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# ISSUES

**Featuring-John Robbins & Jerry Jampolsky**  
coming to Kelowna

**Wholistic Practitioners**

**Consciousness Raising**

**Environmental Concerns**

**"The Natural Yellow Pages"**



September / October 1990

Volume 1 - Number 4



# COME - SHARE OUR VISION!



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**TWIN ISLAND RESORT CENTRE**

Box 7, Salmon Arm, B.C. Can. V1E 4N2  
**(604) 838-7587**

## **AGE OLD WISDOM UPDATED TO MODERN USAGE**

### **Herbal Renewal**



By H. G. Howell

**304 pages of how to grow, gather, dry and prepare herbs, trees, fruits and vegetables for home use. All are native to North America. Complete with illustrations**

## **Share a Piece of the Action.....**

by Sarah Kipp

With fall just around the corner, it's time to start thinking about moving forward in our lives and charting new directions. The deepening environmental crisis challenges us all to do what we can to change our lifestyles, make new commitments to the earth, and rethink basic assumptions about how we live our lives.

Twin Island Resort Centre is inviting readers of Issues to work with us in creating a non-profit Environment Leadership Development Program.

Our vision of Twin Island is that it will become a centre for enjoying nature, rejuvenating with Mother Earth, and learning skills and processes to help her. Already, those readers who know the resort centre will recall its tranquility, the green lushness of the lake, and the abundant presence of nature. Those who have been here for workshops will remember treasured moments around the campfire, canoeing under a harvest moon, or special times of insight during a discussion with other guests.

For Twin Island to move forward, to become the place that our vision sees for it, the involvement of others is crucial. We invite you to share our vision - with your time, your energy, or your financial involvement.

Interested readers of Issues may contact us to help the vision move forward. We are planning a fall meeting to discuss the Environment Leadership Development Program.

### **Twin Island Resort Centre.**

P.O. Box 7, Salmon Arm, B.C., V1E 4N2 (604) 838-7587

A Kelowna woman surveyed the 14 supermarkets in her area and found they provided their customers with 36,284,000 plastic bags a year, or 432 for every man woman and child....So!! take those bags with you BACK to the supermarket, or use cloth!



## Jerry Jampolsky coming to Kelowna "Healing your Relationships"

Dr. Jerry Jampolsky and Diane Cirincione will be making their first visit to the Okanagan. They have travelled worldwide to lecture and counsel in response to the growing awareness that attitudinal healing can constructively affect every aspect of our lives. They lecture on a variety of subjects, such as: healing relationships, attitudinal healing, shifting perceptions about life and living, death and dying, The transformation process in education, business, medicine, politics and in our individual lives. Attitudinal healing can be defined as a shift in perception that removes blocks to the awareness of love's presence, thereby releasing all of our negative thoughts such as guilt, pain, and condemning judgments.

Emphasis is placed on the power and responsibility of personal choice where one actually can choose peace instead of conflict, love instead of fear, joy instead of guilt. They stress that we all have the capability to be love-finders rather than fault-finders; to be love givers rather than love-seekers; to realize that giving and receiving are the same, and to teach only love for that is what we are. A significant aspect of their work involves interacting globally with others who have the shared vision of hope for a peaceful and healed planet.

**Their message is a simple one... There are no problems that cannot be solved with love and forgiveness.**

Jerry Jampolsky, M.D., psychiatrist, has gained international recognition for his work with children who have catastrophic illness. In 1975 he established The Center for Attitudinal Healing in Tiburon, California, where children and adults with life threatening illness may find peace of mind that is transforming for them and their families.

Diane and Jerry co-founded the AIDS Hotline for Kids and were co-directors of the international project **Children as Teachers of Peace** (a non-profit organization based on furthering international relations and friendship between children of different countries). Together Jerry and Diane have co-authored many books and narrated many audio tapes. They will be in Kelowna sponsored by the Interior Course in Miracles Association and CHBC Television, October 11, Thursday night.

Coming  
to P.C. Oct. 90

GERALD G. JAMPOLSKY, M.D.\*  
AND DIANE V. CIRINCIONE



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\*AUTHOR OF MILLION-COPY  
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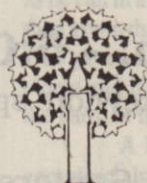
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Keynote speakers include:

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- ♦ **RICHARD SCHNEIDER**, Chancellor of World Peace University, Oregon
- ♦ **DR. MICHAEL COHEN**, Founder of the National Audubon Society's Expedition Institute
- ♦ **ALEKSEI STROGANOV**, Former Program Director of Radio Moscow's World Service.

**October 6: 7:30 p.m.**

Keynote speaker **STEPHEN LEWIS** followed  
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**October 7: 8:00 a.m. - 5:00 p.m.**

Full day Symposium with keynote speakers

**Price:** October 6: \$15.00 Seniors \$12.50  
October 7: \$65.00 Seniors \$55.00  
**Both Dates: \$75. Seniors \$65.00**

\*\*\*Discount for early registration & for W.P.U. members

**FOR MORE INFORMATION**

Call: (604) 832-8483 OR (604) 832-3838

or write: **WORLD PEACE UNIVERSITY SOCIETY**  
Canadian Branch P.O. BOX 2385, SALMON ARM, B.C. V1E 4R3

**SALMON ARM, B.C.**

Chosen as site for  
**CANADIAN BRANCH**  
of the  
**WORLD PEACE UNIVERSITY**

This fall exciting things will be happening in Salmon Arm, B.C., to further the cause of world peace and a saner, safer environment. Salmon Arm has been chosen as the Canadian site for the World Peace University in Canada. Based at The Center in Gleneden, The World Peace University Society Canadian Branch, will provide an education to help people achieve a world of peace.

The goals of the University are to educate people who desire to co-create a world where peace is a way of life, where environment balance exists, where there is food sufficiency, where social justice prevails, and where an individual achieves the highest degree of self-realization within a spirit of co-operation.

The World Peace University is affiliated with the United Nations through an agreement of co-operation. The headquarters and principal campus is in Eugene, Oregon. Other branches are already established in Chile and Bangladesh and are being planned in Spain and New Zealand. The U.N. University for Peace in Costa Rica is now operating the Radio for Peace International as a joint project with the World Peace University. The Board of Directors and International Board of Advisors are composed of world-renowned figures who are concerned about world peace. Among them are Dr. Robert Carazo, former President of Costa Rica and founder of the University for Peace, and Dr. Michael Cohen, founder of the Audubon Expedition Institute.

The main headquarters of the Canadian Branch of the World Peace University will be situated at The Center in Gleneden, Salmon Arm, British Columbia. Andy Schneider, founder of the Center, has been elected Rector of the University, with Dorothy Argent as Chairperson. Andy is currently Director of Other Dimensions Services. His academic studies through nine years of University training led to degrees in Psychology, Philosophy, Theology and Education. The Canadian Branch of the World Peace University will be offering courses in Peace Studies, Ecology, Personal Development and Esoteric Studies and Global and Holistic Health Studies.



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# Personal Rainbow - the AURA

by Laara Bracken

As interest in personal growth and spirituality increase, so does the focus upon the human aura; that surrounding rainbow of colour which is the energies of our physical, emotional, mental and spiritual selves.

Our aura is at once our greatest asset, and our greatest challenge. Through awareness of the energies/qualities present in our aura, we can strengthen our bond with the supreme source of life; through denial of our essence, we can also allow the illusion of separation to create pain and confusion.

The presence of the aura has been recognized for a very long time; it is the halo surrounding the saints in paintings and stained glass. Sensitive people often see the aura quite easily; almost everyone can see it with a simple training taking 4-5 hours.

That energy is colour, and vice versa, is quickly becoming accepted as fact, and certainly feedback from my many clients has convinced me that colour is an accurate indicator of energy. Yellow in the aura does indeed indicate a clear active mind, blue denotes loving wisdom, red, will power and determination, etc.

There are three distinct auras in our auric field. the physical/etheric, emotional/astral, and mental. The **physical/etheric** or "health" aura is a silvery haze extending one or two inches from our physical bodies. This aura uses instinct and all our five senses for physical discrimination of our environment, and acts out our emotions and thoughts. A Russian couple, the Kirlians, have developed a camera which photographs this aura.

The **emotional/astral** aura extends 2-3 feet beyond the etheric aura. It has a background colour representing our basic approach to life, other colours of emotional strengths or areas needing work, and over this a wash of colours representing our emotions of the moment. This aura creates a flow of desires, based on memory, which attract to us the situations we need in order to learn through experiencing and relationships; an essential step in personal and spiritual evolution. The **mental** aura extends beyond the emotional/astral. It has colours denoting various energies or qualities and symbols representing thoughts. The function of this aura, or "mental body", is to balance our physical, emotional and mental selves creating a synthesis of physical action, emotional reaction, and mental evaluation and discrimination, under the direction of our higher selves, or soul.

While every living thing has an etheric aura, it is only us, as self conscious beings, who have an emotional and mental aura. The aura of the soul is also present, but it too light or faint to be seen by most.

The states of our health, our strengths and weaknesses, our balance of lack thereof, in fact any information about innermost being is present in our auras, as they are indeed the energies of our selves, our "personal rainbows".

A note of caution: although many people can see the aura much training is needed to clearly and accurately interpret what is being viewed. "Being read" by someone without training can (and has) led to needless trauma and pain. And as with all information, accept what rings true, discard the rest. We truly are our own best guides!

For more information on colour qualities, I suggest "The harmonics of sound, colour and vibration" by William David, available through Other Dimensions Bookstore, Box 2269, Salmon Arm, V0E 2T0. To contact Laara look her up in "The Natural Yellow Pages" or read her ad.

## Musing



The best part of Sunday school was playing baseball with the nuns, they came out to Rosswood every couple of weeks and always seemed to have such a good time playing, fishing, skating or sleighing.

My great grand father was a devout Catholic and very wise he was, he never preached his beliefs.

I can still remember him saying "Angele, learn to listen, then you'll twice as smart, cause you'll know what you know plus what they know". I'm not sure if I've come close yet, I do try, but people keep asking me questions.

Through the years I have tried to kept my mind open to all possibilities and I enjoy the eastern philosophies. I truly believe for the world to survive we need spiritualism not materialism. We need to feel connected to the love and have the knowingness that we belong and that we have a right to be happy.

I also believe that prayer is offered best from the heart and God can hear your thoughts just as easy in an open field or a bedroom as he can in a church. As children we need to be loved and bonded and then given the freedom to roam and learn from nature how to survive. God gave us a brain to think, to help your neighbour and respect your elders and if we don't start thinking for ourselves then the future of the earth is in trouble.

A lot of what we learn these days are from T.V. shows, commercials and the news, as well as talk shows and late shows. One must be very careful what it is we absorb and determine if its applicable. The amount of information one child or adult is bombarded with in one day is staggering. What is real, what is high pressure sales, what is reflected back to us for discernment? There is a new magazine produced in Vancouver by a non-profit group of folks who think we can make a difference. They can help you understand how T.V. commercials affect us. It is called Adbusters, read page 19 for more details. The choice is always yours, now we just need to take the time to get educated. We have been sold the easy route, using chemicals, taking pills or drugs, instead of spending the time to learn how the planet's (or our own bodies) systems work.

Come on folks, attend workshops, read Adbusters, support Greenpeace, there are alternatives. And only you can make it happen.

Angele

  
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## THE WONDERFUL WORLD OF HERBS

by Melinda Cook

I would like to introduce TLC Herbs to all readers of Issues magazine. I am so pleased with Angele's editorial and advertising material and I wish to be known through such sources as this magazine.

This beautiful earth is rich with many gifts from Mother Nature. Among those gifts are our dear foliage friends - HERBS. I have always been captivated by the wonder of these plants and decided to start my own herbal business. TLC Herbs has just recently come into operation of sales. Included in the line of products are: 8 tea blends, 4 culinary blends, hair rinse, facial steam, herbal sleep pillows, massage oils, bath salts, potpourri sachets, body powder, bath sachets. TLC Herbs will also do personalized gift baskets. Just let me know the location and who the gift is for and I can get it out to you the same day you order. I have created all the blends and designed the labelling and packaging. I do wild-crafting (time permitting) and have several suppliers. Packaged products are offered at retail and wholesale prices and all blends are also sold in bulk form. In the future I plan to add more products such as: baby care, pet care, health and beauty aids. Of course the list goes on and on ..... vitamins, medicines, cleaning products, catalogue, tourist attraction (herb garden), etc.

I am attending the Alpine Herbal College at White Lake, instructed by a delightful teacher and friend, Yarrow Alpine. In a beautiful, serene setting we are taught the spiritual and therapeutic use of herbs. Very intriguing, like all the gifts Mother Nature has bestowed upon us. Let us use them to our advantage!

**P.S.** I would love to find a local wholesaler of herbs.

If you know of any please give me a call at 832-6895. Thanks.

## "A Course in Miracles"

**Workshop in Nelson**

**September 21st - Friday 7:30 pm....**

**An Introduction to ACIM**

**September 22nd - Saturday 10 - 4**

**Exploring the various aspects of ACIM**

**Facilitator: Faye Stroo**

For information in Nelson: Elaine Ashby 352-3477  
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## Meditation

The purpose of meditation is to develop a penetrating looking into things to see what is truly there. Thru meditation one clears away all the personal and cultural and spiritual debris from that facility within which does the looking so as to achieve a direct and true perception of things as they are.

