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ISSUES

Featuring-the Spring Festival of Awareness

Wholistic Practitioners

Consciousness Raising

Environmental Concerns

"The Natural Yellow Pages"



January / February 1991

Volume 2 - Number 1

Musing

Celebrate.....celebrate.....for life is so very great! Hope you enjoy reading this first anniversary edition of ISSUES.

I remember ever so clearly getting the first copy of ISSUES to the printers. It was like giving birth to my first- born 20 years ago, almost to the day. The memories of the long hard push late into the night are still vivid and each time ISSUES goes to print, I wait anxiously for the first copy and I say my thank-you's to the universe for giving me this opportunity to meet so many wonderful and dedicated people who are helping to shift the consciousness of the world.

This month's cover is your chance to meet great grandpa. Vincent Kost was my mother's grandfather, a kind compassionate and helpful soul who decided to move from the isolated Arctic life of a trapper to "God's country", as my parents so often called the beautiful mountains of northern B.C. To us kids, grandpa seemed to love picking potatoes out of the rock bed we called a garden; cutting wild hay in the meadows always appeared to be a treat rather than a chore with him and hauling wood with the horses seemed so easy.

Carrying that wood into the house seemed a full-time job for us kids but the winters were long and cold and we knew where our heat came from.



One thing hauling wood did teach us was the fine art of co-operation: many hands made the work go quicker. Besides, if the woodbox didn't get filled, Grandpa couldn't light the fires first thing in the morning and the chill wouldn't get taken off the house.



Photograph by Steve Tomlinson

Today, as the thermometer drops, I remember the ice cold floors and outside toilet of my childhood home and I thank God for central plumbing and heating.

As our environmental awareness increases, we as a society must take an active role in deciding just what we are willing to sacrifice for our convenience. Tough choices have to be made and only when most people become concerned citizens will our planet survive to be inherited by our children. Laurel Burnham and I have been chosen as members of the executive of the Western Canada Wilderness Committee for the Okanagan region. We are trying to decide where the emphasis on raising awareness should be placed in the Okanagan. Do you wish to get involved? Give me a call.

One easy way to help just a little is to recycle your glass and paper. Also, why not buy recycled paper goods: CAMCO in Penticton sells quality recycled toilet paper and stores everywhere are selling writing paper, etc.

Yes, you must pay a little more for recycled products now, but in the long run, prices will drop with increased demand and we will all save money - not to mention the environment, it will save us all money. Please show your support for the advertisers in ISSUES.

Many thanks to Jack Wells of Eaglefoot Recycling in Nelson and Moreen Reed, an astrologer in Kamloops, for putting in time to make the networking begin.

ISSUES is starting to grow. If you would like ISSUES delivered to your door every second month, just fill in the coupon and mail it in. You can also pick up ISSUES free at your local health food stores.

**Next deadline
February 10th**

**Copies printed: 10,000
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Office hours: 7 am to 7 pm**

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

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

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

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

Issues advises the readers to exercise their judgment 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.

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Is 'Holistic' full of Holes?

What is holistic healing? Or, what makes healing holistic? You may have addressed these questions yourself.



Many healing practitioners present their practice as being holistic - how do we know what each practitioner means by holistic? As it stands right now, it is hard to know what to expect from a holistic practitioner. You might say that the term

"holistic" is full of holes; when a word is inconsistently used it loses its meaning and value.

The British Columbia Holistic Healing Association (B.C.H.H.A.), formerly the Canadian Holistic Healing Association (C.H.H.A.), established in 1977, has recently undertaken to address these concerns by taking the bold step of registering and verifying practitioners who wish to be considered holistic. This action reflects B.C.H.H.A.'s desire to bring the "heart and spirit" back into healing and to support and encourage holistic health practitioners to "walk their talk." The creation of a "body" of registered holistic health practitioners is intended to facilitate a greater cooperative "spirit," and providing registered practitioners with a referral directory is intended to extend this spirit. Thus, for the first time, you will be able to readily identify and locate holistic practitioners in your community.

The B.C.H.H.A. asserts among other things that "A holistic practitioner is a facilitator who works in a supportive partnership to discover and liberate the client's innate healing resources on all levels: physical, mental, emotional, spiritual, and environmental; and to this end will encourage clients to engage other holistic practitioners whenever this has possible benefit to the client "and" A holistic practitioner is consciously engaged in process of self-awareness and health enhancement, lives and practices in integrity with the community and the environment, and will constantly upgrade his/her knowledge of holistic health options."

In addition, the B.C.H.H.A. anticipates providing a forum to address and voice the concerns of holistic practitioners to the different levels of government.

If you support the essence of this holistic stance, you are urged to join the B.C.H.H.A., #202, 5262 Rumble St., Burnaby, B.C., V5J 2B6, phone 431-9515. *Chris Shirley (president of the BCHHA) will be at the Festival of Awareness is you would like your questions answered.*

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Donalie Caldwell a long-term resident of Kelowna with twenty years experience in the field of general nursing, recently opened private practice in wholistic healing. specializing in energy balancing, Touch for Health, Reflexology, Iridology, and Kinesiology, Donalie is a distributor for Nature's Sunshine Products. Donalie will be pleased to help you design a new lifestyle for health and vitality.



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BOOK LOVERS IN A BIND

Kootenay Weekly Express & Suzy Hamilton

A small sentence could mean a big difference in the way libraries and booksellers serve their readers.

A proposed amendment to the federal Copyright Act will make it illegal for anyone other than book agencies in Canada to import books from the U.S. and Great Britain.

This means that booksellers and librarians - who currently buy many books from distributors in the U.S. - will have to pay more and wait longer if they are forced to buy only in Canada, according to Nelson bookstore owner Paul Galewitz.

"It's absurd. Everything I stand for in this business is undermined by the amendment. I try to have books here fast, in good condition for a good price. This act will effectively do away with all of that. Add this policy to the GST and what do you have? About two-thirds of the booksellers out of business."

Galewitz, owner of Oliver's Books, says that he, like most booksellers and librarians, buys Canadian books in Canada. "But let's face it. Many of the best books in the world come from the U.S. and Great Britain.

Galewitz is not alone in his concern. President of the Canadian Booksellers Association (CBA) Kerry Longpre has appealed to the Federal Minister of Communications Marcel Masse to drop the legislation.

"Enough is enough," says Longpre. "The only ones who will benefit in a closed market are a handful of large Canadian-owned distributors. The agency system promotes bad service, unavailability of titles and high prices."

At the annual general meeting of the CBA last July, members unanimously voted to oppose the legislation. But Galewitz has received word that it will be presented to Parliament within the week.

For librarians, the amendment means fewer books on the shelves, says Nelson librarian Deb Thomas. Thomas orders about \$10,000 worth of books - one-third of the budget - from Baker and Taylor in Nevada. Books come catalogued and ready for the library shelf from the distributor.

"If we are no longer allowed to buy from them this will affect two areas," says Thomas. "We'll have to do our own processing, which means more staff time. And we'll have to pay a higher markup. All of this means fewer books."

John Mansbridge, department head of the Selkirk College library, is equally concerned. He buys about \$30,000 worth of books from Baker and Taylor, one of the largest distributors in the U.S.

"Our concern is service. The reason we buy books in the U.S. is because we can get them quickly. We're dealing with a very complex business. There are over 30,000 titles a year published."

Mansbridge says the proposed legislation flies in face of the Free Trade Act. "It doesn't seem to fit in. Free Trade was designed to ease the flow of material cross the border."

Galewitz is urging all readers to write to Masse to oppose the legislation. "How will the government ever enforce a law like this? I doubt they'll have Canada Customs looking through every box of books. The only way to do it would be to close the border completely to books."

