To present alternate concepts in health and well-being, the television show "The Holistic Networker" with Angele Rowe and Urmi Sheldon was launched in January, 1989. The show features interviews with alternative practitioners including Massage therapists, Polarity therapists, Hypnotherapists, Reiki masters, Naturopaths, Nutritionalists, Nutripaths, Acupuncturists, Tai Chi, Kung Fu, Yoga Instructors and more.

"The Holistic Networker" encourages viewers to take responsibility for their health and happiness by exploring a wealth of paths to wellness. The show stresses that we deserve to live long, healthy and joyous life and hopes to kindle a spark by which we can change our ways of thinking. We do indeed create our own reality and illnesses are the indicators of things which need to be acknowledged and healed.

"The Holistic Networker" is a volunteer production aired five days a week on Shaw Cable 11 in the Summerland and Penticton areas. There are no reruns. New programs are featured every week throughout the summer, exploring new concepts in wellness and paths to increasing your knowledge of "holistic" health.

Scheduled Air Time - Friday ----- 9 pm
Saturday --- 5 pm
Sunday ----- 7 pm
Monday --- 10 am
Thursday -- 8 pm

Show Schedule

Starting on Friday of each week

- May 25th - Visiting the Flotation Location & Hank Pelsner (Nutripath)
- June 1st - Kalawana -(Palmistry)
- June 8th - Reiki Healing Circle
- June 15th - Jean Mah -Spirituality & Sexuality
- June 23rd - Crosses of Light
- June 29th - Chris Shirley (Reflexologist)
- July 6th - Visiting Organic Farms
- July 13th - Benjamin Creme
- July 20th - Reiki with Holly
- July 27th - Psychic Circle Tour
- August 3 - Marc Tey (Kung Fu)

An Energy Dance... Spirituality/Sexuality.....

Towards Wholeness of Relationships

This dance of energy can interweave life's painful experience, traumas and confusion into transmuted joy, passion, sensuality, innocence, wonder, and awe. What follows can be the evolution toward wholeness of our spirituality/sexuality. We can begin to move from a personality-based fixation to one of soul-infused and spiritual expression. This leads us into an emerging pioneer model. We can choose to move from the conventional archetype of marriage or relationship into the archetype of spiritual connection or sacred partnership. In turn it can revolutionize our relationship with self, others, and our planet.

The ability to initiate this process and to maintain consistent movement in one's life is a challenging passage. It requires qualities of openness, trust, humility, humor, expanded clarity, and sense of adventure. Above all it requires a sense of unconditional love in honoring self and other. As a result, it can draw from within us courage to develop and activate into living expression all these potential multi-aspects of ourselves. Group dialogues, guided explorations into energy dimensions, and imagery will be some of the dynamics used to evoke and clarify our unique blueprint of personality and soul.

Please come willing and prepared to share openly and honestly your dance with the joy that comes from following a courageous and loving heart.

Facilitator: Jean Mah

June 22
Metaphysical Club
Speaker
Friday 7:30 pm
at the Leir House



Workshop - June 23 - Saturday 10 - 5 pm
Fee: \$75.00

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

Open 9 am to 7 pm Sunday to Friday

765-2626

164 Asher Rd., Rutland
across from Plaza 33



Penticton Metaphysical Club

Friday - June 8 - Summerland - Ilizabeth Fortune
or if you prefer....**Saturday - June 9** - Penticton

"Swimming with Dolphins"

(please see ad)

Friday - June 22 - Jean Mah from Edmonton
starts at 7:30 pm at the Leir House - \$5.00

Workshop on Saturday. For more information

please read her ad &/or watch the

Holistic Networker starting June 15th.

This is the last meeting of the season.

At a Glance

May 30 - Course in Miracles - Kelowna - 763-6222

June 2-9 - Environment Week - Lots to Do!

