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# ISSUES

**Featuring-the Healing Arts & a Healing Circle**

**Wholistic Practitioners**

**Consciousness Raising**

**Environmental Concerns**

**"The Natural Yellow Pages"**



**November / December 1990**

**Volume 1 - Number 5**

## Musing

....to meditate in silence; think deeply; dream....as usual the writing of this column comes slowly and with some difficulty, but I feel it is important for me to put my thoughts down on paper, and this forces me to think deeply about matters that are close to my heart. Still, I try to keep the column short and sweet, and without judgment-a tall order.

I do appreciate the stories submitted from practitioners and concerned citizens. Please keep them coming.

The photo on this month's front cover, "Fishing at Kalum Lake", was taken by one of my favorite photographers, my Mom. When we were young, she liked taking action shots that told a story about homesteading. So here's your chance to meet the rest of my family. Brother Billy is first in the pic, next is Mike and Phillip is the tall boy with the stick. Then there is me, with my younger brother Paul with the hood. Way in back, trying to do some real fishing with less noise, is my oldest brother David. Missing is Donald, the youngest. You met him on the first cover, helping Dad with the laundry.

To be able to fish and hunt was one of the main reasons we moved from the States in 1959, to Rosswood a community of 25 people, with 15 kids and 10 adults. Back in 1959, the fish we caught weighed 50 to 60 lbs and they often seemed bigger than us. In the photo David is holding up one of the big ones that didn't get away. Ten years and many tourists later, the size had quickly dropped. Today after 30 years, there are very few big ones left to catch.

Living in the country, our parents had to think twice about everything they bought, because all remains had to be disposed of, either buried, burnt on our land or fed to the animals or compost heap. I can remember Mom always preferring the large, stainless tins when stocking up on jam, margarine or pickles, etc. The creek was our cooler and these cans came in very handy for many years.

Today we are a convenience-oriented society, with garbage disposal as close as our curb. We tie it up, pay someone to take it away and forget it....but remember, we created it, by demand.



Photograph by Steve Tomlinson



## Christmas Wish List

May I suggest some of the sponsors' gift ideas.....



**Homemade Slippers  
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**A Pass to the Spring Festival of Awareness  
Membership to the WCWC  
Recycled Paper Products**

**Books by local writers, Heather & Hank  
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A Vital Systems Gift Certificate (back cover)**

**Crystals and/or Jewellery from the Crystal Room**

**A Bodywork Session  
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**Vita Florum Products**

**Quality Skin & Hair Care Products**

**An appointment with a Health Professional**

**Water Filters & Purifiers**

**Making a commitment to Twin Island Resort**

**A Workshop or Retreat - Educational Kinesiology,  
Dreams, Healing Hearts, A Course in Miracles**

**An Astrology Chart & Reading**

**A Psychic Reading**

**A subscription to Adbusters, Columbiana**

**A membership to HANS & Option magazine**



*The best gifts are the  
ones with memories!*

I find it difficult to accept disposable diaper ads: can these companies really be selling enough diapers to pay for all the expensive T.V. commercials? Can we really believe "Coke is it"? I feel sad when I watch documentaries telling us about countries like China and Russia, trying to be like us.

Grassroot changes are happening everywhere and it is a delight to be part of them. Just remember.. "Every dollar you spend is a vote for what you believe in". Get involved, get concerned and then go public. Changing our spending habits now will help the generations to come.

*Angele*

P.S. A reminder that we publish late next time, ISSUES will be on the shelves, January 15, 1991. The Spring Festival Crew is working hard to make this years festival better than ever. If you haven't attended one at Naramata, you don't know what you are missing. And a Merry Christmas to everyone who makes ISSUES possible. The practitioners, advertisers, the nice people at Wonderworks and Webco, and to you the readers because without you taking them home to read there would be no need to publish it.

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# Allergies

by  
Craig Wagstaff, N.D.

Today everyone seems to have allergies or knows someone who does. In the past, allergies were a less common phenomenon. What are they and why are we developing more? Have the allergies always been there, but just not recognized? How can you find out more and what to do about allergies?

Exactly why people develop allergies, we do not know. There are different types of allergies and allergy-like reactions, called intolerances. What we do know is that you can react to almost anything.

The process of developing an allergic or intolerant reaction is associated with the immune system's strength. The stronger the immune system, the fewer allergy/intolerance problems. The immune system recognizes only 3 types of substances. The first are neutral, neither good nor bad for you, e.g. dust, pollens. The second group are ones that are useful to the body such as food. The third group are things which are harmful such as bacteria, virus and fungi. In people who have an allergic or intolerant tendency, the immune system sometimes labels the neutral and useful substances as the enemy. Once the enemy label has been attached, the immune system attacks these substances as if they really were harmful to the body. These attacks give us the symptoms that we call allergic reaction of intolerance.

The weaker the immune system, the more likely you are to develop reactions. The more stress you are under, the weaker your immune system is. As a modern culture, we are under more stress caused by poor nutrition, pollution, and emotions. Thus it stands to reason that our immune systems will be overloaded and we will see an increase in the disease processes, such as allergies.

If you suspect you have allergies, there are several methods of testing. In Canada, the most common one is the scratch test, which is good for testing inhalants such as dust, pollens and animal hair. However, this test is not very useful for testing foods and chemicals and newer methods are now available through your local naturopathic physician.

Your naturopath can treat you with:

- 1) allergy avoidance programs
- 2) desensitization
- 3) natural methods of strengthening your immune system.

Modern allergy treatment can be complex yet effective. If you believe your health problems may be allergy related, help is available!

*The healing process can take many routes but it starts with self responsibility. Books are a good start or visiting natural type doctors or practitioners. Dr. Wagstaff promotes this philosophy and continues to help others along the path. Here are Marc's and Mary's stories. Both can be contacted through his office.*



**Dr. Craig Wagstaff, N.D.**  
Naturopathic Physician

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

## Marc S. TEY

has been a practitioner of Meditation and Kung Fu for over 30 years. He studied as a young boy with the masters of Kung Fu in Indonesia. He originally was sent to study Kung Fu, by his parents, to help him heal his asthma. He has not suffered from asthma since. He thus learned the importance of meditation in his daily life.

At the age of twenty-four, he immigrated from Indonesia to the United States where he spent five years attending the University of California in Berkley. Then he chose to move to Toronto, where he lived for six years. Upon visiting the Okanagan Valley, he felt compelled to move to British Columbia. He felt that the rural setting of the Okanagan would benefit himself and family. He moved to Vernon and founded the Kung Fu Klub.

Marc shows us how to use our natural energy to bring harmony and well being into our daily lives through meditation, stretching and the ancient art of Kung Fu. His methods are suitable for all ages, and for people of all levels.

He can help with problems in the family, at work, relieve stress, and help you cope with insomnia. Through various techniques he can help you towards greater happiness by releasing anger, resentment, and negative emotions of everyday life. You will learn to control your mind and emotions which in turn affect your physical body.

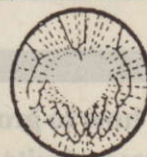
## the Natural Healing Process

by Mary Klein

The late 60's and early 70's were an intense time when people were breaking free of the bondage of self and society, and freedom of expression was a major theme. I became interested in the "Human potential movement" over 20 years ago while attending U.B.C. I then lived in Berkley and visited Esalen, where I was exposed to a huge variety of "techniques", from Gestalt to Rolfing. After sailing and living in the South Pacific, I ended up on Maui, with a community of people who were living according to the principles a "New Age of Enlightenment". Their focus was on wholistic health and self-actualization through the healing arts, and Personal Growth seminars, music, dance, etc.

I studied the somatic traditions and participated in spiritual disciplines including: Ash-tanga Yoga, "Strong, Stretched & Centered", Sufism, Anatomy, Swedish Massage, Reichian philosophy, Rebirthing, Reiki, Acupressure, Shiatsu, Reflexology and Polarity techniques. I found that working with others using hands-on Bodywork was very centering; it provided a time of meditations for me, to slow down and experience the flow of healing energy.

I eventually returned to Kelowna, where I grew up, and established a practice called the "Bodyworks" where I gave classes in "Strong, Stretched & Centered," Yoga, Tai Chi, and aerobics bringing in wholistic practitioners for workshops. I also practiced my bodywork skills at Dr. Craig Wagstaff's office and became the therapist and exercise organizer at Lake Okanagan Resort. In the mid-eighties I took a "sabbatical" from this work, got married and had two children. In the past year, I have started practising bodywork again at Books and Beyond and re-established my practice at Dr. Wagstaff's office. I find my bodywork to be very fulfilling as I see people receive the benefit of feeling more relaxed and free, clearer, and an increased sense of vitality and well-being. I see each person as a dynamic energy field, and the primary interest of my work is to support and nurture the natural healing process.



**Mary Klein, B.Ed.**  
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# Medicine for the 21st Century

by  
Heather Glebe

If you want to keep your car running smoothly and properly you have to keep it in shape; the body, the motor, and the electrical system have to be maintained and kept in balance.

The same principles apply to human beings, say wellness experts like Penticton's Dr. Alex Mazur, Dr. Sherry Ure and Hank Pelser. Do we keep ourselves tuned up and in balance, inside and out, like we do our vehicles? If we have problems, are they being treated as part of our whole person?

"We look at the human body from a different perspective than traditional medical practice," says Dr. Mazur, a chiropractor and naturopath.

The human body has natural healing powers, he says. Natural practitioners only help these inner powers do their work. Hank Pelser of Natural Health Outreach, adds, "We only give the body the material so it can heal itself."

When you cut your finger, says Hank, what happens? If you are normally healthy, it seals itself up and healing takes place in a short time. The body can handle it. In fact, the human body rebuilds itself totally in 11 months if it has the right material to work with," say Hank.

Training in naturopathic medicine and natural methods of therapy require years of study. Dr. Sherry Ure, who has recently joined the clinic of her mother, Dr. Audrey Ure, found it strange not to be going back to school this fall like she had done almost all her life.

Her 7 1/2 years of study to become a naturopathic doctor were done at Okanagan College, University of Victoria, and the National College of Naturopathic Medicine in Portland, OR.

"Our pre-med education starts out much the same, with the basic sciences. But in the last couple of years we diverge from the regular medical doctor's study," she says.

In Portland, Sherry took courses in such studies as hydrotherapy, herbs, homeopathy (a practise common in Europe but only being rediscovered now in North America), acupuncture, nutrition and physical treatment like ultrasound and massage.

Then, she had to pass the rigorous examinations (17 of them!) to become licensed under the Association of Naturopathic Physicians of



B.C. "They're tough, because they want to set standards for who can call themselves a naturopath in this province", Says Sherry.

She finds working with her mother, also a licensed naturopathic doctor, an advantage in many ways. They can consult over patients, treatments, and generally give one another moral support.

Dr. Mazur has been a practising chiropractor in Penticton for 15 years. But he has also been studying naturopathy, and will hang out his shingle in January.

His degree comes from four years study (accelerated for people already practising some form of medicine) from the Ontario College of Naturopathy. "We studied the same anatomy, pathology and other basic subjects as a medical doctor. But the focus is not on drugs and surgery as much as nutrition and the natural healing processes".

Hank Pelser cannot claim a "doctor" title, but he is actively part of the natural health team. He has devoted 20 years of study to "why the body operates or doesn't operate."


He has earned certificates for a number of natural methods of therapy and diagnosis: iridology...study if the eyes to diagnose problem areas of the body, colon therapy... cleansing of the bowels, nutripthy...treatment of the whole system through nutrition, and herbal therapy...using specific natural ingredients to assist healing.

"Wholistic healing is not just concentration on one diseased area," says Hank. "It's considering all elements-- body, mind and spirit."

Alex Mazur agrees. "We look deeper into problems than just relieving pain. There is a place for corrective surgery and so on, but it is most effective when used with the natural healing approach, working with the body's natural healing power."

Practitioners like Alex, Sherry and Hank can help treat problem areas. But the ultimate responsibility on the path to wellness lies with the individual. (Picture is from..Homeopathy: Medicine for the 21st Century.)

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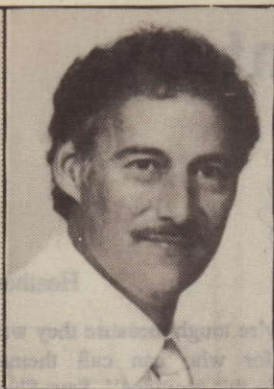
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# What is Channelling?

by Peter Morris



Internationally known medium **PETER MORRIS**, with channelled guidance from Big Eagle and Professor Jenkins, will return to the Okanagan in November. He will be available for Personal Readings and Workshops. If you haven't met him, now's your chance at the special introductory meetings listed below.

## Introductions

**Thursday - Nov. 1st ... Kelowna**

Books & Beyond - 7:30 pm - \$5.00

**Saturday - Nov. 10th... Penticton**

Leir House - 7:30 pm - \$5.00

## Workshops

**CHANNELLING - Kelowna**

Sunday - November 4th - 9 am to 5 pm

Books and Beyond - \$59.00 includes intro. & lunch at the Hotel Eldorado

**SPIRITUAL HEALING - Pent.**

Sunday - November 11th - 9 am to 5 pm

At a private home - \$59.00 includes intro. & lunch.

