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"The Great Hunt"

to find out more
Read Musing...page 6



April / May 1993

Volume 4 - Number 2

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Lakeside Park Center, Nelson, B.C.

To register phone John Alton at **352-6168** - Accommodation Available

The Tipi Camp is a place to learn, to play, and to spend special time with friends and family. Located on the southern tip of Pilot Peninsula on the east shore of Kootenay Lake, it's also a secluded hideaway far from the sights and sounds of humanity.

The Tipi Camp sprang to life in 1987, as an ecotourism model project established to prove the social, economic and environmental values of low impact camps in a natural setting. The camp is operated almost entirely by volunteer members of Guiding Hands Recreation Society, a non-profit society founded by Gray Creek resident, Peter Duryea.

"Six years ago, we began the camp as an experiment to determine the physical and social limitations of our ability to co-exist in a sustainable way within the natural setting of the private land which we occupy. Today, we find ourselves on the forefront of an expanding market for cultural exchange and environmental education, and able to respond to society's growing need for relaxation and peace."

If you are in a holiday frame of mind, relaxation just sort of comes with the territory at the Tipi Camp, where guests can unwind with pursuits such as early morning walks along the beach, gentle hikes on shaded woodland trails, or swimming in the healing waters of Kootenay Lake.

Those seeking a bit more action can join up with our local guides for an interpretive hike or boat tour to nearby historic sites, a walk in local wetlands, or a day hike in Lockhart Creek Valley, a pristine wilderness area located just a few miles away.

There are no telephones and no deadlines at the Tipi Camp, making it the perfect place to spend your holiday curled up in a hammock with a good book, catching an afternoon nap or some rays on the beach, and listening to the cries of loons while sipping tea by the campfire in the evening.

Education is an important part of the society's mandate, and each summer the Tipi Camp hosts a series of educational programs designed to meet the needs of the greater community.

"Plato realized the benefits of education in nature - from academics to aesthetics, immersion in nature serves to stimulate, clarify and inspire," said Duryea. "Furthermore, education about nature, in nature, activates our myriad of subtle sensing to create deep, meaningful experiences of nature within us."

The first of our 1993 summer programs will be the perennial favorite **Initiation into Spiritual Warriorship: Becoming a Man** with YellowBear and Kay-Pe-Out. Held June 4-6 and designed for young men 13-19 years old and a sponsoring older male, this weekend celebrates entry into manhood with sharing circles, sweat lodge ceremonies, visioning and a give away.

On July 10, palaeoecologist and archaeologist, Wayne Choquette, will facilitate the interactive workshop, **The Dynamic Climate**. During this informative day, Choquette will demonstrate how digging into the past using a variety of disciplines is providing exciting new information for making future predictions about climate and weather.



Outdoor educator, Dr. Michael Cohen, returns to the Tipi Camp for the third year on July 16-18, offering **Daring to Recover Our Nature**. The weekend will include sensitive and creative activities with Nature that restore the pathways to the wholeness of our nature within led by the author of *Reconnecting with Nature*.

From July 30 to August 1, Kathlene Shannon will facilitate **Becoming Our Selves**, an Introduction to Co-Counseling, in which she will teach how co-counselling enables us to reclaim our full potential, creativity and clear thinking, and help others to do the same. Shannon, a writer and film maker known for her work with the National Film Board's Studio D, has recently moved to the Kootenays where she is creating a Women's Inn and Retreat Center.

August 14, Herb Hammond, author of *Seeing the Forest Among the Trees*, offers **Forests, Guardians of the Earth**. "The forests of the world, particularly ancient forests, are the storehouses of wisdom for Earth," says Hammond. "Whether we are interested in water or wood, air or spirituality, climate or wilderness, we need to heed the wisdom of the forest. Understanding our role in the forest is key to our survival, the survival of the forests, the survival of Earth."

Women's health specialist, Dr. Carolyn DeMarco, will present **A Women's Healing Retreat** on August 20-22. This will be an informative, lively, intimate and relaxing weekend with emphasis on fun, rest, recovery, and tuning into the individual and communal knowings of women. In addition, Women will have a chance to examine their level of health and make individual "wellness" programs in a supportive atmosphere. The weekend will be packed with information on both western and natural methods on issues specific to women's health and at least one afternoon will be devoted to sharing that information. DeMarco is the author of *Take Charge of Your Body*.

The Tipi Camp welcomes group bookings for workshops, meetings, retreats, educational classes and family get-togethers. We welcome groups no larger than twenty persons and can offer the services of our competent camp staff, outdoor activity guides, and programme leaders to enhance your plans.

If you are planning a visit, our water taxi makes scheduled departures at 10:00 am and 8:00 pm daily in July and August from the Lakeview Store in Gray Creek. Gray Creek is located on the east shore of Kootenay Lake, 20 minutes drive south of the area's most famous and scenic freebee - the 35 minute free ferry ride!

The Tipi Camp is open and fully staffed throughout July and August and open by reservation only from June 1 to September 30. Although we can sometimes handle drop-in visitors, reservations are recommended. Group bookings and educational programs require reservations made two weeks in advance of event. Tipi Camp (bookings only) 604-227-9255 or Lake City Holidays at 604-352-5252; messages, 604-227-9555; or write Guiding Hands Rec. Society, Box 20, Crawford Bay, B.C., V0B 1E0

MIDLIFE ISSUES

Midlife - A time when individuals lose their footing in a once secure social and psychological world. Their old ways of being become lifeless and dry. For many, feelings of depression, anxiety and loss of energy pervade. Others just have a lingering sense that they have lost something ... but are not sure what that is.

"Midlife issues are like climbing to the top of a ladder only to realize that the ladder is leaning against the wrong building!"

Individual counselling sessions are offered to explore midlife issues of work, family, relationships and inner growth through a Jungian approach to dream interpretation and imagination processes. Initial discussions are welcome

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AVEDA The Art and Science of Pure Flower & Plant Essences

by Beth Lachance

With the dawn of a new century comes the responsibility of a more ethical approach to business and lifestyle. Since its formation fourteen years ago, Aveda has maintained a steadfast objective of direct environmental responsibility that begins with source ingredients. The purest possible elements derived from flowers and plants, organically grown.

Aveda has challenged all corporations to subscribe to the "Valdez Principles" which set broad standards for evaluating corporate activities which directly or indirectly impact the earth's biosphere and ensure ethical business practices world wide.

The Aveda Corporation manufactures the finest aromatherapy products to care for hair, skin, body and environment. The science of aromatherapy uses pure distilled essences from flowers and plants, to promote beauty, health and well-being. These essences or essential oils found in every flower, plant and herb, carry the plant's unique therapeutic properties -each with its own benefits to which the body and mind respond. These benefits range from nourishing the skin to relieving stress and fatigue and may be experienced both by inhaling the essence aroma and by applying it to the skin.

The medicinal and cosmetic values of essentials oils were treasured in ancient civilizations, including Indian, Chinese and Egyptian. Essential oils were used extensively in medical practice until the 18th century, when the increased development of organic chemistry marked a decline in the use of herbs, as chemical drugs were synthesized more quickly and became widely available. In 1831, the first synthetic almond aroma originated in France. Manufacturers found it more practical and less expensive to produce synthetic essences in laboratories. As a result, today's expensive perfumes contain between 60 and 70 percent synthetic ingredients, while less expensive perfumes are completely synthetic. Natural essences have distinct effects upon our bodies. Synthetic fragrances are simply attempts to imitate the natural aromas. But synthetic fragrances pose serious health and environmental side-effects.

Aveda's commitment begins with aromatherapy. Their extensive experience and dedicated clinical research has enabled them to further understand the intricate and sophisticated processes that tie natural essences to the balance of our bodies. This research has led to a profound discovery: the perfect, pure, natural preservation system.

Horst Rechelbacher, founder and CEO of the Aveda Corporation, participates in worldwide teleconferences which discuss manufacturing for sustainable development, environmentally sustainable consumer products, atmosphere and climate change and waste management. He founded a not-for-profit foundation: GIVE TO THE EARTH which is committed to providing assistance to activist people and organizations having a direct, identifiable and positive impact upon the air, land, water or inhabitants of the earth.

In the words of the founder and chairman, "Our mission at Aveda is to care for the world we live in, from the products we make to the ways we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility, and we hope the rest of the world will follow that example."

At the Tortoise and Hair Co., your one stop center for hair care, relaxation and beauty treatments, we use only the best. Aveda was our choice and we welcome the opportunity to have you experience natural rejuvenation and help conserve our endangered environment by supporting a company that is fundamentally opposed to the use of synthetic, petroleum-based, animal-derived, and animal-tested products. Phone number and address on back page.

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Publisher of ISSUES



Photograph by Steve Tomlinson

" The Great Hunt "

My great grandad Vincent Kost was an excellent marksman, and he shot all the game Grandma needed to feed her customers at her Hotel and Trading Post in Aklavik, NWT. In the north, soil conditions and a short growing season make fruits and vegetables very expensive, so shooting animals for food is a way of life. The elders realized that if this valuable resource was not looked after, the community would die. So ritual and ceremonies were developed to honor the death of each animal and the reverence bestowed by the hunter balanced out the need to survive. One day when my Mother's book is published, you can read about the incredible story of the Great Reindeer Trek and the indomitable men who risked their lives so that live food could be made available to the people of the North.

After the death of Mary Kost, Grandad moved back to the Peace River Valley with his brothers and was delighted to hear that my Mom and Dad wanted to homestead in Canada. On the long trip from Michigan we made a detour through Alberta, where we got a chance to meet some real Indians, learned how they caught fish, met an eighty-year-old Indian woman who had never sat on a chair, and almost sold brother Billy to an Indian chief for \$2, for he thought Billy would make a fine brave. If it had not been for Grandad's guidance, energy and love I don't think my parents would have survived as long as they did in the remote area of BC called Rosswood where we eventually settled. Learning to provide food and shelter for a family of ten without electricity, running water, telephones or a nearby store fulfilled a dream of my Mother's and taught us kids self-sufficiency.

On this month's front cover is a picture of me (far left) and five of my six brothers, inspecting moose and goat hides that are stretched out for tanning. The highlight of the year seemed to be late fall when my older brothers, Dad, Grandad and even my Mom went for a long hike up Mount Goaty to get a goat. I usually stayed home and cared for the younger boys as I did not appreciate the thrill of the kill.

Canoeing up the Beaver River for two or three days to shoot a moose seemed well worth the effort to my older brothers and Dad. If the hunt was successful, and it usually was, they could brag about it for weeks, especially if they had seen more than one moose, or the weather had turned suddenly cold and rainy. Listening to their tales was fascinating, but it never encouraged me to want to go.

As a child it seemed a matter of survival that we got our annual supply of moose, goat and geese. I became an expert at plucking feathers, for goose down made excellent sleeping bags. The nights get very cold when you have only wood heat.

Living in the wilderness, I got to visit with many of the wild animals, including a baby moose. There is a picture of it in the story on page 18 by Sister Tiny, one of the nuns that visited us regularly. We fed a baby bear for a week till the forest warden came and took it. We assumed that the mothers of both the bear and the moose had been killed by hunters of one kind or another.