Write: Hon. Marcel Masse
Minister of Communications Canada
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Strong, Stretched & Centered

One of the first things people notice about Joan Casorso is that she looks, well, exactly what she teaches - strong, stretched and centered.

Joan is a certified instructor for the accredited fitness program Strong, Stretched and Centered. Presently Joan is conducting workshops and classes in the Okanagan region that incorporate the Strong, Stretched and Centered fitness philosophy.

Originating in Maui eleven years ago, Strong, Stretched and Centered differs from most other fitness courses in that it develops strength, endurance and flexibility of the mind and spirit, as well as the body. For example, through a combination of visualization techniques and strengthening of the back muscles, almost all course participants notice, and are able to maintain, a marked improvement in their posture. Joan herself has actually "stretched" two inches since becoming involved in the program.

Joan's involvement in Strong, Stretched and Centered was not triggered by an urge to grow, however, but in reaction to a series of sports related accidents resulting in broken bones, sprains and concussions.

The native of Kelowna has always been an advocate of physical fitness. She is an avid equestrian, riding horses since she was three years old. And as a horse trainer, rider, and riding instructor (Joan held the positions of head instructor and program director at both the Okanagan Farm Equestrian Centre and the Mark Clover Therapeutic Riding School) Joan has had her fair share of injuries.

"Through my own experience in dealing with injury and recovery, I wanted to learn more about the integration of body, mind and spirit in relationship to the healing process, as well as to physical fitness in general" said Joan.

In 1979, Joan attended a three-day SSC workshop in Kelowna instructed by founder Gloria Keeling, and was impressed by the session's effective combination of Eastern and Western mind/body disciplines. Over the next three years, Joan continued studying holistic fitness and bodywork techniques and participating in Strong, Stretched and Centered workshops. Seeing how successful this approach was with its human participants, Joan incorporated some of the bodywork techniques - accupressure massage, stretching, postural balancing and alignment - into her own horse training program.

In 1983, Joan began designing personal fitness programs for individuals recovering from various injuries and disabilities. She developed one of the first programs in Kelowna to integrate the disabled with able-bodied participants.

The following year Joan flew to Maui and studied the Strong, Stretched and Centered residential program under the guidance of founder Gloria Keeling, where she learned firsthand about the power of

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the mind and body to influence each other.

"I visualized teaching with Gloria on Maui," said Joan, "and within three weeks of being in the training, she asked if I would return to assist her in teaching." So over the next three years, Joan returned each fall and spring to Maui as a resident instructor.

Back in Kelowna, she became co-director of the fitness/dance centre, Splashes by Jenni, while at the same time continuing her studies in health and fitness and becoming more involved as a therapeutic riding instructor and program director.

In addition to coordinating workshops and classes, Joan presently spends much of her time training horses, teaching riding, and enjoying the company of her husband and two-year old son.

From her own experience with mind/body training Joan says she has boosted her self-awareness and confidence, become more energetic and strong, and improved both her posture and riding abilities.

For more information on Joan Casorso workshops and sessions phone Joan Casorso 769-7424 or write to her at.....
2190 Bartley Road, Kelowna, B.C. V1M 2M7.

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Workshop

March 15, 16, 17 1991

"Gloria Keeling

Strong, Stretched and Centered."

\$150

Friday 6:00 - 9:00 pm

Saturday 9:30 - 4:30 pm

Sunday 9:30 - 4:30 pm

(1 hour lunch break, snacks will be provided)

To pre-register, or for your free brochure,
phone 769-7424

Group sessions can be arranged within your community by writing: 2190 Bartley Rd., Kelowna BC V1Z 2M7

Palmistryby Heide Neighbor

.....palmistry: the art or practise of telling fortunes or of judging character, aptitudes etc. by study of the palm of the hand.
(Webster's Collegiate Dictionary)

The above definition describes the "what" of palmistry, but not the "how". I am a lifetime student of palmistry, and I have my own ideas on the subject. I visualize the lines of the palm to be like a blueprint for human potential. Much like a blueprint of a house, the lines can be changed, improved and "renovated".

As an example, if a "talent" area of the palm is weak and under-developed, it can be activated by positive motivation over a period of time. This applies to any talent, both creative and practical. For instance, a line (or lines) in the musical area of the palm means the creative learning process would come easily. On a more practical "note", an individual who has a "combination" mental talent, for logic and intuition, can become effective in specific areas. This person would have a variety of career choices, such as the stock market, inventions, alternate health sciences, and almost all self employed business ventures.

The palm also give us insights into the physical self. People who have palm indicators for heart disease, can make lifestyle changes which will actually reverse the process, both in the affected area, as well as the indicator line in the palm. This physical "renovating" effect seems to work whether the difficulty is genetic or due to negative habits.

Individuals who are involved in the on-going process of spiritual growth, can utilize the lines of the palm to find blockages in the path of enlightenment. In this "higher self" search, the palms will often show an "echo" effect from a previous lifetime. In archeology, there are sometimes layers of dwellings, where one generation built new structures over older foundations. The palms are like an archaeological "dig", and can be read in "layers" on a spiritual level.

So the palm does indeed reveal character traits, aptitudes and other bits of information. I now come to the "why" of palmistry. Interpreting the lines on the palm is one of the many available tools for full development of potential. When we succeed in "renovating" ourselves in positive directions, we gain power and responsibility in our lives. This power enables us to feel gentle, loving and secure.

Peter Morris

will be in Penticton

February 5-10th

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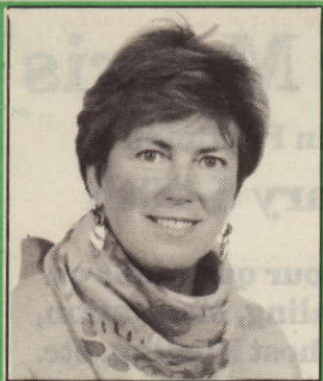
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KELOWNA Calendar of Events

January 17 - Thursday

Rediscovering Relationships with Christopher Moon - Lecture: Lodge Motor Inn, 7:30 pm, \$10. Workshop available Fri., Jan 18 to Sun., 20th. For more information call Pent. 493-8439 or Kel. 769-7228

January 19 - Saturday

Overcoming the Fear of Success

Are you sabotaging your wins? Have you felt that when you win, someone else had to lose? Are your fears keeping you from doing what you want? These common experiences are changeable; with understanding, tools and techniques success is unavoidable. Learn to turn seeming failures into ongoing successes. 10 am to 6 pm. Cost: \$75.00 Place: INNER DIRECTIONS CONSULTANTS TRAINING CENTRE, 1725 Dolphin Ave, Kelowna, B.C. Phone 763-8588

January 29 - Tuesday

January 30 - Wednesday

An evening lecture starting at 7 pm, and one day workshop with **TERRY KELLOGG & Marvel Harrison** on Inside Out: Finding Intimacy With Self & Others, and Sexuality, Spirituality: Integration and Intimacy in Recovering Relationships.

Capri Hotel : Phone 768-7500
for tickets and information.

January 30 - Wednesday

KPA Speaker is Lynne Mündel from Kamloops. She is well-known for her work with Dr. Richard Moss. The evening begins with a meditation, so please don't be late. Sandman Inn - 7:30 pm. Cost \$3 or \$6.

AEYRIE PERCH... a unique new Workshop / Lecture space is now available in Kelowna, at our home just off Clifton Road.

Out of sight of the city, and with sweeping panoramas of the lake in both directions, this 7 level home is ideal for intimate work and creative exploration. For information and rates, contact Allen Gibson at 868-2363

ONGOING EVENTS

Sunday Celebration is a gathering for family and friends to share love, joy, singing and an inspirational talk based on the principles from "A Course in Miracles"

Dates: Every Sunday.... 11 am to Noon

Place: Inner Directions Consultants Training Centre, 1725 Dolphin Ave., Kelowna, B.C. 763-8588

Books & Beyond Speaker Series

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& Thursday 9:30 am**

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Hosted by *Angele & Urmi*

Penticton & Area

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

The Kelowna Parapsychology Association is heading into the new year with a new president and a new mandate to serve the people of the Valley with interesting, informative, and inspirational guest speakers.