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## Private readings

available in Kelowna and Penticton.

## Information & Bookings

Kelowna: Bonita 860-2200 day, 762-5019

Penticton: Marion 493-3697

According to Webster's Dictionary (New World Edition), a channel is "the official course of transmission of communications" or "a frequency based assigned to a broadcasting station." Trance is described as "A state of altered consciousness resembling sleep as in hypnosis."

This, then, is what the person variously described as a trance, trance channel, medium or trance medium does: s/he is a broadcasting station, or path (course) of transmission for communication, operating in a state of altered consciousness. Given this description, what does it mean for the individual seeking to attain these states and where do they fit into our material lives?

To expand our knowledge of our spiritual involvement, which includes our time in many "earth" lives as well as time spent in the spiritual realms or that space we occupy when we are not on the "earth", we have to move our awareness into these states. As we cannot achieve this in our normal everyday conscious state, it is necessary to raise our vibratory level above the normal. When one is able to reach this point, communication with higher intelligence, one's higher self or soul, becomes possible. Also possible is communication with one's guides - those souls that have ascended to a higher point of learning - and relatives and loved ones who have passed on to the spirit realms.

## OFFERING ASSISTANCE

Guides - those who assist our spiritual development - are basically individuals we know from previous lives who are dedicated to offering assistance to us during our earthly "adventures" (as I prefer to call our experiences). Channeling, an extension of the meditative state, usually provides a link whereby souls from that space are able to pass information to the channeller that may be relevant to

him/her or any other individual seeking advice.

In an even higher state of awareness, trance enables the entity from the higher form to be manifested in a variety of ways. The possibility exists to actually see, hear and feel the messenger and exchange discourse with him or her. With time and practice, the medium will be able to call upon the guides to assist with passing information for the benefit and education of the medium or of an individual seeking advice from the medium. The state of trance may be extended to the point where the medium will speak in the voice of the guide or communicator (this may be in a foreign language), and, to a greater or lesser extent, the medium may actually take on the appearance of the spirit individual.

I have, over the last 41 years, been engaged in just such pursuits, to the extent of achieving a trance state as required over the last 30. This long association with the spirit realms has provided a multitude of experiences in spiritual healing. I now advise and teach others. Anyone requiring help I encourage to call upon their own resources and energy from the universe to direct harmony into the area of dis-ease.

Also in my work, contact is made with an individual's own guides, and information is received on past-life experiences, which at times recurring situations from one life to another. I also teach meditation, that sublime state of peace that may be created by anyone on the earth plane with a little faith and patience. This wonder that is available to all of us and is the first thing that should be taught in schools the world over, gives us a tool with which to combat difficulties in daily material life including stress, fatigue, anger (in fact, any emotion) and then take it even further to launch ourselves on the journey to our higher selves.

## The "Polarity Therapy Put-off"

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Photograph by Steve Tomlinson



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

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## Posture Problems?

by..... Angele

"LET THE NECK BE FREE, TO LET THE HEAD GO FORWARD AND UP, TO LET THE BACK LENGTHEN AND WIDEN." This phrase was said more than once during the week-end workshop. I recently attended on Alexander Technique, which teaches dynamic body alignment at rest and in movement.

Having very round shoulders since I was a teenager, I've spent many a day listening to no avail to instruction on how to improve my looks by standing up straight. Pulling my shoulders back has always seemed so tiring. What I hadn't realized until taking the workshop is how important the position of the neck and head is for the shoulders to relax.

Arriving late and somewhat reluctant for the workshop, I joined five others who were already practicing getting up from a chair" without cramping their neck. Simpler said than done. By the end of the first day my back ached, but I was starting to realize that "The Alexander Technique" might be an answer to my prayer.

By the end of the second day, my legs ached but I could feel the right and wrong way of standing and sitting as I finally understood what was meant by the statement "Let the Neck be Free". I learned that good alignment provides more than a mechanical release: it allows the directed flow of energy.

Today as I write, walk or sit at my computer I think of Pat and Gaby, two wonderful ladies from the Vancouver Alexander Technique Centre. They have promised to return to the Okanagan if sufficient interest is shown. If you have locked knees, tense shoulders, a kinked neck or a sore back this may be the workshop you've been waiting for.

If you are interested in attending a week-end workshop, phone Sealia in Kelowna at 763-6222, Angele in Penticton at 492-0987 or Pat in Vancouver at 737-2818. Dates and times will be arranged.

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## Transformational Therapy A Unique Approach

by Deborah Vallance \* R.N., B.A., M.Ed.  
(Counselling)

I'm pleased to introduce myself and the relocation of my private practice from West Vancouver to Vernon, B.C. As a transformational therapist and Registered Clinical Counsellor, I assist people in becoming more fully open to their creativity and higher potential through an integrative approach involving transpersonal and grief counselling and/or bodywork sessions. Workshops and classes are also offered on a variety of issues related to personal growth and development.

My background includes fourteen years of professional experience as a Registered Nurse and counsellor. Counselling specializations have included such issues as grief, loss, and transition, codependency, addictions, relationships, and child abuse. I have specialized training and experience in working with survivors of sexual abuse. Healing the Inner Child is a central focus of my present work, and involves exploration and healing of our deepest wounds as well as rediscovering our creativity.

An integral part of my work evolves from my many years of study and practice of astrological counselling. My approach is both psychological and metaphysical, but not predictive. Through an understanding of my clients deeper life issues, I am more able to effectively guide and support them in their higher purpose. I encourage empowering my clients in discovering and following their own Higher Will and in working through any dependencies on me or astrology.

Other significant tools used in therapy include the creative arts therapies, journalwork, and particularly dreamwork. Working with one's dreams is the most significant path to self-knowledge and personal growth that I have discovered.

My background also includes certification in a variety of bodywork techniques, my favorite being Polarity Therapy, a natural health system involving a balance of bodywork, attitude, diet, and exercise. I have found that skillfully combining counselling with polarity energy balancing sessions is a tremendously effective tool for transformation. Clients are offered a unique opportunity to access their deeper wounds and life issues through a body-mind approach which facilitates healing of the Inner Child. This approach is particularly effective for survivors of childhood sexual abuse. Clients may feel tensions surfacing in the form of physical and emotional release and/or experience a deep state of relaxation.

For further information or to arrange for an appointment, please call me at 545-6111. Vernon, B.C.

♦ (Her picture is to the right) ♦

A Special Thanks  
to  
**Steve Tomlinson**  
who took most of the photos



**Mary Kline, B. Ed**  
Therapeutic Bodywork  
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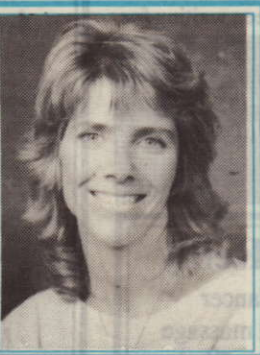
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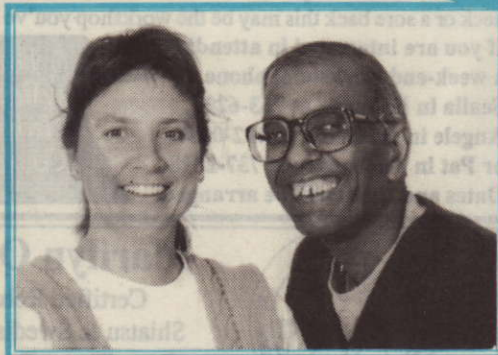
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Energy Rebalancing

## The Healing Circle

**Sunday ♦ Nov. 18**

**Noon to 7 pm**

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## POLARITY THERAPY

Helping to Balance the Body's Energy  
and Build Better Health

by **Carol Elder** \* Certified Polarity Therapist (CPT)

Polarity Therapy is a wholistic health system used to balance the energies in and around the body. When the body's energies are balanced and flowing we experience health, and when the energies are out of balance or blocked, we experience tension, stress, pain and illness. Balancing these energies helps to relax the mind and body; energize and revitalize; speed healing of injuries; build better health and inner strength.

It is very relaxing and very effective in releasing stress which is very important: Medical research has estimated that over 80% of illness is stress-related. And in today's stress-filled society just watching the news can bring on anxiety. Books, magazines, talk shows, and experts of all kinds have been telling us over the last 10 years that it is time to learn to manage our stress more effectively. But how do we recognize stress-related conditions? They come in the form of headaches, hypertension, depression, arthritis, lower back pain, skin blemishes, ulcers, being accident prone etc. Polarity does not diagnose or treat disease. Polarity views the body as an energy system with specific currents and patterns; any areas that are painful or sensitive to touch are seen as areas where energy is blocked. This energy can be stimulated to move through pressure point contacts, exercise, diet, and at one's making attitude changes that are positive and health-related.

The most immediate result of polarity balancing is the very deep state of relaxation that occurs once balancing has begun. Clients often fall asleep but once they are up and moving around, they often notice that they have more energy. Breathing relaxes and becomes easier, balance has often improved and movement becomes easier. Immediate results can become more permanent as supplementary principles are used in combination with the pressure point contacts. Given a healing environment, the body heals quickly and the time between polarity adjustments increases.

Polarity Balancing by Dr. Randolph Stone, a doctor of Chiropractic, Naturopathy and Osteopathy, who also had a thorough knowledge of acupuncture, yoga, and Ayurvedic medicine (traditional Indian medicine). Dr. Stone's knowledge was distilled in his clinical practice over a 50 to 60 year period and his therapy found support in the research of Dr. Harold Saxton Burr, Professor of Anatomy at Yale Medical School with sensitive voltmeters. Dr. Burr found that he could measure the field around the body, which he called the I-Field, that the I-Field responded to emotional states as well as to the external environment, and changes in the I-Field occurred before illness appeared in the body. Polarity's effectiveness comes in balancing these subtle energies (I-Field). As the I-Field is balanced and flowing the body responds thus helping to build and maintain health.

Change is happening all the time... inside ourselves (emotionally) and in the world around us. Stress is a part of our lives daily. The more choices we have at our disposal to help manage it, the better equipped we are to make decisions that help us to live happier, healthier lives. When we are healthy physically and have a calm, clear mind, the choices that we have to make seem easier. I see polarity as a positive step toward better health. Here's to a healthy, happy future. ♦



**Celeste O'Neill**  
Euroflex Founder  
European  
Reflexology



**Arlene Lamarsh, R.N.**  
Acupressurist, training  
with Jln Shin Do



**Cecile Begin, D.N.**  
Iridologist, Polarity,  
Relaxing Bodywork



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



**Helen Adams**  
Relaxing Bodywork,  
Tarot Card Reader  
Student of Symbology



**Carol Elder, C.P.T.**  
Certified Polarity Therapist  
Reiki, Therapeutic Touch  
(see story to right) ♦♦

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as many mini sessions as you  
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way of doing the same tech-  
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time to share their wealth of  
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♦ Check out the display  
room, David Hughes  
will be having an  
**environmental**  
**display** for a  
non toxic  
home

# Two Exciting Days

with

## Marilyn Waram



**Kelowna:**

**Introduction** - Wed., Nov 28th, 7:30 pm

Sandman Inn - KPA Speaker \$3. or \$6.

**Workshop** - Sunday - Dec 2nd, 10 to 4 pm

### "Astrology & Your Ideal Relationship"

Whether you have a relationship now or not, your chart and proven relationship enhancement skills will help you understand what you need and how to create it - right now!

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**Penticton:**

**Introduction** - Friday, Nov. 30th, 7:30 pm

Leir House - \$5.00 (Metaphysical Club Speaker)

**Workshop** - Saturday - Dec 1st - 10 - 4 pm

### "Let's Learn Astrology"

- ★ Exciting astrological knowledge & insights
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- ★ Be interpreting charts by the end of the day without books!

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available.....

In Kelowna: Thursday, Nov 29th

In Penticton: Monday & Tuesday, Dec 3 & 4th

The reading will provide the following information

- ★ Astrology Chart
- ★ Strongest messages or themes of the Chart
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To make an appointment phone Penticton 492-0987 - Angele or Kelowna 860-2200 (day) or 762-5019 (evening) - Bonita

## WHAT CAN ASTROLOGY DO FOR ME?

by Marilyn Waram

Many people still equate astrology with Sun sign columns they see in the newspaper. Sun sign columns represent no more than an overly-simplified, watered down version of astrology, the one publishers think "the public" wants to read. A professional astrologer, however, deals with ten planets, asteroids, the signs each occupy and their relative position in the chart. Taken together and skilfully combined, the information from your chart describes you as a totally unique individual in all your complexity, not just as a Leo or a Scorpio.

Professional-level astrology is the most penetrating model for describing human nature and the quality of human experience which is available in the world today. It is far more intricate than current psychological models, although psychology has enriched astrological insight tremendously. But what does all this mean to you? What can YOU get from astrology?

Probably the most important benefit to come from having your astrological chart read or learning about astrology is the significant increase in self-acceptance most people experience. The second is increased understanding of and tolerance for other people's differences.