When a baby lynx jumped against my legs wanting to play with me on the way to school one fine spring day, I wanted to play too, but all I could hear was Grandad's voice in my head warning me "Where there is a cub, there is usually a mother." So instead, I jumped on my bike and hollered as loud as I could, hoping to scare the baby away. It worked well and I discovered that most wild animals were more scared of me than I of them, including a big ol' black bear that I met when berry picking. We were picking on opposite sides of a long row of raspberries that were semi-wild, and we both arrived at the end of the row at the same time. The bear and I looked at each other and we both ran as far and as fast as possible in the opposite direction. The wolves that checked out the pig-pen in the winter and the coyotes that loved eating our chickens seemed part of everyday life, so I learned not to wander too far by myself, especially at night.

I remember the delight I felt at being allowed to walk the trap line with Grandad. I was nine or ten years old at the time. As we made the rounds, we spotted a beautiful lynx sitting in a tree, paws crossed looking placidly at us. It never snarled or even showed its teeth while Grandad raised his gun and shot it; for its foot was caught in a trap. Watching the lynx die was a very humbling experience for me and thinking about it still brings tears to my eyes.

We were told not to give names to the animals or become attached to them but that was difficult, especially with the ones that had a personality. I started to resent eating the farm animals, and my stomach didn't work properly if I knew who I was eating.

Married at seventeen, I was shocked to realize that my new husband didn't know how to hunt. I didn't understand how anyone could be a Dad and feed his family if he couldn't hunt. My brothers helped out and took him hunting, and soon he was bringing home the meat, and I was happy.

As my boys grew bigger, I raised chickens and turkeys. It never bothered me to kill the chickens, but the turkeys were a different story. I discovered I had gotten very attached to them for they are very intelligent, and loving in a way that is hard to describe. It took a lot of time to care for them for they were more prone to hurting themselves than the chickens. But winter was coming and dry feed was very expensive, so they had to be killed. I started to hate plucking feathers.

At about the same time I fell in love with one of the Banty hens. She had served me well and raised many batches of baby chicks, not only her own but for some of the other hens as well. That fall, I decided she wouldn't make a good stewing hen and as pay back for her years of faithful mothering, I would feed her knowing she wouldn't lay her share of eggs to pay for her keep. She died that winter when the weather turned very cold for she was very old for a chicken.

After that I tried buying chickens in the store but the taste wasn't the same. I found a local farmer and ordered in my supply of fresh chickens and turkeys once a year and a side order of beef if the deer was small or the hunt unsuccessful. At that time in my life, I thought it was necessary to feed my family meat or they wouldn't grow up to be healthy. I had come from a long line of meat-and-potato eaters, but I was finding it increasingly difficult to digest food, especially beef.

When my husband and I left Terrace and moved to Summerland in 1980, I met a lady who was a vegetarian. This interested me as she had children the same age as mine and they seemed normal. I visited the family several times just to make sure and it was a revelation ... children could be healthy being raised on just grains and vegetables. Slowly I cut back on buying meat, even though my boys were growing and eating more. Roast was served only on special occasions, stews started having more vegetables and the spaghetti sauce had a little less ground beef each time. I encouraged my husband to buy a camera so he could still shoot the animals he saw without killing them, but he enjoyed the long hikes in the woods with his men friends, and he was hooked on hunting.

I started experimenting with different recipes and soon learned that my family did not appreciate my new style of cooking. To keep harmony in the family I used meat every other day in at least one meal, but no longer did we have bacon for breakfast and a meat loaf for dinner in the same day. Starting in 1985, I cooked meat for the family but didn't eat it myself for I wanted to experiment and see how the change felt. I discovered I felt great and was assimilating my food better. I told my husband that if he wanted to eat meat he could learn to cook. We had lots of barbecues but learning to operate the stove was not to his liking.

I was delighted to discover that I could survive without eating meat. I devoured many books on the subject and took a few cooking classes. In 1987 I read Diet for a New America by John Robbins and decided I could no longer support the meat industry. I stopped buying meat altogether, even though it was organic meat purchased locally. My family didn't understand why I had changed their diet and wanted the ol' Angele back to cook for them. I discovered that familiar foods and love seemed to be interconnected.

Today, I am so thankful to have found like-minded souls that share my concern for the planet and their bodies. I am glad I have seen through the propaganda taught to our parents and now us by the meat industry, and I am delighted to be reprogrammed, for my belief that we need meat to survive was deeply ingrained. My meals now are much more simple, delicious, with the variety far greater and nutritious than I ever could have imagined. I enjoy the ritual of eating and being able to share my food with others is a profound experience that shapes my life.

Becoming a vegetarian has changed me in many ways, for which I am eternally grateful. My brothers still think I'm a little weird, my mother who supports me 100% in everything I do has switched over almost completely, my husband found a woman who likes to cook and eat meat, and my kids, well they respect my need to not kill an animal, so we go to vegetarian restaurants when I visit them.

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monly positive and uplifting. Theirs is a working philosophy of
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Messages of light and love from beyond death, their first wonder-
ful book was *THE GENTLE COUNSEL OF WHITE CLOUD*. Also
to their credit is a second publication *SONGS FROM SPIRIT*,
which radiates the heartening wisdom of Dr. Bernadt, an evolved
guide from the world of spirit.

Coming to the Okanagan - Summer of '93

REAL EGGS AND REAL BUTTER; STILL THE BEST CHOICE

by Tom Anderson

Most of us, Canadians and Americans alike, have been led to believe that the cholesterol in eggs and the fat in milk and butter will "clog up our arteries", and therefore, that eggs and dairy fats should be avoided. This widespread fear has led to voluntary restrictions in the use of eggs, strict avoidance of whole-fat dairy foods, and replacement with the countless manufactured substitutes on the market promoted as "the healthier choice." Yet there is absolutely no scientific basis for this fear, no reason at all to avoid eggs and butterfat, and most definitely no evidence to support the idea that the substitutes are healthier. On the contrary, the substitutes may be contributing to the very diseases we most fear.

Americans are still being told that dietary cholesterol causes blood cholesterol to rise and thereby increases the risk of heart attack. They believe this to be established fact. A great many Canadians believe the same thing, undoubtedly because of American television and magazines, even though our nutritionists have stressed for years that it's not true. The cholesterol in eggs does not in any way cause or contribute to heart disease, nor do the fats present in milk, butter, cheese and yogurt.

Eggs and milk are two of the best and cheapest foods available to us and they are produced with minimal damage to the environment. We would do well to use more of these foods in place of meat as our sources of protein and vitamin B-12.

Egg yolks contain cholesterol, but they also contain more than enough lecithin to emulsify that cholesterol. The fats in egg yolks are mostly unsaturated, as are all poultry fats.

Dairy fats are not "highly saturated" either, as commonly believed, and it's important to know that these fats are not stored by the body, but rather are burned as fuel.

Most of the tests that are used to determine cholesterol levels in the blood fail to distinguish between the various pools of cholesterol and the variety of chemical modifications of that molecule that exist in the different pools. The results of cholesterol testing must therefore be viewed with some suspicion.

One of the essential roles played by cholesterol is modulation of the stiffness of cell walls. A lipid bi-layer has a fluidity which is related to its fatty-acid composition; the more unsaturated fatty acids in the bi-layer, the more fluid the membrane. Add a little cholesterol and the membrane stiffens, release a little and it becomes more fluid. Thus the body is capable of accommodating; of maintaining the correct fluidity of the cell membranes whether the diet includes high levels of natural polyunsaturated fats or high levels of natural saturated fats. The body can deal with all kinds of fats so long as they are fresh and have not undergone any form of chemical alteration.

Naturally occurring unsaturated fatty acids - the kind found in raw nuts, seeds and avocados - contain cis-double bonds which cause the long chains of the fatty acids to bend back on themselves like hairpins. The enzyme systems we have in our bodies to deal with unsaturated fatty acids have active sites which are designed for a complimentary fit with these hairpin shapes.

The essential fatty acids provided in the diet are not used for fuel unless and until the structural requirements of the body have been met. The locations which require unsaturated fatty acids contain antioxidant protection to prevent the very reactive unsaturated bonds from oxidizing and/or cross-linking.

continued to the right at the bottom

WE NEED A VISION

by Peter Duryea

Most of us are very good at knowing what we DON'T want...but very few of us have a clear idea of what we DO want.

Throughout the history of our Western Culture, we have valued deductive reasoning, analysis and empirical facts - usually at the expense of other parts of us like feelings, intuition, and a sense of belonging. In fact, we, as a culture, emphasize the intellectual tools as we perceive the world around us...or even our worlds within. We have been raised in a culture that is trained to solve problems. By this single-minded approach, we discriminate against our other senses of beauty, harmony, community, peace, wildness and so on. We have reduced the infinite to the rational and are now paying the price.

Problem solving, conflict resolution, and mediation REQUIRE that we focus our attention on the problems, conflicts and polarities in order to fix them. As we focus on our problems, we fall into short term thinking and quick fixes to take the pressure off; and we rarely foresee the consequences of these 'solutions' down the road. So, in a real sense, we are backing our way into the future with our pragmatic problem solving; and we are losing sight of the vision of a healthy and harmonious future....a future with ALL OF US in it.

Without such a design for a successful and healthy future, how will we ever achieve our Common Heart's Desire?

What's your Vision? What do you really care about? What kind of a person do you want to be? What kind of a world around you do you desire in your Heart of Hearts?

Now, Create it....First in your mind's eye, then in your outer reality. Imagine yourself as the you that you want to be. Sketch yourself in your life picture, acting out all the goodness within you, in a world that responds and encourages that goodness, a world that sings with love and respect.

Go to your Inner Vision often to clarify and develop it. Nourish it and embellish it with your loving attention. Feel it grow more real with every visit.

Soon resonances will begin to occur around you. Little peeks at first, where that goodness leaks from within you to the world beyond, striking mutual chords. Later, a symphony of serendipities, coincidences and fortuitous occurrences help us to realize and manifest our fondest dreams. What's your Vision of the Best Possible Earth Life? See You There!

Special thanks for some ideas from Bruce Elkin, Uncommon Sense Consultants, Ganges, B.C., and Dr. Mike Cohen, World Peace University, Roche Harbour, Wa.

When unsaturated fatty acids are exposed to heat, however, the double bonds are converted from "cis" to "trans" because trans bonds are thermodynamically more stable. While these bonds retain the intense chemical reactivity associated with unsaturated bonds, they do not fit into the active sites of the enzymes required to process cis fatty acids. The trans acids therefore, tend to end up in locations lacking antioxidant protection where they form peroxides, the decomposition of which leads to the production of free radicals and, in turn, to cross-linking between fatty acid chains. Oxidative damage of this type is responsible for most of the unhealthy conditions we associate with aging in North America.

Trans acids are also formed when unsaturated oils are processed into margarine, shortening and the other manufactured products commonly used in place of natural foods. Avoiding these products completely would allow for a more balanced and nutritious diet, would reduce fat intake to the recommended levels, and should result in better long-term health. ♦

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Meet the CREW ... of the Spring Festival of Awareness

Elaine Fournier

Festival Store Manager



This year's Spring Festival store will be in good hands with Elaine Fournier as manager. Behind her twinkling eyes and youthful smile is an organizational expert and genius for small details. Elaine's goal is perfection, and when she undertakes a project she gives it her whole heart.

