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April 1995

Volume 6 - Number 4

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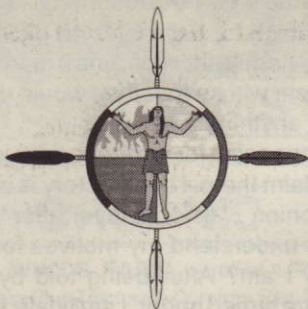


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Ms. Middleton-Moz is a teacher, lecturer and author. She is the author of *Children of Trauma: Rediscovering Your Discarded Self; Shame and Guilt: The Masters of Disguise; Will To Survive: Affirming The Positive Power of the Human Spirit*; and co-author of *After The Tears: Reclaiming The Personal Losses of Childhood*.

Middleton-Moz has appeared on national television shows including the Oprah Winfrey Show. Over the last several years, Ms. Middleton-Moz has become well known nationally and internationally for her work in the areas of adult children of alcoholics, multi-generational grief in individuals and families, children of trauma, ethnic and cultural awareness, differential diagnosis, cultural self-hate and multi-generational sexual and physical abuse, in families.

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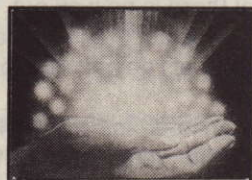
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Photo by Steve Tomlinson

Musing

with
Angèle

publisher of ISSUES

'The Great Hunt'

Once again, I sit down to tell my story. I am thankful for the pictures that my Mom took, for they help me to get started. I keep thinking I will run out of stories to tell but for some reason, once I make the time, the thoughts appear and another *Musing* column is written.

The front cover shows the rear end of our old Pontiac covered with a moose hide. I believe this is the moose that walked through our back yard shortly after we moved to Rosswood. Maybe next month I'll show the photos of us cutting it up and putting it into glass jars to be sealed and processed, so that we could eat it later.

This time of the year reminds me of Easter. I was not much on tradition or ritual, so I made conscious choices on how to celebrate so that the kids would enjoy the occasion without getting caught up in the commercialism of it. We tried dying Easter Eggs one year but none of us seemed that creative, so I decided to continue hiding the eggs all over the house, just as my parents had done it for us: as a child I can remember finding them months later! I never liked the coloured sugary eggs, so I decided to buy for my family the chocolate ones that were covered with coloured tin foil. I would hide them in the front room, and my husband Rae and the boys spent the morning finding them. I always enjoyed hiding the eggs, but once the boys became teenagers, it was time to test their skills. The rules became clearer with the years. I hid only in the front room so that the whole house wasn't ripped apart, and if they wished to clean it up the night before, they could. For many years I gave them hints on where to find the last few eggs so that they could win. In our last year together, with the oldest in grade twelve, I decided to get serious. Just who was the best anyhow? I spent two hours hiding one hundred small foil wrapped chocolate eggs. I sewed them in the curtains, I took apart the tables and hid them in the hollow legs, I balanced them in light sockets and hid them deep in the crevices of the chairs. It was quite an experience just watching the boys divide themselves into teams and pull all the furniture into the middle of the room, to be searched before each piece was put back. After about an hour they had 97 eggs. They counted and recounted, and then quizzed me in case I wasn't playing fair, because they were sure they had scoured the room. I wasn't giving any hints. At last they admitted defeat, but wanted proof that the eggs were in the room. With great smugness, I walked over to the couch and reached down to pick up the pair of dirty socks that lay crumpled on the floor: As I did, the eggs rolled out and we all had a good laugh. For in the midst of all their careful planning

and strategies, they missed the most obvious... *dirty socks* that no one would touch. I was high for days over my victory for I knew by now the boys could handle the loss, and it made up for the many times I had let them win so that they would develop the self-confidence to give anything a try.

The great hunt that is happening for me these days is to find lost parts of myself and reclaim them. I think victory is at hand, but I am told life is like an onion ... there is layer after layer to peel back. I feel a need to understand my motives for doing things. Why am I the way I am? After being told by a few professionals that we all have buried anger, I am finally starting to believe them. The clues are there, hidden among the obvious, just like the Easter Eggs...