One begins meditation from the wisdom of not-knowing. Knowing that one is not completely sure about what is truly happening, what the point is of this or that, this is wisdom. Without honestly acknowledging one's true ignorance one would never truly begin looking.

Without looking there is no discovery, no insight, no true knowing. If there is no true knowledge of what is what then one's every thought, every word and every action must therefore be permitted with a deep and fundamental insecurity.

One cannot completely discover what truly is by thinking or logical deduction. In these Ways one can only infer what is what. To fundamentally know and so dissolve all uncertainty one must see directly for oneself the true nature of things as they are. Through this direct seeing one comes to know what is truly happening, what is real and what is merely speculation or superstition.

Thru meditation one develops this fundamentally positive experience of nonconceptional seeing and then gradually brings this penetrating vision into every facet of one's life, transforming one's way of being.

Doug Hayes is Program Director  
of East Wind Meditations

All programs are taught  
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For more information phone 492-6902



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IGA	Super Valu (both)
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*To find a store in your area or for more information call :*  
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**or 1-800-663-5416 Briteland Distributors**

**Distributor Inquires Welcome!!!**

## A Natural, Organic Alternative.....

Finally, a new Canadian all natural insecticide has been unleashed into the marketplace. The Western Canadian Natural Insecticide Head Distribution Centre is now located in Penticton. Dori O'Neill said "I'm so positive that the Okanagan Valley is ready for an alternative to chemical sprays for insects that I've relocated back home". With high hopes and enthusiasm he's out to convince the public that INSECTAWAY does work.

Available at local distribution points such as Beaver Lumber, Green acres, Home Hardware, Food Land, IGA, Roots and Fruits and both Super Valu's it comes highly recommended from many dog trainers and pet kennels that use it to control fleas. Being non-toxic it can be applied directly on the dogs and their bedding or sprayed around the house. This new wonder can be dusted on dry or can be mixed with water and used in a hydraulic sprayer or backpack to kill more than pesky fleas.

INSECTAWAY is the fruit of John Tucker's twenty years of experimenting. A concern for his children who worked in the family tree business prompted Mr. Tucker to find a safe way of killing insects. INSECTAWAY contains no poisons or chemicals that other insecticides depend on. It is an odorless and non-staining powder that can be used without harm or damage to children, pets, food, fish, birds, and wildlife.

INSECTAWAY brand products are 100% natural and the main ingredient is a diabolical-sounding mixture called diatom - simply crushed shells used in swimming pool filters. After years of experimenting, paste yeast and crystallized honey was added to the crushed diatoms and serves to attract insects to the mixture. To humans the diatom feels like talcum powder but to insects it resembles tiny pieces of broken glass, he says. The particles attach themselves to the insect and cut through its waxy outer cover causing them to die from dehydration. The insects also eat the product resulting in internal desiccation. Once carried back to the nest it infects others and depending on the insect, it takes from 15 minutes to 48 hours for them to die.

Dori O'Neill, distribution manager for B.C. and Alberta has high hopes for a his new venture, he hopes to import it in bulk from Nova Scotia where it is manufactured and re-package it, in Penticton. His venture is called Western Insectaway and if you have any questions he can be reached at 492-3738. ♦

A M R C

### THE ROSICRUCIAN ORDER AMORC

#### THE ETERNAL QUESTION: WHY AM I HERE?

Is life just a haphazard phenomenon? Are there but blind mechanistic laws, causes and effects without purpose? Must we drift along buffeted by the winds of chance? Or are we truly masters and builders of our own destiny?

For more information on these and other questions write to: **Okanagan Pronaos AMORC, P.O. Box 81, Stn. A, Kelowna, B.C. V1Y 7N3**



## OUR FOOD CHOICES

By changing our eating habits, claims author John Robbins, we can help save our planet.

John Robbin's story is one of mythic proportions: Heir to Ice Cream Empire Takes On the Great American Food Machine. Groomed from childhood to succeed his father as head of Baskin-Robbins, he declined the family fortune at age 20, because, as he says quite simply, "my heart wasn't in it." A lengthy personal and spiritual odyssey followed, including years of meditation, numerous trips to India, and stints as a yoga teacher, growth center founder and workshop leader. Now, more than two decades later, he has written a book that shakes the animal foods industry to its very foundations.

Diet for a New America (Stillpoint 1987), is an eloquent, meticulously documented indictment of the meat, poultry, and dairy industries - so eloquent, in fact that it was nominated for a Pulitzer Prize in nonfiction.

Robbins, stopped eating meat shortly after leaving home, but it was not till his yoga instructor suggested that he give up dairy products and become a pure vegetarian that he began giving serious ramifications of eating animal products. In writing *Diet for a New America* he found a wealth of evidence suggesting that the eating habits that support human health have social and environmental benefits too.

Robbins is founder and president of EarthSave Foundation, an organization devoted to letting people know how "human health, well-being, and survival are inextricably woven with the fate of all forms of life on Earth".

John Robbins will be in Kelowna, Tuesday, September 4. Organized by the CHIP Alumni and Dr. Hans Diehl. His topic will be issues of diet, nutrition, health and ecology. This is the first time Robbins has been sponsored in the Okanagan and is considered a powerful spokesman in the country for a sane, ethical and sustainable future. He has received a standing ovation at the United Nations, and has been the recipient of countless awards, including the National Alliance for Animal Legislation's "Humanitarian of the Year" award. He has appeared on such national television shows as Geraldo Rivera and The Donahue Show. His work had been called among the most important events of the century by many of the nation's leading authorities on alternatives in health and ecology.

Dr. Hans Diehl is a health science specialist and directs the Lifestyle Medicine Institute in Loma Linda, California and journeys to the Okanagan to conduct a Heartscreen Project. 2500 participants in Kelowna are participating in Diehl's program to normalize their health and receive and evaluation of their progress. The Coronary Health Improvement Project is very beneficial in identifying peoples risk of heart disease and demonstrates that most diabetics, hypertensives and heart patients can normalize their disease and become drug-free again within weeks by simplifying their customary lethal North American diet!

### Hans Diehl

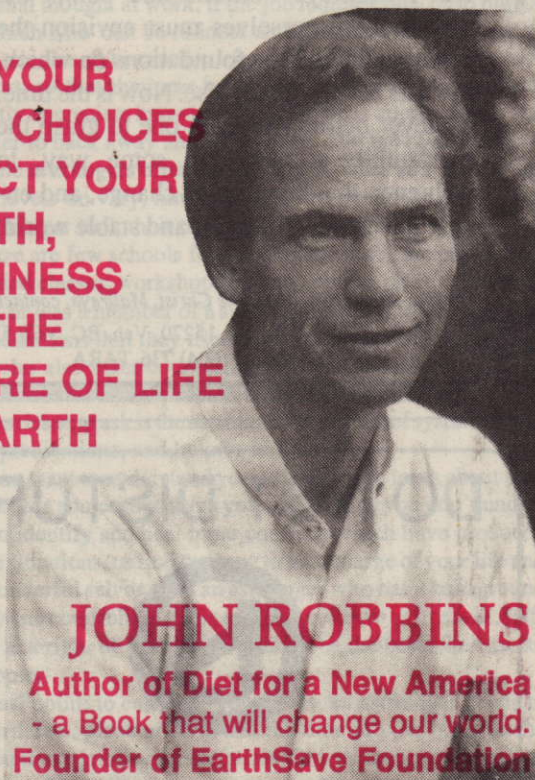
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*International lecturer,  
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# Healing Ourselves Healing Our World

HOW YOUR  
FOOD CHOICES  
AFFECT YOUR  
HEALTH,  
HAPPINESS  
AND THE  
FUTURE OF LIFE  
ON EARTH



## JOHN ROBBINS

Author of *Diet for a New America*  
- a Book that will change our world.  
Founder of EarthSave Foundation

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\$7.00 General Public - \$5.00 Spouse  
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Springfield Bulk Foods-#133-1889 Springfield Rd.

In Penticton: by phoning Marion: 493-3697

In Vernon: The Wholistic Living Ctr.: 542-6140



# A TIME TO SERVE

*The World Teacher, the Christ, Maitreya is here.*

*His energies are inspiring us to transform our political, social and economic structures.*

Maitreya has said that each one is important, none too young or too weak to serve. He awaits the engagement of all who would transform the world, for "nothing happens by itself; man must act to implement his will". Maitreya beckons and points the way, but we ourselves must envision the future and build the foundations on which, in all its beauty, it may rise. Now is the time, as never before, for each one to grasp the opportunity to serve in some way, to influence the direction of change, and ensure the creation of a just and stable world.

For free information about the Christ, Maitreya, contact:

TARA CANADA, Box 15270, Van. BC V6B 5B1  
Telephone: (604) 736-TARA

## DO NOT DISTURB



### OBSERVE RECORD REPORT

Excavation and drilling on this ground may release radioactivity.

**Local contact**

Mineral exploration and other activity are underway in watersheds where radiation bearing ores exist. Drilling and excavation release radiation into air and water. Government regulations are not well policed. Citizen activists will have to work to keep risky areas secure. Hence, you will see small **DO NOT DISTURB SIGNS** here and there in Southern Interior watersheds. for details contact, the Uranium Network at P.O. Box 563, Penticton, B.C. V2A 6K7 or call 493-2918 or 446-2517.

## EVOLUTION & SERVICE

The great illusion of our personality life is our sense of being at the centre of the universe. We are all of major interest and importance to ourselves and for the most part, we live in a self-centred, self-serving way. This is not something wrong or evil but it is a stage of evolution, controlled by the desire principle.

Gradually however, as the true ego develops and we re-orient our lives to encompass other people and issues, the focus begins to shift and we become conscious, fleetingly at first, that there is "something more". It is the pull of the soul that we sense, which seeks to build a vehicle-ourselves- progressively more adapted to serving the plan of God.

The soul incarnates in co-operative response to the will of God, to its knowledge of the divine plan, which brings groups of souls into incarnation at any particular time, governed by certain energies which make them particularly suitable at that time.

The soul seeks but to serve and life after life, our souls create vehicles - our personalities with their mental, emotional and physical components - to develop toward perfection. and nothing is so effective in de-centralizing ourselves, in overcoming the narrow personality focus, as service. Nothing so helps us gain perspective and grow spiritually for as we serve, we identify more and more with that which we serve and shift selves. We gain a broader, more inclusive vision of the world and comes into a more correct relationship with the whole of which we are a part.

Many today see no service or outer action to change society for the better; other believe no such change to be possible without an inner change of heart or without first working on themselves to become healthy and sharing, to "get their act together", etc. But when the soul's energies are denied their correct outlet, service, a "damming up" takes place in the personality vehicles - mental, emotional and physical. In many instances, it is the non-use of soul energy and the denial of soul purpose which leads to several of the neuroses and other illnesses so prevalent today.

As you serve, however, you change; for service works in you to perform a miracle. You need not serve on the other side of the world; you can start right where you are now, in a field close at hand. As you begin to serve, you begin to shift your point of focus. You begin to identify with that which you serve until, without your even being aware of it, you lose consciousness of yourself, you forget yourself and in so doing, become healthier, more potent, more energetic.

Service is the lever of evolutionary progress. As we adapt our personality likes to serve our soul's purpose, we begin to demonstrate the very nature of God and we become living, creative divine beings. In serving, the sacrifice we make of time, energy, and attention to other things - is not self-denial. It is merely the sacrifice of the lower to the higher, for when you love that sense of yourself as a separate entity, you become what you essentially are: your soul, a divine being.

*These ideas are compiled from the works of Benjamin Creme, British author and esotericist, author of the REAPPEARANCE OF THE CHRIST AND THE MASTERS OF WISDOM and TRANSMISSION: A MEDITATION FOR THE NEW AGE. Transmission is one of the most potent forms of service available today, you are invited to request free written information on this topic by contacting:*

**TARA CANADA, P.O. Box 15270, Vancouver, B.C. V6B 5B1.**

Diana Holland will be in Penticton, October 12 & 13 to lead a **TRANSMISSION**. She is speaker at the Metaphysical Club Meeting on Friday evening. The **TRANSMISSION** class is **FREE** of charge and will be held on Saturday.

Please see Metaphysical Club listing for more details.



## Just what is it Astrologers do, anyway?

with Marilyn Waram

An astrologer calculates the positions of the planets at the exact moment an individual is born. This natal chart or horoscope usually looks like a circle. This is the mathematical or scientific part of the astrologer's work. The chart is correct astronomically; the planets really WERE in those positions when the client was born.

The next step takes astrologer and client from the "mathematical" into the "meaning" world. From ancient times, astrologers have noticed that each planet represents particular character traits. This is what is meant when we say the astrologer "interprets" your chart - the various positions of each planet are studied and the meanings derived and combined until they describe a whole person - you. This process is also called "synthesis" because the astrologer must take the potential meanings of each planet and weigh them with all the other potentials indicated by the complete chart. No single factor can be interpreted on its own - a human being is much too complex. No competent astrologer would risk his/her art by so simplistic an approach.