Born and raised in Eastern Quebec, Elaine has lived in Naramata for the past twelve years. She has been employed in various capacities in the fruit growing industry. Her primary interests however, lie in the field of natural health.

Over the last few years she has been studying and specializing in Educational Kinesiology. She is currently planning to pursue a career in that field.

As well, Elaine has recently discovered the satisfying joys of organic gardening. To those who know her, however, she has certainly already proven her "green thumbs." As a dedicated single mother, her nine year old son Nathaniel is growing splendidly.

Since the Spring Festival came to Naramata, Elaine has been involved as a joyful participant and a most willing volunteer.

The togetherness of so many wonderful people fills her with energy. Busy as she may be during the Festival weekend, Elaine will still find time to share with old and new friends. You will also find her floating through a few Dances of Universal Peace, which have always fascinated and delighted her.

If you get to meet our store manager, don't forget to practice your French with a warm "Salut!"

Urmi Sheldon

Children's Festival Coordinator



Well, the secret is finally out. One of the reasons the Spring Festival has been so successful these past few years is none other than our very own Urmi Sheldon. For the past four years, Urmi has been the Coordinator of the Children's Festival, an essential part of the Spring Festival of Awareness. Not only does this job require a remarkable amount of energy and commitment, but Urmi demonstrates patience, great creativity and boundless enthusiasm to provide something wonderful for all the children.

A brief description of Urmi's numerous talents and interests is a remarkable inventory of a unique creative spirit. Not only has she learned to play the piano, but she is also developing her skills as a vocalist as well.

She has also worked extensively as a volunteer for our local community cable television studios, starting as camera person and talk show host with Angele Rowe on the Holistic Networker, but has also produced and edited her own programs. At one point, she produced one of the top three videos in the entire B.C./Yukon Shaw cable network.

Since coming to the Okanagan over ten years ago, Urmi has had extensive volunteer experience with children. This eventually led to a position with the Penticton Recreation Commission, painting murals. Most recently, Urmi has become the Recreation Director for the Naramata District.

Lately she become involved in children's theatre, and is finding it a most rewarding activity. Not only does Urmi find time to do all of this, but she is also the single mother of nine year old twins, Yalena and Yonathon.

Urmi's experiences with the Osho Community in India initially drew her to working with the Spring Festival. "There is something very powerful in people of like mind gathering together" she states "Especially when those people are focused on change and spiritual growth."

Working with the kids is particularly important to her, "Kids are often left out, not considered as important." This will obviously never be the case as long as we have Urmi Sheldon co-ordinating the Children's Festival. How blessed we are to have her on the team!



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Many Thanks ... Steve

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NEW SCHOOL SUCCESSFULLY LAUNCHED

VISION MOUNTAIN

LOCATES IN NELSON

Vision Mountain Leadership Training Centre, only nine months old, has enrolled its first class. Established in the spring of 1992, the Centre provides a radically different kind of training in leadership. Thirty-two participants have enrolled, some coming from as far away as Taiwan. Students also come from western Canada and from the Nelson Community. The international aspect of the student body is critical to the school's mission to train leaders who can function at a global, multi-cultural level in today's rapidly changing world.

The goals for visionary leadership include guiding from the heart, motivating by inspiration, and serving with compassion. Agents of transformation for all those they touch, visionary leaders truly empower those around them. "Visionary leaders recognize that the advice they give is mainly meant for themselves," says Christopher Moon, co-founder of the school and faculty coordinator.

Students come to the Centre because they feel drawn to true leadership. Improving the effectiveness of human service and strengthening counselling skills are just two of the reasons students express for taking the training. "I came because I believe the training will give me the leadership skills to put heartfelt love and right relationship back into business and the community," says Tim Kitchner, a trainer from Fort McMurray, Alberta.

Vision Mountain located in Nelson because of the community's strength and vitality, and its traditional support for education. The town's cosmopolitan outlook was also a factor. Currently, the school is housed in the Old Scandinavian Church at 802 Baker Street, but is actively seeking a permanent home in Nelson. Since many of the courses touch on one's relationship to the environment, the beautiful, mountainous Kootenay region is an essential part of the learning experience.

Seminars, weekend workshops, and longer-term residential programs are detailed in a calendar which is published twice a year. Instructors are selected for their qualities as nurturing, experienced teachers. The common thread that links all of the Centre's educational offerings is a working commitment to the transformative power of complete, personal accountability. Moreover, the curriculum seeks to expand the practice of accountability to leadership in the human service professions and environmental management.

At the heart of the Centre's program is the training for visionary leadership. This nine week course is designed for therapists and counselors, public administrators, corporate managers and trainers, nurses, social workers and healers, environmental activists, and individuals interested in personal development. Some of the courses that are available this spring and summer include: Counselor and Leadership Training, Body/Mind Harmonizing, Consensus Decision-Making, Transformational Therapy, The Art of Effective Communication, Experiencing the Clown, HeartPath Video, Wilderness Quest, and Releasing the Artist Within.

For more information about the Centre's upcoming Fall/Winter schedule
contact: Vision Mountain Leadership Training Centre, Box 479,
Nelson, B.C., V1L 5R3 - Phone (604) 352-5955.

THE HAPPY GARDENER

by Sharon Rempel

I have been buying bunches of daffodils for over a month now; the cheery yellow trumpet faces provide inspiration and a reminder that spring can't be far away. I add an iris, or a purple tulip; purple and yellow are two colors that show up in any landscape I design. All gardens and landscapes should be played with on paper before planting; planning can save time, money and energy. Deciding what to plant should encompass family food preferences, growing conditions and ecological use of water, soil and space.

The weather patterns of the past few months make me think about the approaching spring and summer. I noted abnormal growth and sunburn on plants the past two years. I feel extreme conditions in weather will influence both plant and animal existence this coming year. There are many retrogrades happening in the heavens; I am following my planetary planting guide seriously this year. What can I loose? The so-called 'old wives' tales' are centuries old, and each year scientists discover another provable point from the almanacs.

I got a little carried away writing for seed catalogues from the list in the Jan/Feb HARROWSMITH magazine and over three dozen companies entice me to order. It is hard to say no. I have discovered tomatoes⁽¹⁾ and muskmelons⁽²⁾ that can be stored for winter consumption, as well as pink celery, white tomatoes, lavender peppers, red and white striped beets and three foot long beans. I have ordered a pound of "Jet Black Soybeans" (the ones that don't make you fart, according to Dan Jason from Salt Spring Seeds). Small seed firms like Seeds Blum, Salt Spring Seeds, and others are worth supporting; they offer untreated seeds and many varieties the big companies are not interested in offering. Seeds Blum's catalogue costs \$4.00 US and the illustrations are delightful (Seeds Blum, Idaho City Stage, Boise, Idaho, and SSS, Box 33, Ganges, B.C.).

Seeds really are a good investment; they provide far more return than any financial investment. Wheats, beans, corn, squash, beets, carrots, kales and cabbages. These basics can sustain you through the year. Luxury crops like tomatoes and lettuces can be grown throughout the year using a greenhouse or grow lights in your basement. Hot beds can provide fall and spring food crops.

Native or dryland garden plants are 'the' thing this year. Droughts in parts of the country have forced people to think about plants and lawn mixtures that require less water. My favourite summer smell is pine needles warmed by the sun. Use your growing space to express you inner fantasies and wishes, and let all your senses be stimulated. It is easy to add a small fountain into your backyard, or even your living room. Water is the fountain of life; use it to nurture your life.

The vast expanses of lawns in this country contribute more nitrate and phosphate pollution to our waterways than farm source pollution. The amount of water and herbicides used on lawns is incredible. And then there is noise pollution from lawnmowers, and the bags of cut grass hauled off to the landfill. Think about reducing your lawn area and planting flowers, vegetables and fruit trees. Start feeding your spirit and your stomach in your own back yard.

Happy Gardening! be it on your balcony, backyard, community garden, or farm.

- (1) Longkeeper Tomato - several seed firms offer it.
- (2) Santa Claus Muskmelon - Gleckers' Seeds, Metamora, Ohio 43540 (\$1.50 US/pack)



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For further information or to be on our newsletter mailing list please contact us at 372-8071.

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South Okanagan New Thought Center of Religious Science



Okanagan Mission Activity Center
4398 Hobson Road (at Sarson's Beach) Kelowna, BC

SUNDAY SERVICES: Healing Meditation 10:30 am
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SCIENCE OF MIND CLASSES:

Science of Mind I, Unit 3 "The Principles of Successful Living" beginning April 19th, 7:30 pm, Room 516, Kelowna Sr. Secondary School.

For more information call
Rev. Donna Maurice-Winchell at 768-0468

YOUTH FOR GLOBAL AWARENESS CONFERENCE

On May 21-23 1993, the Peace Education Centre is holding its fifth annual Youth For Global Awareness Conference at the University of British Columbia. The title and theme of this year's conference is **TURNING THE WORLD RIGHT SIDE UP: CARING TODAY FOR TOMORROW.**

This conference is unique. It is being organized by youth (a group of 30 high school students from around the province). A planning committee comprised of young people will create a conference that will really appeal to today's youth.

ONE OF THE MEMBERS OF THE CONFERENCE PLANNING COMMITTEE LIVES IN YOUR COMMUNITY.

The emphasis of the conference will be on **ACTION**. Participants will be made more aware of various situations that exist in the world today - and then told how they can help. Issues slated for workshops are: global militarism, influence of the media, world economics, the environment, social justice and human rights.

Please assist us by making sure every young person in your community knows about this conference.

For more information please contact: Helene Minishka, President, Peace Education Centre, 42 W., 62nd Ave., Vanc., B.C. V5X 2E1 or phone 321-1351.

For local contact: call Jenny Rudisill, 494-9086, Summerland.

SOME THOUGHTS

by Rev. Donna Maurice-Winchell

The South Okanagan New Thought Center is announcing Spring with a very special Easter Weekend Seminar which will be facilitated by Dr. Clem and Dr. Eunice Gifford, deans of the Southern California Theological Seminary in Los Angeles, California.



The Seminar is called "The Celebration of the Inner You: A Journey to Spiritual Self-Discovery" and is open to anyone. It will begin on Friday evening, April 9th, re-convene Saturday the 10th, for an all-day workshop and end on Sunday the 11th with a wonderful Easter Celebration with a metaphysical interpretation of the Resurrection.

The Giffords have their theological seminary in Los Angeles and have ordained many New Thought ministers, including myself. They are wonderful, spiritually-minded, highly motivational and exciting people and you will leave this seminar with a feeling of spiritual high that you have yet to experience.

On Saturday evening, the Center is throwing a Mexican Fiesta, complete with pinata and authentic Mexican cuisine. There will be singing, dancing and entertainment provided by Maureen St. Pierre and the New Thought Choir. This will be a love-in that you won't want to miss!