Most recently, I have had the opportunity to explore dream analysis with Sarah Wellington, a Jungian dream therapist. After dabbling for many years, I find it wonderful to be guided in my search. The technique is very simple... the therapist asks, "What does this mean to you?" Then she takes my words and puts them into a sentence to see if they resonate with me. Symbolically, everyone and everything in the dream represents a part of myself, so interpreting a dream is complex and enlightening. I would like to share a recent dream with you to show you how it works.

In my dream, it is dark and I feel as if I am in a wine cellar, under a table, patting the dirt so that no one will know that food had been dropped here. As I look closely at the earth, it changes to brown earthen coloured tiles. I know this is a movie for how else could I see in the dark? It's a scary movie: a body is probably buried under those tiles. A young man around 23-25 years old stands up to look at his work, making sure that the grout is the right colour so that once it dries, no one will notice the patch job. As he backs up to get a better look, his back touches the wall. Instantly a portion of the wall does a 180 degree turn and flips him into a dungeon. He calmly examines the walls now sealed and knows that there is no way out. He looks upwards and says he is willing to die but this is the deal: "I am going to lie down and go to sleep, but I do not want to be woken up gasping for my last breath."

Analysing this dream took about an hour and a half. The earth represents primal forces and the dark cellar is the subconscious, probably before the age of memory. The whole setting represented a part of me that I buried very early in life and then reburied again later. That was the easy part: the next question was, "Can you remember anything that felt like a 180 degree turn at age 23-25?" I figured out that that would be 1975-1977 and one of my 'one-second snapshots' appeared in my mind: Rae and I are in the middle of the front room of our house having a heavy-duty discussion, and Rae has offered to leave the marriage. Gordon, our oldest boy, is five or six years old; he walks in and sits in the easy chair. I feel a cold wave come over me as I say "No, we can work it out." It is important to me that the boys have a full-time Dad. I've made the choice... this marriage is going to work, and I am going to enjoy it. A month or two later, I am re-reading one of my journals. I am appalled at the anger I find in my writings, and burn them. Now I wish I had saved them so I could examine my anger, but that was my 180 degree flip and part of me was buried for a second time.

Happy Hunting, enjoy Easter,
and I hope to see many of you
at the Spring Festival of Awareness,
April 21, 22 & 23, 1995.

Angèle

ISSUES MAGAZINE

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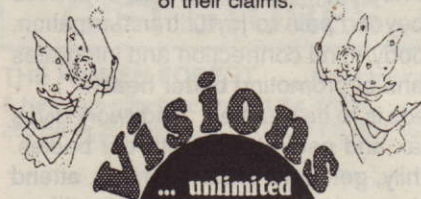
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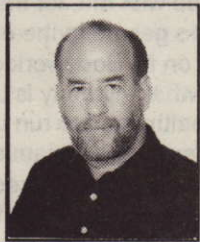
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A VIEW TO THE WEST

... by Bev Franic ...
sales rep and distributor of ISSUES
in Kamloops



Imagine you are driving down the highway. Your car starts to shimmy and shake. The tires are wobbling all over the road. You can't seem to steer very well and you are losing steam. It's a real effort just to keep in forward motion. Now, imagine that your body is that car. You're tired and lethargic. Your joints and muscles ache. And your legs are wobbly! A lot of us spend our days just like that. We know 'something' is not right, but we can't put our finger quite on the problem. So we begin to look for answers. There are a number of 'bodywork' therapists out there. Without more information it can be difficult to choose which method you most need at the time. Methods can range from the gentle (reiki for example), to deep tissue work (such as rolfing). It is important to interview your potential therapist. Ask questions about their field, see if you can establish a bond of mutual trust. You must feel comfortable with her or him, and be able to freely ask for the treatment you need. You must be able to tell the therapist how you are feeling, whether you need some personal space, or if areas are getting too painful to tolerate.

I recently had a session of "Rebalancing" given by Sandy Poettker. Sandy is a LPN Certified Rebalancer, Relexologist, Reiki and CranioSacral Therapy Practitioner here in Kamloops. She operates out of her home in a gentle and safe atmosphere. Sandy has 22 years hospital experience as Renal Technician and a Practical Nurse. Since 1986, she has been doing holistic Bodywork and learning new methods of therapy for healing and personal growth. Her own experience and recovery from cancer was an incredible healing journey—one that embraces her whole being—going beyond pain to joyful transformation. Sandy understands the body/mind connection and integrates it in her service as a means of promoting better health.