Their new president is Allen Robert Gibson, who brings many years of seminar and promotional experience to his job. Allen has promoted and produced events for the likes of Chuck Spezzano, Serge King, and his favourite speaker - Lazaris.

"I'm looking forward to continuing and expanding on the great work that has been done by the volunteers on the board, and especially by Bonita. (Hodgkinson, the past president) this year, I'm going to try to make our Wednesday night speaker series even more inter-active, almost like a mini workshop," says Allen.

Penticton Happenings & Metaphysical Club Speakers

January 18th

Friday - 7:30 pm..\$5 at the Leir House
Astrology & Dream Interpretation
with Deborah Vallance, R.N., B.A., MEd,
from Vernon.

Lecture and discussion on dreams, including ways to improve dream recall and recordings and how to work with and understand dream symbology. We will also have a stimulating discussion on the uses and abuses of astrology and how to work with these powerful tools in the most beneficial ways.

January 19th

Saturday - 9 am - 4:30 with Deborah

The Inner Child is that part of us which is ultimately alive, energetic, creative and fulfilled. It is our Real Self, who we truly are.

Most of us deny our Inner Child, due to conditioning. In this workshop we will identify our losses through group sharing and learn to express our emotions through writing, art, music, and movement, thus leading to a greater sense of integration & self-acceptance. Please phone Jan at 492-6442 for info.

January 24th

Thursday - 7:30 pm

Free Introduction to Reiki with Vicki Allen. Please see ad to the right.

February 1st

Friday - 7:30 pm.....a \$2.00 special
Increasing your Energy with
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Are you feeling sluggish: has the last cold or flu bug got the best of you? Learn how to strengthen the immune system with simple, nutritious, food tips and more. Six years experience in the health field, including iridology, herbs, colonics, nutrition and more.

February 1, 2 & 3rd

Sid & Linda will be back in town for appointments. Phone Marion 493-3697

February 5th

Tuesday - 6:30 - 7:30 pm

Peter Morris is Liveon Shaw Cable 11
6:30 to 7:30 pm on Tues. to answer questions. He will be in the Okanagan taking appointments for private readings till February 10th. Phone Marion: 493-3697 for information.

February 15th

Friday - 7:30 pm..\$5 at the Leir House
Discover the Power of Love with
Diane Allen of Kamloops

Join Diane for an exciting introductory evening where the opportunity will be presented for you to experience your uniqueness through visualization, music, and group-energy. Learn to be more self loving and nurturing, and in turn be more effective in all your other relationships. Diane is a certified Transformational Therapist who combines Western philosophies with meditative Eastern thought to facilitate the integration of body-mind with spirit.

February 16 & 17th

"The Power of Love " Seminar
with Diane Allen
Transformational Therapist

This experiential week-end allows you the opportunity to discover and enhance your inner wisdom. In a safe, supportive, atmosphere; examine how your beliefs about love, trust and harmony pertain to you and your relationships. Celebrate the joy of life through music, dance and visualization. Tuition \$70, \$65 if attending Friday night. A communal potluck lunch on both days so please bring something light to share with the group. Time is 9:15 am to 5 pm both days at the Leir House. To register phone Angele in Penticton 492-0987 or Diane Allen in Kamloops 573-5564

March 1st

Friday - 7:30 pm.....a \$2.00 special
Strong, Stretched & Centered
with Joan Casorso of Kelowna

This will be the beginning point for integrating breath and postures as a way to developing awareness. An experiential evening with many balance, right/left brain and relaxation techniques demonstrated and performed.

March 15, 16, & 17th

Gloria Keeling
from Hawaii

Strong, Stretched & Centered
Workshop in Kelowna
Please see ad and write up... page 6

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Sicamous: Jan 31 & Feb 1st & 2nd
425 Main St.
Contact: Charlene Cook 836-4477

Vernon: Feb. 7, 8 & 9th
Wholistic Living Centre - 2915 30th Ave.
Contact: Lea Henry 838-7686

Nelson: Feb. 14, 15 & 16th
816 Silica Street
Contact: Prashant Ziskand

Free Introduction
Thursdays....7:30-10 pm

Workshop
Friday 7-10 pm & Sat 9 - 5 pm
2nd Degree Reiki Class is available also.

Reiki Master
Vicki Allen

March 15th

Friday - 7:30 pm...\$5.00 at Leir House
Who, What, How - an Introduction
with Maureen Blaine-White of Fernie

Maureen will explain Ericksonian Hypnotherapy, Neuro-linguistic programming and the specific psychic techniques she uses in her counselling service. She will then explain how these techniques are used separately or together to form methods for understanding individuals' concerns and how to resolve issues.

Workshops with Maureen
March 16 - Self-Hypnosis made Easy.
March 17 - Dream Interpretation - \$30 ea.
More details in the next ISSUES

*** March 29 and April 12 ***
meetings will not be held.

April 7th

is World Health Day
join us Sunday.... Noon to 6 pm
for another great Healing Fair!
More details in the next ISSUES

BETTER EYE HEALTH IS THE MESSAGE

by Sharon Upton



Better eyesight through massage is the message; and a growing number of Canadians along with thousands of Japanese, Taiwanese, and other Asian people can't be wrong! It all started in the Orient as an ancient art called Shiatsu and acupressure which was primarily employed to alleviate everything from common aches and pains in the joints to other chronic crippling diseases. Now, with the aid of computer technology, Shiatsu and acupressure are successfully being utilized as an aid to improve eyesight. Commonly known as Eyesight Research Recovery (ERR) in Japan, this is known to enhance vision in only one session, and improvement up to 150% or more in average of 24 sessions. Since ERR was first introduced to North America by Vision Improvement Centres, business has been very brisk, with an astonishing number of testimonials from clients who have "seen the way" to better vision!

In the past, improving eyesight through any other procedure besides corrective surgery, drugs, or glasses, was deemed unacceptable by the medical community. However, the 1980's has seen the return to a "back to basics" lifestyle. At the Vision Improvement Centre, more of "holistic" approach is used to treat an eye problem as opposed to "artificial correction" which sometimes masks the symptoms and doesn't get to the root of the problem (the cause)!

Here is how the treatment works. An inflatable sleeve is wrapped around the head and neck, and inflated at regular intervals by computer controlled equipment for a total of 15 minutes, stimulating blood flow to the head and eyes, ultimately relieving the discomfort of eye strain. Next, a mild heating cap is donned which helps to dilate blood vessels in the tissue under the scalp with gentle heat, which further helps the eye muscles to work better. Through this revolutionary therapy, areas surrounding the eyeball are relaxed and trained. Vision improvement excels even more, by including proper posture and eye exercises in your daily routine.

ERR can help the vast majority of the population improve their vision. However, individuals suffering from glaucoma and high blood pressure must get a further diagnostic checkup by their eye doctor. In the future, maybe there will be hope for these people!

24 therapy sessions at the Vision Improvement Centre will cost an Adult \$350, while University Students will pay \$300, and Children and Seniors \$275. Also, single sessions are available, and the first therapy session is free. Definitely a small price to pay, as far as eyesight is concerned! To arrange an appointment, phone Carol at 762- 8690.



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No surgery.

No Pain.