The New Thought Center belongs to an independent organization of like-minded individuals who teach Science of Mind and Spiritual Mind Healing. We welcome all of you to attend our Sunday services at the beautiful Okanagan Mission Activity Center at Sarson's Beach. We also offer Science of Mind classes.

For more information, please see ad to the left.

HYDROTHERAPY

by Cindy McGovern

Hydrotherapy (water therapy) is not a modern therapy. Hippocrates, 500 years before Christ, wrote about his experiences with the water cure. Ancient Egyptians used baths for all illnesses and held them in high regard for their curative effects. The Persians and Greeks built magnificent public buildings where the whole population could come and soak for health maintenance, cleanliness, circulatory disease and other problems.

The skin is connected to every organ in the body via the nervous system and circulatory system. The most important physiological truth about hydrotherapy is that its strongest effects are mediated through the nervous system.

By changing the skin temperature with water applications that are hot or cold, nerve sensations will stimulate or sedate specific systems and organs. Raising and lowering of the body will help break up congestion and facilitate elimination and circulation. Disease does not exist without some kind of disturbance in the circulation. All organs receive a certain amount of blood flow. When the flow is interrupted we have congestion, chills, fever and disease.

Constitutional hydrotherapy is a specific hydrotherapy technique developed by the late Dr. O.G. Carroll of Spokane, Wash. He used this treatment on thousands of patients both as a preventive therapy to remove toxins and build a strong immune system as well as a treatment for disease.

A session consists of the application of hot and cold wet towels to the chest and abdomen, first to the front, then to the back. During part of the session an electric sine wave current is applied to the muscles of the back and abdomen causing the respective muscles to contract.

Because of constitutional hydrotherapy's ability to improve overall nutrition and boost the immunity, it is useful in almost any condition; however, it has been found particularly suited to - digestive tract problems such as dyspepsia, Crohn's disease, irritable bowel syndrome, ulcerative colitis; respiratory problems such as chronic asthma, bronchitis, pleurisy; infectious diseases such as colds, lymphangitis, flu; female reproductive problems such as premenstrual syndrome, dysmenorrhea, infertility; immune deficiency problems such as cancer, environmental hypersensitivity; circulatory problems such as varicose veins, hemorrhoids, hypertension, Raynaud's disease, and other ailments such as arthritis, diabetes, depression, obesity, psoriasis.

The working hypothesis hydrotherapy is that health and therefore healing, is proportional to normal flow of health blood. Specifically, this refers to the quantity and the quality of blood flowing through a given tissue. By enhancing blood flow through the organs of elimination such as the skin, liver, kidney, and bowels, improvement of the blood takes place. In addition to improving blood by eliminating undesirable elements such as waste products, it is believed that water treatments can also help build the blood up by increasing desirable elements such as oxygen, nutrients, red cells and white cells, etc.

Blood is viewed as the conveyor of life. Hydrotherapy works because it optimizes the quality of blood while improving the efficiency of its circulation.

The response from constitutional hydrotherapy varies. Younger people with strong vitality will usually get quicker response to

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treatments. Increased energy and stamina will be noticed within a few treatments. They may experience a healing crisis after the first, second or third treatment. People who are older and have slower metabolism or decreased immune system function will require more treatments before they notice a difference in their vitality level.

It is recommended to have an initial series of 10 sessions to achieve best results. It is a simple and safe procedure to learn that can be applied in office or at home.

Cindy does hydrotherapy at Harry Sukkau and Associates Reflexology. ♦

How the Festival came to Penticton

Once upon a time, on the land where we live, there lived a woman called Angele. She was working for the Recreation Department of Summerland, as a lifeguard/instructor and coordinator of special events. After one of the events she remembers looking to the sky and saying, "One of these days I'd like to organize an event that I would like to attend."

As the years flew by, she moved to Penticton, studied graphology and foster-parented so that she was able to quit her job. All went well but exam time came and she failed. She was told she would have to wait six months before she could re-write the Graphology exam. That was okay for she was busy organizing the Metaphysical Club Speakers' series and doing promotional work so that she could learn what metaphysics was all about.

One of her friends was Peter Morris, a well-known psychic from the Vancouver area, who had moved to Penticton from the coast. Peter decided he wanted to have a picnic in Naramata for he loved the energy there. As they ate sandwiches and listened to the waves on the shore, Peter asked, "Whatever happened to the Spring Festival of Awareness?" He had taught at it the year before and was wondering why he hadn't gotten invited back. "I don't know," said Angele, "but I will find out."

She phoned the Vernon Wholistic Centre, for she had attended the Festival one day several years before and still had the old brochure. The lady who answered the phone said, "There is no energy left in Vernon to continue the festival, so it may die." When Angele reported this information to Peter, he said "What a shame! The Festival was a good one and I want to teach at it again... Angele, we just have to find someone with enough energy to do it." Together they brain-stormed and came up with several people who they thought might be interested. They phoned them and were told that they were too busy. Peter then said, "Angele why don't you do it?" Angele stuttered that she didn't know enough people; she had only attended the event once and didn't know what needed doing. But she did promise to check with Naramata Centre to see if they had any week-ends available. They said May 26, 27 & 28, 1989 was still open. When she and Peter met that evening she told him the dates and said that she had thought more about organizing the Festival: since she had six months to spare before she could re-write her Graphology exam, she had decided it was something she'd like to do. He said "You can count on my help," so arrangements were made to go to Vernon and speak to the organizers there.

By now it was the end of September, and Peter and Angele met with the Spring Festival committee from Vernon. The people warned them, "It takes a lot of time and people to make this event happen," and told them how it had burned out three co-ordinators in a row, for Vernon had taken it over from Nelson four years ago. The six years before that, it had been organized by Nora and Harry Jukes and Sid Tayal in Castlegar and Nelson. Peter and Angele were told there was a mailing list available and all they had to do was send letters to previous instructors, organize a schedule and then send the new schedule out to everyone on the mailing list. It sounded pretty straightforward and simple but first ... Angele needed to meet Nora and Harry, for they would do the final approving to see if her energy felt right. They arrived several weeks later in the midst of one of her already busy days and had a one-hour conversation and a ten-minute

meditation. After the meditation, Nora announced that she had seen a spiraling of energy reaching into the heavens, so as far as she was concerned, if Angele wanted to do it, she would give her blessings. She confirmed her decision with Vernon and a week later, a cheque arrived for \$2,000 as seed money to start the paperwork and promotions and pay for the deposit at Naramata Centre.

At the Harmonic Convergence earlier that year, Angele had met a lady named Urmi who was now teaching Dynamic Meditation classes in Penticton. After one of the classes, when Angele told her of the Festival, she said, "It sounds like something I would like to put my energy into, but I don't know how I can help." Angele said she really needed someone to help with registration and they took several trips out to Naramata to get familiar with the lay of the land. The thought of all that paperwork was overwhelming for Urmi, and she decided that she would prefer to do something else.

At all the Metaphysical Club meetings, Angele would stand at the front of room and ask people if they had heard of the Spring Festival of Awareness, because it was happening this spring in Naramata, and figured everybody would want to help. She was amazed by the lack of interest. But the last meeting of November proved very fruitful as a young lady by the name of Laurel Burnham approached Angele and Urmi at tea time, Laurel said she had been to many festivals, and that this was the event of the year for her and her friends. They travelled from Victoria to Nelson to attend. She said she would love to have the chance to help form the foundation and that she would help in any way possible, so phone numbers were exchanged. She was so vibrant and enthusiastic that Angele and Urmi knew they could count on her.

At the very next Metaphysical Club meeting, a man called Dave Cursons attended. He listened attentively as Angele made her announcement and said, "I attended one Festival in Nelson where I helped organize looking after the children of the participants. Perhaps I could do that again. I can draw as well, so if you need any graphics I would love to help."

It was now December, and Peter and Laurel took over creating the centering of energy for each meeting. Top priority was making sure that the festival crew were working with the spirits of the festival, for they felt they needed all the help they could get.

Angele used her son's Apple computer and typed up a Workshop Leaders' Application form and sent it all the previous workshop leaders. Peter said he needed to return to Vancouver, promising to return once the festival was happening. He was delighted, he said, that the festival had fresh energy and looked forward to teaching at it.

Applications for teaching went out in January, 1989 with the deadline of Feb. 20th for choosing Instructors. Not knowing what needed to be done, Angele did it anyway, knowing she would be guided. The first two weeks of March were spent at the printers. Dave designed a poster and Angele worked on the schedule, so by the end of March the mail-out was complete. Now, at their meetings the Festival Organizers visualized people signing up.

Laurel said atmosphere was very important and that to set the mood and the energy, opening and closing circles needed to be done in a certain way. Angele had no idea what she was talking about but it

sounded like a good idea. Laurel then described the evening's entertainment and the little store that happened at one of the festivals she had attended and thought it would be good to expand it. Urmi decided that she would like to assist Dave in organizing all the crafts for the children... without even knowing how many would be attending or how old they would be.

Angele's phone rang so often that her children refused to answer it any more. Time was drawing near and she wondered how she would be able to do both registration at the door and all the other things on site with so few people helping. One day a letter arrived in the mail. It was from Lady Marion, she had tried several times to phone but the line was always busy. She had heard through the grapevine about this wonderful event and volunteered to help. She promptly took over registration and arranged for four or five of her friends to help throughout the week-end.

At about the same time Judy Byer came to one of the meetings and said that she would like to help. Angele wasn't sure what needed doing, so she asked her to ... just be there. As the week-end approached, Laurel's new man, Daryl, and a few of his friends plus Rae, Angele's husband, who drove a truck, provided all the manpower needed to move tables and chairs, pick up the trampoline, and get the place physically ready. Marion was in place doing the registration and Urmi and Dave were busy in the basement trying to figure out how to keep the children entertained for the week-end. Laurel set up the store and the stage area for opening circles and introductions. Judy eventually took over the position of greeting all the instructors and volunteers as they arrived as Angele was usually running in one direction or the other.

Angele doesn't remember much about how the week-end went, other than walking into the gym for opening circles and saying to Laurel, "We should have decorated this place." People wandered around with big grins on their faces complimenting Angele, and saying, "This is the best run Festival ever." That blew her away for as far as she was concerned, she was not as prepared as she would have liked to have been. Things seemed to pretty much run themselves. The weather co-operated for most of the week-end, only drizzling now and then, and no major disasters happened. Sunday about midnight, an exhausted, but happy crew left the site, talking about how much better organized it would be next year.

That's how the Festival came to Penticton, and this year, we celebrate the 15th Annual Event, the fifth year for this crew. If you haven't attended a Spring Festival yet ... maybe you don't know what you are missing!

Land Wanted

The KiKwillie Festival Society, *(the non-profit collective that organizes the Spring Festival of Awareness and many other events around Penticton)* feels it is time to openly express the need to expand. We are looking for ten to eighty acres of land suitable for an Environmental/Spiritual Conference Facility and Organic Farm. We would prefer a creek and trees on the property within a one hour radius of Penticton. If you have land to rent, lease or sell and/or would like to be part of our collective please phone Angele 492-0987.