June 9 - Finding your own Voice - Kelowna

with Joan McIntyre - K.S.A. - 861-3412

June 9 & 10 - Creative Intelligence Training - Summerland

with Ilizabeth Fortune of California

June 16 - Healing Circle

June 22 - Metaphysical Club Meeting - Jean Mah

June 23 - "First Aid Kit" Workshop - in the Kootenays

June 23 - Workshop with Jean Mah

June 23 - Household Hazardous Waste Day - Penticton

July 11 to 22 - Shiatsu Summer Intensive - Vancouver

July 15 - Vegetarian Potluck Picnic

July 27 - Free Introduction to REIKI with Holly

July 28 & 29 - "Live to a 100 & Enjoy it" - Guin Moriz

Aug 19 to 25 - Tai Chi Summer Retreat - Nelson 352-3714

"Healing Circle"

Saturday - June 16th

4 to 10 pm

at the Leir House

"Experience Hands-on Healing"

There will be "REIKI" Practitioners,
Polarity Therapist Carole Glockling,
as well as Helen Adams, who does Relaxing

Bodywork & Arlene Lamarche,

who does Acupressure

Everyone Welcome!

All Healings are by Donation.

FREE INTRODUCTORY LECTURE "REIKI"

Friday - July 27th - 7:00 pm

1st Degree Reiki Class on Saturday & Sunday

Leir House - Penticton

with Holly Sosienki of Silverton

The Reiki Circle

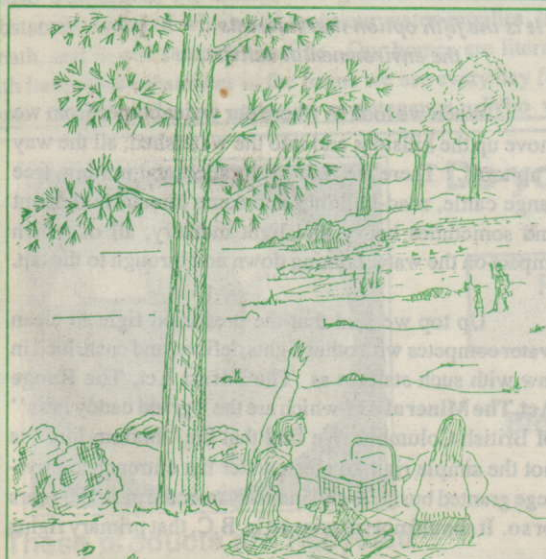
We are a circle of friends who come together
once a month in the evening.

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

For more information phone:

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

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



Vegetarian Potluck Picnic

July 15th

starting at 11 am

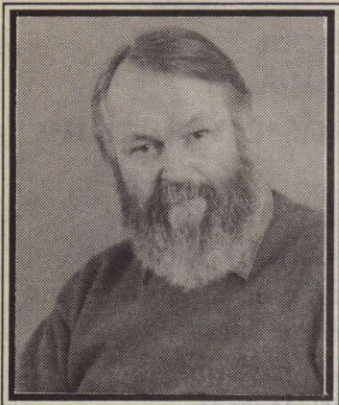
Sunoka Beach

(between Summerland & Penticton)

Everyone Invited!

Bring your kids, toys & meet new Friends!

Networking for Change



Dave Cursons
Editor

We drink it, we wash in it, baptize in it, consign our dead to it and nourish our ever-expanding food and forage crops with it. Our bodies are ninety percent water. Our numbers exceed five billion on the planet and exponential growth will make it seventeen billion by the year 2100.

Humankind, particularly in the past couple of hundred years has congregated, industrialized, pillaged and polluted, consuming more pure water than nature can replenish from season to season.

NAWAPA (North American Water and Power Alliance)

In the western United States water demand exceeds the ability of the natural systems to keep up. The discovery of the massive underground lake called the Oglalla Aquifer has attracted speculators to this latter-day "water mine" and that's exactly how it's being exploited, pumped dry to keep up ongoing waste.

Here in B.C. we take water for granted. And why not? We are awash with what is estimated as ten percent of the world's fresh

water coursing annually through the massive watercarved post-glacial flumes. We haven't escaped the eye of water planners. NAWAPA is a plan to further dam the Columbia, to dam the Fraser, the Stikine and other massive flows redirecting them southward through the Rocky Mountain Trench. Another part of this project will divert water across the prairies to the Great Lakes to join up with the James Bay system.

*NAWAPA is an engineering possibility
without current economic viability
awaiting historical opportunity
occasioned by further environmental collapse.*

The continental water picture is dismal with ecologists and ecologists urgently calling for care and clean-up. The NAWAPA engineers are waiting in the wings for waste, recklessness and pollution to necessitate their grand scheme.

YOU DON'T KNOW WHAT YOU'VE GOT ...

In town we turn on the tap and there it is. Most of us are unable to trace water from its sources on the watershed to our tap. Our municipality is the water controller.