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**Call Carol in Kelowna 762-8690
for an appointment**



Book Review with Laara Bracken

"101 Way to Avoid Reincarnation"

by Hester Mundis

Just the thing for the winter blahs, Mundis book sheds welcome rays of sunshine and humour on an otherwise dreary season. From Awareness to Zen, it's a gentle spoof on a movement that sometimes takes itself too seriously. For example, a quiz to determine whether you have lived before asks "When you see a large fire, do you suddenly feel like playing the fiddle?" "Do you avoid garages on St. Valentines Day?" The book also investigates the effectiveness of aura cleansing gels and "out of body suits" and a host of other metaphysical aids, as well as highly irreverent descriptions on just about everything wholistic and metaphysical.

If laughter is good for us, "101 ways to avoid reincarnation" is great medicine.



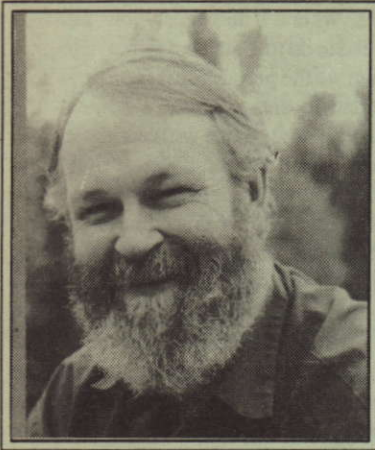
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AVAILABLE B.C., ALTA., & YUKON...PHONE 832-5164 SALMON ARM

Networking for Change



Dave Cursons
Editor

At this writing of *Networking for Change* the media is full of the story of the release of the Federal Government's long-awaited Green Plan.

I tried to get a copy by phoning the Reference Canada Green Plan "Hot Line" in Vancouver and was told that I'd have to wait a couple of weeks since they had to have it sent from Hull, Quebec.

Experience tells me that I will get this tome in both English and French in one handy, though heavy package. Having no particular problem with bi-lingualism or multi-lingualism for that matter, I just find it somewhat wasteful to produce volumes in both languages. Couldn't we just indicate our preference like we do at the bankcard machines.

Another hot item in the news was the resignation of the Sacred Environment Minister, John Reynolds. He is said to have resigned over a difference with the Premier concerning polluting discharges from pulp mills.

As the wolves close in around Mr. Vander Zalm it's not a bad position politically to oppose him on a point of principle, especially when the principle elevates one to the environmental moral high ground. Not a bad spot for an ambitious politician these days.

We mustn't forget, however, that Reynolds was the provincial rep who told Ottawa that the Province intended to hold Public Hearings prior to the completion of Alcan's Kemano II diversion of the Nechako River and then came home to tell British Columbians that what he meant to say was that there would be Public Meetings.

In case the difference escapes anyone, Public Hearings are where somebody in power is supposedly listening and Public Meetings are where we get to talk to ourselves.

The friends of the Nechako River, as well as a few others, will have their doubts about Mr. Reynolds. And let's face it, it takes considerable skill to satisfy one's friends in the world of high finance and the multinational corporate planners and at the same time respond to the understandable fear in the voters that the planet is dying.

One of the emergent political tools used to bridge the gap between public awakening and consequent fear is Green scam. Everybody is Green these days. Globe 90 was a marvellous celebration of the ingenuity of capitalism bent on turning environmental degradation into a business opportunity.

Forgetting the first two parts of the trinity of Reduce, Reuse and Recycle the culture is going full bore into recycling.

My friend and fellow Green Party member, David Lewis, characterized the recycling scam quite nicely with the following label.

This publication was produced by ruthlessly clearcutting three thousand year old trees, smashing them to pulp, lacing them with dioxins, spreading them into thin sheets, flogging them to consumers and then, recycling them.

I fear how I will react when a junk mail flyer arrives at my door proudly declaring itself to be re-cycled. The question has to be "do we need this", "can we do without it?", "can we use something else, perhaps something we already have, instead?" Eliminating junk mail, euphemistically called "direct mail" would be helpful.

Write to The Minister Responsible for Canada Post (whoever he may be amidst the Cabinet Shell Game) Parliament Buildings, Ottawa, Ontario, Canada. Send along a hefty consignment of the Junk Mail we despise.

World Military and Social Expenditures, an annual sourcebook for activists, is distributed in Canada by Project Ploughshares. The 1990 Edition may be available now. A review of the world's public priorities would be meaningless without reference to the state of the public's health. Health has multiple connections, tied to both the impact of military trends and to the entire range of human needs for which governments have taken responsibility. 60 pages. Send \$12.00 to cover the book and the postage/handling.

Thinking Globally and Acting Locally is sometimes difficult to practice. We know things are wrong but it's hard to get "a handle" on the global issues and see how our lives are a reflection of them.

If you like to work with others in your church, or club or want to pull a group together to explore and learn, contact Project Ploughshares (see address above) Fax (519) 885-0014, Telephone (519) 888-6541. Ask about COMMON SECURITY, a study kit which looks into how Canadians could act constructively around:

- a solution to the international debt crisis
- an end to torture and arbitrary imprisonment
- assistance to refugees
- economic programs to bridge the growing gap between rich and poor.

Study Manual \$5.50, Leader's Kit \$20.00, Pamphlet Poster \$.50 each. Shipping is extra. That's from Project Ploughshares, Conrad Grebel College, Waterloo, Ontario N2L 3G6

Keeping Tabs on the Sacred

Interested in an inside look at the Social Credit Party of British Columbia. The Winter 1990 Issue of Party-Link includes Social Credit Candidate Profiles, A Report from the Young Sacreds and a run-down of all 59 resolutions heard at the Fall 1990 Sacred Party Convention. PartyLink is published four times a year and is available from Social Credit Party Headquarters at #236-10711 Cambie Road, Richmond, B.C. V6X 3G6 Telephone (604) 270-4040 Fax 270-4726. Happy reading!

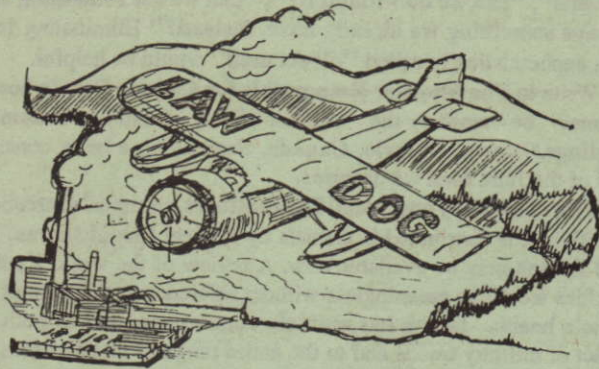
Justice Served

It was interesting to note in November 1990 that a Supreme Court Justice in Vancouver ruled that East End squatters would have to vacate because "being homeless doesn't give anybody the right to trespass" while down the hall a brother justice was ruling that Mac Blo could go ahead and log in the Tsitika Valley where natives have an outstanding land claim.

It appears that the rights of a landlord in the East End of Vancouver are as great as those of Mac Blo's in a West Coast Rainforest. And the rights of East End squatters are as meagre as those of the aboriginal peoples of British Columbia. ♦

LAWDOG SOCIETY

Doug Adolph of the Land, Air, Water and Wildlife WATCH-DOG Society writes to tell environmental activists that they are a federally incorporated society with the goal of speeding up the process of pollution control where the activities of the government and industry appear to be failing the public from a polluted environment.



Adolph describes the group as a "group of professional investigators who were at one time engaged in environmental protection within government service. The group is knowledgeable in the areas of environmental law, court procedures, field samples, field sampling and investigation.

We learn that the Lawdog Society operates a four place aircraft suitable for surveillance, sampling and public relations. For more information write or Phone (604) 963-7615 or Fax. (604) 562-0275. RR#1 S-14 C-34, Prince George, B.C. V2N 2H8

We need a larger Dream...