To give you an example, an astrologer might find the planet Uranus occupying a powerful position in the chart. Uranus symbolizes a strong need for individual freedom, and a tendency to want to feel very unique, quite different from anyone else. Sometimes it indicates a person who is merely their own person, but it can also indicate the possibility that the individual is rebellious, perhaps to the point of irresponsibility and outright destructiveness. The Uranus person is also usually somewhat aloof, and may strike others as cold and unfeeling. Now, if Uranus were the only prominent planet then it would be indicative of a major tendency in the personality, but usually there are complicating and conflicting factors elsewhere in the horoscope.

In the above example, the client's chart might also show a large number of planets in the sign Cancer, a sign which is associated with a strong bond to mother and nurturing in general, rapport with children and great respect for the home, the family and the larger family of clan or nation. Cancer people have very strong feelings and may be unpredictably moody; warm and comforting one moment and withdrawn and seemingly unresponsive the next.

So which one describes the client? Well, both. People really are endlessly complex. This particular person will have times when s/he feels strong emotions and really wants to be in a close, warm, very emotionally nurturing relationship with someone. At other times s/he will feel very independent, more into thoughts than feelings, and won't want anyone around making demands or expecting anything. Having their chart interpreted can do such a person a world of good, because other people in their life will often have been bewildered and angered by the client's switches back and forth, and may have accused them of being unreliable, or of making false promises, and so on. Such a client frequently has developed some uncertainty as to their own sanity. The astrologer can point out that such switches are normal for this individ-

ual, and so foster self-acceptance.

Beyond describing personality, what else can an astrologer do? That, like the quality of the interpretation, depends on the astrologer's background and training. Some consider their job done once they have interpreted the chart. This is a perfectly legitimate decision, to place their limit at this point. Such astrologers will keep a list of other helping professionals, such as psychologists and various types of lay counselors, handy so they can refer their clients to these people. For example, the above client may well be relieved to hear that his/her personality switches are normal, but that will not substantially ease relationships with others, who tend to prefer consistency! It might be desirable to refer this client to a counsellor who can offer insights into how to consciously direct those different moods into the appropriate situations.

In other words, the client can learn to stay in the Cancer warmth and nurturance while with his/her children because they require that. S/he can learn to switch into Uranian independence and focus on rational thought at work, if the job requires this, or to pursue a hobby in which s/he can be rational and inventive and not have to answer to anyone else. S/he can also learn to inform the spouse of which is predominant, so that they can have a better idea of what expect. Spouses greatly appreciate knowing when a mate is approachable and when it is safer to back away and let some air into the relationship.

Some astrologers offer counselling services as a follow-up. Competence levels do vary, however so it is a good idea to find out where the astrologer took their training.

There are few schools for astrologers, but if the person you call has attended classes, workshops or conventions, taken correspondence course, or was a member of a study group for at least a year you have some indications that they tried to get what training they could. Astrologers who also offer counselling services should certainly be able to tell you what workshops and/or courses they attended.

A last issue to ask is the astrologer's own belief system. Some specialize in predilections, and believe in fate.

If you want to understand yourself better, to learn about how unconscious needs sometimes drive you to do things you don't understand, learn to identify and heal inner conflicts which have produced miserable life situations, or find out how to take charge of your life and your many wonderful selves, find an astrologer who has a background in psychology and counselling skills and who believes in free will, self-development and right of every individual to be the best s/he can be. You'll be happier!

A last point: to calculate your chart, an astrologer needs to know your birthdate, place of birth and the time of your birth, to the minute. If you don't know your birthtime find an astrologer who can "rectify" a chart. S/he will ask for an extensive list of events and month and year they occurred, and with this, she will research until she confirms your birthtime. Then you, too can join the ranks of those who have enjoyed, benefitted and grown from their chart interpretation!

## Complete Astrological Correspondence Course.....now available

- ★ Study with experienced teacher, internationally recognized author and dynamic counselling astrologer Marilyn Waram.
- ★ Highly acclaimed, clearly written and exciting lessons.
- ★ Exercises provided keep you in constant personal contact with Marilyn, whose warmth encourages you at every step.
- ★ Learn at your own speed; "Like having classes in your home"

**Write now for Course Description**

P.O. Box 2252, New Westminster, B.C., V3L 5A5

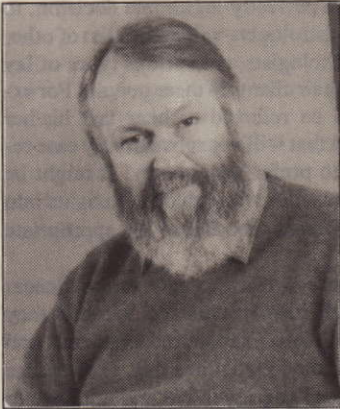
**OKANAGAN TOUR Nov. 28 to Dec. 3 - details in next ISSUES**



**Marilyn Waram**



# Networking for Change



Dave Cursons  
Editor

## NOVEMBER 18TH, 1990 MUNICIPAL ELECTIONS

Municipal elections in British Columbia are now organized to occur at the same time in all municipal jurisdictions. They are happening in November of 1990.

Maybe it's time you considered supporting somebody for municipal council or considered running for council yourself.

### ACTING LOCALLY

The popular slogan of the green movement worldwide is "think globally, act locally". After we've done our best in the home to reduce our consumption, re-use materials whenever possible and have trained ourselves in the habits of recycling we may look around the neighbourhood and the town to see how we may advance care of the earth and it's systems, cut pollution, and preserve the essential values of good air, water and soil.

Behavior in our settlement areas is governed at the local level. Things like sewerage, sidewalks, streetlights, garbage disposal, waterworks, parks maintenance, building codes, licenses to do business, paying for schools, police, fire-protection and a host of areas affecting our day to day existences are consigned to village councils, school boards, district municipalities, cities and regional districts.

### LOCAL BUREAUCRATS STEER

So complex is the management of municipal government that it has fallen to trained bureaucrats in planning, engineering and accounting. In theory these bureaucrats take their directions from an elected body like a City Council or a Regional District Board, members of which know less about how the municipality functions from day to day than any one of their paid officials.

The agenda for the setting of public policy at the municipal level is largely in the hands of municipal officials with elected members of council essentially "rubber stamping" much of what goes down until public attention is drawn to one item or another and some sort of reaction spurs the elected officials into acting like leaders, sometimes even resorting to taking the helm to make something happen or, more commonly, to stop something from happening.

### THE GROWTH ETHIC

Municipalities are expected to grow. Municipal officials are trained and experienced in the growth and development school of

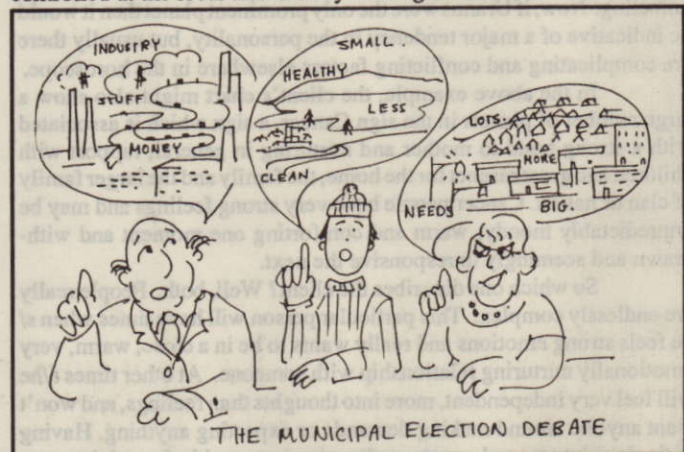
municipal management. In fact the "growth and development school" is the only one in town. A career path for a municipal official leads him to "bigger and better things"; say from being a small-town administrator to the head of the planning department for a large district municipality.

For the professional municipal manager, the bigger the budget, the more prestigious the office. This mind set is very often shared by elected officials, many of who have taken elected office because of their business acumen, the ability to "make things happen". This is not to condemn the bureaucrat, engineer or planner. We all adapt to the system in which we must survive. In fact the accumulated knowledge and expertise of bureaucrats will be very useful when politicians direct them to investigate, plan and implement "Green" programs.

### GREEN MEANS BETTER, NOT BIGGER

In a greener world the role of local government must change. Essentially it will become a matter of "getting better, not bigger". In a "green conscious" local government it will no longer be a primary goal to attract industry to create jobs to attract a larger population to extend the tax base to provide more services to a town that's "really going places".

We now know that we are not "going places". We are one species on one planet and notions of exponential growth on the global or local level is passe. Exponential growth is a wildfire that will have to be controlled at the local and thereby at the global level.



Green politics is in need of politicians at the municipal level who will enunciate the new model for local government which includes first of all an assessment of the "carrying capacity" of the watershed not only in terms of human needs but in terms of the bio-system as a whole. The integrity of the natural systems in the settlement area will be more important than the need for more parking space in the downtown area.

In a greener municipality internal combustion engines may be banned from the downtown area. Buildings may be moved underground in some cases in order to leave room for grass and trees on the surface. Wetlands and marshes may be viewed as precious in their own right rather than things which stand in the way of "real progress".

At this juncture it must be clear what kinds of people are needed to run for office at the municipal level. We need people to run for municipal office who until now would have been considered unqualified.

Consider, however, that as many as 80% of the Canadian public say that they are willing to change their way of life to save the planet.

What are needed are women and men who can speak to such a bold undertaking, who can describe the current problem, propose solutions and gain the confidence of the public and garner support for programs that will mean alterations in accustomed ways but provide a persuasive promise of a better world.

(continued next page)



## Cities

Armstrong, Box 40, Armstrong, B.C. V0E 1B0	546-3023
Castelgar, 460 Columbia Avenue, Castelgar V1N 1G7	365-7227
Cranbrook, 3200 Wisbert Rd., Cranbrook, B.C. V9C 1R1	478-5541
Enderby, Box 400, Enderby, V0E 1V0	838-7230
Grand Forks, Box 220, Grand Forks, B.C. V0H 1H0	442-8266
Greenwood, Box 129 Greenwood, B.C. V0H 1J0	445-6644
Kamloops, 7 Victoria Street W., Kamloops, V2C 1A2	828-3311
Kelowna, 1435 Water Street, Kelowna, B.C. V1Y 1J4	763-6011
Kimberley, 370 Spokane Street, Kimberley, V1A 2E8	427-5311
Merritt, Box 189, Merritt, B.C. V0K 2B0	378-4224
Nelson, 502 Vernon Street, Nelson, B.C. V1L 4E8	352-5511
Penticton, 171 Main Street, Penticton, B.C.	492-3043
Revelstoke, Box 170, Revelstoke, B.C. V0E 2S0	837-2161
Rossland, Box 1179 Rossland, B.C. V0G 1Y0	362-7396
Trail, 1394 Pine Avenue, Trail, B.C. V1R 3E6	364-1262
Vernon, 3400 30th Street, Vernon, B.C. V1T 5E6	545-1361

## District Municipalities

Coldstream, 9901 Kalkamalka Rd., Vernon, B.C. V1B 1L6	545-5304
Elkford, Box 340, Elkford, B.C. V0B 1H0	865-2241
Peachland, Box 390, Peachland, B.C. V0H 1X0	767-2647
Salmon Arm, Box 40, Salmon Arm, B.C. V0E 2T0	832-6021
Spallumcheen, Box 100, Armstrong, B.C.	546-3013
Sparwood, Box 520 Sparwood, B.C. V0B 2G0	425-6721
Summerland, Box 159, Summerland, B.C. V0H 1Z0	494-6451
Golden Box 350 Golden, B.C. V0A 1H0	344-2271
Osoyoos, Box 3010, Osoyoos, B.C. V0H 1V0	495-6515
Princeton, Box 670, Princeton, B.C., V0N 2R0	295-6144

## Villages

Fruitvale Box 370 Fruitvale, B.C., V0G 1L0	367-7551
Kaslo, Box 576, Kaslo, B.C. V0G 1M9	353-2311
Keremeos Box 160, Keremeos, B.C. V0X 1N0	499-2711
Lumby, Box 430, Lumby, B.C. V0E 2G0	547-2171

Midway Box 160, Midway, B.C. V0H 1M0	449-2222
Nakusp Box 280, Nakusp, B.C. V0G 1R0	265-3689
New Denver, Box 40, New Denver, B.C. V0G 1S0	358-2316
Oliver, Box 638 Oliver, B.C. V0H 1T0	498-3404
Salmo, Box 1000 Salmo, B.C. V0G 1Z0	357-9433
Silverton, Box 14 Silverton, B.C. V0G 2B0	358-2472
Slocan, Box 50, Slocan, B.C. V0G 2C0	355-2277

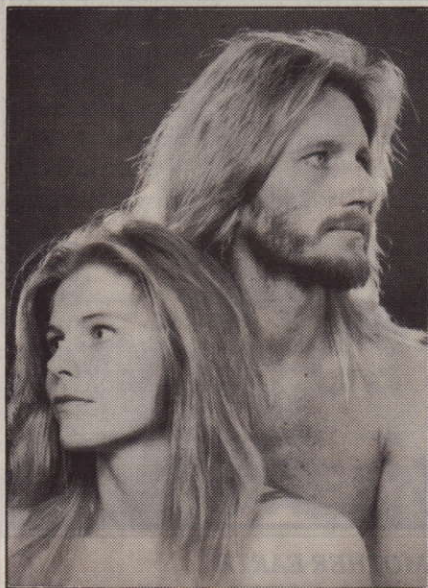
## Regional Districts

Central Kootenay 601 Vernon Street, Nelson, B.C. V1L 4E9	352-6665
Central Okanagan, 540 Groves Ave., Kelowna, B.C. V1Y 4Y7	763-4918
Columbia Shuswap Box 978, Salmon Arm, B.C. V1E 4P1	832-8194
East Kootenay, 19-24th Ave. South, Cranbrook, B.C. V1C 3H8	489-2791
Kootenay Boundary 1159 Pine Avenue, Trail, B.C. V1R 4E2	368-9148
North Okanagan, 2903 35th Ave. Vernon, B.C. V1T 2S7	545-5368
Okanagan Similkameen, 101 Martin Street, Penticton, B.C. V2A 5T9	492-0237

## INTERIOR MUNICIPAL OFFICES

Ask for a list of the council or board members. Ask for information on the structure and the committees of your local government. Get a copy of the audited financial report (often revealing). Attend a Council meeting. Ask questions. Make suggestions. Complain when appropriate.