Out of town we probably know the path from creek or well and take some care in watching over it. Whether it's a town-dweller relying on the municipality or a homesteader trying to manage it alone or with neighbours there the maintenance of clean water is an ongoing problem.

...'TIL IT'S GONE.

Good water is taken for granted until it is denied. To insure safe water the town may provide something between basic and very high-tech filtration and chemical treatment facilities, usually with help from the provincial and/or federal governments. In the unorganized community people have shared responsibility on an informal basis and formally through provincial water rights.

In the B.C. Interior, bad water is handled in a number of ways including:

1. getting used to it
2. fetching it from a better source
3. use of "at point" household filtration
4. securing better municipal filtration/treatment
5. cleaning up the watershed.

*It is the fifth option that interests
the environmental activist.*

When we look to where our water comes from we move up the hillsides and into the watershed, all the way "up top". There we find exploration and mining, free range cattle, road-building and some human settlement and sometimes heavy and light industry, all of which impact on the water coming down and through to the tap.

Up top we find that the presumed right to clean water competes with other rights defined and enshrined in law with such statutes as **The Forest Act, The Range Act, The Mineral Act** which are the "grand daddy laws" of British Columbia. We find that the "bottom line" is not the simple right to clean water but entrenched privilege granted business and industry over the past 150 years or so. It should not surprise us in B.C. that primary rights



In many communities concern for the air, water and soil have provided a focus for the formation of local **FORESTWATCH COMMUNITIES.**

In this photo, forester Fred Marshall from the Boundary country instructs a group from Penticton, Naramata and Cawston in looking at forest lore and about the politics of gaining community control of the watershed.

(Photo by Dave Cursons)

are with mining and logging concerns, the growth and development interests.

The "little brother" (some might say "poor sister") statutes are ones like The Water Act, The Wildlife Act, The Waste Management Act and the Ecological Reserve Act.

Our laws were developed and the privilege they were designed to ensure were drawn when the water we drink was viewed as unlimited like the air, the soil and the land and everything in it and on it. Now we know differently and the new law must not be an afterthought or an addendum to the "granddaddy laws". New law must replace the old.

New law protecting water is in the interest of healthy living for ourselves, other species and the ongoing survival of the biotic system. New law may not be in the interest of profit for corporations, whose health is determined in quarterly returns, on investment, not on the long-term survival of ours or any other species.

Today, the fight for good water (and air and soil) is often confined to the courts. Here the corporate interests win because they have always had more money and the accumulated case law is usually in their favor. Interpretations favoring mining or lumbering interests abound.

POLITICS

When people have found the existing order at odds with what they perceive as their fundamental rights they may have to turn to that much maligned process ... politics.

Let's consider that politics has a bad name largely because we leave it to politicians. The real politics of day-to-day struggle is given little credit against the hoopla and grandstanding of these established politicians parading every four or five years.

When it comes to preserving things like clean water, politics belong at home and by "home" I mean the watershed.

In the 70's the Okanagan Provincial and Municipal authorities were forced to abandon the use of carcinogens to put down Eurasian Water Milfoil. *Politics.*

Later, community pressure forced the Bill Bennett regime to place a moratorium on uranium exploration and mining. *Politics.*

In 1979 at Genelle, B.C. local smallholders lay in front of caterpillar tractors to prevent diamond drillers from mucking around in their water source. *Civil disobedience. Politics too!*

In seeking a social order in which good water, soil and air are absolute priorities difficult questions arise.

Shall the right to enjoy one's property or the right to act a particular way in respect to the land (logging, mining etc.) prevail over

Summer Special

Bring in an "OLD" photograph and
Steve will make a negative and
an 8 x 10 " print for only \$7.99

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493-6426

Steve Tomlinson is the official photographer
for "Issues". Hope you enjoy the many pictures.

the rights of the community to good water, air and soil?

Shall forest on private land be clearcut on the stream which is the town's water supply? Many will argue that of course one has the right to do what they please with their property. In the case of Crown Land these rights are argued and lobbied for by mining and lumbering concerns.

More and more people protest that more sacred than these rights are those interests which secure the health and well-being of all. In short, a healthy environment through the preservation of natural systems.

Now that's politics!



WILL OUR INTERIOR TOWNS BECOME HERMETICALLY-SEALED
BIODOMES SURROUNDED BY A DEVASTATED ECO-HELL?