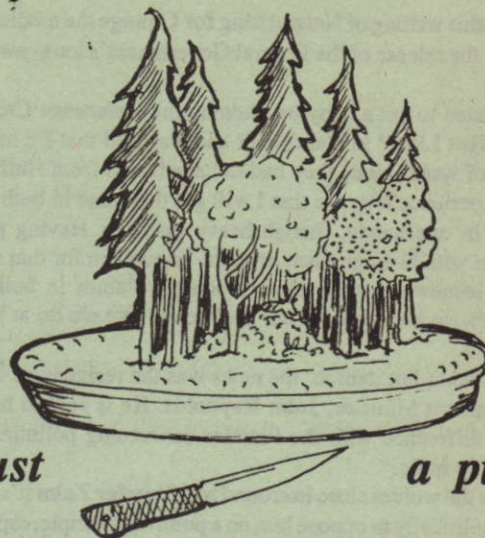
A SUSTAINABLE FOREST

by Chris Maser

The time has come to re-evaluate our philosophical foundation on public lands and to re-emphasize human dignity in management decisions. With a renewed focus on human dignity in the resource decision-making process, we can broaden the philosophical basis of management to include forests and grasslands, oceans and societies rather than only a few selected commodities they produce. Emphasis on human dignity will nurture mutual trust and respect, rather than the "us against them" syndrome.

The "us against them" syndrome exists because our dreams are too small; they are limited only to our own little kingdoms and queendoms and therefore often appear separate and in conflict. For example, I want old-growth trees, or I want wood fiber, or I want wilderness, or I want native trout, or I want clean water, or, or.... We need a collective dream large enough and bold enough to encompass and transcend all our small, individual dreams in a way that gives them meaning and unity. If we dare to dream boldly enough, our special interests will both create and nurture the whole--a healed, healthy, sustainable forest that includes old-growth trees, and woodfiber, and wilderness, and native trout, and clean water, and, and.... We will, however, have to change our thinking, our view of the forest, from one that is limited by our own special interests to one that encompasses all interests in the forest as a whole. To do this, to change our thinking, we have to accept that we, as product-consuming humans, are the problem. We must therefore also be the solution.

There is much insistence today that either we need no change because science and technology will give us the answers or that we dare no change until science and technology gives us the answers. Keep in mind that science, with the aid of technology, can tell us what happens, why it happens, how it happens, where it happens, how much it happens, perhaps even what we need to do to alter a predicted outcome. But science cannot change it for us; we the people must figure out how to do that. Put differently, scientific data without a context--the dream--in which to frame it is like a jig-saw puzzle without pattern and border. To change anything in a meaningful sense, we must first know what is there, then we must decide what we want to be there, and then we must figure out what the options are to achieve that which we desire. Thus, we must ultimately struggle with defining our objectives. I can, for instance, define "sustainable forest" for you, but then it is my definition--not yours. For our forests to be managed on a sustainable basis forest, which is still possible, we must struggle with the definition together so we can all "own" the outcome--that means us, people from public land management agencies, industrialists, conservationists, and anyone else interested in the forest. We the people must define our dream and choose to strive for it while there is still time.



Not just

a pie.

Our forests are certain to decline through time with present management attitudes and practices. Once our dream is defined, however, and the choice is made to pursue it, we not only have the chance to achieve it but also the flexibility to see and take advantage of heretofore unrecognized options. To have a sustainable forest, we must maintain some unmanaged old-growth, mid-aged-growth, and young-growth forest stands from which to learn. If we are willing to maintain these unmanaged stands, we can have a flexibility we didn't have before.

Our dream--a sustainable forest--must be bold enough to allow change not only in the forest but also in our thinking because the land is not to be conquered but is to be nurtured. We must also understand, accept, and remember that the world is always in a state of becoming, in a state of change, so nothing is ever "finished." If we try to hold things constant, like yesterday's timber values projected into tomorrow's forest plantations, it is like driving through life looking in the rearview mirror. Today's decisions will redesign and either sustain or destroy the forests of tomorrow. We, individually and collectively, must therefore constantly be willing to risk change if we are to grow enough to envision and maintain a sustainable forest. Time is of the essence. We must start now because we are simultaneously the hope and the limitation of the future. George Bernard Shaw said it best: "Life is no brief candle to me. It is a sort of splendid torch which I've got a hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations." ♦

PRIVATIZING THE NECHAKO RIVER

The Federal Ministry of Fisheries and Oceans were the only government "intervenor" respecting Alcan's project to divert three feet of the Fraser River from the Nechako River tributary to the sea. The water passes through Kemano II turbines to power Alcan's aluminum smelters. The extra can go south at the right price.

Environmentalists say that Alcan enjoys a virtual freedom in respect to a vast tract of natural resource in land and water.

Fisheries and Oceans say they are satisfied that Alcan has "covered off" relevant environmental concerns.

The Rivers Defense Coalition at P.O. Box 2781 Smithers, B.C. VOJ 2N0 opposes Kemano II.



B.C.'s last Environment Minister, John Reynolds, told the Federal Bill C-78 Hearings in Ottawa December 4th that with respect to EARP activity around Kemano II the province intended to hold public hearings prior to completion. When he got back to B.C. he changed that to public meetings.

The difference between public hearings and public meetings is that with a public hearing the government more or less has to listen whereas with a public meeting people get to talk to themselves and listen to government PR.

On Kemano II you can contact as well Les Burgener, Nechako Neyenkut Society, Box 183, Vanderhoof, B.C. VOJ 3A0.

LOGGING ON PRIVATE LAND

In some parts of British Columbia, notably the Chilcotin, large tracts of forested private lands have been bought relatively cheaply, logged for the timber resource and then left, having been easily paid for from timber revenues with no attendant law requiring that an effort be made to restore the land.

In community watersheds logging on private land gave rise to citizens groups like R.A.C.E. (Residents Advising Council on the Environment) in Rossland.

The Regional District of Kootenay Boundary in a Background Summary to By-Law No. 582 (proposed) notes that the issue of logging on privately-owned land, as it impacts on communities, is unmanaged and uncontrolled by Provincial Ministries such as Forests and Environment.

However, in 1985 the Provincial Government amended the Municipal Act by adding Section 978, which conditionally gave local governments a modest amount of control in this regard.

Inquiries regarding the Proposed By-Law No. 582 Tree Cutting By-Law may be obtained from Mike Tippet, A. Planner Regional District of Kootenay-Boundary at #202 - 843 Rossland Avenue, Trail, B.C. V1R 4S8 Telephone (604) 368-9148 Fax. 368-3990.

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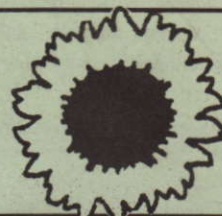
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The Green Party of British Columbia *The Okanagan Greens*



NEW YOUNG GREENS CONTACT Michelle Sweeney 861-4187

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Green Contacts

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Rossland-Trail
Angela Price 362-7790

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tacts or mail to Okanagan Greens,
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Electro-Magnetic Pollution causes Stress, Disease, Allergies, and Fatigue.

Medical studies have proven that electro-magnetic pollution in your home and work place are adversely affecting our bodies by triggering a Generalized Stress Response (GSR) This stress response can be measured by changes in one's endocrine, growth and immune systems, blood values, reaction time, ability to concentrate, sleeping pattern and brain function. It follows that a constant stimulation of GSR can aggravate or cause acute and chronic diseases.



These man-made EMF (Extreme Low Frequency) have been shown to stimulate cancer growth in cell and tissue cultures.

Various studies of electric powerlines have made striking correlations between their electro-magnetic fields and various health conditions and diseases. The University of Colorado conducted a study of childhood cancer and found that more than double rate of cancer existed for those children living in houses close to powerlines. This correlation was later found true for adults.

A British study claimed that people living near overhead high voltage lines seemed more prone to depression.