One of our basic needs is to be touched. Bodywork gives us the opportunity to relax and get in touch with our bodies. "One day" I will eat healthily, get more exercise, relax, attend to my creaking joints, drink more water. These are all the things my body needs but I rarely take the time to listen to it. Time goes by, and one day my body says, "Today you are going to listen to me!"—and with shock and surprise I say "Ouch." I then begin to seriously look into nurturing my body. After ignoring it for so long, I realize that my body is going to be with me, for the rest of my life, and like my car, if I expect it to get me to the end of my life's journey I better do some work on it. Bodywork gives me the time and the space to listen to what my body is trying to tell me, about what it needs to be healthy and to run in top condition. Each Rebalancing session is unique because it is adapted to the client's needs. A typical 90-minute session incorporates joint release and deep tissue work. These techniques are applied to the most physically, energetically, and emotionally blocked areas of the body. Because Rebalancing work is progressive by nature, a ten-session program has been designed to help integrate the whole body. Although single sessions are valuable, the ten-session series is more likely to result in prolonged benefits. Sandy's number in Kamloops 374-8672.



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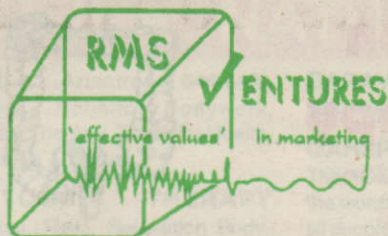
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MORE ON THE ENERGY BODY

by Karen Timpany

I have received calls from Vancouver to Nova Scotia, (yes, the Issues Magazine even gets out that far), in response to my last article on the Bio-plasmic body. The symptoms that I suggested may be experienced by one who has had an accident resulting in their energy body being thrown out of alignment, seems to be a common occurrence. From the calls I have received the most similar symptoms are the recurring or constant headaches, dizziness, fuzzy thinking, the onset of illnesses and a lack of energy and often times, loss of balance. This is compounded by the neck, shoulder and/or back aches associated with the energy body being out of alignment. It is unfortunate, but clients are telling me that the pain and discomfort from this misalignment cannot be alleviated by the physiotherapist, massage therapist, muscle relaxants etc.

As in all methods of healing, it is of vital importance to remember, we heal more than just the physical body. Cures do not come about completely and forever with just a vitamin pill, an herbal combination or an aspirin. If the energy body is put back into alignment with the physical body, then the loving care and attention of a therapist may well be very beneficial. The massage to the muscles that have been strained will feel wonderful.

It is difficult to explain what I see when I have a client in the clinic and notice that the energy body is out of alignment. Perhaps the easiest explanation is that it looks like a shadow. Something like looking through a nylon stocking. Once I see the position of the 'shadow', I can then determine where the pain is in the body and the repercussions the client is experiencing. The procedure to put this energy body back into the physical body takes only a few minutes. However, I work on the aches and pains as well, which takes longer. Balancing out the body, elimination of pain, scanning the organs inside your body for tell-tale signs of hereditary weaknesses and sometimes abuse, i.e. dark lungs from smoking and clearing out negative issues of your life residing within the cells of your body, takes about an hour and a half to two hours. It is relaxing, soothing and remarkably effective. The client leaves feeling light, pain free and ready for a nap to assimilate all the changes in the body and reawakens feeling rejuvenated. Healing people on any level is a great gift from our creator and I count my blessings every day as I give thanks for the many wonderful healing capabilities I have been given.

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Cell-Ectrology

by Jean Ann Baker

Before a person becomes seriously ill there are multiple signposts on the way - a drop in energy, migrating pain, headaches, backaches, dizziness, loss of balance, unexplained weight gain, unexplained weight loss, etc. Techniques using a bioelectric reading can locate blockages and reset energy circuits before the condition becomes chronic, even to the point of pulling the body back from the precipice it has fallen over.

The fact that the cells of the body are electromagnetic and transfer energy by semi conduction from cell to cell like a computer or cellular telephone is now an established scientific fact.