THE GOVERNMENT OF BRITISH COLUMBIA 1990 PHONE DIRECTORY,

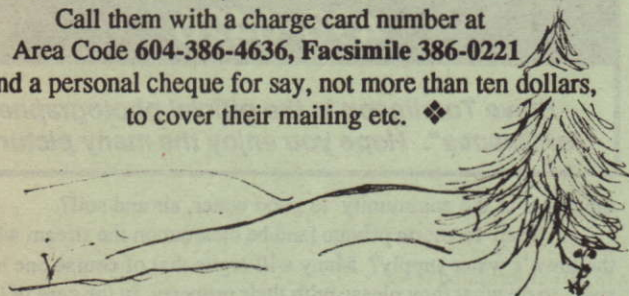
*an invaluable tool for the Activist Networker.
For \$7.95, this is a tremendous buy.*

It lists all of the bureaucrats and government functionaries in the various ministries and branches of ministries who by statute and by regulations dispense the instruments of authority and try with often-meagre budgets to manage the flow of paper and the increasing demands of the public for action on such things as hazardous waste disposal (*Waste Management Min. of Environment*), cattle in the creek that supplies drinking water (*Min. of Forests, Range Manager or Water Manager, Ministry of the Environment* ...guess who's "top dog" between those two?) and uranium drilling in the watershed (see *Chief Inspector, Ralph McGinn and his staff on page 31* of the directory).

A truly invaluable tool from:

**Crown Publications Incorporated,
546 Yates Street,
Victoria, B.C. V8W 1K8.**

Call them with a charge card number at
Area Code 604-386-4636, Facsimile 386-0221
or send a personal cheque for say, not more than ten dollars,
to cover their mailing etc. ♦



A FOREST INDUSTRY CHARTER OF RIGHTS

In January of this year, Mayor Alice V. Maitland and Council for the City of Hazelton circulated a document to fellow Mayors and Councils as well as Regional Districts throughout British Columbia.

The document was called a Forest Industry Charter of Rights, which urges "stewardship"(Cont. next Column)

- to:
1. preserve wide ecological diversity and stability,
 2. guarantee sustainable timber harvests that are converted into high-value end products,
 3. provide high-quality employment,
 4. support fair return on forest industry investment,
 5. allow stable growth of communities whose citizens participate in the management of their local forests.

It's a nine-page document reflecting an enlightened and politically prudent approach to the environmental crisis as expressed through our major economic and social concern (see "cut and burn", global warming, erosion, drought etc.), the forest.

Ask your City Hall or Regional District to provide you or your group with the nine-page paper called Forest Industry Charter of Rights.

In Hazelton, the Charter is headquartered at:

P.O. Box 40,
Hazelton, B.C.
V0J 1Y0
Phone (604) 842-5152.



Guide for Talking to The Public and the Politicians about Water

Guidelines for Canadian Drinking Water Quality prepared by a Federal Provincial Sub-Committee on Drinking Water of the Federal-Provincial Advisory Committee on Environmental and Occupational Health (1987), National Health and Welfare from

**Canadian Government Publishing Centre,
Supply and Services Canada,
Ottawa, Canada K1A 0S9.**

Considering the length of the title and the titles of those who compiled it, this is a fairly succinct little guide to the way that policy makers, with the advice of scientists and medical folk, would like to see us go vis-a-vis federal, provincial, regional, district, local and at-home water. Unfortunately, none of the "wish list" is law. ♦



The Kootenay School of Rebalancing

The Kootenay School of Rebalancing
offers its fourth six-month course beginning September 17, 1990.
The course focuses on deep tissue bodywork and includes various other facets which make Rebalancing a complete bodywork system: joint release, emotional work, anatomy, body awareness, breath and energy work, meditation.

An opportunity to build a vocation and for self transformation.
Fee \$4,000.00

For information:

Relaxation Plus Clinic, 308 Victoria St.,
Nelson, B.C., V1L 4K4 - Phone - (604) 354-3811

CLEAN WATER

"At Point"

Where does your water come from? A pertinent question, but how many of us can answer it? Even if we know the source, how is the water treated and what are its properties.

David Hughes and Stephen Collens want you to be an informed consumer. These two Kelowna men have recently opened their product supply and information shop in the front of Collen's three-year-old plumbing shop at the end of Gordon Drive North. The aim of the company is to provide the public with knowledge of contaminants in the home and the means to reduce such pollution.