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Letters to Angele



Thanks to the many people who continue to shower me with compliments about "Musings." It really is a blessing to be able to express myself so openly about "why I am the way I am." Your compliments give me the courage to continue and deepen my knowingness that each and every one of us can make a difference. Every thought and every dollar spent creates the reality that we each want.

Dear Angele

The old photographs which grace the recent covers of "Issues" have brought back many happy memories for me. As you know, I am one of the nuns pictured in the escapades - tobogganing with you and your brothers, fishing on Kalum Lake, target practice, baseball, skating. I've sent the covers and your "Musings" to our Sisters in the East who also enjoyed those pioneer days with you and the family.

Do you remember when the parish priest from Terrace would pile us into the car for a day at Rosswood? Sometimes your mother came herself to pick us up for a visit to the homestead. Off in the truck or the old van we'd go, through the gates to the logging road, bouncing along until we reached your place. There, we'd wander in the woods and enjoy the great outdoors. Most often, we fished in Kalum Lake, successfully too! The boys would clean the catch and your Mum would grill them on that big red-hot kitchen stove. Never have fish tasted so delicious!

One time, returning to Terrace at about 10 pm, the headlights on the van burned out, but we were lucky enough to drive in front of another car which lighted our way along that dark and desolate road. Another time, the brakes failed,



but our trusty driver, your Mother, found a place where we could run uphill and so were able to stop. Garages were pretty scarce (really, non-existent) on that old Nass Valley road, but we were fortunate to get temporary repairs and reached home well after midnight. The gatekeeper had to come out from town to open the gate for us amid a lot of grumbling and four letter words unfit to print in a family magazine.

Do you remember the time you children found a newborn moose beside the stream? We were living dangerously when we petted the little animal and posed with it for pictures. The mother might have come back for it while we were close by!

Your mother's Grandpa Kost was a delight to chat with. His stories and pictures of pioneer life in Aklavik, as Tuktoyaktuk was then called, were very interesting. He was a dear, quiet man, and I'm sure you have very fond memories of him.

Angele, I could go on and on with my recollections of the great times we had. For us, life on the homestead was just once in a while, but for you and your brothers, it was a constant challenge.

Your free and independent spirit was formed in those early years at Rosswood. Being close to nature brought you close to God and to one another. Keep that way always.

Affectionately,
Sister Tiny

Greetings

Bless you for the beautiful joy you bring to the face of Issues. This month's "Musings" was very touching.

Peter, Madeira Park

Hi Angel

I especially enjoyed this last Musing column - as to why you had split, because several years ago I asked you how you managed to do so much. You said "Because you had an understanding husband (I was envious). I now realize... understanding only goes so far as they understand.

Love Val, Naramata

Your article "The Ol' Wringer Washer" brought back some childhood memories. Thank You.

Eric Metke, Kelowna

Dear Angele:

I would like you to know how much I appreciate the articles by Laurel Burnham. She writes so well that she speaks to the very best in me! I have sent a copy of one of her articles to a young lady in South Germany - so, - it is surprising, don't you think - how far the ripples travel outwards! Best wishes to you and the future of Issues.

Sincerely Barbara P. Latimer-Needhar, Kelowna

Hi Angele!

Thanks so much! Your magazine is getting better and better!

Love, Yarrow, Salmon Arm

Dear Angele:

I enjoy Issues, especially your "Musings." You have a loving and gentle skill for writing that which is closest to your heart. In the latest Issue, you spoke of you and your husband of many years going your separate ways. I was very touched by the gentleness with which you described it. Especially that "he decided to offer me my freedom." Exactly! Who said we are programmed to spend our whole lives with one person? If it happens, fine. If not, it wasn't meant to be. Too many people stay in 'no growth' relationships for all the wrong reasons: guilt, societal convention, money, etc. I thought you paid Rae some fine compliments.

Why is it, that when so many people part company they remember only the negatives? All too often I see in our work parents who vilify the other parent to the children. The pain, guilt, confusion and emotional damage is very inhuman.

Please tell Laurel I enjoyed her article in the latest issue. I felt that it had more balance than any previous articles. As a male in our patriarchal, chauvinistic, power-hungry world, I felt that I am very liberated in my feelings about women and the importance they play in our society. I know my world would lack colour if not for the presence of women.

Anyway, the point of this rambling is that, from my readings it takes special effort for feminists to not "throw the baby out with the bath water." When I read these articles I often feel attacked as the tone seems anti-male and all that men represent. I only too well understand where the writers are coming from, and agree that we need major changes in attitude about women, but let's not alienate women's best ally in this struggle.

Well, Angele, I guess that's enough for now. Maybe you could find a male writer who could explore men's issues as Laurel does for women. I know there is an audience out there that needs and wants something for men.

You made the right choice starting ISSUES. Please keep it small and focused on local information and issues.

Best wishes in your future endeavors and keep up the good work.

Yours in Spirit, Laurie, Summerland

Note from the Publisher
I am open to having a
regular men's column editor.

Anyone interested, please phone 492-0987.

I was pleased to have heard from so many men about Laurel's column. Many were verbal comments and can't be passed along, some not as complimentary as the man who took the time to write, but it is nice to know that men are taking the time to read a women's column.

Angele



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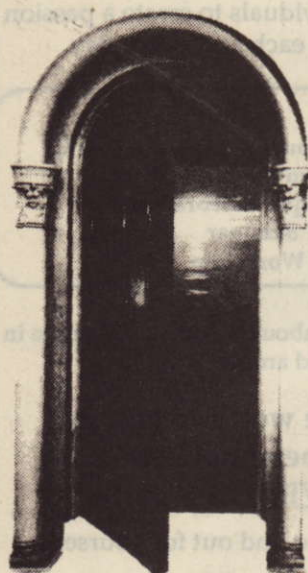
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Cellular Nutrition continued

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CELLULAR NUTRITION

by Diane Deters

Honestly, I've always been a good mother. I believed we could get all the nutrition we needed from the carefully planned meals, lovingly prepared for our family of seven. We grew our own vegetables, avoided fried foods, salt, excess sugar...even added some nutritional supplements "just in case" - and still I was developing symptoms which doctors assured me were part of a natural aging process.

My arthritis was so bad, I slept with my feet over the edge of the bed so nothing would touch them. I had to give up my secretarial position because of the pain in my fingers with typing. I suffered frequent headaches, lacked energy, often woke up tired, even after a full night's sleep. My weight yo-yo'd constantly to the point that my closet always contained four different dress sizes.

Juanita, my neighbor, introduced me to the Cellular Nutrition two and a half years ago. I was very sceptical, after all, hadn't I tried every "diet" known to man? By the same token, I was impressed by the type of people who made up this company's Medical and Scientific Board. Just to name a few: Dr. Sat Paul Dewan, who was responsible for the data collected by NASA on all 84 space foods for skylab missions; Dr. George M. Pigott, one of the foremost experts on marine lipids; Dr. Albert Y. Leung, who was responsible for the creation of a computer database on herbal medicine for the National Cancer Institute (with an input of over 30,000 documents into the Intl. Cancer Research Databank); and Dr. David Katzin, an expert in nutrition and the interrelationship between nutrition, health and disease, with a specialty in Cardiovascular Physiology.

WELL! Within four days on the Cellular Nutrition, my energy soared! No longer did I need that afternoon snooze, frequent headaches were gone, arthritis hasn't troubled me in two years, varicose veins were no longer painful, as a bonus, I lost 35 pounds!!

Recently, I met Debbie, who was constantly hospitalized with her first pregnancy due to her kidneys shutting down. Against doctor's advice, she became pregnant again, couldn't gain weight, was introduced to Cellular Nutrition and actually gained 15 pounds in a short time. She feels great, baby is growing well, and she has had no kidney problems at all!

Since then I've gotten to know: Audrey, who had hemoletic anemia (type of Lupus) which is a viral attack on her immune system; Jim, who had prostate cancer a year and a half ago (Radiation treatments had left him with constant diarrhea, and within three days on Cellular Nutrition, the diarrhea had stopped); Keith, whose hiatus hernia is gone without surgery; Wendy, who no longer needs allergy shots; and Helen, whose doctor cut back her insulin use from ninety units to forty.

These products sound like a cure-all for everything, but of course, they're not. It only stands to reason that if the body gets all the nutrients and micro-nutrients it needs in balance on a daily basis, and can actually absorb the nutrition, then the body has the best chance to prevent and fight disease.

Seventy percent of deaths are due to heart disease, stroke and cancer. Fifty percent of these are diet related deaths. Simply changing our diet doesn't mean we'll feel the benefits if our bodies can't absorb all the nutrients we consume. This is why so many of us are careful with our diet, add supplements and are still disappointed in the results. This can occur if our digestive system, particularly the cells of the villi in our intestines (where

continues to the left

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Fee - \$30.00. To reserve a space call 762-7726 or 352-9119. Ad and article on page 29

April 7

FREE Numerology Seminar
Kelowna - page 9

April 9 -11

Easter Seminar "A Celebration of the Inner You: A Journey of Spiritual Self-Discovery" see ad - page 14

April 16, 17 & 18th

Relationships "The Art of Cooperation"

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Place: Inner Directions Consultants Training Ctr.
1725 Dolphin Ave, Kelowna Cost: \$250.00 plus GST includes a breath session. For more info. and pre-registration please call: Kelowna 763-8588, Penticton: 492-3394 or Vernon: 542-3102.

April 17 & 18 & 25

Workshops with Cheryl Grismer
Kamloops - Page 15

April 23, 24 & 25

The Spring Festival of Awareness
Information at back of ISSUES

April 28

FREE Numerology Seminar
Kelowna - page 9

April 30 - May 2

Healing the Frozen Child Within
Penticton, Norma Cowie - page 25

May 1

Firewalk - Kelowna - page 12

May 1 & 2nd

Ortho-Bionomy Basic Workshop with Terri Lee: Advanced instructor and president of the Society of Ortho-Bionomy Int. Inc.
Colville, Washington, Sat & Sun 10-6 pm.
Cost: \$165 American - Alice (509) 732-4236

May 4, 5 & 7

Handwriting Seminars
Oliver, Kelowna & Penticton. p. 32

May 15, 16 & 22, 23

Waking-up Kamloops & Kelowna - page 15

May 28, 29 & 30

Ayurveda, the Yog of Healing
Nelson - page 29

June 4, 5 & 6th

Clearer Eyesight with Robert Kaplan
Nelson - details on page 2

June 21 - 26

Colon Therapy Certification Course
Penticton - page 9

July 9, 10 & 11

A weekend with Sandra Sammartino,
Nelson - page 7

July 16, 17 & 18th

NLP & Ericksonian Hypnosis
Nelson - page 7

August 2 to 28th

Counselling Hypnotherapy Certificate Program with Sheldon Bilsker of Vanc.
Nelson - page 2

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."

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Kelowna: Sundays: 7-8:30 pm - 1725 Dolphin Ave
Phone Inner Directions: 763-8588 in Kelowna.

Kelowna: Monday: 7:30 pm - 1735 Dolphin Ave.
Phone: The Dolphin Centre: 868-8088 for info.