Find out where the community's water comes from and how it's managed. Find out how sewerage and garbage are taken care of. Find out who on Council or Board is doing a good job and support and encourage them and if the right people aren't there get nomination papers sent to you and find a good candidate for the November elections and . *If you have to, run yourself.* ♦



# HARRISON KRIPPS

SPECIAL UNITED NATION'S WORLD FOOD DAY

## CONCERT

Saturday, October 13, 8:00 pm  
Summerland's Centre Stage Theatre

Performance of exciting original music with unique  
megascreen video images from New Guinea, Cambodia and ?

Admission \$7.00  
(Advance \$5.00)

## TICKET OUTLETS

Summerland: Bookstore & Bazaar (Main St)

Peachland: Lovelocks's Hair Styling (4421 1st St.)

Penticton: Photography by Chris (385 Martin St.) & Skaha Sound & Light Systems (254 Ellis St.)

Kelowna: Earthcare (1476 Water St.)

INFORMATION: 494-1366

INFORMATION: 494-1366



# POLARITY THERAPY

## Discovery Workshop

with Margaret Lambert

**Intro Evening: Thurs. - Aug 30**

7-10 pm - Cost \$5.00

**Workshop: Fri., Sat. Aug. 31 & Sept. 1**

To register  
please call Linda  
764-8762



at  
Books &  
Beyond in  
Kelowna

## DECREASE YOUR VEHICLE'S POLLUTION AND RESOURCE DEMAND

by Joseph Vincent

The fact that the automobile engine has not changed in basic design or efficiency for most of the century, would quite understandably lead to skepticism among many, regarding significant mileage, performance and emission improvements. However, facts of physics say there is an enormous amount of chemical energy stored in fuel, and also the average vehicle is around 10% efficient (20% is over generous).

About 10% of this huge amount of energy results in vehicle motion. In other words 90% of it is wasted, causing pollution, engine deposits and certain people realize vast profits.

To drastically increase ones mileage would require only a very slight percentage increase of efficiency.

There are two main areas of weakness in the typical engine. Some may be aware that the average car uses about 10 - 15 horsepower to maintain a 60 M.P.H. speed. The rest of the engine is "just along for the ride" as it gulps fuel. The effectiveness of a simple, Canadian invented method, for example, is that one of its functions greatly reduce this fuel wasting "freeride" that can, in some vehicles, account for half of the fuel used.

The really big problem is that only vaporized fuel can burn and will be of use. In a vehicle the fuel goes into the engine as a spray of liquid droplets (about 400 - 500 microns in size) which have to turn into a vapor and then burn.

Practically all good fuel economizers in one way or another help create smaller broken up "chunks", helps them "unfreeze" better or faster, somehow delivers more individual molecules, or a combination of any or all of these things. Any method that will encourage the production of vaporized fuel will increase efficiency provided there is not too much of it. Vapor is all that can burn and it does so easily, fast and completely, and enormous amounts of fuel in the liquid form can go through the engine without even being noticed. In fact, some cars use a lot of extra fuel just because the liquid form is used to help end the relatively slow burning flame in order to prevent the burning from going on into the exhaust system.

Usually, added energy in the form of heat is often in vapor enhancing systems but not necessarily so.

Vaporization can be very effectively encouraged by magnetically polarizing and exciting the fuel molecules to help them repel one another. This is possible with a very

simple installation in the gas line.

What about possible harm to the engine? Don't confuse any of this with the conventional process of making the fuel mixture lean which can cause excessive and damaging heat.

The list of benefits include quicker starts, less tune ups and maintenance problems, way less pollution, and a cleaner and longer lasting exhaust system and engine (provided you don't abuse extra power made available).

More complete burning of less fuel, causes less gunk to come out of the engine, and less to form inside the engine as engine deposits. One of the main deposits is carbon. These deposits can foul up the spark plugs and they burden the oil with abrasive particles and chemically active and corrosive substances such as acids. All promote wear and/or breakdown encouraged by higher heat. Wear definitely causes a further decrease in efficiency and pollution such as "oil burning".

If you are rich or really don't care about saving quite a lot of money at the gas pumps over the years, there are still at least two very important reasons to improve your vehicle's efficiency - a responsibility that for the foreseeable future will remain with the motorist.

Practically all the devices available aim at emission reduction. Oxygen reacts with the fuel vapors, in the "normal" engine where there is less vapor available and more unburnable and partly burned substances around. This leaves more oxygen to form undesirable reactions promoted by the heat present. The unburned and partly burned fuel such as carbon monoxide going out the tailpipe. Remaining oxygen then reacts with the nitrogen from the air in the engine and that causes awful brown smog.

Our fossil fuel consumption is accelerating. Reserves are running out. We are accumulating a type of personal debt effecting future generations, by consuming a far more than necessary portion of dwindling non-renewable resources, as well as adding to our planets pollution burden.

Information, including a descriptive catalog of materials and manuals as well as proven devices (some just out) is available for \$3.00 from **Environment Friendlier Vehicles, Box 497-I, 1482 Tamarac Avenue, Trail, B.C., V1R 4L7**



## REBIRTH OF MOTHER EARTH

*Held July 1st weekend at Barnes Creek, near Edgewood on the Arrow Lakes, this is the ninth year of a celebration founded by native teacher Red Cloud. Native spiritual leaders from Canada and the U.S. gather annually to gather inspiration from one another and to celebrate our relationship with the earth.*



# The KiKwillie Festival Society

In the native Indian trading language a KiKwillie is an ingenious winter abode. The Kikwillie Festival Society was created to support alternatives. The following is part of our constitution.

## The purposes of the society are:

a) To advance alternative ideas and practices in nutrition, physical culture, artistic expression and political philosophy.

b) To promote the free exchange of ideas and experiences aimed at the growth of individual persons in harmony with the earth's systems.

c) To produce entertainment and public events.

The group of seven individuals who organize the Spring Festival of Awareness every year at Naramata (This year it is April 26, 27 & 28th) thought it was time Penticton had a place where information could be obtained easily on alternatives. A special place where people of like minds could gather, be informed of what's happening locally and be easily accessible. A place where everyone who wants to see change could get involved with others of like mind to accomplish great deeds.



The old "Big O Tire" shop at 215 Winnipeg Street, between the post office and the 7-11 and across from Canadian Tire, has lots of space and we would like to share our space with environmental groups, maybe a storefront, perhaps an alternative bookstore, perhaps a craft co-operative, we would like to meet with people wishing to run a vegetarian restaurant and Juice Bar, we hope to have holistic health practitioner spaces and an office for non-profit societies that would like to share energy and space to make their efforts more efficient.

We have many ideas, lots of energy and we hope to get impute from the community. Some thoughts for use of the building in the evening would be teen dances, family party's, little theatre, folk music, a speaker series, workshops and mini wholistic health fairs plus.....so much more so stay tuned.

At present we are using the space for a Farmer's Market. This is held every Saturday and Sunday 10 am to 4 pm till sometime in October and the local produce and fruits become scarce once again. This also gives us time during the week to do renovations, and to figure out who needs what space, etc, etc.. If you would like to get involved you can phone myself, Angele 492-0987 or Marion 493-3697

The KiKwillie Festival Society is selling memberships, a sliding scale of \$10.00 to \$25.00. We are getting lots of feedback that seems to

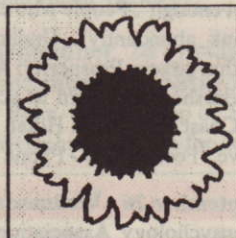
indicate that this is just what Penticton needs, we appreciate all the support we have received and hope you will get involved. ♦

## The Green Party of British Columbia

Since 1983 in the Interior of B.C. The Green Party has fielded candidates in both federal and provincial elections.

On November 18th the Greens join the municipal electoral process. If you want to contribute to solutions at the local level put Green Candidates forward at the City, Village or Regional District level on November 18th.

**VOTE FOR  
THE GREEN  
PARTY**



### Green Contacts

**North Okanagan**  
Lorraine Powell 838-6613

**Kelowna**  
Robert Miles 860-8200

**Penticton**  
Harry Naegel 492-3881

**Similkameen**  
Lauren Sellars 499-5715

**Kamloops**  
Trudy Frisk 573-5196

**Shuswap**  
Connie Harris 832-8729

**Rossland-Trail**  
Angela Price 362-7790

**West Kootenay**  
Jane Lewis 359-7880

## JOIN THE GREEN PARTY

Membership is \$10-\$25 on a sliding scale depending on income.

Send your name, address and telephone number along with a cheque or money order to:

**The Green Party**  
831 Commercial Dr.  
Vancouver, B.C.  
V5L 3W6

## DONATIONS

You get up to 75% credit on income tax for political donations. \$100.00 only costs you \$75. Phone one of the Green Party contacts or mail to 831 Commercial Dr., Vancouver, B.C. V5L 3W6



# "Soul Mate Reunion"



**Colin & Stephanie Cole**  
of the Rose Pearl Institute of Seattle

This is a theoretical and experiential WORKSHOP focusing on the controversial issue of Spiritual Relationships of various sorts. Insights on these relationships and their importance in the growth process, for both singles and couples, will be explored.

**INTRODUCTION: Friday,  
Sept. 28, 7:30 pm (\$5.00)**

**WORKSHOP: Saturday,  
Sept 29, 10 am to 6 pm**

**LOCATION: Ellis Training Ctr,  
Ste. #200-1455 Ellis St.**

## Kelowna

**WORKSHOP COST: \$65.00**  
(including introduction) with  
discounts for couples and for  
pre-registration

For more information,  
please phone Michael or Beverly  
at 861-8470

## PRIVATE SESSIONS

### Books & Beyond Speaker Series

Friday's at 7:30 pm  
at #105-1735 Dolphin Ave., Kelowna

- Sept. 7-Kathryn Spears \*\*Happiness  
14-Brock Tully \*\*Follow your Heart  
21-Lois Strantz \*\*Astrology  
28-Faye Stroo \*\*Transformational  
Counsellor Training. Is it for you?  
Oct. 5-Harold Naka \*\*Tai Chi  
12-Wendy Lang \*\*Healing Tao  
19-Aquarius, \*\*So you think, New Age is new?

For more information about the speakers  
or if you would like to give a presentation  
contact Sealia: 763-6222

**Seating Is First Come, First Served!**

## Kelowna Calendar of Events

**August 30, 31 & September 1**

**Polarity Therapy Discovery Workshop**  
with Margaret Lambert of Vancouver  
at Books & Beyond -Intro - Thurs 7 pm  
\$5.00 - Workshop Fri. nite, Sat & Sun.\$150.