"People are being poisoned by what's in their homes", said Hughes. "People are becoming more aware of the need to protect themselves. Indoor pollution has been a concern of mine for years and now I would like to share that information with those who are concerned".

Raw sewage is being dumped in the north end of Okanagan Lake, treated sewage is pumped into the lake by the cities of Kelowna and Penticton, poor logging practices and poisonous chemicals from orchard spraying add to the problem as well as toxic chemicals added to the water to kill bacteria. Our water is becoming less desirable to drink.

Springfield sells environmentally friendly devices such as pipe insulation, phosphate free soaps, ultra low flush toilets and also supply a complete line of water filters, air filters, radon test kits, carbon monoxide and propane alarms; all top quality products without high pressure sales. Plus they have a library with numerous books all dealing with indoor pollution and related water subjects that the public can share.

Water quality in Okanagan towns and districts varies drastically, each town having its own problems. Ask questions of city council, the water departments, find out facts, read just a small portion of what has been written on the effects of water quality on your health or the environment. Then phone David, he'll be glad to get you started on the right path.

If the water is obtained on the property the bacterial level can be checked free of charge by the local public health office. Water from a well closer than 500' from the house should be checked for Radon. Hardness, PH, alkalinity and some other factors can be measured by local water filter sellers, but be aware of high pressure sales tactics and exorbitant prices. A more thorough study can be performed by water testing laboratories but may cost \$200 to \$300 dollars.

If the water is supplied by a local utility look up their number in the Yellow Pages under Water Companies - Utilities and ask them for a report on your water. They will test the bacterial level every

couple of days and will test monthly for many other factors, however you may be surprised at some of the omissions in the data available.

If you decide on a water filter, it must be adequately maintained. Most filter cartridges should be changed every six months. With the variety of water filters available today, you need a good friend or an honest salesman to help you decide what is really needed for your personal or business use.

For more information on water in the Central Okanagan call Springfield Plumbing: 861-8080 or Earthcare: 861-3844. ♦

"Home of the 1 gallon flush"

SPRINGFIELD PLUMBING

- Reasonably priced Water Filters
- Energy efficient water heaters
- Water conservation
- Oasis Test
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David Hughes 861-8080 Stephen Collens

Fluoride in Drinking Water

By David Hughes

Is fluoride the saviour of our children's sugar-ravaged teeth or is it a toxic by-product of the aluminium industry that is being disposed of in our drinking water?

Preliminary results from a two year study by the Environmental Protection Agency in the U.S.A. indicate a correlation between highly fluoridated water and higher rates of bone and oral cancer. This study has prompted a review of the data used in previous studies.

A study released in 1988 by the National Institute of Dental Research found "a continued downward trend" of between 60% and 70% in tooth decay and attributed this to "fluoride based prevention." However a review of the same data by the Safe Water Foundation concluded, "The average number of decayed, missing and filled permanent teeth per child was 2-0 in fluoridated area, 2-0 in non-fluoridated areas and 2-2 in partially fluoridated areas. The percentage of decay-free children was 34%, 35% and 31% respectively" Other independent analyses of the NIDR data have produced similar results.

Is your water fluoridated? Call your water board and find out. If it is, you deserve a very good explanation for the contamination of your water with a useless potential carcinogen!

Source: Water Technology, Volume 13, Number 4, April 1990 ♦



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The FESTIVAL of HUMANITY

by Connie Hargrave

The full moon of June is recognized as that of the Christ, just as the full Moon of May is that of the Buddha. According to ancient legend the Christ has, for two thousand years at this Festival, represented humanity as the "Eldest in a great family of brothers." It is the Festival of the spirit of humanity aspiring towards fellowship and unity, and special blessings are poured forth at this time. (This year, the full moon occurs June 8.)

The Festival of Humanity is a call to service. Through a concentrated effort on humanity's part, light, inspiration and spiritual healing can be released in such a flood of power that definite changes will be wrought in human consciousness, and conditions in the world will be ameliorated.

During this transitional period in history, at the beginning of one age and the end of another, the energies of the past and those of the future are locked in battle: the Piscean influence is not yielding without struggle to the potent Aquarian energies. The immediate effect is conflict, while the old forms are being destroyed so that the new can be built. The rush for money and material possessions, the search for pleasure continue, but at the same time, more and more people are seeking an expansion of consciousness into a new spiritual reality.