Penticton: Wed. 1 - 2:30 pm - #124 - 246 Martin St.
Phone Patti Burns: 492-3394

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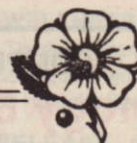
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removed from the ear. Usually 3 to 4 candles are used in succession on each ear, but it depends on how much wax is coming out and how it feels to the person receiving the treatment. The person lies on his/her side with a tin foil plate over the hair to protect it from ashes. The candle is kept as vertical as possible.

It may take up to 24 hours for the usual coating of wax to be replenished. It is advisable to protect the ears from the cold with cotton batting during this time. Even people who have no significant ear problems are often amazed by the amount of wax which comes out of their ears.

For more info. please contact: Theodore or Lea at 838-7686 or write to R.R.#1-S13-C7, Enderby, B.C. V0E 1V0. To receive a 15 page set of photocopied material, please enclose \$2.00 and a stamped, self-addressed envelope.

EAR CONING (OR CANDLING)

by Lea Henry

Imagine sticking a hollow candle in your ear and setting it on fire! This is ear coning, a process used by several ancient cultures. It has recently resurfaced as a wholistic treatment for sufferers of migraines, tinnitus, chronic sinusitis and hearing loss. Actually, the candle-burning must be supervised by another person. The hollow candles are formed around a spiraling wick impregnated with therapeutic herbs which, when burned, create a suction and draw excess wax and other impurities out of the ear canal.

I first heard about these candles a few months ago and have talked to quite a few people who have had excellent results using them. One migraine sufferer had her last migraine end halfway through the first ear candling but it took quite a few more treatments before she saw the last of her sinus problems. Another who has had severe migraines for years and often ends up in the hospital now needs only a fraction of the medication she used to use along with the ear treatments. It is thought that a large buildup of extremely hard, impacted wax in the ear canal can put pressure on the occipital bones. After the wax is removed a chiropractor can be consulted about the adjustment of these bones. Conversely, a misalignment of the occipital bones can impair the flow of cerebral fluid causing congestion in the ears and sinus cavities.

Those who have experienced gradual hearing loss over a period of time usually notice improvement with the first treatment. A couple of older men I know were experiencing an inconvenient amount of watering of their eyes when they went out in the cold and this improved greatly as did their hearing loss. My personal opinion regarding excess wax is that when we are subjected to unnaturally loud noises our ears produce more wax to protect themselves.

One person I know, who experienced dizziness and ear pain, found that one treatment ended all dizziness and most of the ear pain. Sinus problems, however, can be an instance in which "it has to get worse before it gets better." My own experience after the first two candlings was more pain or feelings of something going on in the sinuses which I had problems with. I needed an ear coning at least once a week for a few weeks to keep them draining. I realize that clearing a long-standing congestion out of the body takes time and patience and I am hoping the new clear feeling I have is permanent.

Candida and other fungi find the warm, dark, moist environment of the ear canal a perfect place to live and grow. We can also get fungi and bacteria into our ears from rivers and lakes. When these attach to the nerve endings and membranes of the ear they can impair the transmission of vibrational energy frequencies.

Apparently, ear coning was used by many cultures including the Chinese, Egyptians, Aztecs and Tibetans. The treatments were performed using clay or stone cones with spiraling grooves carved into them to take the smoke of herbs or incense into the ear canal. The treatments were not only for physical cleansing but also for energy balancing which was thought to work on the layers of the etheric body. Different cultures used different numbers of coning for specific effects. I have heard of people from Saskatchewan who can remember their grandmothers using ear candles to remove chaff after combining season.

Today we use wax candles as described earlier. When the smoke spirals down the candle and into the ear, the warmth softens the wax, then the suction pulls it out into the candle. After it has been extinguished, the candle can be cut open to reveal what has been

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'FEMALE' ENERGIES & SCIENCE

by Jeane Manning

As I read Feb./March Issues, Laurel's well-written Focus on Women once again resonates... As does a letter from Sara Shannon, author of Diet for the Atomic Age: "We are in a time of pure insanity!...it

is part of being a mother to be able to 'get' what is really going on, don't you think?"

A look at the "insanity" is found in The Petkau Effect: Nuclear Radiation, People and Trees, by Ralph Graeb, and in Sara's books. And all around us.

When the mass media finally catch on to the fact that we **don't need** nuclear power plants and **don't need** to burn fossil fuels, then perhaps the public will see the insanity. First, they must learn that there is a whole shopping list of possible energy alternatives potentially available for use. Not 40 years from now, as official science would have you believe, but as soon as their development is made a national priority.

These alternatives include hydrogen-generated-at-point-of-use, improved thin-film solar collectors, windmills combined with new magnetic generators, and non-conventional tapping-zero-point-energy approaches.

Unfortunately, proposed simple, low-impact, decentralized generators of electricity don't have the bells-and-whistles excitement of Conquering the Earth with megaprojects.

BOYS WITH BIG TOYS

How can a guy get research grants from the military for megabucks, if he only proposes to improve a solar oven? And where's the testosterone rush? It takes something like massive power beaming -- light up the ionosphere with the biggest aurora borealis man ever made! Or zap megapower through the earth and tap it on the other side!

Such schemes are actually seriously discussed. As a reporter for a New Science magazine (EXPLORE!, Box 1508 Mount Vernon WA 98273), I sat in on a workshop in San Diego on Power Beaming, with government research engineers and the president of ARCO (Atlantic Richfield) Power. I shuddered to hear their football-team metaphors. This is the mindset which blasts the atom instead of gently learning its resonant, vortexian ways.

How can we get young women to study science? It seems the guys aren't thinking about the insanity of their invisible megaprojects (such as beaming microwaves to power aircraft or filling our atmosphere with a mess of laser rays to power satellites.)

Even fellow environmentalists are asleep at the wheel. The Russians' recent Space Mirror was a trial balloon for other countries. People enjoyed the excitement -- a shaft of sunlight being reflected on the dark side of the planet. "Look Ma; no night-time!" No one wants to hear spoil-sports who talk about future disturbance of nocturnal species with lights from the sky. Now, I'm told, the European Space Agency will be sending up multiple mirrors, since there was no strong protest over what Vladimir and Viktor did.

But from other people interviewed recently, refreshing points of view:



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NEED MASCULINE AND FEMININE

- **David Suzuki** noticed that girls outnumber boys in environment-oriented clubs in the schools. He wondered why, until his wife pointed out that girls learn from an early age "if you make a mess, you have to clean it up."

- **John O'Malley Bockris** of Texas A&M University, known as Mr. Hydrogen Economy, said that if he goes on a speaking tour to promote a book on clean energy technologies, he will target audiences of women and appeal to their concern for life.

- **Beverly Rubik**, yet another Ph.D. and the director of Center for Frontier Sciences at Temple University, Philadelphia, speculates that if there were more women in science, nature would not be viewed as a passive mechanical object outside of us. She calls for a science that integrates "the deep masculine and feminine."

Then the serious research money would go to life-enhancing projects.

SMALL-IS-BEAUTIFUL PROJECTS

On the good-news side here in our region, George Wiseman of Eagle Research (Box 10, Yahk BC V0B 2P0) was a speaker at the 1992 International Tesla Society symposium and at the 1991 Extraordinary Science conference, also in Colorado. He sells how-to manuals and products for seriously saving fuel while enhancing your vehicle's performance and cutting down pollution! Testimonials from all over the continent... And he has a new invention, not yet on the market, which he calls the Energy Conserver.

Sara didn't say that only women can "get what's going on." Nor did Laurel.

Jeane can be reached at PO Box 24004, Penticton V2A 8L9



Focus on Women

Editor

Laurel Burnham

THE BEAUTY TRAIL

It was one of those moments that will live on in my woman's heart. A circle of dancing women, young and old, all shapes and sizes, ages and inclinations, and in the centre dancing with all the abandon of a child, a seventy-plus woman in a lavender polyester pant suit.

This year, to celebrate International Women's Day, in Penticton we had a Women's Festival. Such an event had never been attempted by anyone that we knew, and certainly none of the organizing committee. But celebrate we did, planning an event stemming from one woman's wistfully voiced desire to do something "that was fun". It was a wonderful success, beyond our imaginings, the day exceeded all of our expectations.

I believe that the event spoke to women in a way that a conference never would have, it engaged all of our senses in a joyful celebration of womanhood's greatest strength...our creativity. Women sang, and made music, danced, talked, laughed and visited. They brought their paintings, their knitting, their children, cooking and baking, their needlework, beadwork, flowers and feathers and herbs. There was clothing and jewelry and cookbooks and candles, etched glass and pottery. All of the beautiful myriad painstaking, intricate and practical ways that all of that magnificent, unquenchable creative spirit can manifest filled the tables and the stage, spilled out of the doors and out onto the streets of Penticton. Everyone who came was charmed. Here was woman's culture, the new sisterhood being born.

There are times like these that I see a dream manifesting that many women through the ages have had. It is often an exciting thing to be a woman, now. Together we are creating a culture, out of our women's spirits and souls, the beautiful, beneficent, wise, infinitely loving and generous Mother Creator is rising up, out of the passivity and despair of the dying embers of the 20th century North America. She is singing fiercely and sweetly to every woman's heart. Can you hear that voice, beloved sister/friend?

Our greatest strength as women is our ability to create. From the human beings we create within our bodies, to the expression we give to our lives, this creativity brings infinite richness and goodness to all human life. We are the source of ultimate creativity, the creators of human life itself. It is also our responsibility, this ability to create, to bring life and beauty to the world. The full expression of this creativity will be the saving grace of the women's movement. If anything can change the world, it will be the love that women have for life itself, manifesting in a myriad of possible forms. We release this energy into the world by honoring ourselves, the life force within us and by honoring each other as women.

I love festivals, big parties, celebrations. Something in my soul responds to live music, to voices raised in harmony, to banners and

balloons and flowers and the sight of people dancing. Circles of laughing faces, links of loving hands knit up the threads that have come unraveled in my being. Something in a celebration goes straight to my heart like a tonic, it restores my faith in humankind. I look around at the society I have been raised in, and realize that there is little or no room for celebration, and certainly no acknowledgment of the necessity for joy.

My child loves birthday parties. Anytime he feels really happy and/or excited, he demands that everyone present stop what they are doing to hold hands and regardless of the occasion, to sing "Happy Birthday." Even the sight of the thanksgiving turkey straight out of the oven at Grandma's house warranted a rousing rendition of "Happy Birthday to You!"

I never really understood the root of this behavior until I was belatedly recording these sorts of events in his "baby book." Galen was born on the third of July, an expansive time of year, a time that lends itself readily to celebration, certainly. But his birthday, and the birthday of another dear friend are on the same day. His older brother's birthday is a few days earlier. So in honor of all these birthdays, we have one gigantic birthday party. Galen's identification with birthday celebrations is a cake two feet by four feet, and sixty people singing "Happy Birthday to You"! This party is music, and laughter, drumming and dancing and singing and flowers and buckets of ice cream and tables groaning with presents and food. The children present are delirious with joy, charged with excitement, hurtling through the house, garden and yard like so many small whirlwinds of happiness. My son is growing up knowing and demanding that life is and should be a beautiful, ecstatic celebration. Why should he think otherwise?