Another vitally important benefit is greatly increased self-awareness and self-understanding. That can lead to some very constructive changes if a person is able to identify a negative pattern of behavior and connect that with life circumstances which are painful. For example, an individual who has the planet of freedom, Uranus, placed in the House of career in her chart, may never have realized that the reason she gets fired frequently is because she sabotages her job by refusing to accept rules and regulations, or by being too unpredictable. She needs to find a job with a lot of variety, excitement and intellectual stimulation - ANYTHING but boredom and routine! If she doesn't realize this, astrology can put her in touch with it, with the fact that it is an integral part of her nature (not something "bad") and with ways to meet and manage her needs.

An accurate astrological chart will clearly explain the major issues you as an individual face in many areas of life; career, relationships, inner values, spiritual needs, relationships with children, and core beliefs are all areas which a chart interpretation may greatly clarify for you. It also explains self-defeating behaviors and a competent astrologer can suggest positive alternatives. If you feel stuck, caught between two equally unpleasant choices, an interpretation can clarify the underlying, core issues. A counselling astrologer will explain the issues and the often unconscious beliefs behind them so you can break free of the situation.

So astrology can help you understand and accept your individual nature, capitalize on your strengths and learn ways to manage "weaknesses". In other words, it can give you more freedom in life through the empowerment to change your life which comes with self-knowledge. *That's what astrology can do for you!*

Marilyn Waram offers a  
"Complete Astrological Correspondance  
Course" write her,  
Box 2252, New Westminster, V3L 5A5



# Networking for Change

Dave Cursons  
Editor

## The Gulf Crisis (or "Oil Shall be Revealed")

The Apocryphal backdrop against which the present Gulf Crisis is set features the gathering of "all the armies of the world", massing somewhere near Armageddon to fight the last great battle between "Good" and "Evil", which will overshadow the return of the Christ or the arrival of the Messiah, depending upon which variation of what set of beliefs and practices one adheres to.

We have Israel as the agent of the Great Satan (USA) or the regathered Chosen People. We have the Chosen people killing the descendants of Ishmael, the followers of Mohammed, when they rise to complain about the laying of the cornerstone for the re-building of the Temple destroyed by the Romans almost two millennia ago. Are the nations going to end up backing Israel into a corner? Will all be revealed? Stay tuned to your favorite Apocryphal scholar if you have a taste for it.

Don't dismiss this stuff out of hand. If you have no use for prophesy, think of it as mythology. Consider the power of myth in culture, society and, yes, politics. The great danger is self-fulfilling prophesy, the mindset which evolves from deeply rooted beliefs which have recurrently foiled our species.

Actually one of the great Judaic, Christian and Muslim stories to keep in mind is the story of the Tower of Babel, wherein the people are foiled in an effort to build a stairway to heaven. Today's stairway to heaven for the "advanced" nations of the world is being built with that slipperiest of all substances, oil.

The advanced nations (which is to say the industrialized nations or, as some would have it, the Imperialist Devils), have carefully divested their possession of the deserts above the vast pools of Mid-East oil. They have consigned sovereignty to whomever they could trust to keep the tap on and the policy has more or less worked. OPEC happened when Arabs got smart about money but it remained more or less a game between people who knew or learned how to "do business".

No matter that the Arab population remained "poor and ignorant". That was matter for the domestic leaders, a privileged class with whom the "advanced nations" could always cut a deal.

Enter renewed Muslim fundamentalism, the fall of the Shah of Iran and the rise of the Ayatollah's, the wars of belief around such things as "Who is Who" or "What is Right or Wrong" and the West doesn't mind that sort in-in-fighting. It keeps "wogs" busy and out of the oil companies' hair.

It's when it comes to "Whose is this?" i.e. territory, that things get dicey. It's hard to keep the pumps going amidst the rockets and the mortars so it's then that the West gets interested. Go back a few decades to the Suez Crisis for a starter and move through the Iran-Iraq War to the present situation with Kuwait.

It is no surprise that the elites of the oil-producing Arab states want to stop Hussein. He's a popular leader who is hostile to the ongoing business accords around oil. According to him, the Emirs of Kuwait are holding the price down while drilling wells at an angle into oil fields beneath Iraqi sand. So he asserts an historical claim to Kuwait and all hell breaks loose.

Canadians are the top oil guzzlers per capita world-wide and we've been troopers for U.N. "peacekeeping" for some time so shipping out for the Gulf goes down pretty smooth for Canadians. Self-interest and idealism rest easy under a U.N. beret.

America is of course, the key player. As Policeman for The World, at least the "advanced" world, the U.S. knows who is calling the shots and where duty lies. With a massive debt to International Finance, the U.S. is obliged to "mind the store" (the oilfields) to keep the international system (and itself) afloat. At home, the trick for the Administration is to keep the public from getting bored, and once bored, hostile to yet another foreign adventure.

Is it Armageddon or only another stage in the struggle to retain the dubious privilege of the advanced (and advancing) nations to continue polluting the biosphere with oil and fluorocarbons?

Whatever it is, it's dangerous. Negotiation between the Arabs, the United States and Saddam Hussein should proceed without the pretense that aggression is the issue. None of these players stand on particularly high ground where that is concerned. I'm confident these two leaders can sit down together like the gentleman they are and, once again, "cut a deal".

Meanwhile, Canada and the rest of the "advanced" world should immediately legislate against oil dependence and make conservation and alternate energy sources the focus of public policy.

### Networker Actions

Write to your M.P., The Prime Minister, External Affairs and any newspaper you'd care to.

Maybe you'd like to leave your car at home more and cozy up to the future by walking or riding a bike.

*If we aren't part of the solution, we're part of the problem* ♦

### Third World Debt

Third World Debt is the subject of a paper released this June by the Standing Committee on External Affairs and International Trade. Get a copy from your Member of Parliament.

### Pulpwood Agreement Number 9

A pulpwood agreement is a contract between the provincial government, represented by The Ministry of Forests, and Industry, which requires the holder (industry) to purchase all suitable materials offered to him, at a reasonable price, and provides him with the right to harvest pulp-quality timber stands only if he cannot buy his full requirement.

The pulpwood agreement does not require industry to buy available chips. If a mill has chips that the Chinese or Americans will pay a better price for than the pulpwood agreement holder is prepared to pay he can move in and take the pulp-quality standing timber.

Admistr this, consider the Celgar Pulp Mill expansion and the fact that Celgar has applied for Pulpwood Area #9.

(continues next page)

The Ministry of Forests says: "The primary objective of Pulpwood Area #9 is to provide employment and economic growth in the southeastern region, by encouraging the utilization of wood fibre that is currently to a large extent not being used by the existing timber processing facilities".

With the co-operation of it's friends in the provincial government, the industry intends through scams like Pulpwood Area #9, to obtain long-term contracts guaranteeing access to B.C. trees. If the public gets wise too late that is, after the PA's go through-then the public will be legally obliged to buy back rights consigned to industry under the agreements.

It'll be "win/win for industry and lose/lose for the people and forests of B.C.", says Slocan Valley activist, Daystar.

If you live anywhere between the Alberta-B.C. border and the height of land in the Okanagan, or between Clearwater/Mica Creek in the north and the Canada/U.S. border in the south, you live within the boundaries of Pulpwood Area #9.

#### Write to:

Hon. Claude Richmond, Room 128 Parliament Buildings, Victoria, B.C. V8V 1X4.

John Cuthbert, Chief Forester ( same address).

Fred Baxter, Regional Manager, Kamloops Forest Region  
515 Columbia Street, Kamloops, B.C. V2C 2T7.

Regional Manager, Prince George Forest Region 1011  
4th Avenue, Prince George, B.C. V2L 3H9. (continues)

## The B.C. Uranium Network ...is the

new name for the Uranium Room Network adopted at a Rock Creek Meeting on August 18th. It is felt that the new name more clearly identifies the goals and objectives of the group.

The B.C. Uranium Network calls for an immediate ban on the exploration for and the mining of uranium in B.C.

Public policies advocated by the B.C.U.N. are

(a) the enactment of legislation and regulations for the routine testing in every excavation and the requirement that wherever a permit is issued by any authority at the municipal, provincial or federal level with respect to mining, exploration or quarrying, the issuance of such permits be contingent on the completion of testing for uranium and thorium content.

(b) that wherever fluorspar, feldspar, phosphate (apitite), niobium, celestite, clays, rock products (quarry) and rare earths are mined or quarried gamma radiation tests be routinely applied and the results made public.

(c) that very Board of Health in the Province of British Columbia, especially those in areas of known uranium deposits, be responsible for comprehensive baseline studies for radiation and that these boards call for funding from the public purse at the provincial and federal levels.

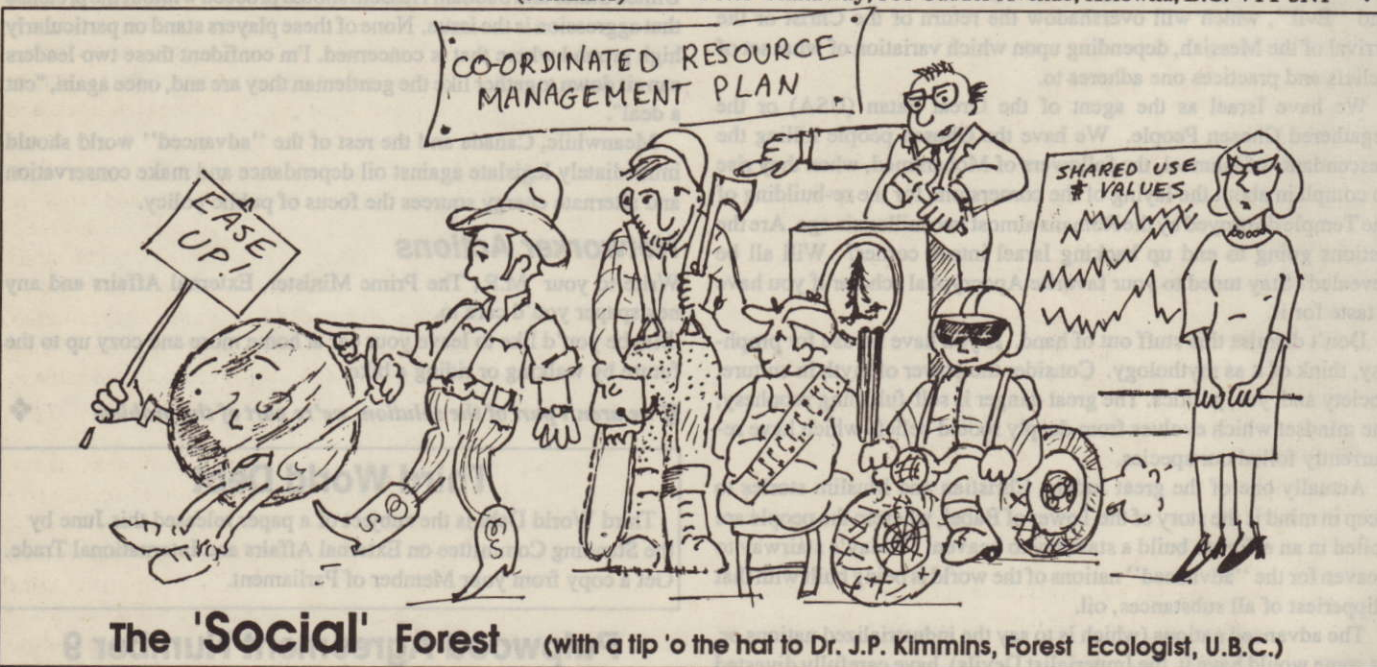
Contacts for The B.C. Uranium Network are

Pat Kelly, Box 118 Rock Creek, B.C.

Hilda Bechler, 1123 South Dyke, New Westminster, B.C. V5M 5A3

Dave Cursons, c/o P.O. Box 563, Penticton, B.C. V2A 6K9

Peter Chataway, 368 Cadder Avenue, Kelowna, B.C. V1Y 5N1 ♦



Also write to your member of the Legislative Assembly, Parliament Buildings, Victoria, B.C. V8V 1X4.

#### Ask:

- (1) That proof be provided that we can actually provide the amount of timber contracted for in the agreement
- (2) How do we know that we can sustain the agreement?
- (3) What evidence there is that these areas are not critical wild-life habitat?
- (4) Are we going to have to buy our way out of a bad deal?

For further information of Pulpwood Area #9 contact Daystar at 355-2591 or write to her at ....  
RR#1, Winlaw, B.C. V0G 2J0. ♦

## THE NEW POLITICS

Further growth must lead to a multiple catastrophe, a true crisis - that is, the occasion for choice- only if at the moment it strikes, the necessary social demands can be effectively expressed. These must be represented by people who can demonstrate that the breakdown of the current industrial illusion is for them a condition for choosing an effective and convivial mode of production. The preparation of such groups is the key task of the new politics at the present moment.

from *Tools for Conviviality* by Ivan Illich

## Special Wastes Manifest Data... provided by

Kelvin F. Hicke, P Eng., Head of Special Wastes and Emergencies for the Ministry of the Environment.

### In tonnes per year B.C. now produces

Oils	33,000
Solvents	6,400
PCB's (assuming phase-out)	800
Heavy Metal Sludges	3,400
Acids and Alkalies	27,000
Batteries, Asbestos and Fly Ash	15,000

Listed as "other" are 24,400 tonnes. These figures do not include contaminated soil.

◆ Keeping in mind that "there is no such place as "away", what is being done about these substances?