There is a common striving of many groups toward peace and the welfare of all people. In the New Age all kingdoms in nature will begin to function as one creative whole, and men will act as transmitters of light and love to bring blessing to all manifested forms. The key will be right human relations.

The New Age will be, ever more, an age of Group Work.

Today humanity is given a fresh opportunity to build on sounder and more constructive lines. Divinity awaits the expression of man's free will, demonstrating will and intelligence at the Festival of Humanity, when Great Forces under potent spiritual leadership are ready to precipitate themselves into this world.

The Festival of Humanity is of particular significance now because many believe that the Christ as the Lord Maitreya is behind the new energies of peace now evident throughout the world, and that he will declare himself publicly soon, and work openly among us to bring in the New Age. For further information about his emergence, write or call:

**TARA CANADA, P.O. BOX 15270, VANCOUVER,
BC, V6B 5B1 or (604)736-TARA**

Our participation in this Festival is possible through silence, self-dedication and one-pointed concentration while receiving the potent energies which are released at this time and through joining others world-wide in voicing the **MANTRAM OF UNIFICATION:**

The sons of men are one and I am one with them.

I seek to love, not hate;

I seek to serve and not exact due service;

I seek to heal, not hurt.

Let pain bring due reward of light and love.

Let the soul control the outer form,

And bring to light the love

Which underlies the happenings of the time.

Let vision come and insight.

Let the future be revealed.

Let inner union demonstrate and outer cleavages be gone.

Let love prevail.

Let all men love.



What is the extraordinary stimulus for change in today's world?

The presence of

THE WORLD TEACHER, THE CHRIST, MAITREYA!

He is living in the Asian community of London, England.
His plan of Peace and Sharing is inspiring humanity to transform all of its structures
— political, social and economic.

Soon, the final preparations for His emergence will be in place, awaiting the outer events which must precede His declaration. Maitreya's task has but begun, yet already the nations shake off the stranglehold of the past. What then can be imagined when in full vision He stands before the world, His teaching and counsel uplifting the hearts and minds of all?

For free information on the Christ's emergence, contact:

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CHILD'S PLAY

When I saw a display of CHILD'S PLAY Books and Games at the Home Show in Penticton a couple of years ago I became ecstatic. They were just what I was looking for for my young boy. The books are beautifully illustrated, durable, have cleanable pages and encourage participation through the use of pop-ups, cut-outs, squeakers, beads and movable parts. They help teach safety rules, science and numeration and deal with morals, environmental issues, Special Peoples, feelings and everyday conditions. The books and games have been developed to help children learn through play, by using all of their senses and imagination. Other aims of CHILD'S PLAY are to develop parent-child interaction and communication and an enjoyment of reading, to give children a taste for learning about the universe and themselves and help prepare children for the challenges of a changing world. I wanted to develop these same philosophies in my children and as I wanted more and more of these books I decided why not buy the kit and become a consultant. I have a wonderful library for my children and a great part time career. Consultants promote the books through institutional plans for Schools, Day Cares, Libraries and through Home Demonstrations or phone orders from individuals.

With 1990 being the U.N. International Year of Literacy we should be developing an awareness and love of books in our young children. Illiteracy is on the rise in Canada. Illiteracy is a handicap that can easily be prevented. With such a wealth of children's literature in our society, there's no reason for a child to go without. The local library is a wonderful place to start.

Denise St. Martin is a Consultant with CHILD'S PLAY and her phone number in Summerland is listed in the "Natural Yellow Pages" under Healthy Products for Little People. ❖

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HARRISON KRIPPS

Robert Kripps and Libby Harrison may be relatively new to the Okanagan music scene but they are not new to music. Robert was an original member of The Seeds of Time, the legendary Vancouver band who scored a hit with My Hometown in the late sixties before developing into Prism, winners of two Juno awards.

After sacrificing the band for the sake of higher education, Kripps obtained a Master's Degree in Nutrition. In 1972 he travelled to Central America as a Nutritionist.