When I look around me, and think deeply about the world I live in and the society that I am part of, nothing that I see makes any sense. If I had this world to make over, I would not recreate anything in its present form. Nothing. Not the political system, the monetary exchange, the legal system, not the institutions; no banks, schools, stores, hospitals, churches. Not the way we house ourselves, govern ourselves, transport ourselves, feed ourselves. Not the way we care for our sick, our aged, our children, police ourselves, entertain ourselves or dispose of our "wastes." Not the work that we do, the clothes we wear, the way we view the world and each other. The morality that governs this world has absolutely nothing to do with the voice that governs my heart and my actions.

Why do we seem to have no time to celebrate? Is it because we can't find a reason to be joyful? We are supposedly living in an age where the actual mechanics of life support are technologically assisted beyond our foremothers wildest dreams. Where then, is all the "leisure time" that we should supposedly be experiencing?

In my rather eclectic scholarly pursuits, I have come across some amazing bits of information. For example; it is estimated that in the peaceful, agrarian, matrifocal civilizations of times past that we are now just re-discovering, in an average community, the "average citizen" spent no more than 10% of their total waking hours doing what was necessary to feed, clothe and house themselves, as well as making the essential contributions to the welfare of their community. The rest of their time was spent doing all the things that human beings love to do: eating, talking, making love, playing with their children, creating, dancing, singing, worshipping in their own considerable fashion the Divine Spirit that manifested in their daily lives.

It is not my intention to debate the probability of such a society existing, but rather to make the startling suggestion that there

obviously must be and is a better way to live, here and now, on this earth. Another way of life can be configured to give every human being on this fair planet an opportunity to simply live in joy and peaceful coexistence. But it requires that those of us with the time and energy must make a monumental effort to collectively create the world we wish to live in.

Here in North America, there has got to be a way for all of us to be housed comfortably, fed decently, educated, transported, parented and entertained without ripping off the rest of the planet. Our streets can be safe for anyone to walk down at any hour of the day or night. Our children will be able to move and think and grow without endangering their precious persons, without having their innate curiosity, love of learning and unquenchable vitality destroyed. Women will not have any more reason to fear men, and men will no longer try to dominate or destroy life, or run away from it.

Another one of those wonderful impressions that I get from any kind of reckoning of the holidays (holy days), feast days, etc., that are a part of my Celtic/European prechristian spiritual roots is the sheer number and frequency of days that people took off from their normal routines to celebrate. Besides finding time to honor the change in the seasons, and the midpoints between the equinoxes and solstices, there were many days given over to the celebration, worship and contemplation of the local deities and spirits that presided over the lands and waters where people lived.

There was a deep spiritual vitality that empowered our ancient foremothers and forefathers, that saw them through famine and plague and all manner of hardship, a vitality that gave life and strength, nobility, wisdom and purpose to the human race. It connected humanity to nature, to the cycles and seasons, a connection that we have virtually lost. Along with that connection, we have almost lost that divine vitality, and with it, the wisdom and creativity to do what we must to make the world new again.

At our command, we now have an unprecedented amount of knowledge to assist us in this process, knowledge about the potential energy and intelligence embodied in each one of us that we must harness. Many of us have incorporated elements of this understanding into our daily lives. This might take form as yoga or meditation, tai chi, dance, journal writing, dreamwork and/or massage. Numerous therapeutic practices involving diet, herbs and nutritional supplements are readily available, in order to heal our bodies and tap that vitality and strength that is our birthright. But we must, and can go further still, to explore and redefine our lives into the shape we know that we can fill, and so we seek to heal the wounds that we have received as children, and as beings seeking meaning, wanting to love and be loved. We learn to love ourselves as women, to honor our differences, to respect our bodies, our physical and emotional changes. We commit ourselves to healing ourselves as women, by joining hands, by meeting regularly with our sister/friends.

We must move beyond the wounds of the past, to reshape our lives as adults, to become meaningful participants in our social order. It is important to realize that we have been the prisoners of certain thoughtforms which pervade our institutions and social relationships as sexism, racism, agism. All of these are outmoded limitations. Let us consign these attitudes to the flames of change.

We can learn consensus, to respect the voice of another who might perceive the world differently from us. We can also learn to give "feedback," to share with another gently and with great respect how that person's actions are perceived by us, and the effect those actions have. As women, we must learn to trust each other, to respect and honor each other and ourselves.



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On another level as consumers, we must keep letting go of the habits of mindless consumption that are destroying the world. Every bag we reuse, every can and bottle we recycle counts. We must find ways to encourage the use of alternative forms of transportation and energy use. This, too, is our responsibility. As women and consumers we can stop buying those products that damage the environment, that have already cost far too much of the precious earthstuff to produce to make them worthy of our time and attention.

Instead of passively accepting the status quo, we must actively ask ourselves and each other is this the world that we want for our children? Do we accept the educational system as it is, or do we want it to change, in order to bring out more of the potential that exists within each child?

Do we want to continue to live in isolation in houses that are inefficiently designed, that make the worst possible use of materials and space, consume massive amounts of our own personal energies to maintain, that isolate us, one woman from another, one family from another? Or do we want to insist on healthier homes, on living spaces designed to enhance our lives, not impoverish them? Do we want to continue to live in communities that are configured around the needs of the car? Or are we going to put the needs of the whole first?

There are no simple solutions, no quick answers to these and the other problems facing us. And so we come full circle to the need for creativity. The answers to our questions, the solutions to our problems will not be found in a mail order catalogue, or on a supermarket shelf, or even in the bin of a health food store. The answers lie in each one of us, and will come to life as we honor the Mother Spirit who speaks to our souls. We also can honor Her through celebration, in the circles of laughing faces, in the joining of many hands. Let us walk in beauty, my sisters and friends.

"In this moment the caretaker mind of woman needs to hold forth the idea of abundance, to be joyous, to recognize the qualities of life—and to know that we can shape the world around us with our thoughts and feelings. Accepting the healing power of affirmation and action, speaking the best, seeing ourselves in process and acknowledging the wisdom, the beauty, and the blessing of life in this time."

Dhyani Ywahoo

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KNOW THE TRUTH

by Sylvain M. Tadakar

Author Stephen Covey convincingly conveyed in his bestseller, "The Seven Habits of Highly Effective People," that effectiveness ensues when one repeatedly takes the initiative of positively influencing one's circumstances. He discussed at length the value of being proactively seeking the mutual benefit of all concerned in all interactions. Covey also suggests that, in whatever we set out to do, we do well to start with the end in mind. (As I now see it, Covey's excellent book expresses what Dr. Ernest Holmes and the Science of Mind teachings have been promoting for over sixty years.)

Among services offered at the Okanagan Centre for Positive Living, I want to highlight the comprehensive studies of Mental Science. Weekly classes over several years that allow an in-depth exploration and practical integration of the Science of Mind teachings.

As all indeed begins in mind, how precious to learn how to form and nurture spiritual prototypes of our heart's desires. This, the Science of Mind teaches extremely well.

Clearly demonstrating that we are all individualizations of One Perfect Creative Intelligence and Power Divine, the Science of Mind leads its students to recognize and accept the possibility of glorious living as everyone's birthright. When glorious, harmonious living is recognized as 'meant to be,' then one can easily muster the faith that 'moves mountains.' As the student increasingly comprehends and integrates this teaching, there follows a well developed receptivity to spiritual guidance in all affairs; there follows a dedication to harmonious, fulfilling, caring living; a dedication to the truth that sets one free.

In this way, says Reverend Lloyd Everett Klein, founder and teacher at the Okanagan Centre for Positive Living, the Science of Mind proposes an absolute approach to Truth. It invites us to rise above so-called facts to know and accept TRUTH. As ultimate First Cause, Divine Mind is in operation in our lives. Superimposed limitations are eradicated as one learns to unify with, as Jesus said, the Father within. Such conscious awareness of the Power and Presence of God sets us free.

Recognized as one of the finest programs of metaphysical studies available, the SCIENCE OF MIND CLASSES can lead the student to Licensed Practitioner work or to the ministry through RELIGIOUS SCIENCE INTERNATIONAL.

"SOM-1" involves the Science of Mind Textbook. "SOM-2" includes works of Troward, Emerson and Holmes, as well as Metaphysical Bible studies and Experiential Self-Analysis and Self-Re-education. "SOM-3" focuses on personal application and on leadership training. "SOM-4" involves Practitioner Training and Ministerial Training.

As the representative of Religious Science International in the Valley, the Okanagan Centre for Positive Living also offers: Sunday services; weekly Master Mind meetings; Women's group; Men's group; monthly seminars; personal consultations and full Church Services. Enquiries and drop-ins are very positively welcomed!

Regular and ongoing Services presented in both Vernon and Kelowna.



THE F.M. ALEXANDER TECHNIQUE

by Giancarlo Rizzo

Many people are interested in learning how to develop more awareness and control in their activities. F.M. Alexander (Tasmania 1869 - London 1955) discovered through his own individual experience and observation, that the difficulties many people have in learning, in control and performance and in physical functioning are caused by unconscious habits. These habits interfere with your natural poise and capacity to learn. When you stop interfering with the innate coordination of your 'self' (body and mind as a unity), you can take on more complex activities with greater self confidence and presence of mind.

The Alexander Technique provides a concrete means for overcoming these impeding habits and helps people learn better and do things more freely - from playing a musical instrument to moving with more comfort and ease through daily life. From back pain to learning blocks, whether you are a musician or an office worker, Alexander lessons remain fundamentally the same: you are guided through simple movements and you learn to develop more control in your activities.

The Alexander Technique, however, is not a therapy that treats a passive patient. It is a learning process for the person interested in working towards his or her goals with increased awareness and practical intelligence. Although the Alexander Technique does not treat specific symptoms, you can encourage a marked improvement in overall health, alertness and performance by consciously eliminating the harmful habits that cause physical and emotional stress, and by becoming more aware of how you engage in your activities.

Lessons are usually individual and last 45 minutes. It generally takes 30 lessons to grasp the basic principles of the technique and to employ them in your daily activities. This naturally varies from person to person. During the lesson, the teacher uses a gentle guidance with his/her hands to encourage the student to become more aware of his/her habits while performing basic activities, and to experience a better way of approaching these simple tasks. As you gain greater awareness and control, the same principles can be applied to more specialized activities.

In Canada, there are 27 qualified Alexander Teachers, all members of CANSTAT, the Canadian Society of teachers of the Alexander Technique. Among them are Gwenyth Dobie and Giancarlo Rizzo, both graduates of C.I.T.A., the certified three year training school in Tuscany, Italy. While in Italy they taught privately and in music and dance schools in Florence, Bologna, Padova, and Venice. Since their arrival in Canada, they have been teaching in Toronto, St. Catharines, and at the Shaw Festival in Niagara-on-the-Lake. But when, last summer, they came on holidays to B.C., they fell in love with the place and decided to move to Nelson. They are now teaching in the Kootenays and in the Okanagan Valley.