TIPS

- * Have the EM (electro-magnetic) field strength measured in the area you spend a lot of time in.
- * Keep electrical appliances away from the head of the bed.
- * Avoid electrical blankets and heating pads.
- * Avoid using heating unit in water bed and use insulation.
- * Don't stand in front of microwave when in use.
- * Step away from copying machines during the copying process.
- * Use shielded wiring. (Metal casing and ground wire)
- * Keep six feet away from unshielded appliances or equipment
- * Keep three feet away from shielded wires. Check walls to determine where the electrical wiring is.

For lots more info. phone David Hughes.....Kelowna: 861-8080
See ad on the back page for a little more of what he is involved in.

MUTATE NOW!

The fantasies of human noggins
For the bigger, higher, faster promise
The trial and error we perform
Will pickle, fry and even drown us

We know it's Nature's full intention
To make the future her invention
And we have but a little time
By most accounts we're past our prime

Perhaps we'd like to stay on board
The Mother Ship for a few more turns
If so, let's change our mental gear
And tune ourselves to Nature's ear

Endure the guarded glances
Of the shoppers in the aisle
And the condescending service
Of the checker as she smiles.
Your canvas bags and homemade packs
Are an augur of the day
For a careful, finer future
For which now we all should pay.

Walking to the grocer's is a sacrifice of sorts
When it means you lose a half an hour
And a bit of TV sports
But the payoff for our children
Is greater for such care
Tomorrow they can play the game
Midst gusts of good clean air.

The mended coat, the homemade mitts
The bikes that go and go
Save, glass and paper and tin cans
That's how we close the flow
The waste turned back to further use
There's joy in prudent action
And all of us can do much more
Reduce, make do, use less,
That's Satisfaction!

-- Jocelyn Hart

A CALL TO ACTION

The major problem demanding our attention is that of achieving just and lasting peace. True peace depends on trust, which arises only when the Law of Justice is fulfilled. Peace results from balance, which requires the recognition that all are interdependent, peoples and nations, and that the needs of all can be met by just sharing. While half the world goes hungry and millions yearly starve, true peace remains a dream.

As Teacher and Guide, Maitreya, the Christ Is Here!

He is inspiring us towards global peace and co-operation. His presence among us, signals a call to action to realize our plans and dreams of a better life for all.

Listen to "Ideas", CBC Radio, Jan. 7th, 9:05 pm

For free information about Maitreya, contact:

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



Initiation

by Gary Bates Fountain

There are four well-defined kingdoms of nature that we may readily observe with the physical senses, the mineral kingdom, the plant kingdom, the animal kingdom, and the human kingdom. The next kingdom, the fifth, marks something of a milestone, for it exists above the physical level and is known as the spiritual kingdom. It is comprised of those highly evolved beings that we call the Masters, and Who constitute the members of the Spiritual Hierarchy. We will all eventually reach that stage and become Masters, but there is a special process, whereby our development may be greatly speeded up, which is known as Initiation. It is a series of five gradual expansions of consciousness that may be undertaken by those who are sufficiently evolved and who have demonstrated a capacity for unselfish service. In fact, the gospel story of the New Testament is actually a description of the five initiations as represented by some of the major events that took place in the life of Jesus.

Initiation is a profound and complex subject. The usual method of taking initiation is when one is "out of the body", as during sleep at night. It is thus taken inwardly, so to speak, on the inner planes. The time is rapidly approaching, however when the process is widely known and understood, and will take place in ceremonies on the physical plane, with an increasing number of qualified candidates moving forward together.

Information compiled from the works of
Alice A. Bailey and Benjamin Creme.
For details contact TARA Canada, Box 15270,
Vancouver, B.C. V6B 5B1 Ph: 736-TARA

Bodywork, A Natural Approach to Healing

What exactly is Bodywork? Bodywork is an integration of techniques that work with the whole being: the body, the mind, and the spirit. This type of health care usually addresses each complaint in a unique way and can take many different approaches. There are several different forms of bodywork being practised such as Polarity, Touch for Health, Rolfing and Traeger, just to name a few. Typically, bodywork improves circulation and metabolism, releases tension, stimulates the nervous system, relaxes the mind, and produces an overall sense of well-being.

My approach to bodywork consists of talking to the person, evaluating their needs and discussing the various techniques that I may use to help them. Some of the techniques that I use are Reflexology, Polarity, Pelvic Stabilization, (evens leg length and relieves back pain), Acupressure and Positional Release.

It wasn't until a few years ago that I went to a bodyworker to seek relief from a digestive complaint. In the course of a one hour session, I experienced total relief and felt like a million dollars. I could not believe that, in one session I could experience so much pain release. Needless to say, not only did I change my attitude towards natural healing, but I was deeply inspired to learn these techniques.

Where do you find qualified bodyworkers? You can try your local Health Club, or Natural Foods Store, talk to friends, or look for listings in magazines like "ISSUES" or "Common Ground". If you find someone that interests you, ask about their practice. Also, it is helpful to have a good rapport with the Bodyworker so that you understand the techniques to be used and the changes that take place in your body.

For more information call 362-9481, or write Linda Kusleika, Box 300, Rossland, B.C. VOG 1Y0

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Focus on Women

Editor
Laurel Burnham

There is a time-honored technique that can be used when one has recurring nightmares of being threatened or pursued.. One simply stops, turns around and faces the threat, the horror. And usually the threat, the monster, the unspeakable terror dwindles, fades and disappears. In some ways, that is what any woman who stands up and speaks the truth about her life is doing... facing the monster, speaking the unspeakable. Any woman who stands up and speaks about the violence and atrocities committed by the patriarchy on her gender risks disbelief, contempt and denial, and the great likelihood that the threat will continue to colour her life, that the horror will not go away. Nevertheless, it must be done. It is time for the violence to end.

There is a lot of media coverage for the wars that men make on this planet. Iraq and Kuwait... or should we say half of Iraq against half of Kuwait. And the other halves... the women and children and the elderly will suffer the most. But there is another war raging on this planet... and it's going on in every country, every city, every town. It is the war that is being waged on women and on children... and on Nature itself.

How many statistics do we have to hear, like some terrible litany of disaster before we are motivated to do something about it, to recognize it for what it is. Here in North America, a child is abused EVERY FOUR MINUTES. 95% of that abuse is committed by men. 2 women die PER WEEK in Canada in situations of domestic abuse. 13 women and children were murdered by men in their own homes in the month of September in Montreal alone. 55% of all female victims of domestic sexual abuse are children under the age of 11. 82% of all native women are assaulted at some point in their lives. 25% of abused women are battered during pregnancy. After a while the statistics become virtually meaningless... unless you happen to be among them. But something that does not go away, is the grief.

As the anniversary of the massacre of 14 young women engineering students in Montreal drew closer, I realized that the grief that I felt on that day and for weeks after has not left me. If anything, it is greater, because so very little has really changed. The hope and promise of a better, more equitable world that those young women represented was literally blown away by Marc Lepine, who was not just some pathetic young man well versed in the mythology of Rambo, but a hatred as old as misogyny (hatred of women) itself. Despite the fact that he publicly stated (via his pronouncements before opening fire and in his suicide note) that he was politically motivated to do what he did, over and over again we as Canadians denied that it was anything else other than the solitary act of a madman. Those young women were slaughtered in their classrooms because of the simple fact that they were women who had entered traditional male territory. If they had been black for example, there would have been no hesitation in the public recognizing that the murderer's motivation was to preserve white supremacy. Similarly, the aim of violence against women -- conscious or not, is to preserve male supremacy. In a racist and sexist society, psychotics as well as so-called normal people frequently act out the ubiquitous racist and misogynist attitudes they see legitimate. In one day, the actions of one man exposed a deeply entrenched social reality. It was as if a curtain had been ripped

open to expose the dark and terrible face of our culture, a society that historically, systematically and brutally terrorized half of its population for generation after generation.