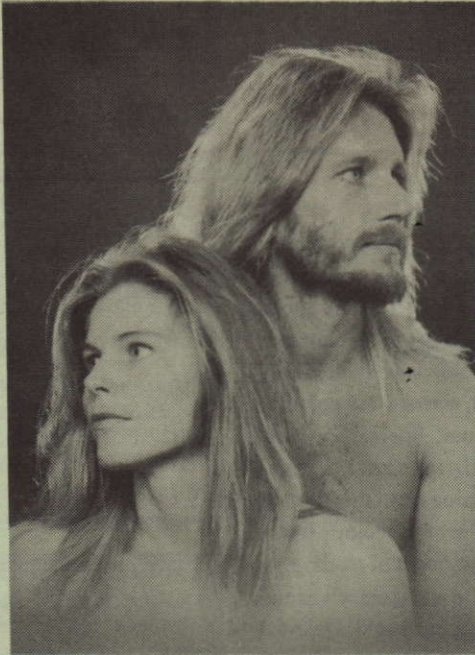
Following his return to Canada a year later, he studied in the U.B.C. Doctor of Nutrition Program, and, as time permitted, built a log home/studio on a small farm in Summerland. Upon completion in 1979, Robert travelled to Grenada (West Indies) to organize a community nutrition program. Of course, he also played in a reggae band!

Kripps then crossed the Pacific in 1981 to coordinate the national nutrition program in Papua, New Guinea, where he met Harrison, who is also a university-trained nutritionist on the island of Manus and went on to direct the national nutrition training program.

"We clicked musically, professionally and otherwise!" they say.

In 1983, the United Nations World Health Organization invited Robert to Laos to field-test the NUTRISUR computerized nutrition surveillance system which Libby had designed.

After their 1984 marriage in Australia, Robert and Libby began performing together as HARRISON KRIPPS. They captured second place in the Great Canadian Duo Competition and have played a variety of venues in B.C., the U.S. A. and overseas.



In 1986, the family, which by then included their two sons Taras and Justin, travelled to Kampuchea (Cambodia) with United Nations UNICEF to administer the country's Nutrition Program. They remained for one and a half years and have since focussed primarily on crafting their music, migrating between B.C., Hawaii and Australia.

Kripps is the composer and plays electric guitar; Harrison has a background of classical piano and now plays the synthesizer and flute. The both sing compelling messages for the world in their music. Exploring new and traditional dimensions, they create an appealing style of original music with a strong, identifiable beat.....the sounds, sights and experiences from foreign lands come through loud and clear.

Although there are only the two "human performers", they play in a sequenced "MIDI" environment which the listener perceives as a fully orchestrated band.

"We term it Quality Contemporary Music for Intelligent People", said Harrison. "If you would like us to entertain at your next function or workshop, please call us in Summerland at 494-1366".....

HARRISON KRIPPS, the international songwriter - performer duo, have returned to the Okanagan from a 6-month tour of Australia. They will remain until year-end to record their new "Free at Last" album at DANCING LADY STUDIOS in Summerland. Then, they're are off to tour Hawaii.

Plan to attend the special
HARRISON KRIPPS
concert at Summerland's
Centre Stage Theatre
on Saturday,
October 13th, 8:00 pm,
Admission \$7.00
(Advance \$5.00)



CANADA: RR1-31F, SUMMERLAND, B.C. V0H 1Z0 Tel: (604) 494-1366
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The Natural Yellow Pages



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This a list of Practitioners that live in the Interior of B.C.

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.

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
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Ana Fassman -Silver Star Metaphysics

Vernon: 545-0352
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Aqua Therapeutics

Kelowna: 762-9700
Bob & Pam Walsh & Mike Erdmann
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Arlene Lamarche, R.N.

Penticton: 492-0580
Acupressurist - Training with Jin Shin Do Foundation, Idyllwild, Calif.
A Course in Miracles

Astrological Consultations

Vernon: 542-6342 - Carole
Astrology gives you a wealth of personal information and heightens your awareness of your own personality and the forces working in your life. *One year forecasts. *Compatibility reports.

Bev. St. Croix (Hotno)

Salmon Arm: 832-2330
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Aura Paintings / Readings

Carol Elder,

Kelowna: 763-8774
Polarity Therapy, Reiki, Therapeutic Touch

Carole Ann Glockling, 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., Symptomologist
22 years, trained & certified through the International Institute of Reflexology.
A member of the Reflexology Assn. of B.C

Dianne Craig

Penticton & Naramata: 496-5763
2nd Degree Reiki Therapist and Private Counsellor

Ed Marquette, R.H., C.H., N.A.

Kelowna: 860-3968
12 years serving Kelowna and area. 79 years old and getting healthier everyday.
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Galen Foster, D.T.C.M.

Vernon: 549-2662 - 2915 - 30th Ave.
Acupuncture, Counselling,
Tui Na - Chinese Massage

Guin B. Moriz, Ph.D.