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Networking for Change



Dave Cursors
Editor

Issues is a holistic health magazine and as such encourages its readers to find their way to personal good health through practices which information, their own best lights and experience bring them.

This Networking for Change column has focussed on what is often characterized as "movement" politics from a Green perspective. This column has talked about the need to preserve and protect good air, water and soil and encourages readers to get involved with social, economic and environmental concerns in their community.

HOLISTIC HEALTH AND GREEN POLITICS

The link between holistic health and green politics or green economics becomes evident if we consider the physical and mental recovery accomplished by individuals on the path to social and economic recovery promoted in green politics. The return to holistic health principles accesses wisdom that had been ignored or pushed aside by the high-powered thrust of modern medicine and growth economics.

Ecological sensitivity which has helped humans to tread lightly on the earth's natural systems has given way to the heavy-handed destruction of growth economics and the global system.

Green Rage, Radical Environmentalism and the Unmaking of Civilization by Christopher Manes, Little Brown and Company. Boston, Toronto, London.

Green politics call for decentralization, self-reliance and treading lightly on the earth as a way of acquiring or reacquiring social and economic vigor for communities planet-wide. Some call it the politics of survival.

Putting Power in Its Place by Judith Plant and Christopher Plant, The New Catalyst Bioregional Series, P.O. Box 189, Gabriola Island, B.C., V0X 1X0

In holistic health we witness a rediscovery of the relationship between body and mind, a recovery of our relationship with the natural world in which we have evolved and which we have only recently betrayed through greed and excess.

These days we are challenged to consider whether our way of being as humans is itself the main drawback facing the biosystem in which we have, until lately, thrived.

"We have met the enemy, and he is us." says Pogo Possum.

For many, Pogo's quip is a signal of despair and an invitation to cynicism. So much for the brief epoch of the upright bipedals and the thousands of innocent species they will take down with them.

For others the quip cries something like "pull up your socks", "wake up and smell the coffee, humans!" or "evolve or die!" This is the where Green Politics arise.

The Political Predicament

Certainly the present predicament calls for something beyond conventional politics as we experience it from City Hall, Victoria, Ottawa or even the U.N. Present day politics march to the tune of an anthem orchestrated by The World Bank and the International Monetary Fund.

Political parties in government know that certain public policy wins "good risk" rates from money-lenders and that other kinds of public policies get "poor risk" rates from money-lenders.

Government borrows to pay for social programs and then through taxation acts as a collection agency for the banks who loaned the Province money to run the programs.

For the Common Good, Redirecting the Economy Toward Community, the Environment and a Sustainable Future by Herman E. Daly and John B. Cobb Jr., Beacon Press, Boston.

Some have advocated weaning ourselves of the money system altogether through L.E. T. systems of barter or Green Dollars. Wherever such exchange evades direct control by the international financial community, informal cash transactions included, it is referred to as "leakage"

Social Security - Global Insecurity

Recent problems in countries like Sweden and New Zealand, not to mention those long-standing problems of third world countries like Brazil show us the effect of a sudden inability to arrange credit to buoy up the government. Suddenly whatever social safety net exists becomes frayed and more and more people fall through it.

In countries where poverty and sickness have not been ameliorated by a modern system of social welfare the masses only have a little distance to retreat to the care of immediate and extended families, to old knowledge of old remedies and traditional relationships with the earth and its treasures are remembered and even persist in niches here and there.

In so-called developed countries the extended family is an artifact of the past. In Canada, some knowledge of how to look after each other in community was last expressed in the countryside in the 1930's during the Great Depression, when the buoyant economy went flat and there were no social safety nets. People made do.

The Free Trade Gasp

The current Free Trade Deal with the U.S. and the imminent North American Free Trade Agreement (NAFTA) draw us further into the debt and destruction maelstrom.

However we learn that the most populous and most polluted site on the planet, Mexico City, is losing population after becoming a nexus of flight from country to city. Those who came for work with pay have found the misery of poverty and disease in the city more painful than the poverty of the forest and the countryside and are returning there in large numbers.

If their traditional homes are not lost to massive enclosures, to agribusiness, turned to monocrops for the global money trade system, these refugees from the city may remake their lives and recover their health and dignity again.

But how will the first worlders, the Swedes, The New Zealanders or the Canadians fare if the social safety net is pulled from under us because our governments simply cannot afford the cost. Before the prospect of such a calamity our politicians quake with fear. In order to forestall such a political disaster our politicians will cut any deal, and they do.

The deal is called Free Trade.

Ten Reasons to Oppose Free Trade; Ten Ways to Oppose Free Trade.

The Action Canada Network, 804 - 251
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In British Columbia we signal our desire to please the money traders by shipping out raw logs, clearcutting old growth, diverting rivers to the south and generally expressing that energy and optimism that has made us affluent while destroying the environment.

Resource Constrained Economies: The North American Dilemma. A review of the many resource problems created by North America's History of Unrestrained Growth. **Soil and Water Conservation Society** publication ISBN 0-935734-08. Organized labor approves of the jobs, industry approves of the profits and each will support a government that offers the stability necessary to carry on as long as possible with business as usual. Supporting it all is the international debt system.

Measures to preserve old growth forests, clean up dirty industries, compel municipalities to control their pollution and generally secure the liveability of the environment must be accorded a greater priority in public policy. In a similar fashion our individual lifestyles are crafted to advance systemic recovery and ongoing good health.

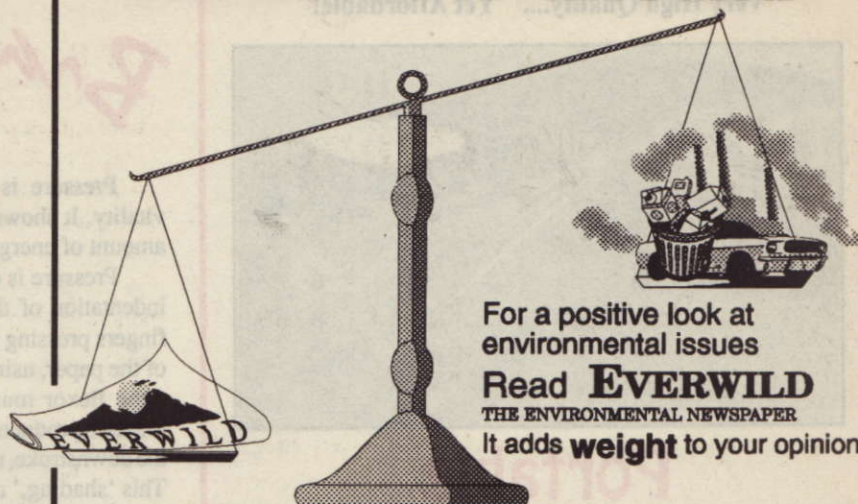
At the personal level environmental health is a matter of knowledge and will be followed by creative action. At the community and global level we have the knowledge, our will is tested and the opportunities for creative action await us.

Networking for Change would like to be a catalyst of creative action. ♦

INTERDICT ON NATURAL HERBS

A petition is in circulation to stop the proposed amendment of the Canadian Food and Drug Regulations, specifically dealing with a list of 64 herbs and botanical preparations which have been listed (Canada Gazette, Part 1, Dec. 19, 1992 regards schedule No. 705), until such time as the knowledge of the First Nations Elders and Medicine Persons have been added to the "Expert Advisory Committee" to ensure public safety has the full scope, knowledge and benefit of the "long traditions of using herbs and botanical preparations which help to prevent the abuse and mis-use of these substances. Federal Minister: B. Bouchard, Health and Welfare Canada, Centre Block, Parliament Buildings, Ottawa, Ont. K1A 0A6

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Electrical Consumers

The Okanagan-Kootenay Electrical Consumers want to know whether you think that B.C. should permit long-term electricity exports, whether power plants should be built to generate power for export, whether price and supply preference for hydro-power ought to be given to Canadians and whether decisions to enter into a power export or energy storage agreement with markets outside B.C. should take full account of the environmental and social effects on residents in the area.

Contact: ECA The Kootenay Okanagan Electrical Consumers Assn., Box 1287, Summerland, B.C. V0H 1Z0. Annual Individual Membership \$5.00. Donations gratefully accepted. Okanagan: 862-5015, Kootenay: 353-2563.

Book: The Run of the River by Mark Hume. Canadian Parks and Wilderness Society. Henderson Books Series #18. New Star Books 2504 York Avenue, Vancouver, B.C. V6K 1E3. Take a tour of the Stikine, The Nechako, The Fraser, the Thompson and Columbia Rivers with a naturalist explorer with knowledge and political savvy. A handbook and a good read. 215 pages, \$14.95



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with Angele

Pressure is the gauge of emotional intensity and physical vitality. It shows the force behind personal feelings as well as the amount of energy available to make a mark on events or people.

Pressure is observed by the 'shading' of the letters and by the indentation of the pen on the page. Pressure is produced by the fingers pressing the point of the writing instrument into the surface of the paper, using an interplay of muscular contraction and release - the flexor muscles move the pen downward and the extensor muscles produce the upstroke. Normally more pressure is exerted on the downstroke, resulting in a handwriting with heavier downstrokes. This 'shading,' as it is called, is achieved by good control over the nervous impulses, along with vital energy and executive drive.

An effective method to detect pressure is to turn the paper over and run a finger over the back of the page, feeling for ridges. The writing surface under the paper can affect the depth of ridges as can the type of pen used. If you have another sheet of paper under the one you are writing on and you can almost read your note, word for word on the second sheet, your pressure is heavy. If you can feel the letters indented on the back of the page, your pressure is considered heavy. Obviously, this will not work for photocopies.

As shading is a bit more difficult to notice, a magnifying glass is used even by the experts. It is also important to note the type of pen used: the use of ball point or felt tipped can tell one much about what the writer wants the reader to focus on.

An experienced eye will also examine other factors of the script, such as initial and end strokes, and make notes in which zone the pressure occurs. If there are 'weak spots' in the writing this will also be noted, for the chain is only as strong as the weakest link.

Strong, heavy pressure records the mark of firm and energetic people who want to make an impression on life around them. Everything they do is done with vitality, intensity, drive and force. It is hard for them to hold back. The ebb and flow of mounting and abating passion is recorded as the darkening and lightening of the strokes.

Medium pressure is the average force that will apply to most scripts. It shows a reasonable amount of emotional control and is a sign of healthy vitality and will power.

Light pressure is writing that skims the page. If it were to be photocopied, parts of the letters would not reproduce. Light pressure is produced by those who are receptive, sensitive and impressionable. The mark is delicate, even uncertain, and registers the reluctance they feel in pressing for what they need. The pale strokes barely brush the page, revealing a delicate, cultured person probably of an introverted nature. The person who prefers a fine point pen and produces very light pressure is usually less physically intense and more intellectual in his or her pursuits. However this should not be taken for granted.

We are subject to the pressures of living. We therefore produce not only a physical pressure but a psychological one as well. A man with 'a heavy heart' as the saying goes, will write with a slow tempo which in time causes an increase in finger pressure resulting in solid, cumbersome strokes.

If pressure is visible, it is a measure of the writer's vitality; if invisible, it is a measure of the writer's persistence and precision. ♦

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