**September 4 - Tuesday**

**John Robbins & Hans Diehl**  
**Healing Ourselves- Healing our World**  
Please see ad on page 9.

**September 7 - Friday**

**Happiness: A Transformational Workshop**  
Relating to Issues of the Heart with  
**Kathryn Spears**. With care and compassion  
Kathryn will inspire you to reach aspects of  
yourself, you never dreamed possible. Into. at  
Books & Beyond - 7:30 pm Fee \$20.00 may be  
applied towards the **Week-end Workshop**,  
Sept 7, 8, & 9th. Contact Deanie 762-9573

**September 14 - Friday**

**Brock Tully - Author of "Reflections"**  
**Follow your Heart-Go after your Dreams**  
at Books & Beyond - 7:30 pm - \$6.00

**September 15 - Saturday**

**Receiving Prosperity**  
People who experience lack in their lives  
spend a lot of time thinking and demonstrating  
"there is not enough". People who experience  
plenty "think abundantly". Understand the  
Principles that govern Prosperity. Attend this  
one day workshop and learn to accept your  
success at Coast Royal Ann Hotel, 348  
Bernard Ave. Fee: \$75.00 - Phone 763-8588

**September 26 - Wednesday**

Parapsychology Association presents  
**YELLOW BEAR**. Words cannot describe  
the wisdom which Yellow Bear has to share  
with us pertaining to the history of the North  
American Indian, the Medicine Wheel, the  
Indian drums and songs, plus much more. At  
the Sandman Inn - 2130 Harvey Ave, 7:30 pm  
Cost \$3.00 members \$6.00 non-members.  
Contact Bonita day:860-2200-nite762-5019  
Workshops: Sunday-Kelowna, Saturday-Penticton

**September 27 - Thursday**

**Christopher Moon**  
**"Elements of Inspiration" - \$10.00**  
7:30pm at the Lodge Motor Inn,  
2170 Harvey Ave. Info? Jeanette 769-7228

**September 28 - Friday**

**"Soul Mate Reunion"**  
with Colin & Stephanie Cole of Seattle  
Introduction Friday - 7:30 p, \$5.00  
Workshop on Saturday, \$65.00  
please see ad. for info or ph. 861-8470

**September 30 - Sunday**

**Yellow Bear's Seminar - all day**  
Contact - Diane Knowles - 861-4978

**October 11 - Thursday**

**Creating Positive Relationships**

with  
**Gerald Jampolsky & Diane Cirincione**  
see ad on page 3

**October 24 - Wednesday**

**Carole Ann Glocking, CPT**

(Certified Polarity Therapist) has proven her  
abilities with many clients throughout the  
Okanagan. She'll speak on releasing energy  
blocks, reducing stress, so that your thinking  
is clearer and the healing can begin. Her ad is  
on page 25. Sponsored by KPA. 7:30 pm at the  
Sandman Inn. Cost \$3.members, \$6. public

**October 26 - Thursday**

**Love & Heal Yourself** with Kelly Gersten,  
certified Louise L. Hay Instructor. Have more  
health, money & energy with far less struggle.  
At Books & Beyond - 7:30 pm - Cost \$5.00  
**Workshop - Sunday: October 27 - \$35.00**  
for information phone Sealia - 763-6222

## Ongoing Events

**Tuesdays**

**The Committee Group Series**

This eight week course is designed to em-  
power participants to be all that they can be and  
to introduce them to some of the techniques  
used in the Self Development field. Includes  
in the series are eight breath sessionns and a  
private consultation. If you are ready to re-  
ceive more in life, treat yourself to this excit-  
ing experience of accelerated learning.  
**Sept. 11 to Oct. 30, 7 to 11 pm** at Inner  
Directions Consultants, 1725 Dolphin Ave,  
Kelowna. Cost \$695.00. Phone 763-8588

**Wednesday**

**Transformational Counsellor Training** with  
Faye Stroo at Books & Beyond - 5 weeks  
starting October 10. Info 763-6222

**Kelowna Parapsychology Association meets**  
Last Wednesday of Every month

**Thursdays**

**Kelowna & Penticton Reiki Healing Circle**  
meets last Thursday of each month.  
In Penticton contact Urmi -492-5179  
In Kelowna contact Sealia -763-6222

**Fridays**

**Speaker Series at Books & Beyond**

**Sundays**

**Living a Course in Miracles**  
A 6 week series starting soon.  
At Books & Beyond - 7 to 9 pm - Bringing  
a ACIM into action in our everyday lives.  
Facilitator: Faye Stroo



## Penticton Metaphysical Club

Meets every second Friday - 7:30 pm  
Cost is \$5.00 - Meetings are at either at  
the Leir House or 215 Winnipeg St.

Many of the speakers can be seen on The Holistic Networker, Shaw Cable 11, a week before their arrival, please check the Herald or the Western for air time.

### September 14 - (Leir House)

**Discover the Alexander Technique  
with Jim Ewen & Pat Daniels.**

Learn to use your body with maximum efficiency and ease. The Technique is included in the curricula of many major music, dance and theatre schools in Canada & U.S.A. Athletes will also find it valuable in developing endurance and reducing their vulnerability to common injuries.

Workshop: Sat & Sun. - \$75.00.

### September 28 - (215 Winnipeg St)

**Feeling - The Medicine Wheel  
with Yellow Bear from Winlaw.**

Four Directions-Four Races-Four Colours-  
Four Elements=the Circle of Harmony.  
As we awaken to the serious crisis of environmental destruction, we must rediscover our roots in Mother Earth. Understanding the Medicine Wheel concept, gives us an insight into the missing connection to the Earth, our Sacred Mother. Workshop on Sat., limited registration, sliding scale fee. To register for workshop please phone Judy 492-3696.

### October 12 - (215 Winnipeg St.)

**Transmission**

with Diana Holland from Vancouver  
Transmission is a type of meditation and one of the most potent forms of service. Friday evening is an intro. about TARA Canada and the originator Benjamin Creme. Saturday is a Transmission Workshop. No Charge. Evolution and Service on page 10 gives an indepth look at the principles behind his work.

### October 26 - (215 Winnipeg St)

**Love & Heal your Life**

with Kelly Gersten of Vancouver.

She is a certified Louise L. Hay Instructor. Have more health, love, money & energy with far less struggle. Get off the emotional rollercoaster. Replace self defeating patterns with winning patterns. This is not another lecture series. It is an encounter with your limitless ability to have all you can conceive. Workshop: Penticton on Saturday or Kelowna on Sunday. Cost \$35 - 492-0987

## Penticton Calendar of Events

### September 13 - Thursday

**Vicki Allen is back in Town!**

All Reiki I & II are invited to a Potluck dinner at 215 Winnipeg St. starting at 5:30 pm. Introductory evening for anyone wishing to experience what it is. FREE, just show up at the above address at 7:30 pm. We have a monthly Reiki Healing Circle the last Thursday of every month, phone 492-5179.

### Sept. 14, 15 & 16 - Fri., Sat. & Sunday

Alexander Technique at the Leir House  
see Metaphysical Club listing for details.

### September 26 - Wednesday

**Christopher Moon  
"Elements of Inspiration"**

7:30 to 10:00 pm - Registration 7:00 pm  
at the Lakeside Resort, 21 W. Lakeshore Dr.  
There is a natural flow in our lives that steadily carries us towards fulfillment, passion, and sense of direction. When we are in it, our jobs are fun, relationships invigorating and light and our sense of ourselves is full of confidence and purpose. Join Christopher for an inspiring evening, question & answer period, whereby new light may be shed on your own personal issues. Cost is \$10.00 - For more information please phone Helen 492-3709.

### September 28 - Friday

### September 29 - Saturday

**Yellow Bear - Workshop on Saturday**  
see Metaphysical Club for details.



The  
**Miracle  
Worker**

### Penticton Distributors

Angele Rowe 492-0987  
Michel D'Estimauville 497-5658

## 1st Degree Reiki with Vicki

First nite is a Free Introduction &  
the start of the Workshop



### Penticton

Sept. 13, 14 & 15, Thurs., Fri., & Sat.  
Sunday - Sept 16 available for 2nd Degree

### Enderby

Sept 18 & 19 - Tuesday & Wed.  
9am to 4:30 - Tues. morning Introduction

### Vernon

Sept. 20, 21, & 22 - Thurs., Fri., Sat.,  
Sunday - Sept 23 available for 2nd Degree

Times: Thurs, Fri, 7:30 to 10, Sat. 10-4  
A flexible time schedule can be worked out.

for information contact:

Penticton: Angele Rowe 492-0987

Vernon & Enderby: Lea Henry 838-7686

## REGENERATION IT WORKS



**SUNRIDER**

Independent Distributor

Michel D'Estimauville

Call 497-5658 for a  
FREE Complimentary Booklet

## Shaw Cable 11

presents

**The Holistic  
Networker**

Hosted by Angele & Urmi  
Penticton & Summerland Area  
Check your local T.V. guide for times

## NEW CONCEPTS

Hosted by Patti Burns  
Kelowna and Area

Wednesday 7 pm & Thursday 9:30 am

Watch these dynamic local T.V. shows  
& meet some wonderful people.





## HANK'S

### Healthy Hints

#### What is the Nutritional Approach to Health?

An evaluation of a Person's Health Statistics is made by a Biological Immunity Analysis (BIA) which can be derived from urine and saliva specimens. Even if the persons problems manifest symptoms of anxiety and emotional distress there can be physical imbalances as contributing factors. Likewise physical problems can be brought on by emotional distress.

With BIA no diagnosis is made nor illness treated. This should be the role of the qualified physician.

The results derived from the BIA help people to understand the imbalances present. Suggestions as to a nutritional program are prepared special to the needs of the individual.

Consulting a qualified nutripath to obtain and/or maintain optimum nutrition is as important as consulting a physician when one is ill.

In Biological Immunity Analysis urine and saliva are analyzed for seven major components; sugars, urine and saliva ph, salts, albumin (urine solids), nitrogen compounds.

The individuals profile is then compared to an ideal profile of health. These comparisons can then be used as an aid in seeking a beneficial nutritional program.

Hank Pelser is a  
Certified Colon  
Therapist  
Herbalist, Iridologist,  
Counsellor of Nutripathy

Phone 492-7995.....Penticton



## ED MARRIETTE

Nutritest Analyst  
and Consultant

2049 Byrns Road  
Kelowna, B.C. V1W 2G3

By Appointment  
(604) 860-3968

## WHAT'S REALLY IN PET FOOD!

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

I'll bet you think the commercially prepared kibble or canned food you've been giving your cat or dog is just what the label says - "a nutritious, wholesome, well-balanced diet - all your cat or dog requires - feed this product and your pet will live to a ripe old age enjoying the best of health". WRONG !!

Commercially prepared pet foods are responsible for most of the chronic, degenerative diseases and conditions seen today by veterinarians such as arthritis, cancer, cataracts and hip dysplasia because of what they contain as well as what they omit. Even skin problems, from a simple dry, flaky condition to open oozing sores can usually be traced to the quality of the food that animal has been eating. Most veterinarians aren't aware of this, but those who are aware are often very vocal. Listen to these comments from veterinarians published recently in a west coast newspaper about the quality of pet food: "In many instances you are causing diseases in animals if you feed off-the-shelf food." "... chemical additives and preservatives in mass-produced pet foods caused skin and kidney disorders, arthritis, hyperactivity, hair loss and other problems - many of which improved by eliminating foods with the additives." "The bottom line is a lot of the animals got better just on the diet alone." This last quote is from Dr. Richard Pitcairn who has written a marvelous book on natural health for dogs and cats - he is referring to home-made pet food being much superior to the commercial varieties.

So just what is your pet eating? How about the protein in pet food? If the label says "meat by-products", this can mean tissues from diseased animals, connective tissues, leather meal, fecal waste from poultry and other animals, horse and cattle hair, in addition to the lungs, spleen, kidneys, brain, liver, stomach and intestines the meat industry claims it includes. And what of "meat meal". Aha! This is true mystery meat, as it consists of rendered meat from all sources, including dead cats and dogs. Your pet is able to utilize only about 75% of the protein in meat meal on a dry weight basis, but this is made even less digestible by the high cooking temperatures used.

Other ingredients you may not be aware of are the fillers which can include mouldy grains, and rancid fats, heavy metal contaminants, sweeteners, artificial colours, flavours and preservatives, the latter including the potentially dangerous BHA, BHT, ethoxyquin and sodium nitrate.

Vitamins and minerals are usually not listed in terms of amounts on pet food packaging - you don't know how much the product contains. Heat processing, particularly in the presence of oxygen, and interactions with other ingredients during shelf storage can destroy certain vitamins such as A, E, and B1. The minerals listed in most pet foods lack the complex organic structures found in natural foods and are not easily utilized by the animal.

So what can you do? The best alternatives is to prepare the food yourself from fresh, raw ingredients, including a high quality source of protein, and add appropriate vitamin and mineral supplementation according to the species, age and special needs of your pet. Or you can feed a very high quality brand of pet food (there are 1 or 2 out there), adding fresh vegetables and some supplements to boost nutritional quality.

If you want more information, call or drop me a line, including a self-addressed stamped envelope. I will be happy to send you a few articles and discuss with you the appropriate foods for your cat or dog. In addition to being a nutritional and lifestyle counselor in Vernon, I am also a very successful breeder and exhibitor of top-quality Airedale Terriers under the "Alpenaire" prefix who has always been conscious of the role nutrition plays in the quality of our pets' lives. Our animal friends deserve the best. Don't you think so too? ♦



## Farmer's Market

every Saturday & Sunday  
10 to 4 pm - Penticton

at 215 Winnipeg St.  
(near Canadian Tire)

Rental Space available 493-3697

The most powerful agents for positive change is the purchasing dollar of each and every one of us. Enjoy the well-being that comes from eating healthful foods and from knowing you are making a positive difference in our world! Seek Certified Organic produce.



1. Certification labels show you the product meets or exceeds nationally accepted organic production standards.

2. Consumers who buy certified organic foods are supporting sustainable agriculture. When you buy products grown with petrochemical fertilizers and pesticides you support and show approval of agribusiness, monoculture, depletion of soil fertility, erosion, displacement of small scale and family farms, environmental pollution, and the destruction of wildlife habitat and essential tropical rainforests.

When you buy products "certified organic" you support and show approval of independent and financially self-supporting small farms, soil-saving and enrichment techniques, the importance of high quality nutrition and preservation of a sustainable environment for all earth's inhabitants.