◆ Who should be paying for the cost of dealing with these hazards? Are they simply too expensive to produce?

◆ Should government be making it too expensive for industry to produce them?

◆ Can we live with them?

◆ What will life be like without them?

◆ What are the options?

These questions should be asked at home, at our workplace and to the policy-makers in the governments we elect.

*Ask the hard questions by writing to:*

**John Reynolds**, Minister of the Environment, Room 112, Parliament Buildings, Victoria, B.C. V8V 1X4,

Assistant Deputy Minister, **Jon O'Riordan**, 810 Blanshard Street, Victoria, B.C. V8V 1X5,

**Harry Vogt**, Manager of Hazardous Contaminants and Technical Services Branch, 810 Blanshard Street, Victoria, B.C. V8V 1X5.

The Southern Interior Regional Headquarters for the Ministry of the Environment are at Kamloops. Regional Director, **Bill Kastelen** 1259 Dalhousie Drive, Kamloops, B.C. V2C 5Z5.

Kootenay Regional Headquarters are under Regional Director, **Dennis McDonald** at 310 Ward Street, Nelson, B.C. V1L 5S4

If you observe what seems to be an emergency, in the form of spillage, leakage or apparent illegal discharge of a substance which you believe may be harmful to the environment and the health of the community, contact your nearest Ministry of the Environment office (listed in the blue pages in the telephone directory) or call directly to **Kelvin Hicke**, Head of the Special Wastes and Emergencies Unit in Victoria at 1-387- 9952. ♦

## Turtle Island Earth Stewards... is a non-

profit charitable corporation which helps place lands and forests in trust.

Lands placed in trust within B.C. are made available to organizations and individuals to steward according to clearly-defined ecological use conditions. The Executive Director, Tyhson Banighen, has announced the first **West Coast Land Trust Conference**, to be held at the Delta Airport Inn Resort, from January 11th to 13th, 1991. You can contact T.I.E.S. at 2475 Dunbar or call (604)736-9221 or Fax at 736-9218.

## Office Paper Recycling Project

by Barbara Manning Grimm



**Leah Pinski, an insurance agent at British Columbia Automobile Association, remembers to put office paper into the recycling tray rather than the trash can.**

Here's a chance to slow down the destruction of forests by recycling more paper.

Penticton has a new recycling service for fine office paper.

It is operated by the Penticton and District Society for the Mentally Handicapped.

And your secrets are safe. The service is bonded and the paper is kept in warehouses with security systems.

As well, arrangements can be made for paper-shredding - an option of interest to offices such as doctors and lawyers and others who handle confidential materials.

The Penticton Training Centre, operated by the society, undertakes contracts with Penticton offices to pick up the paper on a regular basis. The low fees include orientation and rental of bins.

Arrangements may also be made for one-time pickup of paper, such as collections of old files.

For households or businesses which generate too little paper to warrant pickup, training centre will accept drop-offs.

The kinds of paper which are acceptable are computer and typing paper, no-carbon-required paper, glossy, coated bookstock, and manila envelopes. Examples of paper not accepted are brown lunch bags, carbon paper, envelope windows and stick-on notes. Self-adhesive glues are not accepted, but the kind of glues which must be moistened are all right. Staples are okay, but

paper clips are not. Used facial tissue and other unsanitary materials are not acceptable. Customer orientation clarifies these distinctions. While newsprint and cardboard are not acceptable in this recycling operation, they can be recycled elsewhere in Penticton.

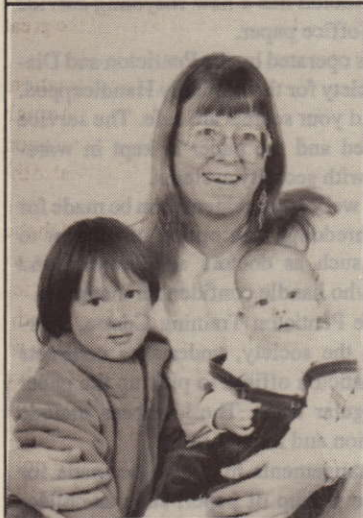
The operations employs two training centre staff members and eight to 10 training centre clients. It is hoped that the project will generate enough revenue to pay the clients the minimum wage.

The training centre crew picks up the paper and hauls it back to the centre on Industrial Avenue for sorting. The paper goes to the Riteway waste management firm of Victoria. From there it goes to Canadian Fibre, where it is sold to the highest bidding paper warehouse. It is shipped to the Orient where it is reprocessed before being returned to North America as products such as toilet paper.

**So how can you get involved?** If you are in office management, decide to contract for the service. If you are employee of a company which generates office paper - which is just about any company - encourage management to use the service. If you are a householder or run a business too small to use the service regularly, make the training centre a regular stop on your recycling rounds. And keep the service in mind for any organizations which occupy your free time too.

**More information is available from Christine Campbell**, vocational supervisor at the Penticton Training Centre, 493- 0312.

# Tomlinson Photography



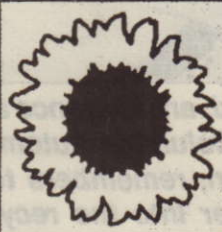
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**493-6426**

## The Green Party of British Columbia



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

## 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 \$25. Phone one of the Green Party contacts or mail to 831 Commercial Dr., Vancouver, B.C. V5L 3W6

## 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

### Roseland-Trail

Angela Price 362-7790

### West Kootenay

Jane Lewis 359-7880

## Electrical Consumers Association still Buzzing.

The folks who fought hard to prevent the acquisition of the regional utility, West Kootenay Power, by the U.S.-owned Utilicorp Group has turned it's sighs on other issues of concern to electrical consumers in the Interior of B.C.

**The 1991 General Meeting of the Electrical Consumers Association will take place on Saturday, January 26th, at 1:00 p.m., at the Granby House Restaurant in Grand Forks.**

The ECA intends to intervene at all public hearings that involve West Kootenay Power or provincial energy policy, acting as a watchdog and representing the interests of the people in the service area.

The group says that it is serving notice to the **British Columbia Utilities Commission** that we cannot accept its habit of giving WKP whatever it asks for, despite strong public opposition.

The ECA now has links with **The Northwest Conservation Act Coalition** in Washington, Oregon and Idaho, **The B.C. Energy Coalition**, **The East Kootenay Environmental Society** & the **Princeton Environmental Protection Group**.

### Area Contacts (Directors of ECA)

for the **Electrical Consumers Association** are:

Bill Campbell	Grand Forks	442-8701
Don Scarlett	Kaslo	353-2563
Jim Miltimore	Summerland	494-9231
Dorothy Bubar	Midway	446-2279
Alex Ewashen	Creston	428-9634
John Ewashko	Kelowna	764-7631
Vern Hills	Osoyoos	495-7739
Harry Killough	Castelgar	365-7424
Jim Hubay	Okanagan Ctr	766-4945
Vern Johnson	Oliver	498-2121
Evelyn Leany	Penticton	493-4990
Kurt Rott	Oliver	498-6496

The Electrical Consumers Association has developed proposals for a better energy policy for British Columbia. At the top of their list of options is Conservation and the use of Alternative Energy. ♦

## Slash Burning Unabated

On September 13th, the Southern Interior suffered the worst air pollution this side of Mexico City. Even normally healthy people were made sick by it, complaining of headaches and difficulty in breathing.

CHBC Kelowna, our CBC outlet, produced no news coverage on it whatsoever. However the weatherman, Mike Roberts, accurately described the situation.

The Penticton press called the Forests Ministry in Penticton and was basically told that there was nothing to worry about because there was no burning happening in this forest district. The smoke was coming from the Prince George area. As if this were OK!

The burning was what is called "prescribed". Fred Baxter, the Regional Manager in Kamloops, had responded to a letter from the Okanagan Greens in July with assurances that a fancy new automated weather system was linked up with Environment Canada to predict wind factors and prevent problems.

(continues next page)

## A New Era Has Begun

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

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

His concerns are: the establishment of peace; the inauguration of the system of sharing; the removal of guilt and fear — the cleansing of our hearts and minds; the education of humanity in the laws of life and love; an introduction to the Mysteries; the beautification of our cities; the removal of barriers to travel and interchange of peoples; the creation of a pool of knowledge accessible to all.

For free information about Maitreya, contact:

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

Apparently smoke is hard to manage, even for the Ministry of Forests. Kind of like mirrors. No amount of bureaucratic bafflelegab from the Ministry of Forests will change the fact that the public and not the forest industry is bearing the costs of operations which continues to include slash burning.

It's called "prescribed burning" to make it sound like a remedy of some sort.

What's needed is an end to clearcut practices, of which slash burning is a part. Tree mining must be replaced with forest care. When careful logging is in place wood left on site should be mulched to hasten it's return to the soil.



Write to:

*The Minister of Forests and the Minister of Health  
as well as your own Member of the Legislative Assembly.*



## Transmission Meditation

As the energies of the Aquarian Age begin to stimulate our hearts and minds, and as we begin to make contact with that higher aspect of ourselves, the Soul, a new and perhaps hard-to-define urge may be felt. As its demand for expression grows, it inevitably brings us into contact with people and circumstances where it can be put to use. This urge, originating on the level of the Soul is called service. It is one of the great sciences that will unfold in the New Age.

New Age service is most potent when performed in group formation. As this relates to meditation, far greater energy can be sent through groups than through individuals meditating alone. Thus transmission work offers a unique opportunity to serve humanity, working with others, right where you are.

Transmission is a specialized form of group meditation in which the members offer themselves and their energy centres or chakras as instruments for "stepping down" (transforming) the spiritual energies emanating from the Spiritual Hierarchy of Masters, the "Elder Brothers" of the human race who oversee and guide our evolution. In so doing, transmission group members help to provide the planet with a "pool" of energy that is more accessible and useful to humanity and the other Kingdoms in Nature - the very energy which will transform our world. According to British esotericist and healer Benjamin Creme, transmission is the most important work that groups can easily be doing today. It will not conflict with any other form of meditation you may be practising; in fact, it will enhance your meditation and potentize other service activities in which you may be engaged.

No special expertise in mediation is required. For transmission, all that is needed is alignment between the physical brain and the Soul, or Higher Self. Hierarchy does the work. As few as three people working together in triangular formation can transmit energy very effectively.

A transmission group is not the place to seek individual guidance, channeling of messages, contact with the astral planes or guides, etc. It is simply a giving of oneself in service to the world. And yet, as a by-product of this selfless giving, one's own spiritual development is heightened. What one might achieve in twenty years of personal meditation will probably be achieved in one year of steady transmission work.

Hierarchy directs the energies from the spiritual planes through the chakras (energy centres) of the group members - down to the mental levels, where they become more accessible to humanity. The group literally serves as a "point of entry" for the energies to reach humanity and stimulate human progress. These energies are conditioned by the focused minds of the Masters who are sending them in a highly scientific manner.

In acting positive, focused individuals, transmission group members are assisting humanity to rise to the opportunity provided by the Christ's presence among us now and to precipitate the energies which will usher in the New Age.

For information on forming a transmission group, please contact:

TARA Canada, Box 15270, Vancouver, B.C., V6B 5B1.

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There is a transmission group in Penticton - please phone 492-0987

  
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### Workshop:

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Saturday - Dec. 1st - 9 to 6 pm  
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1451 Ellis St., Kelowna, B.C.

### For Information:

Phone Kelowna: 763-2914  
or Banff, AB: (403) 762-2673

### Facilitator:

Claire Kneepkins, Box 876,  
Banff, Alberta, T0L 0C0 Phone  
(403) 762-2673

### Books & Beyond

### Speaker Series

Friday's at 7:30 pm - \$5.00

at #105-1735 Dolphin Ave., Kelowna

- Nov. 2-Carol Elder - Polarity Therapy
- Nov. 9-Nell Farstad Turtle Medicine Wheel
- Nov. 16-Sid Tayal & Linda Kusleika  
Healing, Transformation & Change
- Nov. 23-Angele Rowe Handwriting Analysis
- Nov. 30-Jon-lee Kootnekoff - Life Games
- Dec. 7-Marilyn O'Reilly-"Rebalancing"
- Dec. 14-Grace Dodds - Defining M & F.
- Dec. 21-Christmas Candle light Evening

For more information about the speakers or if  
you would like to give a presentation contact

Sealia: 763-6222

## Kelowna Calendar of Events

November 2, Friday - 7:30 pm

Books & Beyond Speaker - Carol Elder,  
Topic is "Polarity Therapy".

November 9 & 10, Friday - 7:30 pm

Turtle Medicine Wheel Workshop  
B & B Speaker - Nell Farstad of Westbank  
Workshop on Sat \$70. Learn the way of  
honouring, healing & blessing the land we  
live on in the Native American way.  
Phone Neil at 768-2423 for more info.

November 9, 10 & 11th, Fri. eve, Sat &

Sun. - The Message of Dreams, Retreat  
with Morgan Price and Mary Kline  
Ph. 862-3130 to register or for info.

November 16 - Friday evening 7:30 pm

B & B Speaker - Sid Tayal & Linda, from  
Rossland, Healing, Transformation &  
Change, 20 years as a practitioner, educa-  
tor, and bodyworker, with wife Linda who  
is a body worker, vegetarian cook, and yoga  
instructor. A WEALTH of KNOWLEDGE  
The talk will include the "5 Elements of the  
Chinese healing arts" and shiatsu.