December 6 was just another ordinary day in the lives of hundreds and hundreds of Canadian women and children, families living in terror and pain. Just another ordinary day in a world where it is still not safe for an ordinary woman to walk down an ordinary street after dark.

Oh Laurel, I can hear some of you sighing, where's your sense of humour? Lighten up. Well, I have a sense of humour, but not about this. Rape is not funny. Child abuse is not funny. Violence is not funny. And Marc Lepine and all the others like him play a deadly game. If anything, the violence against women is escalating. The type of gun that Lepine used was completely sold out the day after the massacre in Montreal. Hollywood produces a movie in which Arnold Schwarzenegger blows his wife away with a fancy hi-tech machine gun and says "This is a divorce." My four year old stepson comes home from preschool to teach me a new rhyme. "Bam, Bam, shoot you dead. Fifteen bullets in her head." And he doesn't see any T.V.

Turn on the T.V. Pick up a newspaper. A woman missing, murdered, raped, beaten, tortured. She's single. She's married. She's six years old. She's prepubescent, she's pregnant. She's a senior citizen. She lives in the city, in the suburbs, in the country. She's rich, poor, middle class, working class, unemployed. She's a student, a nurse, a nun, an investment broker, a school teacher, a full-time homemaker, a factory worker, retired. She was at home, in her car, on the job, in an elevator, on a subway, bus, walking, jogging. She was alone, with her husband, lover, friends. She was with her children. He was someone she knew. He was a stranger. He stalked her. He stumbled upon her. He didn't even know her name. He was not alone.

So, where to from here? What do we do with this? How do we individually and collectively make a difference? Well, if we profess to believe in this New Age, and the power of the feminine, and all that other good stuff, we'll take a little closer look at our own lives and the complacency some of us might feel about it all. Those young women murdered in Montreal were attempting to create their own reality so to speak. And they were blown away. And please, please don't hand me that crap about how they chose this lifetime, blah, blah, blah. There are events, there are forces in the world bigger than our individual destinies and powers to control. If you have ever been at the other end of a gun, or in a prison cell, you will know that there are some things which you cannot and do not control. But yes, as a society, as a collective, we can make choices about the direction we take. We can choose not to tolerate violence of any kind. We can consign our stereotypes about both genders to the flames of change and renewal. We can give up putting anyone including ourselves, down. We can give up verbal abuse, self-destruction. We can teach our children to love and honour and respect themselves and others. We can cultivate an undying passion for peace and freedom and truth for everyone. We can stop blaming the victim(s). Children don't choose to be abused. By assuming such we totally and absolutely exonerate a system which has nothing but death as its endpoint. We stop denying that violence of the magnitude I am describing exists. We stop denying that we don't live in an extremely sexist and racist society. We stop denying by saying "It can't happen here. I don't know anybody who beats his wife, or any women that is abused or any children that are molested." Because we do.

We demand accountability from our politicians and our government. We write letters supporting the Canadian Teachers' Federation call for a Royal Commission on Violence against women. We tolerate no sexist or racist or homophobic jokes. We boycott movies that glamorize violence and sensationalism, the exploitation of women's bodies and sexuality. We teach our sons to solve problems without using their fists. We teach our daughters to honour themselves and to demand that respect from anyone who claims to love them. We choose to love ourselves and each other fearlessly, joyfully and with great courage.

VIOLENCE AGAINST WOMEN

Exploring the Origins of Male Anger
by Tom Anderson

There have been many different questions going around and around since the massacre in Montreal last year, trying to sort out and understand the social influences that led Marc Lepine to murder fourteen young women, and which might lead a large number of men in our society to violently abuse women, and which might cause many more men to harass women, to treat them unfairly or to make fun of them just because they're women. Are these male attitudes part of a modern power struggle, or have they existed all along?

I think what we're seeing is a mix of confusion and anger; sexual confusion that goes back to the cave man, and anger that probably starts when each of us is born. Most men are bigger and stronger than most women, which usually causes men to feel either dominant or protective, in either case a sense of having more power. But women are powerful too. Women have AWESOME powers that men don't have. Women can create new life, new people inside their bodies, and they can grow the new people healthy and strong with just the milk from their breasts. And women have another power, one that causes men great anxiety; they can give wonderful pleasure to men... or they can withhold it.

It appears that men have never come to terms with these magical powers that women have. Thus we find all kinds of folklore and religious mythology, produced and propagated by men, designed to steal away the female powers and give them to males. There is Genesis with its all-powerful male creator who makes Eve out of Adam's rib. The first woman came out of a man, according to the highest authority. We also have the Easter Bunny, a MALE creator of new life... and of course the MALE stork that delivers babies.

Men have always denied that they are created by women.

Men have intruded into every aspect of birth, trying very hard to replace all of the magic powers with man-made technology. Female sexuality is bought and sold through pornography and prostitution which are controlled by men, which essentially allow other men to buy a form of power over women. I'm not surprised that so many of today's "comics" and films also portray male power over women.

Most babies are delivered by men in this part of the world, but the men are not the fathers of the babies. Births are assisted by women in other parts of the world, but there too, fathers are excluded. What effects might this exclusion have on fathers, and does it affect the way they related with their wives and children?

Nearly all babies are separated from their mothers immediately after birth, deprived of the maternal warmth and security they need. They're frightened and often made to suffer pain. Most are then left alone to cry themselves to sleep. How does this affect self-esteem throughout life, and could this be a source of anger?

Are circumcised males more likely to be violent than males who were spared that excruciating pain in infancy?

An increasing number of couples are rejecting both doctors and midwives in order to enjoy the same loving closeness during the birth process that they enjoyed during conception. They want to experience birth in an intimate setting, without others present, and they want the freedom to assume a birthing position which is comfortable and effective, rather than one that's convenient for a doctor. More births are occurring at home for these reasons.

Violence comes chiefly from insecurity. The world might be a more peaceful place if fathers were not excluded or replaced by medical technologists during the birth of their children, and if all babies were treated with love and gentleness right from the first moment of life.



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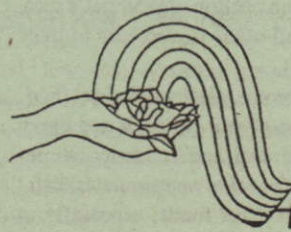
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Pets Need "LIVE" Foods Too!

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

Most of you are aware that you must have raw fruits, vegetables, nuts, seeds, dairy products and other foods in your daily diet to stay healthy. But did you know your cat or dog also needs raw foods to maintain peak health?

A diet of cooked foods typical of commercially processed pet foods will not keep your pet in top condition. In fact, a completely cooked foods diet virtually guarantees that at some time in your pet's life, he will develop symptoms of nutrient deficiencies and the organ and glandular imbalances which can lead to a long list of chronic and degenerative diseases and conditions.

Sound familiar? Most of you probably know this is the case for humans, but is this true for our pets too?

Cats and dogs are mammals, like us, with metabolic processes and physiological needs and responses very similar to our own. Depending on the age, condition and activity level of the individual animal, the daily need for protein, fat and carbohydrate will vary. On average, a superior diet for an adult cat would contain about 40% protein (all of these figures are on a dry weight basis), 32% fat, 22% carbohydrate, and 6% ash; and for an adult dog, about 22% protein, 17% fat, 53% carbohydrate and 8% ash. With the exception of 2 brands that I am aware of, all pet food companies using protein from animal sources use meat meal or meat by-products which have been processed by rendering plants at very high temperatures to destroy bacteria and viruses. These high temperatures change the chemical structure of the protein, making it much less digestible - as a result, your pet could be suffering from protein deficiency even though the percent by dry weight on the label indicates the product contains an adequate amount.