3. There is increasing awareness of possible health problems related to "conventional" production of foods. When you buy certified organic foods you protect your own and your family's health.

4. Buy LOCAL. When you buy locally grown certified organic produce you are voting with your dollars for fewer trucks on the highways, stronger more stable local economies, production of food for the purpose of human nourishment instead of corporate profits, sustainability of agriculture and of our planet. For a list of local certified organic growers

Contact N.O.O.A., R.R. 8, S. 4, C. 19, Vernon, B.C. V1T 8L6 or phone 545-1573 or 545-5268

## The Alexander Technique

with Jim Ewen & Pat Daniels of Vancouver  
Penticton, Sept 14, 15 & 16 at the Leir House

For those who must use their bodies with maximum efficiency. The Technique is used in music, dance and theatre. Athletics use the Technique to increase endurance and reduce injury. Poor posture interferes with performance of a job and causes pain.

Workshop Saturday & Sunday: \$75.00

Interested Phone Angela or attend the Introductory lecture on Friday - \$5.00

## Love & Heal your Life

In Kelowna, Thurs., Oct. 25 • Penticton, Fri., Oct. 26, - \$5

- Have more health, love, money, & energy with far less struggle.
- Get off the emotional rollercoaster.
- Replace self-defeating patterns with winning patterns.
- Hundreds of people have transformed their lives with Louise Hay's approach.

Workshop in Penticton, Saturday, Oct. 26 & Sunday in Kelowna. Cost \$35.00

Facilitator: Kelly Gersten of Vancouver

for more information phone Angela, Penticton, 492-0987 or Sealia, Kelowna, 763-6222



## Join the Debate

The CBC's advertising-regulatory body has refused to air a TV spot which criticizes B.C. forestry practices.

John Davis, Ottawa chief of CBC Advertising Standards, says the Media Foundation's Talking Rainforest ad contravenes page two of the CBC Advertising Standards Codebook, which states: "CBC does not permit advertisers to buy time for the broadcast of controversial material." The codebook goes on to say: "The principle of this policy is that the airwaves must not come under the control of any individual or group who because of wealth, special position, etc., might be better able to influence listener or viewer attitudes on a contentious issue."

"The CBC is violating the spirit of its own rules when it rejects our ads," says Kalle Lasn, director of the non-profit foundation. "During the past three years, the CBC has aired the multi-million dollar campaigns of the B.C. Forest Industries to buy time for our ad." Lasn created its first ad to the B.C. Council of Forest Industry. However, the CBC continued running forestry giant MacMillan-Bloedel's image-boosting commercials. The clay-animation Talking Rainforest ad was designed as an answer to the Mac-Blo campaign. Its premiere broadcast in British Columbia on BCTV's late news, was August 6, 1990.



The Media Foundation, which produces media-literacy magazine ADBUSTERS QUARTERLY in addition to its public-service ads, has repeatedly found its efforts to get messages onscreen stymied - not only by the CBC, but by the Telecaster Committee of Canada, ad standards watchdog for CTV and other private Canadian broadcasters.

"There is no logic in the way Canadian advertising standards are being applied," says Lasn. "For example, the CBC ran our Tubehead campaign against TV addiction; calling it a non-controversial 'motherhood' issue, while the Telecaster Committee has so far refused the air those ads; now the CBC rejects our Rainforest campaign, while Telecasters says it's fine."

"The 'controversial' clause of the CBC's ad-standards codebook was written 29 years ago," says Lasn. "The time has come to allow a free marketplace of TV spots to flourish. Every Canadian should have the right to walk into a TV station and buy 30 seconds of airtime. Why should TV broadcasters decide what is controversial and what is not in our society?"





## Focus on Women

Editor  
Laurel Burnham

On July 3rd, at 12:54 am, I participated in a miracle. I gave birth 8lb, 13 oz. 22 inches long. Skin like a veritable peach. A head of silky black hair Blue eyes and the most incredible articulate fingers ... with fingernails that already needed trimming. A perfect stranger, also the calmest person present. My first child at 37 year of age ... and probably my last.

This baby is nothing short of a miracle. I thought that I had lost my fertility many years ago, as another victim of the patriarchy's war against women. I had a close encounter of the worst kind with an intrauterine device known as a Dalkon Shield, the manufacturers of which (A.H. Robins) now face a multi-million dollar lawsuit ... this same little device killed and crippled women, travelled through the walls of wombs, rendered many infertile. I got off easy with a terrible pelvic infection and what I thought was irreversible damage. When the Dalkon shield came on the market it was possible for a manufacturer to unbend a paper clip, call it something catchy ... and market it as an IUD, that's how loose regulations have been when it comes to women's bodies and women's lives. Thalidomide and D.E.S. are two other horrific examples of the inattention paid to the possible consequences, and ultimately to the lack of research and governmental control.

Pregnancy and childbirth are the sort of circumstances when women are often confronted with the patriarchy at it's most implacable ... and when women are the most vulnerable. From the moment it was determined that I was pregnant, I felt like a subtle battle began.

Any women over 35 and pregnant for the first time is considered to be an elderly primapera and immediately classified as a high risk pregnancy. The first request the Doctor made was for me to undergo amniocentesis, a procedure where a rather large needle is inserted into the uterus and a quantity of amniotic fluid is drawn off, which is then tested for chromosomal abnormalities, which would be early indicators of Down's Syndrome and Spina Bifida, etc. Amniocentesis is also used to determine the sex of the fetus, and is increasingly used as a method of sex selection, by aborting the unwanted sex. The procedure is not without risk. In the first place, the prospect of having a six inch needle inserted into my belly, the risk of a miscarriage, in order to possibly have to face the decision to abort if the child should be "defective" seemed rather bleak. I declined. I was heartened considerably by an article which literally exploded the myth of maternal age and high risk pregnancy. This article detailed some 120 scientific studies done over the past 50 years to correlate advanced maternal age and high risk pregnancy. Less than 10% of these studies were without methodological fault (in other words, they were somehow sexist) and therefore able to make direct connections between maternal age and fetal abnormalities. The medical profession and the scientific community are not impervious to prevalent social attitudes and hence patriarchal bias. For many years the underlying social belief has been that women's main function in life was child-bearing, and so any scientific evidence which would confirm that the optimum condition for women to bear children as young adults would be supported. For a women to have babies (and lots of them) would naturally preclude advanced education, careers other

than homemaking and women's participation in the broader arena of social interaction. Interestingly enough, 70% of all Down's Syndrome babies are born to women under 35.

Another prenatal diagnostic technique routinely proscribed (which I begrudgingly underwent twice) is ultrasound. I see this technology as overused and unfortunately not as benign as it may appear. Long term studies are now beginning to show that some children exposed to ultrasound in utero have a much higher percentage of learning disabilities such as dyslexia. Laboratory animals exposed to high levels of ultrasound in utero show a number of negative effects, many having to do with neural development. Ultra sound is the only prenatal diagnostic technique in which informed consent is not required. At the entrance to the ultrasound lab there was a small sign in which the provincial government hastens to assure me that there is absolutely no risk involved. Small comfort considering governmental track records when it comes to the treatment of pregnant women. Women have been having babies for thousands of years without ultrasound, without amniocentesis, without fetal monitoring and all the other gadgetry the medical profession is so fond of. It seems that we, as a society are unwilling to trust our bodies ... to trust the evolutionary process the thousands of birth that have resulted in each one of us being here ... and the reality that the body has it's own innate wisdom, vastly superior to that of our rational minds. When I look at our perfect, precious child, I am overcome with the absolute and utter miracle of existence. There is no way I could have constructed a tiny fingernail, let alone a complete human being. This lack of trust creates a climate of fear and insecurity. A perfect opportunity for the "experts" in white coats with all the "knowledge" to establish themselves as the one's in control of the dangerous and untrustworthy process of birth. The stories that one hear's and the general attitude of our culture towards birth tends to make one feel that childbirth is excruciatingly painful, messy, undignified and inconvenient, dangerous and downright unpleasant. The tales of unending hours of agonizing labor, drugs, forceps and knives at the ready to not only lend themselves to states of calm and joyous expectancy. Right from the beginning of my pregnancy I felt that the medical profession viewed pregnancy and birth as a pathological process, as if it were some kind of disease.

Calm, joyous expectancy is the optimum state for a pregnant woman, and her unborn child. Constant anxiety and stress are proven to be the stimulus for the release of catecholamines and other substances which can actually inhibit fetal development, particularly neural growth. In an excellent book entitles "The Secret Life of the Unborn Child" Thomas Verney details the work being done to correlate the emotional bond between a mother and her unborn baby. The discoveries being made of the incredible process of fetal growth reenforce a sense of wonder at the incredible complexity, delicacy and divine intelligence inherent in the creation of each human being - and the need for our society to treat pregnancy, childbirth and the newborn with the same sensitivity, intelligence and respect. The negligence with which the subject of diet and nutrition is treated by the medical profession, particularly in regard to pregnancy is appalling. If human life were truly sacred, a pregnant women and a growing child would never ever want for food on this planet.

As the time of birth drew nearer, I became increasingly aware of the next challenge posed by the status quo that we would have to face. Penticton Regional Hospital has the highest rate of cesarean births in B.C. at 30%. Canada has the second highest Cesarean rate in the world. The rationale offered by the medical profession in this community is that the Penticton hospital receives all the pregnancies with complications from the South Okanagan district ... Summerland, Oliver, Osoyoos, etc. The main contributing factor for cesarean births at PRH is cephalopelvic disproportion, or babies supposedly to big to be born vaginally. I have problems believing that one women in every three has too small a pelvis to give birth. It would seem that there are a number of factors which contribute to the rate of cesarean births. Some of it has to do with the women themselves ... and our general lack of personal



empowerment when it comes to dealing with the medical profession. A good example of this for me was the hospital tour that Daryl and I went on as part of our pre-natal classes. There were ten other pregnant couples present ... and not one person asked a single question the whole time we were there. Not one Why? How come? What's this for? Except for our continual queries. I found such submission to the hospital procedures alarming to say the least.

One of the wisest preparations we made for our child's birth was the formulation of a written birth plan, a detailed list of preferences for labor and delivery which we discussed with our doctor before hand, and brought to the hospital with us. Everything was detailed, including our desire for a natural childbirth, severely limited medical intervention, florescent lights dimmed, and the opportunity for immediate and uninterrupted bonding with the baby following birth. The hospital staff complied virtually to the letter. The birth was uncomplicated, relatively serene and joyous. It was also very intense, hard work (hence the term labor) and not without some discomforts - but pain of a unique and miraculous nature. As a result we now have a bright, calm, healthy happy baby who hardly ever cries, who has smiled frequently and rapturously from the second week of existence, and is generally a joy to all. Often the miracle of birth and the power of bonding is lost in the desire for efficiency and hospital routine. It is important to remember that the hospital is there to serve us, and not the other way around.

I had other minor struggles. After about six months, I never did fit the normal charts for weight, I gained over 40 lbs. And the Doctor was more concerned about how I was going to lose the weight after the birth than the fact that I was more concerned with producing a well nourished infant. I was quite an anomole.. being a vegetarian, swimming a continuous mile three to four times a week until two weeks before I delivered, experiencing no swelling, no toxemia, very little nausea, no strange cravings. Once again, the "normal" charts seemed more important than my own glowing presence in the Doctor's office.

I often wished for a community of support, other likeminded women who felt empowered and in possession of their bodies throughout pregnancy and birthing. I wept after reading about a birthing centre in a community in France (population 10,000) where women got to singing classes and prenatal yoga classes with their partners and children throughout pregnancy, and when in labor stroll through the beautiful gardens and grounds, and give birth in a place that they have come to know and love, surrounded by people that they trust, and in the presence of midwives, women far more extensively trained in the intricacies of pregnancy and birth than the average North American physician. One day, perhaps our children will know this kind of caring and respect when they bring their children into this world.

I am reminded of a delightful anecdote I have heard about Mahatma Gandhi. Once when Gandhi came to visit England, on disembarking from his train, he was mobbed by reporters. "Tell us, Mr. Ganhdhi," demanded one "How do you like modern civilization?". "That would be nice.", he replied. ❖



## The Kootenay School of Rebalancing

**The Kootenay School of Rebalancing**  
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The course focuses on deep tissue bodywork and includes  
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For information:

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The month name stems from the Latin for seven, or Septem. Julius Caesar (who also gave us the cesarean birth) changed the calendar and September is now the ninth month. The most notable event in September is that of the equinox. At the precise moment of the equinox, a momentary balance of light and dark is achieved. The sun will cross over our celestial equator. On this day there are equal hours of daylight and dark, and then the balance will tip in favor of longer nights. We enter the all-important time of inner growth. The autumn equinox is also Earth Stewards day, when all people who have committed themselves to care for the planet and all people and all life, can gather together to celebrate their connections to one another and reaffirm their dedications to the Earth.