November 23 - Friday evening 7:30

B & B Speaker - Angele Rowe  
Handwriting Analysis for Friends, learn  
the symbology of why we write so differ-  
ently, A fun evening of understanding.

November 24 - Saturday

The Kammalah (The Mother Tongue)  
The science of numbers and letters that can  
be interpreted and used in your everyday  
life or as a spiritual tool. 10 to 6 pm - \$70.00

November 28 - Wednesday

KPA Speaker - Marilyn Waram  
Astrology, workshop on Sunday, Dec 1.  
Please see her ad on page 11

November 30, Dec. 1 - Friday & Sat.

Educational Kinesiology with Claire  
Kneepkins. Intro at 1451 Ellis St. 6-10 pm  
Workshop on Saturday. (see ad to the left)

December 1st, Sunday

Astrology & your Ideal Relationship  
Workshop with Marilyn (details page 11)

December 8 & 9 - Sat & Sun.

Native American Spirituality with Nell  
Farstad (nontribal experiences) Learn  
how to use the energies of the trees, plants  
and rocks. Experience dancing, drumming,  
medicine bags and power necklaces, etc.  
Phone 768-2423.

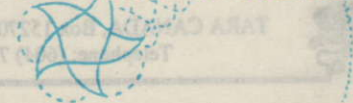
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Dave Bate 861-5013  
Michel D'Estimauville - 497-5658  
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presents

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in Kelowna

Friday - Nov 16 - 7:30 pm  
at Books & Beyond - 7:30 pm  
\$5.00

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# Penticton Happenings & Metaphysical Club Speakers

Eveing Lectures start at 7:30 pm unless noted. Cost \$5.00 at the Leir House - 220 Manor Park Ave.

Many of the speakers can be seen on The Holistic Networker, Shaw Cable 11, a week before their arrival. (show starts Fri)

Air Times are: Friday: 9:30 pm  
Saturday: 5:00 pm  
Sunday: 7:00 pm  
Monday: 10:00 am  
Thursday: 7:30 pm



## October 26 - Friday

### Healing, Transformation & Change with Sid Tayal & Linda Kusleika

Sid & Linda will speak about their 20 years of study and share the wealth. He'll be discussing "The Five Element" theory of Cooking and Food Combining plus simple techniques of Acupressure points that work! Workshops on Sat., 27 - \$30 for both Yoga - 10 am to Noon - \$15 Acupressure - 1:30 to 4:30 pm - \$20 Sid & Linda will be returning for the Healing Circle & every second week-end, to do private consultations and workshops. Phone - Angele 492-0987

## November 10 - Saturday Eve. Spiritual Healing

with Peter Morris from Sechelt. Please see page 6 for a story and ad. Workshop on Sunday

## November 16 - Friday - 7:30 pm at the Penticton Recreation Center

### Introduction to a A.C.I.M.

with Faye Stroo from Kelowna. Please see page 19 for details. Workshop on Saturday

## November 18 - Sunday 12-7 pm The Healing Circle

Join with us and 13 different Bodyworkers and enjoy the variety of healing techniques offered. Plus many Reiki practitioners, displays, and lectures. All Day. See page 8 & 9 for more info. or phone Angele 492-0987.

## Nov. 26 to Dec. 1 \* (Mon. to Sat). Cherry Lane Mall

Check out the variety of T-shirts, etc. and information about the Western Wilderness Committee at the Cherry Lane, Mall ...see page 21 for detail.

## November 30 - Friday - 7:30 "Let's Learn Astrology"

with Marilyn Waram of Vancouver. Workshop: Penticton on Saturday or Kelowna on Sunday. Cost \$45 -Personal readings also. More details on page 11.

## December 14 - Friday 5:30 pm - Leir House Annual Vegetarian Potluck Xmas Dinner



Starts at 5:30 we eat at 6 pm. Special Guest Speaker will be Sealla from Kelowna at 7:30 pm, she will be bringing her display of crystals and stone jewellery and she'll talk about "Choosing the Right Stone for YOU!"

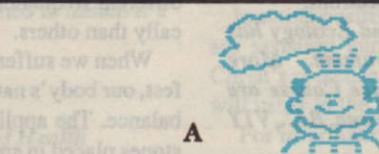
## January 18 - Friday

The Metaphysical Club Speaker Series will start at the Leir House, January 18 and every second Friday, in the New Year. Please read "Coming Events" in the Herald or "A Weeks Worth of Doing" in the Advertiser for details, or read the Posters at the Bulk Food stores.

## January 24 - Thursday

FREE Introduction to Reiki with Vicki Allen. (Details.... top right of this page).

The next ISSUES will be available Jan. 15th, 1991



## A Vegetarian Dinner Club?



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Wholistic Living Centre - 2915 30th Ave. Contact: Lea Henry 838-7686

## Sicamous: Nov. 29, 30 & Dec 1st

Contact: Charlene Cook 836-4477

## Penticton: Jan 24, 24 & 26th, 1991

The Leir House - 220 Manor Park St. Contact: Angele Rowe 492-0987

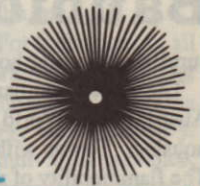
Free Introduction - Thursdays....7-10 pm

Workshop - Friday 7-10 pm & Sat 9-4 pm

2nd Degree Reiki Class is available also .

Reiki Master Vicki Allen

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Penticton: Hank Pelsner 492-7995  
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Armstrong: Barbara Weller 546-6892  
Rossland: Judy Moll 362-7622  
Nelson: Relaxation plus clinic 354-3811  
Nelson: Dr. Filip Vanzhov 352-2125  
Castlegar: Dr. Filip Vanzhov 365-2477  
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## One Vision by David Hughes

*A few years ago I had a vision of a catalogue that would:*

- \* Promote, and help create a market for, natural and non-toxic paints and household supplies (which could eventually be made here)
- \* Enable people to reduce or avoid the pollution of their homes by toxic chemicals.
- \* Promote the concept of community by providing the means for affordable testing and reporting of water, lead and electromagnetic fields and other environmental factors.
- \* Facilitate water and energy conservation by providing the tools for people to reduce their consumption immediately.
- \* Enable individuals or groups to earn an income by promoting products comparable with their beliefs.
- \* Present good and high quality items without the hype and high mark-up of the door to door salesman or the multilevel sales organization.
- \* Provide information and resources on the Toxic / Non-Toxic Home and the principles and practices of Baubiologie.
- \*\*\* This vision has now become a reality.

For your copy of the **Vital Systems Catalogue**, please phone (604) 861-8080, write, or drop in to see it, at 1091 Gordon Drive, Kelowna, B.C. V1Y 3E3. Back cover provides a little more information about some of the products.

## Baubiologie.....Germany's surprising Natural-home movement.

The Allied bombardment of residential districts in Germany and Austria during World War II led to a massive destruction of traditional housing. Towns with timber framed housing burned to the ground. The flammability of wood led to an aversion by builders to its use in home construction and furnishings. Synthetic, fireproof materials became common.

Over the years, residents in the newly constructed dwellings began to suffer from various afflictions & diseases such as depression, insomnia, allergies, circulatory and vascular problems and cancer. The concept of Krankheitsherd (sickness inducing dwelling) was developed. The Institute of Baubiologie and Ecology has developed in response to this problem. Their principles are: Care must be taken in plotting the dwelling site in relation to geophysical and electrical factors. Building Materials should have a positive influence on the biological function of the human body. Interior furnishing and finishes should be made of natural materials and not treated with toxic chemicals. Lighting should be close to the natural spectrum.

*The president of the Institute for Baubiologie and Ecology has translated the only sanctioned educational programme. More information on Baubiologie and the Correspondence Course are available from David Hughes, 1091 Gordon Dr., Kelowna, B.C., V1Y 3E3 or phone 861-8080.*



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## Acupressure

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## A PEEK INTO THE WORLD OF CRYSTALS

by Joyce Egolf

Once again, the value of crystals and other stones is being recognized for more than aesthetic or monetary values alone. Crystals and stones have been in use for healing and meditation for eons of time, by virtually every culture throughout the world. For example, the crowns of monarchs are inlaid with gems, not purely as a sign of authority, but also to help them to rule wisely. There is also reference to the use of stones in the Bible, for strength, wisdom and protection.

Stones were first prized for their therapeutic properties, then inlaid into jewellery for ease of carrying and also to honour the stone (or stones). To have stones possessing beneficial qualities shown off in a beautiful setting became an object to be desired, thus incorporating a monetary value to the stones. As man's greed grew, the recognition of the beneficial qualities of the stones became lost in the rush to "keep up with the Jones's" and to amass wealth.

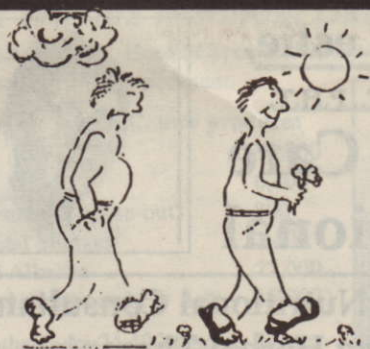
The scientific world has long recognized the value of crystals, and their usefulness to that community is expanding continually. For example, Crystals are used in many types of electronic equipment because they turn electric current into physical motion: when a crystal is charged with electricity, it vibrates with such precise rhythm and movement that crystals are used in the most accurate timepieces, lasers and other instruments where exact precision is required.

When we work with crystals, the crystal is 'charged' by our own natural electric energy to work on a very subtle but penetrating and effective level. Different types of crystals and gemstones vibrate at different frequencies, affecting some areas of the body more specifically than others.

When we suffer from stress, before any symptoms of illness manifest, our body's natural electric current and rhythm are knocked out of balance. The application of a crystal or crystals or a combination of stones placed in specific patterns on specific parts of the body, creates a vibration which reacts with our own natural electric rhythms to help get our body back into harmony and balance.

The ancient art of "Crystal Healing" or "Laying On Of Stones" has been handed down for thousands of years from teacher to student, and from the stones themselves to those in tune with their vibrations. Today, a practice that was once considered an integral part of good physical, emotional and spiritual health, is once again taking its rightful place in the holistic societies of the world. Ancient knowledge, long hidden from mankind, is now rising to the forefront as humanity searches for natural answers to its problems. The world of crystals provides a wealth of knowledge.

*For more information call Joyce Egolf at 493-2899.*



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## Book Review

by Laara Bracken

The idea that colour can be used to heal the body, mind and spirit is becoming widely accepted. Perhaps a bit slower to gain recognition is the concept of healing with crystals.

It was therefore delightful to find a book written by a woman with a Ph. D in clinical psychology which combined both theories. Dr. Brett Bravo has stepped outside the boundaries of traditional scientific thought, but retained the traditional scientific approach. Her information is very well researched, and tested over an extended period of time in greatly varying circumstances and with a large cross-section of clients.

"Crystal Healing Secrets" is a clearly-presented, comprehensive offering of her research and resulting theories on the healing benefits of crystals, colours. Not coincidentally, it discusses our connection to our planet and to our universe.

Her Gem-Ray Charts are clear and easy to follow as demonstrated in the following example. "Agate: has the psychic qualities of acceptance and co-operation, strengthening the immune system. It is on the silver coloured ray and is governed by the moon.

It teaches you to harness the body's innate vibrations and energies, tapping into a wonderful source of physical, emotional and mental wellness and can help you to make dramatic differences in the quality of your life."

Discover how to choose the right crystal for your needs, for mood balancing, for stress relief and tranquilizing. Discover your true birth stone and its power.

*Crystal Healing Secrets, by Brett Bravo, 1988. Warner Bros, Inc.  
666 Fifth Ave, N.Y. 10103.*

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## Workshop in Nelson

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according to principles of  
"A Course in Miracles"

*Learn how to experience the Joy and Fun  
that relationships are meant to be!*

*"To heal is to make Happy." ...T66*

**Introduction:** Friday November 30th, 7:30 pm \$5.00

**Workshop:** Saturday December 1st, 10-4 pm \$50.

**Location:** To be announced in the city of Nelson

**Information:** Nelson...Elaine Ashby - 352-3477

Kelowna...Faye Stroo - 763-6222

**Facilitator:** Faye Stroo



### Penticton Workshop

### "A Course in Miracles"

**November 16** - Friday 7:30 pm....

An Introduction to ACIM

**November 17** - Saturday 10 - 4

Exploring the various aspects of ACIM

**Place:** Penticton Community Center, Room #2

**Facilitator:** Faye Stroo

For information in Penticton: Arlene Lamarche 492-0680  
or Faye in Kelowna: Books & Beyond 763-6222

# All Things Considered

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

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## NETWORKING IN KAMLOOPS

by **Moreen Reed**

There is a mistaken sense that not much happens of a holistic nature, in Kamloops whereas there are many practitioners, groups and events taking place. A networking group has now been started which unites local practitioners of holistic methodologies to join together on a monthly basis to share their knowledge, resources and commitment to helping people achieve their potential. As a member of this newly-formed group, I will be proposing that a directory of "who does what" in the Kamloops area be produced and distributed and that this direction include notice of upcoming events. The next meeting of the Kamloops Holistic Practitioners Networking Group will occur Wednesday November 21st at 7:30 am, (in the morning). All are welcome to attend. For more information please contact Moreen Reed at 573-5432, Bev English at 828-7112, or Diane Allen at 573-5564. ♦

**Western Canada  
Wilderness Committee**  
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- ✓ One year membership to the WCWC
- ✓ Pick up Free Educational Publications

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# Focus on Women

Editor  
Laurel Burnham

Photograph by Steve Tomlinson



What do you think was the most frequently asked question during pregnancy? "What are you hoping for, a boy or a girl?"