The carbohydrate portion of your chosen pet food could be one of the whole grains which does require some cooking, but high temperatures used afterwards in baking the complete food will destroy most of the vitamins resulting in a woefully inadequate product, and signs of nutrient deficiencies in your pet.

There are many enzymes in raw foods which are essential for optimal digestion and assimilation, all of which are destroyed by cooking temperatures. And, we must not forget that all processed pet foods are lacking "life energy", that subtle force field that permeates and surrounds all living things.

How can you improve your pet's diet? A primarily raw natural foods diet is best - cook the grains, lightly cook fish, rabbit and pork to destroy parasites, and lightly cook the whites if you are using whole eggs instead of meat for the protein portion of your pet's diet, but please, for your pet's sake, leave all other ingredients in their fresh, raw state.

If you wish to continue feeding a commercial brand of pet food, then finely grate fresh, raw vegetables for your pet each and every day - about 1/4 cup per 25 pounds of adult dog, and 2 tablespoons per 10 pounds of adult cat. Well chopped parsley or sprouts (alfalfa, lentils, mung beans or wheat) are wonderful foods, especially in winter when there are no tender grass shoots in the yard for your pet to nibble on. The root vegetables are easier to grate than celery or green pepper, but your pet needs a variety of items, so please do your best to provide this. Your pet will thank you! ♦

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The season of winter and all of its magical wonders are upon us once more. Most of the plant world, covered in snow, is awaiting the warmth of the sun. Of course, dried herbs can be found any time of the year but it gives me such joy to watch them shoot forth from the strong earth, blossoming in all their beauty.

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If you wish to have a workshop in your area please give me a call. May the spirit of Christmas shine warm in all your hearts and the New Year be filled with much love, luck and happiness!

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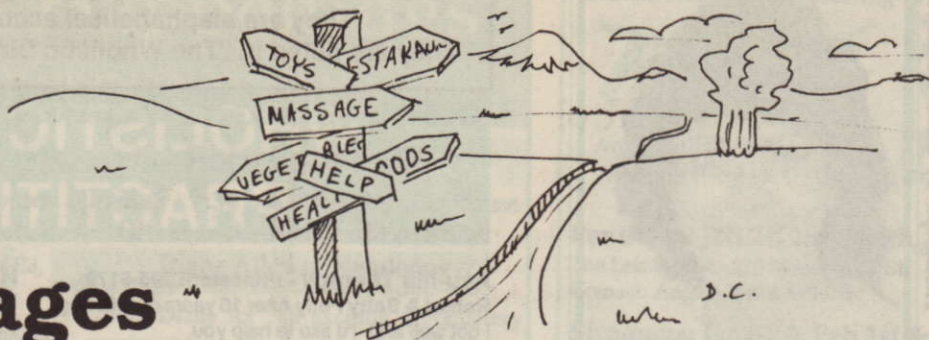
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Networking

in Kamloops.....by Moreen Reed

From a tentative beginning of 9 networkers in September to 25 members as of our meeting in December the newly formed, newly named KAH group is coming together. The new name stands for "Kamloops Association for Holistic Inspiration". The purpose outlined to date is to promote public awareness, and provide professional support to practitioners who offer complimentary services to the public. The thread that seems common to us all is the desire to see people become "empowered". We are organizing a speakers series for late February - dates and names will be announced in "Issues". We have started an information service for practitioners interested in shared working space, which will lead towards the opening of a holistic centre. Our next regular meeting will be on January 16th 1991, 7:30 am at the "Annex" restaurant at 290 Lansdowne St.. Other important news to residents in Kamloops: soon a Metaphysical book store will be opening, called "Spirit Dancer Books". For more information about KAH please contact either Moreen Reed 573-5432, Bev English 828-7112 or Diane Allen 573-5564.

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A Gut Reaction

Have you ever noticed that some of the best decisions have been made when you went with your "gut reaction" to a situation? Well, that gut reaction is called intuition. It's an instinctive knowledge, an understanding of a situation without the effort of reasoning.

We seldom have enough information to make a completely informed decision. For many people, success depends on their capacity to trust their intuition and make a "judgment call".

Intuition helps us fill in information, time a decision, choose alternatives, or decide the best way of proceeding.

If you would like to sharpen your skills as a successful decision maker you may enhance your intuitive ability by following these steps.

1. Relax - take time to quiet your mind.
2. Focus - be clear about the decision you have to make and review the information you have.
3. Defocus - put the whole thing out of your mind and think about something else (or nothing at all!).
4. Trust - be receptive, adopt a non-judgmental attitude.

Intuition and imagination go together to create our best decisions. Just for fun, ask someone you know how much they rely on their intuition to help them make major corporate and personal decisions.

Making choices is a matter of preferring one choice over another. Play it by ear this week!

Bev English is a workshop facilitator offering personal growth and management training seminars throughout the Thompson Okanagan area. For more information call Kamloops: 838-0492

**When you realize nothing is lacking
the whole world belongs to you**

Tao Te Ching

Spiritual awakening or "transformation" does not happen instantaneously. There may be an initial 'opening', a sudden, spontaneous release of psychic boundary and resultant inflowing of telepathic rapport, clairvoyance, heightened perception and recognition that consciousness is all of One Peace; but it can take years for the individual who has experienced such an opening to develop the discipline and lifestyle required to give space for the larger state of awareness. It can take years to begin to understand and learn to speak about one's psychic opening in a way that is meaningful to others.

Often spiritual awakening is not recognized and can be misinterpreted by well-meaning friends, family or professionals to be disease or mental breakdown; the natural emergence into spiritual maturity which is life's greatest blessing can gather around itself people who desire to "fix the problem" and the awakening individual can be convinced that they are sick.

This is one of the reasons my husband, Chris, and I offer our home and our time at regular intervals as a place of integration and education for people who are awakening. Last Saturday we held a sweat lodge here in our garden. Eighteen people brought foamies and sleeping bags, spent Friday evening with us in preparation for the ceremony, arose at 5:30 a.m. to gather for the 6:00 a.m. sweat. Chris and a close friend from our community had been tending the fire and the hot rocks since the early hours of the morning. It was raining and I could see and hear both the rain and the crackling fire from my bed. My sleep was suffused with a sense of gratitude for Chris and Thomas -- for their willingness to be of service in this way.

It was a morning of profound prayer and, I believe, of healing on many levels. When we left the sweat lodge and walked once again in the rain, seeing the mist rise from our bodies in the cold November air, we were reminded that in our purity, in our essential nature we are at one with our Mother Earth and imbued with the mystery of the Father.

It is not easy, in our day, to make time to gather to honour the Creator. It requires commitment and focused intention on the part of many people. If you wish to be a part of our collective intention and prayer, call, touch in with us, let us know who you are.

Chris and Lynne Mundel are co-founders of Three Mountain Foundation of B.C., a tax-exempt service organization which provides a context for spiritual awakening. Lynne's transformational conferences are offered as a community service. Because of the polarizing economic situation of our time, conferences of this quality are often unaffordable and for this reason Three Mountain has decided to make conference fees optional. Lynne's conferences and the gatherings at Mundels' home are now supported by voluntary contributions from people who have come to recognize the value of this arena for spiritual growth and healing.

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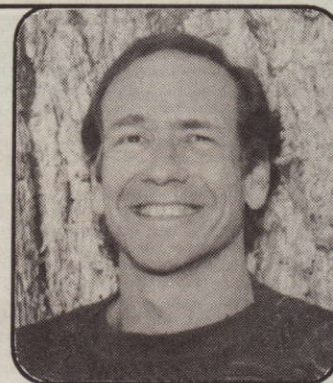
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VITAL SYSTEMS CATALOGUE

"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.

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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 15 RO \$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