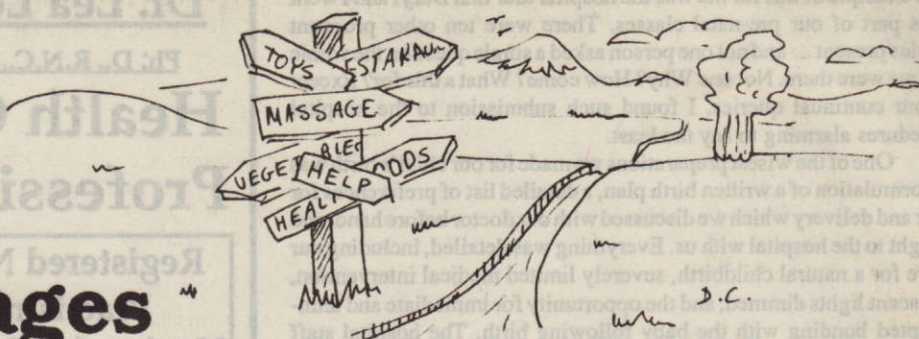


## October

Once again, a month that was originally the eighth month .. until somebody decided to change it. The last day of October is not only Halloween, it is also the mid point between the autumn equinox and the winter solstice. It is a time to think about our own morality. All the celebrations that children so delight in on Halloween all have very ancient roots, stemming from a variety of ancient cultures whose religion was based on the worship of nature. This is also a good time to remember the elderly .. Gifts and small tokens of appreciation to our elderly are appropriate. To appease the past is good luck for the future.



# The Natural Yellow Pages



## HANDY HELPERS

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

### Good Service Construction

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

## HEALTHY PRODUCTS for LITTLE PEOPLE

### Indisposables

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

### Wee Care Diaper Service

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

### DISCOVERY TOYS

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

## INTERNATIONAL SPIRITUAL GROUPS

### Three Mountain Foundation of B.C.

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

### The Rosicrucian Order AMORC -

A world wide educational organization with a chapter in Kelowna, meetings on the 2nd & 4th Thursday every month. Write Okanagan Pronaos AMORC, Box 81, Stn. A, Kelowna, V1Y 7N3

### LEARN MEDITATION as world service.

For bi-monthly materials write: Box 566BC, Ojai CA. 93024, USA. Voluntary contributions to our Canadian treasurer, help support the work: Truda Pruesse, R.R. 2, Oliver, B.C., V0H 1T0. Symposium at Salmon Arm next spring.

### Meditation Groups, Inc.

To promote meditation, with emphasis on the practice of meditation as an act of service for the world. A three year intro. course, sent by mail every 2 months. Based on a western psychological approach. It is non-denominational; non-profit. Voluntary contributions. Try it! Marion: 493-4679 - Penticton

### A Flotarium Tank



493-8788

## FLOTATION LOCATION

673 Eckhardt Ave. West

We welcome you to come and try the unique experience of floating.

**An excellent method to Relax & Revitalize!**

Reduce your stress and enhance your learning abilities. Floating accelerates weight reduction, problem solving and provides relief of arthritis and migraines.

**Drop in and see us or phone 493-8788!**



# The WHOLISTIC DIRECTORY

**Acupressure (Shiatsu)** Rossland: 362-9481  
Sid Tayal  
Penticton: 492-0580 Arlene Lamarche

## Acupuncture

Penticton: 493-6987 Acupunture Ctr.  
Kelowna: 860-3968 Ed Marquette  
Vernon: 549-2662 Galen Foster

## Aroma Therapy

Rossland: 362-7238 Karen Stavast

## Astrology

Kamloops: 573-5432 Moreen Reed  
Peachland: 767-9597 Leah Richardson  
Vernon: 545-0352 Rolf Fassman  
Vernon: 542-6342 - Astrological Consult.

## Aura Therapy

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

## Bodywork

Vancouver: 738-2350 Marsha Warman  
Kelowna: 860-0680 Wholistic Health Ser.  
Oliver: 498-4885 Carole Ann Glocking  
Rossland: 362-9481 Sid or Linda  
Nelson: 354-3811 Relaxation Plus  
Salmon Arm: 832-2330 Bev St. Croix  
Kamloops & Vernon, Dale Richard  
Penticton: 492-0580 - Arlene Lamarche  
Penticton: 492-3709 - Helen Adams

## Brain/Mind Machines

Kelowna: 861-7770 Dream Machine

## Breath Practitioners

Salmon Arm: 832-2330 Bev St. Croix  
Inner Direction Consultants - Kelowna: 763-8588  
also serving Penticton & Vernon  
Kelowna & Penticton 769-4519 - Hazel Peters  
Kamloops - Cyndy Forry - 372-8071

## Chinese Quinary

Kel: 861-7770 Hollywood Health Studios

## Colon Therapists

Penticton: 492-7995 Hank Pelser  
Kelowna: 762-9700 Aqua Therapeutics

## Counselling Services

Vernon & Kelowna: 542-4486 Marc Tey  
Kelowna: 769-7195 Peggy Ness  
Kelowna: 860-0689 Wholistic Health Ser  
Kelowna: 762-9700 Aqua Therapeutics  
Salmo: 357-2475 Joan Smith  
Sal. Arm: 832-5164 Laara Bracken  
Vernon: 545-1818 Johanna Jacks

## Counselling / Bodywork Services

Vancouver 738-2350 Marsha Warman  
Vernon: 549-2662 Galen Foster  
Rossland: 362-7238 Karen Stavast

## Crystal Counselling / Bodywork

Kelowna: 763-6222- Sealia

## Dreamwork

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

## Educational Kinesiology

Kamloops, Vernon, Pent.: Dale Richard

## Float Centres

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

## Flower Remedies

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

## Gestalt Therapy

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

## Herballist

Kamloops, Vernon & Pent.: Dale Richard  
Kelowna: 860-3968 Ed Marquette  
Penticton: 492-7995 Hank Pelser  
Sal. Arm: 835-8393 Yarrow Alpine  
Rossland: 362-7622 Judy Moll

## Intuitive Counsellors

Sal. Arm: 832-5164 Laara Bracken

## Iridologist

Kel: 861-7770 Hollywood Health Studios  
Penticton: 492-7995 Hank Pelser  
Kamloops, Vernon & Pent: Dale Richard

## Laser Therapy

Princeton: 295-6179 Acu-lite Therapy  
Kelowna: 860-3968 Ed Marquette

## Learning Enhancement Systems & Sonic Therapy Tapes

Kel: 861-7770 Hollywood Health Studios

## Massage & Myotherapy

Vernon: 542-9761 Wilf Ziegler

## Meditation

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

## Numerology

Oyama: 548-3289 - Jeanni Jones

## Nutritional Counsellor

Kelowna: 860-3968 Ed Marquette  
Kel: 861-7770 Hollywood Health Studios  
Penticton: 492-7995 Hank Pelser  
Sal. Arm: 835-8393 Yarrow Alpine  
Kamloops, Vernon, Pent.: Dale Richard  
Vernon: 545-1818 Johanna Jacks

## Nutripath

Penticton: 492-7995 Hank Pelser  
Vernon: 545-1818 Johanna Jacks  
Peachland: 767-6465 - Cecile Begin

## N.L.P.

Oliver: 498-2600 Guin B. Moriz  
Kelowna: 762-9700 Aqua Therapeutics

## Polarity Therapy

Oliver: 498-4885 Carole Ann Glocking  
Rossland: 362-9481 Sid or Linda  
Kelowna: 763-8774 Carol Elder

## Psychic

Vernon: 545-0352 Ana Fassman

## Psycho-Physics

Kelowna & Penticton: Marsha Warman has moved to Vancouver - 738-2350

## Psycho Immuno Therapy

Kelowna, Vernon, Penticton: Marc S. Tey

## Rebalancing

Nelson: 354-3811 Relaxation Plus

## Reflexologists

Keremeos: 499-5172 Sharon Rempel  
Kelowna: 861-8470 Michael Erdmann  
Rossland: 362-7622 Judy Moll  
Kamloops, Vernon, Pent., Dale Richard  
Penticton: 493-3104 David Warren  
Penticton: 492-5661 Mabel Broadhead  
Penticton: 492-3738 Celeste O'Neill  
Oliver: 498-4847 Sherry Skaros

## Reiki Practitioners

Kelowna: 762-9700 M. Erdmann (Aqua T)  
Penticton: 496-5763 Dianne Craig  
Penticton: 492-5179 Urmi Sheldon  
Enderby: 838-7686 Lea Henry

## Reiki Masters

Silverton: 358-7786 Vicki Allen  
Salmo: 357-2475 Joan Smith  
Salmo: 357-2451 Maurgo Wilson

## Shamanic Work

Sal. Arm: 832-5164 Laara Bracken

## Symptomatologist

Penticton: 493-3104 David Warren  
Vernon: 545-1818 Johanna Jacks

## Three in One Concept

Rossland: 362-7238 Karen Stavast

*If you are an  
Alternative Health Practitioner  
and would like to listed in our  
"Natural Yellow Pages"*

*Please phone*

**Penticton - Angele 492-0987**

**Nelson - Jack 354-4843**

**Vernon - John 542-0764**

**Kamloops - Moreen 573-5432**



## 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  
Robert & Betty Pelly After 15 years of suffering, I got well & I'd like to help you.

## Ana Fassman - Silver Star Metaphysics

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

## Aqua Therapeutics

Kelowna: 762-9700  
Bob & Pam Walsh & Mike Erdmann  
Colon therapy, NLP counselling, Reflexology, Reiki and more.

## 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  
Awakening "Healer within" thru aura breath, body & movement therapies.  
Workshops: Spirit Movement  
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

## Celeste O'Neill

Penticton: 492-3738  
Euroflex Founder (European Reflexology)  
Special Introductory Offer for NEW Clients.

## Cyndy Forry

Personal Growth Consulting  
Kamloops: 372-8071 - 295 1st Ave., V2C 3J3  
Breath Practitioner

## 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 Marlette, R.H., C.H., N.A.

Kelowna: 860-3968  
12 years serving Kelowna and area.  
Member of Acupuncture Assoc. of B.C.  
Nutritional counsellor, Vega testing,  
Nutritest Analyst & Consultant

## Galen Foster, D.T.C.M.

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

## Guin B. Mortz, 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  
Natural Health Outreach  
Herbalist, Iridologist, Nutripathic  
Counsellor, Certified Colon Therapist

## Helen Adams

Penticton: 492-3709 Tarot Card Consultant  
Relaxing Bodywork, trained with Kiara Fine on  
the Healing Journey. I work with energy  
sensitivity and a rocking motion.

## Hollywood Health Studios

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

## Inner Direction Consultants

Breath Practitioners, Personal Growth Consultants,  
Workshop Facilitators,  
"A Course in Miracles".

Kelowna: 763-8588

Cheryl Hart  
Patti Burns  
Estella Moller  
Bradley Harrison  
Sharon Strang  
Bill Urquhart  
Penticton: 493-6060 - Patti Burns  
Vernon: 542-6140 - Bill Urquhart



## Polarity Therapy

\*\*\* works \*\*\*

with you and your body's own natural healing abilities to help.....

\* relax the mind & body

\* energize & revitalize

\* release stress

\* speed healing of injuries

\* helps build health & inner strength

Medical research has estimated that over 80% of illness is directly related to excess stress. Headaches, back pain, skin blemishes, sciatica, hypertension, heart problems, asthma, and depression are just a few of the common stress-linked conditions. Although Polarity Therapy does not diagnose or treat disease, it does reduce stress. When stress is managed effectively, diseases often improve or disappear spontaneously.

**Call Carol in Kelowna 763-8774 for an appointment or further information.**



# WHOLISTIC HEALTH PRACTITIONERS

## Jeanni Jones

Oyama: 548-3289  
Numerology Charts, Stress Release  
Esthetics, Healing Treatments & Classes

## Joan Smith (Noor-un-nisa)

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

## Judy Moll

Rosland: 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

Rosland: 362-7238  
Aromatherapy, Massage Therapist, Three in One  
Concept (Identification & Diffusion of Learning  
Disabilities).  
Workshops & Individual Consultations

## Laara Bracken, B.Sc.

Salmon Arm: 832-5164  
Certified Core Belief Engineering Practitioner.  
Intuitive Aura Readings, Balancing and Healing,  
Personal Taped Meditations, Dream Interpreta-  
tion, Counselling,  
Regressions (non-hypnotic) Reiki, **Workshops:**  
Learn to see Auras, Self Esteem: some Basic  
Building Blocks, Anger, Sound & Colour, Begin-  
ning Metaphysics, Meditation and More.  
I Travel Throughout the Interior  
Brochure available.

## Lea Henry

Enderby: 838-7686  
Reiki treatments, bodywork,  
Vitol 27 products

## Leah Richardson

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

## Mabel E. Broadhead

Penticton: 492-5661  
Certified Reflexologist

## Marc S. Tey

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

## Margrit Bayer

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

## Marsha K. Warman Psycho-Physics

Moved to Vancouver 738-2350 - returning for  
clients, to make appt. ph. Penticton 492-0987  
Instructor, bodywork and counseling in mind/  
body healing.

## Maugo Wilson - Reiki Master

Salmo - 357-2451 (Box 536)  
Classes, Treatments, my home or yours.  
Individuals or groups

## Peggy Ness, C.A.C.

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

## Penticton Flotation Location

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

## Relaxation Plus Clinic

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

## Rolf Fassman - Silver Star Metaphysics

Vernon: 545-0352  
Astrology, practitioner & teacher

## Sealia

Kelowna: 763-6222  
Crystal Counselling & Bodywork, Reiki  
Treatments, founder Kelowna Reiki Circle.  
Tea readings. Promoter for Seminars.