From that question, and from my observations of our society, I believe that gender is the most significant element affecting each and every individual. Every social interaction, our behaviours, attitudes, social and economic status, social expectations, dress, life expectancy, and so forth, are based on one's gender.

I genuinely shocked people, particularly older folk, by stating I wanted a daughter. I also admitted my preference was sexist. The dream of being able to raise a strong, loving, intelligent, empowered and free woman is dear to my feminist heart. When I asked other pregnant women what they were hoping for, several replied, "A boy." When I asked why, they replied, "Because they are easier to manage." Even in my own generation it appears that male children are often favoured over girls. There is and has been greater social value placed on male children in our culture and many others around the world. Female infanticide is still practised.

I admit to my own sexism... the reality that I am also not free from gender bias -- but I love my own gender, womankind, passionately, and I believe my love and respect stem from my own self-love, and are in fact based on my own healthy self-esteem. Why shouldn't I love women as much as I love life itself? This love does not preclude loving men.

I laboured mightily to give birth to my child. I pushed hard, for literally hours, to get that beautiful, precious head "around the bend" of my pelvic landscape... and, despite the dreams and the pendulum reading and my "intuition" that this baby was my longed-for daughter, I did in fact give birth to a son. After all the effort, it didn't matter what gender our child was when he was finally in my arms. Galen (bright shining one), Padraig (the noble) Burnham O'Neill.

At three months, he sleeps in his cradle, as precious and as amazing as the moment he was born -- perhaps even more so now, because we are fast falling deeply in love with him. Despite all my non-sexist intentions, he is dressed in blue. There is very little androgynous baby clothing... the odd yellow sleeper perhaps, but virtually everything for very small children is either pink ruffles or blue corduroy. I wander through the racks of grossly overpriced infants' clothing, dismayed and shocked by the rampant sex-role stereo typing present even here... where we dress our little girl babies in fluffy, lacy "frou-frou" that they shouldn't really get dirty and our little boy babies in "Air Force" and hockey sweaters in which they are meant to conquer the world from their cradles. It makes me crazy. Why do we insist on asserting this gender identity right from the very beginning? Why do I dress my baby in blue? "Oh, isn't she sweet," warbles a dear old soul. "Yes, he is,"

I repeat. "He's a good little boy."

Some significant studies have been done, which analyze how adults relate to babies, based on their perception of the baby's gender. When viewed behind a one-way mirror, most normal well-meaning North American adults will behave differently towards the same baby, dressed in pink or blue. We talk to "blue" babies more, are more physical with them, encourage them to actively explore their environments. "Pink" babies we coddle and fuss over, and hold as if they were made of glass.

And thus difference in treatment continues throughout our lives, producing a society in which unequal value is accorded the two genders, resulting in major societal dysfunction... stemming from a split at the very root of the human psyche, through which seeps the lifeblood of the planet.

I don't want my dear little baby to grow up to be cannon fodder or a wage slave or a football player or a rapist. I don't want him to lack

courage, compassion, honesty, strength, the ability to nurture, to question, to love. I want him to grow up to be all the best that human beings can be, peacemaker, lover and friend.

Having a son to raise is an incredible opportunity to call forth all that is divine in man. I feel blessed.

Oh yes, I've found a book of non-sexist, non-violent "Mother Goose Nursery rhymes." It's called "Father Gander: Nursery Rhymes," by Father Gander and is published by Advocacy Press in Santa Barbara, California. I'll leave you with a sample:

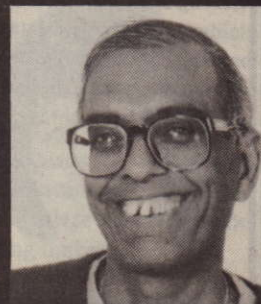
Jack be nimble, Jack be quick  
Jack jump over the candlestick!  
Jill be nimble, jump it too,  
If Jack can do it, so can you!

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Linda Kusleika



Sid Tayal

**Sid & Linda will be doing  
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# The Natural Yellow Pages



## HANDY HELPERS

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The pathway to a non-toxic home.  
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### Good Service Construction

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**Tara Canada** provides information on the  
emergence of the World Teacher, Maitreya the  
Christ, now physically present in London Eng-  
land. Tara Canada also fosters the growth of  
Transmission Meditation groups as a form of  
world service & a dynamic aid to personal growth.  
For free information..TARA CANADA, Box 15270,  
Vancouver, B.C. V6B 5B1 Phone: 736-TARA

## LITTLE PEOPLE PRODUCTS

### 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.

## WHOLESOME MEALS

### SUNSEED Natural Foods & Cafe

**Home baked bread - Vegetarian Menu**  
We fresh-grind organic grains daily  
Soups, Entrees, Salads, Desserts  
Fresh squeezed Juices  
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2919-30th Ave., Vernon: 545-7892

Photograph by Steve Tomlinson



Cecile Begin, D.N.

## Pain? Chronic fatigue? Digestion Problems?

**Cecile Begin, Doctor of Nutripathy** uses Iridology and urine/  
saliva tests to pinpoint the problems. She has 6 years experience as  
a colonics specialist and practices bodywork and nutripathic coun-  
selling to help restore the body's health and well-being.

**Phone for a FREE consultation**  
**Peachland 767-6465**



**Health Centre**

## PLACES to PLAY

### DARKE LAKE RIDES

Hay Rides (sleigh rides in season) - Trail Rides into beautiful Darke Lake Provincial Park Campfires under the stars or in a 20' Sioux Tipi  
**Ask about our Wilderness Vacations!**  
 Special rate-families, groups, churches, schools.  
 Also Organic Produce & Herbs in Season  
 Write: Site 44, RR #3, Summerland, V0H 1Z0  
 or phone: Dial 0 & ask for Radio Telephone  
 No. H42-8857 - Kelowna channel.

### 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

### The TIPI'S

Environmental Education Wildland Setting, Water Taxi Guided Tours, Ridgeway, Sail, Row, Canoe, Kayak, Lakeside Tipi Camp Scenic Boat  
 Tours Kootenay Lake Eastshore - 227-9555

## MOVES

### Creative Dance - Heather Jaeger

Kelowna: 860-2054  
 "A moving experience"  
 Classes and workshops

### Yoga - Hatha Yoga

Kelowna: 861-4102 - Margrit Bayer  
 12 yrs. intensive study in Canada & U.S.  
 Ongoing classes for beginners & advanced

### Jazzercise - Betty Hiller

Penticton: 493-0858  
 Improve your body, self image and self confidence thru fitness and fun.

### Moving Centre - Harold Hajime Naka

Kelowna: 762-5982  
 The natural Tai Chi Experience, Integrating Philosophy, Meditation & Movement in a meaningful way.

## PERSONALS

**Am moving into area, wish to meet F (28-45),**  
 into laughter, joy & easy going. Additionally I am into spiritual values, health, life, environment & kids. Lv. Msg. (403) 491-7840.

## FOR SALE

**Traditional hand made drums.** Phone for info  
 Westbank: Neil Farstad - 768-2423

## PUBLICATIONS

### COMMON GROUND - Phone 733-2215

B.C.'s quarterly magazine and resource directory dedicated to Health, Ecology, Personal Growth, Professional Development and Creativity. Distributed free at 800 outlets in B.C. or by post \$10 yr. - Box 34090, Stn D., Vanc., V6J 4M1. ↑

### SHARED VISION

British Columbia's Healing & Creative Arts Calendar. Available free at selected outlets throughout B.C., or by subscription. \$19.95  
 Write #8, -3661 West 4th Ave., Vancouver, B.C. V6R 1P2. Phone 733-5062.

### ADBUSTERS

Join the MEDIA FOUNDATION in launching a new environmental movement and advertising awareness. Published quarterly \$16.00 year.  
 1243 W. 7th Ave, Vanc., V6H 1B7 Ph:736-9401

### OPTION

Published quarterly by HANS. (Health Action Network Society) Educational facts and networking to get you aware of fluoridation, AIDS, irradiation and wholistic alternatives. A non-profit society. #202-5262 Rumble St., Burnaby, B.C., V5G 2B6. Ph. 435-0512 - \$15.00

### POSITIVE VIBRATIONS

Positive stories of change on ecology, community, and harmony. Available at Health Food Stores, Newsstands & by Subscription. Box 993, Stn E., Victoria, B.C., V8W 2S6. Ph: 478-6236

### COLUMBIANA

Journal of Sustainable Culture for the Columbia Bioregion of the Intermountain Northwest. Available at Newsstands or by Subscription, Chesaw Rt, Box 83F, Oroville WA. 98844

## ORGANIC

### 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, 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 & 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 specialty

### Callis' Organic Farms

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

### 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 inquiries welcome

### Wild West Organic Harvest Co-op

The Warehouse on Main Cawston: 499-5355  
 Fresh **Organic Produce** & Dry Goods  
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## Cellarcraft Inc.



### A Catalog of Products from B.C. Cottage Industries

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

They are listed in "The Wholistic Directory" also, 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.

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 Walsh

Colon therapy, NLP counselling,

Reflexology, Reiki and more.

### Arlene Lamarche, R.N.

Penticton: 492-0580

Acupressurist - Training with Jin Shin Do Foun-  
dation, Idyllwild, Calif. - A Course in Miracles

### Astrological Consultations

Vernon: 542-6342 - Carole

Astrology gives you a wealth of personal informa-  
tion 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, C.P.T.

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.

### Chris Morrison, M.A.

Salmon Arm: 832-7162 or 835-4530

Psychotherapist, Counselling, Gestalt, Drama  
Therapy, Groups & Workshops

### 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, Reflex-  
ology, Touch for Health, Bach Flower Remedies.

### David C. Warren

Penticton: 493-3104

Reflexologist C.R.R., Symptomatology

22 years, trained & certified through the Interna-  
tional 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

### Donalld Caldwell

Westbank: 768-3404

Health kinesiology, energy balancing,  
biomagnetism, herbal nutrition, Glandiet.

### 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 counsel-  
lor, 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. Moriz, Ph.D.

Oliver: 498-2600

Practitioner of Neuro-Linguistic  
Programming. (N.L.P.) Counsellor

### Harry Sukkau, M.H. & Associates

Kelowna: 763-2914

Master Herbalist,

Reflexologist, Certified Touch for Health Inst.,

Educational Kinesiology, Hyperton-X

### 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.

### Inner Direction Consultants

Breath Practitioners, Personal Growth Consult-

ants, Workshop Facilitators,

"A Course in Miracles".

Kelowna: 763-8588 Cheryl Hart

Patti Burns Sharon Strang

Estella Moller Bill Urquhart

Penticton: 492-3394 - Patti Burns

Vernon: 542-6140 - Estella Moller

### Jeanni Jones

Oyama: 548-3289

Numerology Charts, Stress Release

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### Joan McIntyre M.A. Registered Clinical

Counsellor, Vernon: 542-6881

Transformational Counselling, Flower Es-  
sences, Herbs, Crystals & Gems.

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**Johanna Jacks, M.Sc., D.N.**  
Nutritional & Lifestyle Counsellor

Are you tired of feeling tired? Do you wish you had more energy to enjoy the pleasures of life?

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By providing the proper nutritional and lifestyle requirements, perfect health follows.... naturally!

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specifically for you.

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# WHOLISTIC HEALTH PRACTITIONERS

## Joan Smith (Noor-un-nisa)

Salmo: 357-2475

Reiki Master; classes, treatments Gestalt, Dreamwork, Counseling

## Joyce Egolf

Penticton: 493-2899 ...Crystal Therapy....

The use of light and the vibration of crystals to unlock the answers. "Distance Healings".

## Judy Moll

Rossland: 362-7622

Reflexology, Herbology, Symptomatology

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

Vernon: 545-1818

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

## Karen Stavast - The Essential Body

Rossland: 362-7238

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

Workshops & Individual Consultations

## Laara Bracken, B.Sc.

Salmon Arm: 832-5164

Certified Core Belief Engineering Practitioner. Intuitive Aura Readings, Balancing and Healing, Personal Taped Meditations, Dream Interpretation, Counselling, Regressions (non-hypnotic) Reiki, **Workshops:** Learn to see Auras, Self Esteem: some Basic Building Blocks, Anger, Sound & Colour, Beginning Metaphysics, Meditation and more. **Brochure available, I travel throughout the Interior, my schedule is:**

**Cranbrook:** Nov 22-24, Call Mavis: 489-4157

**Kamloops:** Nov. 29 - Dec 2. Call Julia 376-9746

**Revelstoke:** Dec 3 & Jan 12-14, Call Sheri 837-6185 - **Penticton:** Dec 6-8. Call Jan 492-6442

Calgary & Edmonton- Jan. '91-See local papers

## Lea Henry

Enderby: 838-7686

Reiki treatments, bodywork, Touch for Health

## 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.

## Marilyn O'Reilly

Kelowna: Home-862-2825 - Office 860-0680

Certified Rebanner, Shiatsu, & Swedish massage, Deep tissue release energy work & breath.