Oliver: 498-2600
Practitioner of Neuro-Linguistic Programming. (N.L.P.) Counsellor

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

Penticton 492-7995
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Inner Direction Consultants

Breath Practitioners, Personal Growth Consultants, Workshop Facilitators, "A Course in Miracles".
Kelowna: 763-8588
Cheryl Hart Bradley Harrison
Cyndy Forry Patti Burns
Sharon Strang Estella Moller
Bill Urquhart
Kamloops: 554-1525 - Cyndy Forry
Penticton: 493-6060 - Patti Burns
Vernon: 542-6140 - Bill Urquhart

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Call Carol at 763-8774 for an appointment or further information.

WHOLISTIC HEALTH PRACTITIONERS

Joan Smith (Noor-un-nisa)

Salmo: 357-2475

Reiki Master; classes, treatments Gestalt, Dreamwork, Counseling

Judy Moll

Rossland: 362-7622

Reflexology, Herbology, Symptomatology

Johanna Jacks, M.Sc., D.N.

Vernon: 545-1818

Nutritional and Lifestyle Counsellor, using "The Biological Immunity Analysis" and appropriate supportive therapies to re-establish organ and glandular balance.

Karen Stavast - The Essential Body

Rossland: 362-7238

Aromatherapy, Massage Therapist, Three in One Concept (Identification & Diffusion of Learning Disabilities).

Workshops & Individual Consultations

Kerry Saari

Summerland: 494-1193

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Penticton: 492-5661

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Marc S. Tey

Vernon: 542-4486 Pent.: 492-0987

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Sid Tayal, Linda Kusielka, Centre for

Awareness, Rossland: 362-9481

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Sharon Rempel

Keremeos: 499-5172

Member of Reflexology Assoc. of Can.

Sherry Skaros

Oliver: 498-4847

Reflexologist

Shirley Czaplicki "The Therapy Ctr."

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For an appointment or if you have any questions, please call:

Carole Ann in Oliver - 498-4885

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 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.

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-Linguistic 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 Practitioners use 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 re-establish 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 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.

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.

The WHOLISTIC DIRECTORY

Acupressure (Shiatsu)

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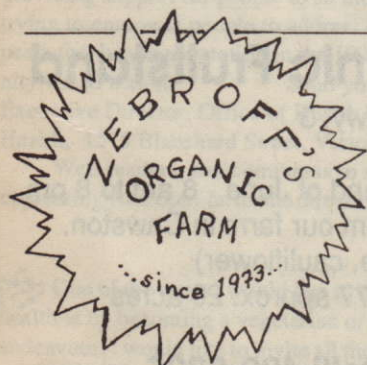
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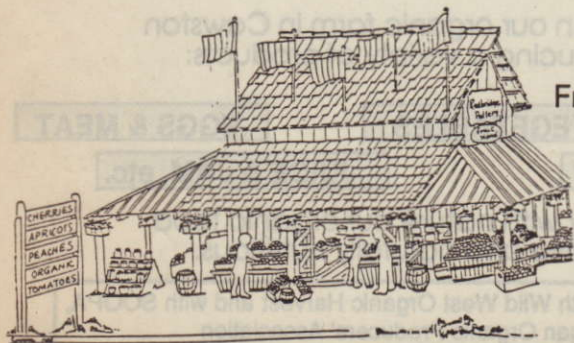
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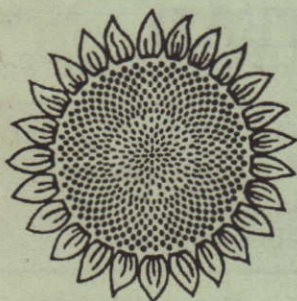
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Karen Stavast

#6 - 2118 Columbia Ave

Rossland: 362-7238

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Karen Stavast

#6 - 2118 Columbia Ave

Rossland: 362-7238

Massage Therapy Clinic

Marilyn Bangma & Floyd Norman

187 Braelyn Crescent

Penticton: 492-0238

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Chiropractors Penticton

Souch Chiropractic Office

Penticton: 493-8929

Bill Souch

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Alex Mazurin

Penticton: 492-3181

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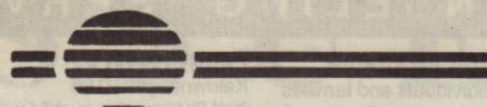
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