## Sid Tayal, Linda Kusleika, Centre for

Awareness, Rosland: 362-9481  
Bodywork, Polarity, Yoga, Reflexology  
Chinese Healing Arts, Counselling, Rejuvena-  
tion program, Annual retreat

## Sharon Rempel

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

## Sherry Skaros

Oliver: 498-4847  
Reflexologist

## Vicki Allen

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

## Wholistic Health Services

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

## Wilf Ziegler, C.R., A.P., M.T.

Vernon: 542-9761  
3 types of therapy, massage, myotherapy,  
acupressure. Relief for migraine, whiplash &  
back problems. Lic # 45880 - \$20.00 an hour  
Registered with the Int'l Inst. of Reflexology

## Yarrow Alpine

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



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

## Go Placidly Amidst the Noise & Haste

The beginning of this beautiful poem provides wisdom  
and insight on how to approach life.

**POLARITY THERAPY** is an integrative bodywork that indeed  
permits you to "Go placidly" through your everyday lifestyle feeling  
fit and mentally calm. These are only two benefits you can experi-  
ence from Polarity. Why don't you experience for yourself  
the myriad of benefits that Polarity can afford you.

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

**Carole Ann in Oliver - 498-4885**



## HEALTH FOOD STORES

### Kamloops

#### Healthylife Nutrition

264-3rd Ave: 828-6680

Quality products from Quest, Natural Factors, Nu-Life, Richlife, Wild Rose, Albi, etc.

All at Discount Prices.

Free Mail order Catalogue.

### Vernon

#### Sunseed Natural Foods and Cafe

2919-30th Ave: 545-7892

Specializing in Organic Produce.

Fresh ground grains & snack foods.

#### Terrys Natural Foods

3100 - 32nd Street: 549-3992

Interiors Exclusive distributor for Maharishi

Ayurveda Herbal Products. - Bulk Foods

#### Lifestyle Natural Foods

Village Green Mall, on 27 th St.: 545-0255

Bulk Foods, Herbs, Vitamins, Cosmetics,

Books & Athletic Supplements

Independent Matol Distributor

### Summerland

#### Summerland Bulk Food Emporium

Health - Bulk - Gourmet

Kelly & Main - Mon. to Sat. 9 to 6pm

Knowledgeable Staff: 494-1353

### Penticton

#### Judy's Health Food & Deli

129 West Nanaimo: 492-7029

A Full line of Natural Supplements

Specialty Foods, Herbal Remedies.

#### Bulk Food Emporium

1515 Main St.: 493-2855 - Open 7 days

Quality Vitamin & Herbal Supplements

Natural & Organic Produce & Dry Goods

Natural Cosmetics & Cleaning Supplies

#### Edible Dried Goods

407 Main St.: 492-4080

Okanagan Gift Baskets

Wide selection of Bulk - Natural foods

Vitamins - Supplements

### Kelowna

#### Lifestyles Natural Foods

Orchard Park North Mall: 762-9711

Vitamins, Cosmetics, Herbs & Books

"Helping you to change your lifestyle"

### Westbank

#### Natural Harvest

On the Hwy: 2489A Main St.: 768-4558

Discount Vitamins & Health Products

Fran Kovacs can help YOU get healthy!

### Oliver

#### The Harvest Pantry

Oliver - Main Street: 498-2266

Vitamins, Natural cosmetics,

Herbal Formulas, Books

### Sorrento

#### Nature's Bounty

Sorrento Plaza, Trans C. Hwy: 675-4323

Health Foods, Supplements, Herbals,

Bulk foods, Locally Crafted Giftware

### Trail

#### L'Bears Health Food Stores

1266 Pine Ave, downtown Trail - 368-8318

or at Waneta Plaza - 368-3505

A complete line of Natural Supplements

Specialty foods & Herbal Remedies

## SUSTAINABLE AGRICULTURE

#### Sharon Rempel presents creatively:

-organic farming & gardening workshops

-sustainable agriculture practices

-Vegetable Puppets doing Educational Shows

-heritage gardens & landscaping

-historic site interpretation

R..R. # 1, Keremeos, B.C. V0X 1N0

Phone: 499 - 5172

## WHOLESOME MEALS

#### SUNSEED Natural Foods & Cafe

Home baked bread - Vegetarian Menu

We fresh-grind organic grains daily

Soups, Entrees, Salads, Desserts

Fresh squeezed Juices

Open Monday to Friday 9 to 5 pm

2919-30th Ave., Vernon: 545-7892

## FARM LAND for SALE

#### Cherry Grove Fruit Stand

10 acres of mixed fruit trees, gardens, house, cold storage buildings etc.,

25 years of natural growing methods.

For appt. phone Tom in Oliver: 498-2817

## EAST WIND MEDITATIONS

East Wind is located at Suite 206-598

Main St. in downtown Penticton. All programs

at East Wind are taught to each student

individually in a private setting. Classes are

held once per week at the convenience of the

student and are one hour in duration. Each

program is continuously ongoing, therefore

tuition is paid on a monthly basis at the

beginning of each four week block. Course

fees vary according to each individual financial

situation. For more information or to make an

appointment for a personal interview phone the

Program Director at 492-6902 in the evening

or drop in to East Wind during any weekday.

## CERTIFIED TRANSITIONAL

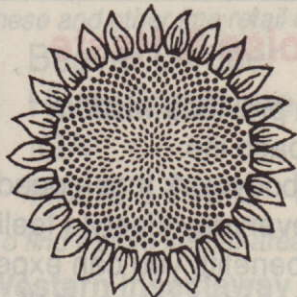
#### Friendly Farms

Apples (\$1.35 a lb) Apple juice (\$1.00 litre)

Strawberries & Vegetables (in season)

R.R. #3, Spiers Road, Kelowna, B.C.

Phone 763-1228



## Natural Food Store

Open 9-5 pm - Monday thru Saturday

**ALWAYS FRESH, CERTIFIED ORGANIC PRODUCE AVAILABLE**

**Dry goods, herbs, cruelty-free toiletries**

**Cold storage** available Monday thru Sat. 8 am to 8 pm, Sunday 4-6 pm

**Solar fruit drier** available for rent

### Wild West

**Organic Harvest Co-op**

for more information phone

**The Warehouse on Main St. in Cawton: 499-5355**



## ORGANICALLY PRODUCED PRODUCTS

### Wild West Organic Harvest Co-op

Cawston: 499-5355  
Fresh **Organic Produce** & Dry Goods  
Open Monday to Saturday 9 - 4 pm  
Bulk food orders. Everyone Welcome!

### Shaman Botanicals

Vernon: 549-1453 - Shanta Mc Bain  
Wanted - herbs from certified foragers or growers. (eg. Nettles, Comfrey, Burdock, Catnip, Senna, Devils Club, Oregon Grape, Uva Ursi) We wholesale only the finest herbs & herbal products.  
100 A Kal Lake Road, Vernon, BC, V1T 9G1

### Biota Herb Farm

Vernon: 545-1101 - Bruno & Ursula  
Herbs for Cooking, Teas, Home Remedies. Certified organically grown. For Mail Order List of Potted Plants and Herbal Products contact Bruno & Ursula Vlach, Box 1116, Vernon, V1T 6N4

### Venables Organic Farm

Cawston: 499-2649 - Steve & Kim  
A full selection of in season fruits, juice and vegetable. Certified organically grown.

### Zeberoff's Organic farm

Cawston: 499-5374 - George & Anna  
17 years producing organically grown food Fruit, (fresh & dried), Vegetables, Eggs, Meat, Honey, Juice & Jam. Visit our farm.

### McFadyen's MARIPOSA Organic Farm

EST. 1962 : Cawston 499-5379 - Hwy 3.  
We sell only our own vegetables, fruits, & herbs. Advice on Mariposa storage methods to customers. Personal orders a speciality

### Callis' Organic Farms

Cawston: 499-2306 - Barb & John  
Cold crops: lettuce, cauliflower, cabbage & broccoli available at the end of May.

### For information about organic growers in your area write:

**SOOPA** (Similkameen Okanagan Organic Producers Assn),  
Box 577, Keremeos, B.C. V0X 1N0.  
**STOPA** (Shuswap Thompson Organic Producers Assn.) c/o Paula Robinson,  
Box 219, Savona, B.C. V0K 2J0.  
**CVOPA** (Creston Valley Organic Producers Assn.) c/o Jeannie Truscott, Box 4,  
Site 32, R.R. #2. Creston, B.C. V0G 1G0.

**NOOA** (North Okanagan Organic Assn.) providing transitional & certified produce. Ground crops, tree fruits, berries & livestock. Marketing through member farms, farmers market & we will ship. For more details contact us at: c/o Wolf Wesle, R.R. #8, Site 4, Comp 19, Vernon, B.C., V1T 8L6. Phone 545-1573 or 838-6581 Membership inquires welcome

## TEACHING & TRAINING CENTRES

### Wholistic Living Centre

Vernon: 542-6140  
Helping you with Personal Growth in all areas, Ongoing Friday nite program.  
Books, tapes, crystals & workshops.  
Retail Store open Mon-Fri 10 am to 4 pm

### Universal School of Biological Medicine: Vernon - 549-1453

\*FORAGER CERTIFICATION, Ongoing workshops in foraging, processing and growing herbs. 100A Kal Lake Rd, V1T 9G1

### The Alpine Herbal College

Salmon Arm: 835-8393 - Yarrow Alpine  
Herbal Certificate Program starting April 28th.  
"Spirit & Therapeutic Use of Herbs" Meets one week-end a month for 8 months.

### Okanagan Natural Health Institute Inc.

Kelowna: 762-9700 Offering courses, lectures etc. in Colonic Irrigation (cert.)  
Qi Gong, Personal Development, etc.

### The Center - Salmon Arm: 832-8483

Growth & Awareness Workshops,  
Meditation, Retreats, Summer programs, other services, Program catalogue free

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

### Twin Island Resort Centre

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

### Books & Beyond

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### Twin Island Resort

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

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

838-7587

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Food Stores, Newsstands and by Subscription.  
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Published bi-monthly, cost \$12/ 1 yr or \$22 /2 yr  
Phone: 478-6236

### COLUMBIANA

Journal of Sustainable Culture for the Columbia  
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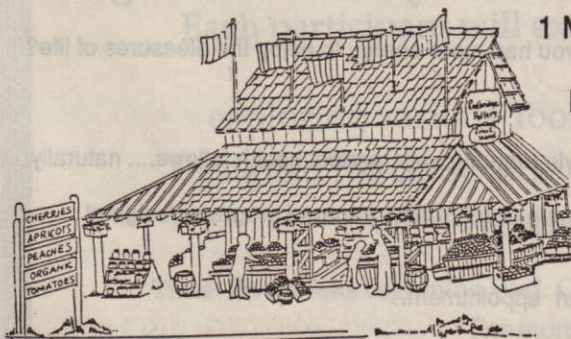
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Kelowna: 762-3340

### The Essential Body

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#6 - 2118 Columbia Ave

Rossland: 362-7238

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Penticton: 492-5599

### Massage Therapy Clinic

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Dr. Filip Vanzhov: 365-2477

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Penticton: 493-8929

Bill Souch

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#### Alex Mazurin

Penticton: 492-3181

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# Issues

ISSUES is published bi-monthly by Angele Rowe, 2645 McKenzie St., Penticton, B.C. V2A 6J1. Second Class mail registration No. 8651.

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 advises the readers to exercise their judgement in availing themselves of products and services.

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.

Readers are invited to share their knowledge & opinions about wholistic practices happenings in their community.

**Advertising Rates...**Prices include set-up of your ad into our computer. We offer advice on the layout of your ad if needed. The following table indicates sample size ads and prices. In between sizes are available on request. Our fees are modest to encourage wholism and understanding.

**Circulation.....**Our circulation is 7500 copies with distribution from Kamloops to Nelson. Available at all Health Food Stores in the Interior of B.C., additional drop off points at Speciality & Book Stores. If you know of a potential spot that would offer this service, phone us.

## Display Ad Rates

\$ 250.00	- Full page - 7 1/4 x 9 3/4 inches
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Any size ad can be used, these are the regular sizes & average prices.  
All prices includes set-up - Half tones of pictures - \$10.00 each.

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\$ 70.00	1/4 page - 2" across the page in the back section of magazine
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Directory Listings - \$10.00 - 4 lines - Additional lines - \$2.00 each	

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4 lines under appropriate date - \$10.00 min., plus \$2.50 each additional line.

**Advertising deadline is October 10th.**

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*Please keep stories and articles around 300 to 500 words.*

Advertisers please phone Angele in Penticton **492-0987**

**Fax # 493-4434 - Office Hours are 7 am to 7 pm**

Area reps. are - John in Vernon: 542-0764; Jack in Nelson: 354-4843  
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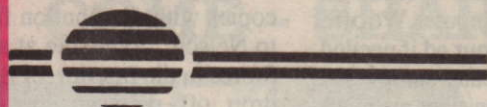
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