## 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.

## Maurgo 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

## 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, Rossland: 362-9481

Bodywork, Polarity, Yoga, Reflexology

Chinese Healing Arts, Counselling, Rejuvenation program, Annual retreat

## Sharon Rempel

Keremeos: 499-5172

Member of Reflexology Assoc. of Can.

## Sherry Skaros

Oliver: 498-4847

Reflexologist

## Sue Shaw...Homeopath

Kelowna: 862-5909 Trained in Britain in classical Homeopathy and Bach Flower Remedies. 7 years experience. Consultations, Self help classes and Study groups.

## Vicki Allen

Silverton: 358-7786 Pent: 492-0987

Reiki Master, Private Counsellor, and Gestalt Group Facilitator.

## Wholistic Health Services

Kelowna: 860-0680

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Bodywork & Counseling

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

Vernon: 542-9761

3 types of therapy, massage, myotherapy, acupuncture. 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.



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**New skin & hair care products** for the whole family. Finally, **All Natural** products, which you can trust by giving you "All of the Good, None of the bad". No harsh ingredients or "empty" fillers.

*Your skin will love you!*

**Money Back Guarantee. Sold only through Independent distributors.**

Beryl ....762-2033, Guy....861-9501 (Kelowna)..Or 493-2974 (Penticton)

*Call for a free consultation or to enquire about Business Opportunities.*

# The WHOLISTIC DIRECTORY

## Acupressure

Penticton: 492-0580 Arlene Lamarche  
Kelowna: 763-3370, 861-3370 Mary Kline

## Acupuncture

Penticton: 493-6987 Acupunture Ctr.  
Kelowna: 860-3968 Ed Marriette  
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.  
Vancouver: Marilyn Waram - Pent: 492-0987  
Vernon: 545-6111 Deborah Vallance

## 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.  
Kelowna: 861-3370 Mary Kline  
Oliver: 498-4885 Carole Ann Glockling  
Rossland: 362-9481 Sid or Linda  
Nelson: 354-3811 Relaxation Plus  
Salmon Arm: 832-2330 Bev St. Croix  
Kamloops: 554-1525 Dale Richard (& Vernon)  
Penticton: 492-0580 Arlene Lamarche  
Penticton: 492-3709 Helen Adams  
Summerland: 494-1341 Hugh Gibbs

## 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 Qulnary

Kelowna: 762-7621 - Paul Lavoie

## Colon Therapists

Penticton: 492-7995 Hank Pelser  
Kelowna: 762-9700 Aqua Therapeutics  
Peachland: 767-6465 - Cecile Begin

## Core Belief Engineering

Salmon Arm: 832-5164 Laara Bracken

## Counselling Services

Vernon & Kelowna: 542-4486 Marc Tey  
Kelowna: 769-7195 Peggy Ness  
Kelowna: 860-0680 Marilyn O'Reilly  
Kelowna: 762-9700 Aqua Therapeutics  
Kelowna: 862-3130 Morgan Price, Ron Thomas  
Oyama: 548-3537 Morgan Price & Ron Thomas  
Salmo: 357-2475 Joan Smith  
Sal. Arm: 832-5164 Laara Bracken  
Sal. Arm: 832-7162, 835-4530 Chris Morrison  
Vernon: 545-1818 Johanna Jacks  
Vernon: 542-6881 Joan McIntyre  
Vernon: 545-6111 Deborah Vallance

## 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

## Crystal Therapist

Penticton: 493-2899 Joyce Egolf.

## Dramatherapy

Sal. Arm.: 832-7162, 835-4530 Chris Morrison

## Dreamwork

Sal. Arm: 832-5164 Laara Bracken  
Vernon: 545-6111 Deborah Vallance  
Kel: 862-3130, Oyama: 548-3537 Morgan Price

## Educational Kinesiology

Kamloops: 554-1525 Dale Richard  
Kelowna: 763-2914 Harry Sukkau & Assoc. +

## 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  
Kelowna: 862-5909 Sue Shaw  
Kamloops: 554-1525 Dale Richard (Vern. Pent)  
Summerland : 494-1341 Hugh Gibbs

## Gestalt Therapy

Salmo: 357-2475 Joan Smith  
Silverton: 358-7786 Vicki Allen  
Kel: 862-3130 Morgan Price & Ron Thomas  
Oyama: 548-3537 Morgan Price, Ron Thomas  
Sal. Arm: 832-7162, 835-4530 Chris Morrison

## Health Kinesiology

Westbank: 768-3404 Donalie Caldwell

## Herballist

Kamloops: 554-1525 Dale Richard (Vern. Pent)  
Kelowna: 860-3968 Ed Marriette  
Kelowna: 763-2914 Harry Sukkau & Assoc.  
Penticton: 492-7995 Hank Pelser  
Sal. Arm: 835-8393 Yarrow Alpine  
Rossland: 362-7622 Judy Moll

## Homeopathy

Kelowna: 862-5909 Sue Shaw

## Intuitive Counsellors

Sal. Arm: 832-5164 Laara Bracken

## Iridologist

Kelowna: 763-2914 Harry Sukkau & Assoc.  
Kelowna: 762-7621 Paul Lavoie  
Penticton: 492-7995 Hank Pelser  
Kamloops: 554-1525 Dale Richard  
Peachland: 767-6465 Cecile Begin

## Laser Therapy

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

## 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  
Summerland: 494-1341 Hugh Gibbs  
Penticton: 492-6902 Doug Hayes

## Numerology

Oyama: 548-3289 Jeanni Jones

## Nutritional Counsellor

Kelowna: 860-3968 Ed Marriette  
Kelowna: 762-7621 Paul Lavoie  
Penticton: 492-7995 Hank Pelser  
Sal. Arm: 835-8393 Yarrow Alpine  
Kamloops: 554-1525 Dale Richard (Vern. Pent)  
Vernon: 545-1818 Johanna Jacks  
Peachland: 767-6465 Cecile Begin

## 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 Glockling  
Rossland: 362-9481 Sid or Linda  
Kelowna: 763-8774 Carol Elder  
Vernon: 545-6111 Deborah Vallance

## Psychic

Vernon: 545-0352 Ana Fassman

## Psycho-Physics

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

## Psycho Immuno Therapy

Kelowna: 763-3566 - Marc S. Tey

## Rebalancing

Nelson: 354-3811 Relaxation Plus  
Kel: 860-0680 or 862-2825 Marilyn O'Reilly

## Reflexologists

Keremeos: 499-5172 Sharon Rempel  
Kelowna: 861-8470 Michael Erdmann  
Kelowna: 763-2914 Harry Sukkau & Assoc.  
Rossland: 362-7622 Judy Moll  
Kamloops: 554-1525 Dale Richard (Vern. Pent)  
Penticton: 493-3104 David Warren  
Penticton: 492-5661 Mabel Broadhead  
Penticton: 492-3738 Celeste O'Neill  
Oliver: 498-4847 Sherry Skaros

## Reiki Practitioners

Kelowna: 861-8470 M. Erdmann  
Penticton: 496-5763 Dianne Craig  
Penticton: 492-5179 Urmi Sheldon  
Enderby: 838-7686 Lea Henry  
Salmon Arm: 832-5164 Laara Bracken

# WHOLISTIC DIRECTORY

(continued)

## Reiki Masters

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

## Shamanic Work

Sal. Arm: 832-5164 Laara Bracken

## Shiatsu

Kel: 860-0680, 862-2825 Marilyn O'Reilly  
Rossland: 362-9481 Sid Tayal

## Symptomatologist

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

## Tarot Card Readings

Penticton: 492-3709 Helen Adams

## Three in One Concept

Rosslund: 362-7238 Karen Stavast

## Touch for Health

Kelowna: 763-2914 Harry Sukkau & Assoc.  
Enderby: 838-7686 Lea Henry

- ◆ Alternative Practitioner
- ◆ Holistic Professionals
- ◆ Centres for Growth
- ◆ Organic Growers
- ◆ Spiritual Groups
- ◆ Handy Helpers
- ◆ Instructors

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up for your 1991 listing  
of "Who's Who" in the  
**Natural Yellow Pages**

# TEACHING & TRAINING CTRS.

## 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 work-  
shops 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  
weekend a month for 8 months.

## Okanagan Natural Health Institute Inc.

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

## The Center - Salmon Arm: 832-8483

Growth & Awareness Workshops, Meditation,  
Retreats, Summer programs, Metaphysical  
Bookstore and other services, Program cata-  
logue free

## 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

Kelowna: 763-6222 - Offering courses, Friday  
evening lectures for human development, plus A  
Course in Miracles, Reiki and much more.

## Inner Direction Consultants

Kelowna: 763-8588 - Breath integration, per-  
sonal growth, consulting and workshops. "A  
Course in Miracles" evenings and Sunday Cele-  
bration.



## East Wind Meditation

Penticton: 492-6902 - Suite 206-598 Main St.  
"Compassionate Existence" Meditation teacher  
**Doug Hayes** offers multi-level group, meditation  
courses. Programs include self-exploration tech-  
niques, study and comprehensive guidance.  
Register now for morning, afternoon or evening  
classes. Watch your local newspaper for coming  
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## Kootenay School of Rebalancing

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

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

## Complete Astrology Course

Exciting lessons, profound insights, personal tu-  
toring by **MARILYN WARAM**: write for brochure:  
P.O. Box 2252, New Westminster, B.C., V3L 5A5

## Nirvana - Modern Metaphysics

Terrace: 635-7776 - Laurel  
Courses, open channel readings, Metaphysical  
books and items. 3611 Cottonwood Cres.

## Kung Fu Retreats with Marc S. Tey

Vernon: 542-4486 or Kel: 763-3566  
Movement & Meditation - Promotes health, con-  
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**Special Yearly Rates**  
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☎ Angele for info.

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**NON-CHEMICAL ● 100% NATURAL ● CHILD SAFE  
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**INSECTAWAY...The odourless, non-staining powder that  
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sowbugs, and other crawling insects. Safe for children,  
pets, food, fish and wildlife.**

**Western Insectaway in Penticton - 492-3738**

# 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.

### Terry's 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

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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, Herbs,

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

## Cawston

### Wild West Organic Harvest Co-op

The Warehouse on Main Cawston: 499-5355

Fresh Organic Produce & Dry Goods

Open Monday to Saturday 9 - 5 pm

Bulk food orders. Everyone Welcome!

## Nelson

### Kootenay Country Store Co-op

354-4077 - 702 Baker St. Open 6 days a week.

Where we're committed to bringing you the best.

Organic produce, recycled paper, chemical-free

meats, Avalon dairy in returnable bottles, cruelty-

free skin care, environmentally safe cleaners &

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# QUALITY WATER Sales & Service

### Carefree Drinking Water Service

Serving Osoyoos to Kelowna

John Hall - Penticton: 492-3172

Rental units for less than \$20 per mo.

### Springfield Plumbing & Heating Ltd.

Kelowna: 861-8080 - 1091 Gordon Dr.

A full service plumbing company

specializing in water filters & water conserva-  
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### MAGNETIC WATER CONDITIONING

1990's way to condition water.

No salt required....less than \$300.00

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or write...M.W.C., Box 793, Penticton, V2A 6Y7

# FARM for SALE

### Cherry Grove Fruit Stand

10 acres of mixed fruit trees, gardens, house,  
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25 years of natural growing methods.

For appt. phone Tom in Oliver: 498-2817

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-sustainable agriculture practices

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-historic site interpretation

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

Phone: 499 - 5172

# CERTIFIED TRANSITIONAL

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Apples (\$.35 a lb) Apple juice (\$1.00 litre)

Strawberries & Vegetables (in season)

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Phone 763-1228



## Natural Food Store

Open 9-5 pm - Monday thru Saturday

**ALWAYS, FRESH, CERTIFIED ORGANIC FRUITS & VEGETABLES,**  
**WHOLESALE OR RETAIL, AVAILABLE ALL YEAR ROUND!!**

**Vitamins, herbs, spices,**  
**natural & cruelty-free skin & health care products.**

**Wild West**  
**Organic Harvest Co-op**

*for more information phone*

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

# NATURAL ITEMS for ENHANCING HEALTH

**Birkenstock - German Health Shoes**  
 Summerland : 494-8203  
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 Fresh homemade salads, nutritious lunches

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

**The Crystal Room in Books & Beyond**  
 #105 - 1735 Dolphin Ave, Kelowna  
 \*Crystals \*Crystal wraps \*Gem Beads  
 \*Crystal Body Work & Counselling  
 \*Jewelry repairs & Custom work  
 \*Supplies for the craft jeweller  
 \*Beading classes Ph: 763-6222 Sealia

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 What better way to care for wood but from the knowledge of the tree itself. Durable and safe for your health and the environment.  
 Rainbow's End Service. Box 590,  
**Christina Lake, V0H 1E0** - Phone 447-6642  
**Kelowna: 861-6060 David Hughes**

**Wonderful World of Sheepskin**  
 Kelowna: 765-2300  
 Mattress pads, coats, boots, gloves,  
 slippers, moccasins, seat covers, mitts

**Reverse Osmosis & Carbon drinking water systems**  
 Professionally installed & serviced.  
 Springfield Plumbing - Kelowna: 861-8080

**Moonwit MENSTRUAL Alternatives**  
 Moonwit Pads & Liners, 100% cotton. \$3.75 or \$5.00 each. Available from: Christina Budewit,  
 R.R. #4, Lang's Road, C-21, Ganges, B.C.  
 V0S 1E0 - Phone (604) 537-4683

**Other Dimensions Bookstore**  
 Salmon Arm: 832-8483  
 Books & tape, metaphysical, esoteric, self help,  
 healing and more.

**Reflections Art Studio**  
 Vernon: 545-4527 - Don Willoughby  
 3101 B 31st Ave, Vernon, B.C., V1T 2G9  
 \*Custom Stained Glass Artwork  
 \*Retail Gift Wear \*Lessons, Supplies, & Repairs,  
 \*Door, window and kitchen cabinet inserts  
 \*Thermal Sealing \*Portrait Referral  
 \*Commission Wall & Window Painting  
 \*Color & Design Consultations \*Logo design  
 \*Camera Ready Graphic Artwork

**The Crystal Temple - Trail: 364-2581**  
 \*Natural Crystals & Stones \* Incense  
 \*Unique Jewellery \* Candles \* Cards  
 \*Books, Tapes & More  
 Come & See Us! Next Door to L'Bears Health  
 Food Store in Trail, 1268 Pine Ave

**Uncommon Scents**  
 Vernon: 549-3186  
 Pamela Rose - Aromatic Essential Oils and  
 Personalized Fragrances

**Meditation can Change your World**  
 and you can learn in the comfort of your own home with self teaching audio tapes. **Peter Morris** brings 40 years experience in healing through meditation.  
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**Gems & Crystals - Highest Quality**  
 Vernon: 549-7107 or 542-6881- Joan McIntyre  
 Custom Jewellery, pocket gems,  
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**Aura Paintings / Readings**  
 Salmon Arm: 832-2330  
 Bev St. Croix (Hotno)

**Country Stores - Vernon: 549-1453**  
 \*Quality Herbs, Spices and Potpourri by mail order. \*ENCYCLOPEDIA of BIOLOGICAL MEDICINE - the most complete compendium of herb lore/fact of its kind. Available in sections. Build your library to suit your interests and needs. \$4 - \$6 per section. Each section covers one herb in detail.: 100 Kal Lake Rd., V1T 9E1

**Sunrider & Vita Florum Products**  
 Penticton: 497-5658 - Michel  
 High Quality Products for Health, Beauty & Fitness. Please phone for additional info.

**Vitol 27 - Herbal Elixir**  
 Kelowna: April 763-0079  
 100% natural, 100% Guaranteed  
 30 day trial period or money back.  
 Excellent business opportunity!

**Super Blue Green Algae**  
 Oliver: 498-2600 - Guin B. Moriz, distributor  
**Keremeos: 499-5172** - Sharon Remple  
 Products available - retail or wholesale

**Insectaway**  
 Penticton Distributor: Dori O' Neill: 492-3738  
 100% natural, dust or spray, water soluble, child safe, non-chemical, non-staining bug eliminator.

**The Secret of Youth**  
 All natural hair care & skin products you can trust. Money back guarantee, ask about business opportunities. Beryl: Kelowna- 762-2033 or Guy: Kelowna - 861-9501 or Penticton - 493-2974

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 Penticton: 493-4422

**Traditional Hand made Drums.**  
 Phone Neil Farstad, Westbank, 768-2423



702 Baker Street • Nelson • 354-4077  
 9:30 - 6:00 Monday to Saturday • Fridays 'til 8:00



*At the Kootenay Co-op, we're committed to bringing you the best.*

- \* organic produce
- \* top quality bulk foods
- \* environmentally safe cleaners
- \* cruelty-free skin care
- \* recycled paper
- \* chemical-free meats
- \* Avalon dairy in returnable bottles
- \* organic & gourmet coffees

# The PROFESSIONALS DIRECTORY

## COUNSELLING SERVICES

### Inside Out Family Therapy

Summerland: 494-3434

Lynne Christian, RN, B.S.N., MA.

Marriage, Family & Child Therapist, ACOA, Co-Dependency, Sexual Abuse, Chemical Dependency, Loss & Grief.

### CASA

Communities Against Sexual Abuse

Vernon: 549-2272 - #8, 3101 29th St.

Counselling for Sexual Abuse Survivors  
Prevention and Awareness Workshops

### Vernon Alcohol & Drug Programs

Provides counselling to individuals and families in a variety of formats. Addresses full range of recovery issues, family work, co-dependency, C.O.A., A.C.O.A., etc.

Workshops on request. 3305 - 30th Ave.,

Vernon, B.C., V1T 5E4 - Phone 549-5460

### Peggy Ness, C.A.C.

Kelowna: 769-7195

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

### Joan McIntyre, M.A., Registered Clinical

Counsellor: Vernon: 542-6881. Women's issues, Grief and loss, Transformational Counselling.

### Morgan Price, M. Ed

Registered Clinical Counsellor

Kelowna: 862-3130 or Oyama: 548-3537

Relationships, Abuse, Loss

### Ron Thomas, M.Ed, Registered Clinical

Counsellor ....Kelowna: 862-3130

or Oyama: 548-3537. Relationships, Abuse, Loss, Family of Origin Issues.

### Deborah Vallance, R.N., B.A., M.Ed.

Registered Clinical Counsellor: Vernon: 545-

6111 - Transformational counselling, Inner Child, Survivors therapy, griefwork, relationships, codependency, Individual counselling and bodywork sessions. Classes/workshops.

## MASSAGE THERAPISTS

### Summerland Massage Therapy

Manuella Sovdat

#4 - 13219 N. Victoria Road

Summerland: 494-4235

### Kelowna Clinic of Massage Therapy

John Schlapbach

#207 - 1610 Bertram St.

Kelowna: 762-3340

### The Essential Body

Karen Stavast

#6 - 2118 Columbia Ave

Rossland: 362-7238

### Wellness Therapy Center

Lorna Schwenk

#2 - 376 Main Street.

Penticton: 492-5599

### Massage Therapy Clinic

Marilyn Bangma & Floyd Norman

187 Braelyn Crescent

Penticton: 492-0238

**The next  
ISSUES  
will be late!**

**Look for it  
Jan. 15, 1991**

## NATUROPATHIC PHYSICIANS

### Kelowna

Dr. S. Craig Wagstaff: 763-3566

### Penticton

Dr. Audrey Ure: 493-6060

Dr. Sherry Ure: 493-6060

### Castlegar

Dr. Filip Vanzhov: 365-2477

### Nelson

Dr. Loren T. Kozak: 352-1991

Dr. Filip Vanzhov: 352-2477

### Cranbrook

Dr. Loren T. Kozak: 426-5228

## CHIROPRACTORS

### Penticton

Souch Chiropractic Office

Penticton: 493-8929

Bill Souch, 225 Brunswick Street

### Alex Mazurin

Penticton: 492-3181

# 47 E. White Ave.

### Vernon

James B. Wickstrom: 545-5566

3002 - 33rd Street

### Kelowna

Chiropractic Associates: 860-6295

Dr. Mervyn G. Ritchey

Dr. Mel Brummund

Bill A. Brummund, R.M.T.

## HEALTH CARE

Dr. Lea Leslie, Ph.D, R.N.C., P.H. T.

Penticton: 492-5313, 172 Parmley Place

Registered Nutritional Consultant,

Practising Herbal Therapist

Member of the Int'l Homeopathic Foundation

## 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

\* 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.

Photograph by Steve Tomlinson



**Carol Elder, C.P.T.**

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

# 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
\$ 200.00	- 3/4 page - 7 1/4 x 6 3/4
\$ 175.00	- 2/3 Page - 4 1/2 x 9 3/4
\$ 150.00	- 1/2 page - 7 1/4 x 4 1/2 or 3 1/2 x 9 3/4
\$ 125.00	- 1/3 page - 3 1/4 x 9 1/4
\$ 100.00	- 1/4 page - 7 1/4 x 2 1/4 or 3 1/2 x 4 1/2
\$ 75.00	- 1/6 page - 2 1/4 x 4 1/2
\$ 50.00	- 1/8 page - 3 1/2 x 2 (Business Card size)

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.

## The Natural Yellow Pages

\$ 70.00 1/4 page - 2" across the page in the back section of magazine

\$ 40.00 Business card size or 1" across - Make sure card has dark ink

**Directory Listings** - \$10.00 - 4 lines - Additional lines - \$2.00 each


**SPECIAL YEARLY RATES AVAILABLE NOW FOR THE 1991 LISTING**

## Calendar of Events

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

**Advertising deadline is December 10th.**

**Submission deadline for articles is December 1st**

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

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

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

ISSUES is available at Health Food Stores & select locations or by mail \$10.00 yr.

**Write: ISSUES, 2645 McKenzie St., Penticton, B.C., V2A 6J1**

## Carefree

### Drinking Water Service

Concerned about your drinking water?

Rent a quality Reverse Osmosis Water Purifier

\$19.50 per month - Home or Office

Serving the Okanagan & Similkameen Valleys



Penticton

**492-3172**

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- \* Toilet Paper
- \* Paper Towels - sheets or rolls
- \* Garbage bags - regular or kitchen size  
(made from recycled plastics)
- \* Phosphate Free Laundry Detergent
- \* Organic Cleaning Chemicals

**C A M C O SUPPLIES LTD.**

Phone 493-6944 - 2350 Barnes St., Penticton



# VITAL SYSTEMS CATALOGUE

"Till taught by  
pain, man knows  
not water's worth"

— Byron

## Clean Water Begins at Home

For the first time in history, water has become the sanitary convenience of an entire civilization. Using water as a personal waste vehicle—the repository for everyone's feces and urine—is a very recent cultural phenomenon. Only a few generations have been toilet trained to water, but this experience has profoundly distorted our collective sense of reality.

Water toilets reinforce one of our mightiest taboos, the social prohibitions that surround our body products. They let us forget that feces and urine are a natural part of the food chain—repayment to the soil for nutrients supplied in our food. Water toilets foster the illusion that these or any other products can be flushed away without consequences.

In our culture, our most frequent and most commonly shared experience with water is with the water in a toilet bowl. This daily, lifelong practice fosters the illusion that water is little more than a handy receptacle and vehicle for unwanted products.

Today's water crisis is the logical consequence of this twofold "waste/water" illusion. It is instilled in one of the earliest and strongest lessons of childhood—toilet training. It is reflected in the design and operation of every conventional home, city, business, factory and farm.

Water resources will be clean when our culture gives full value to water and wastes—values that reflect our absolute dependence on water for life and the reality that there are no wastes, only misplaced resources. Like all cultural values, these must be acquired in the home. The water crisis ends and clean water begins at home.

## Right livelihood

Organizations or individuals may earn a commission for distributing this catalogue. Please write or phone for details.

Send \$2.00 for your copy of the catalogue to

**VITAL SYSTEMS**

**1091 GORDON DRIVE**

**KELOWNA, B.C. V1Y 3E3**

**PHONE (604) 861-8080**

**Products for the chemically sensitive  
and the environmentally concerned.**

## LIVOS PAINTS

*Livos Plan Chemistry of West Germany is the leading manufacturer of non-toxic wood finishing and home care products.*

*Livos uses only natural and non-toxic ingredients and all ingredients are listed on product labels and technical information sheets.*

## DUBRON

Natural Resin Wall Paint is a flat interior paint that contains no fungicides, glycols or other additives. Only the pure fragrances of natural plant extracts and essential oils are emitted during application.

**VS 093 DUBRON 5.00L \$48.90**  
covers 400 sq.ft.

**The BREATHEasy 4500 was developed with  
very specific goals for air filtration:**

1. It had to be able to clean a 15'x10'x8' room (1,200 cubic feet) in less than 3 minutes.
2. It had to be able to clean a 1,500 square foot house (12,000 cubic feet) in less than 30 minutes.
3. It had to do the above for 24 hours a day, 365 days a year.
4. The filter had to last a minimum of two years with constant use before it needing to be replaced.



**VS 100 BE Black \$495.00**  
**VS 101 BE White \$495.00**

## There are two types of membranes used in Reverse Osmosis drinking water systems:

• **CTA (Cellulose TriAcetate) membranes** are for use on municipal water supplies. They are tolerant of chlorine.

• **TFC (Thin Film Composite) membranes** are more efficient than CTA but they are not tolerant of chlorine.

### 8 gallon per day CTA

Reverse Osmosis Drinking Water System  
**VS 033 8RO \$480.00**

### 15 gallon per day CTA

Reverse Osmosis Drinking Water System  
**VS 034 15RO \$536.00**

### 10 gallon per day TFC

### Reverse Osmosis Drinking Water System

**VS 035 10 RO TFC \$568.00**

### 15 gallon per day TFC

Reverse Osmosis Drinking Water System  
**VS 036 15 RO \$573.00**

### 35 gallon per day TFC

Reverse Osmosis Drinking Water System  
**VS 037 35 RO \$609.00**