Inside the human body the cardiovascular system carries molecules of light information to the cells. Any foreign substances blocking the spaces between the cells will cause horrendous misfunction in the semiconduction of minute electromagnetic information from cell to cell, which will cause the cells to vibrate and oscillate to a distorted light frequency. This causes all known degenerative conditions.

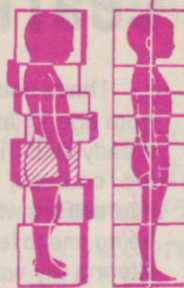
The amount of overload a human being is able to bear before breaking down is in direct relationship to environmental factors from five different areas: physical environment, social environment, emotional environment, food and posture.

The human body functions according to light information contained in submicroscopic electromagnetic frequencies contained in these five areas of its environment. Therefore the first step in overcoming any ailment in the human body is to assess the energy function. In all that we do, we first look to the power source, for example the battery (in the watch or truck), the fuse (in the stove, electrical box, etc.) before we touch the mechanical parts. Interestingly, in our modern treatment of the human body we start ripping out the parts before we check and correct the subtle energy flows in, around and through the body.

Sir Dr. Brian R. Jenner (Australia) has developed a method for testing the subtle energy flows and correcting them before the body has broken down. He founded The International School of Cell-ectrology for the purpose of studying the environment of the living cell and its electrical properties, along with learning how to maintain a healthy environment for the living cell through proper mental, structural and nutritional practices. Hence the terminology derived 'Cell-electrical-ology - study thereof - CELL-ECTROLOGY.

Professor Albert Einstein, great mathematician and scientist, proposed that living matter is composed of a unified field of electrical - magnetic - gravitational energies. The School of Cell-ectrology proposes to maintain that unified field and studies all aspects of living cells and unified light vibrating at a level that cannot be seen but is never the less just as real.

The living cellular structure is brought into harmony with the natural laws of the universe that the cells of the body can be regenerated and kept free from disease, pain and misery. To do this, the School teaches a synthesis of the harmony of sound and light, lymphology, kinetic energy, physiology, immunity and indeed anything to do with the prevention of pain



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A free public lecture, hosted by Jean Ann Baker and featuring guest speaker Sir Dr. Brian R. Jenner can be arranged should sufficient interest be demonstrated. Jean Ann Baker is a Certified Practitioner of Cell-ectrology. For further information please see ad above.

Co-Creative Learning by Jana Walker

"To have knowledge and not share it is to deny its existence."

When I learn something and pass it on it enriches all participants in a deeper way. Sharing it breathes another form of life into what I have studied, learned, read or experienced. Therefore teaching becomes co-creative learning.

I have been involved in metaphysics from age 11 and my journey has been a steady gathering in of experiences, studies, courses, workshops, retreats and interactions with others 'on the path'. Not being one to feel the need for certificates littering my wall--nothing has been pursued for that purpose. The function of my learning has been motivated by a deep

desire to know, remember, reconnect, be empowered by the process and then share with others.

During this journey I have discovered that a beautiful balance enfolded between my spiritual self's needs and my psychological self's needs--here again has been co-creative learning. I've learned, by doing your work from a solid base helps during those 'test times.' You will not collapse into yourself having taken in, 'too much, too soon, too fast.' By understanding the basics of personal growth and at the same time allowing yourself to let the energy and light flow through, you open yourself up to be more than you imagined.

Along the way, I have been richly blessed (thank you, Creator!) in knowing the art of manifesting a beautiful son, amazing friends and wonderful relationships. My life partner has learned the same arts, albeit from a different perspective. His background has been geared more to hands-on, 'getting your stuff straight'. This technique led to his spiritual enfoldment in the early 80's. He facilitated hundreds of people in their own processes. We met during a weekend intensive learning "Cellular Release Therapy". We are both certified practitioners/teachers of this method.

Brendan and I have come together to continue our journeys in a co-operative way of living, sharing and being. We do this in love, and honour each other's processes and differences. We have learned to 'stay in communication,' thus ensuring a successful relationship.

Together as a couple, and individually, we have much to share, in love, in light and always in laughter.

Metaphysics 101

Intro April 3rd in Osoyoos 495-7655

Intro April 11 in Penticton 492-5371

Course starts April 24, Mondays,
10 weeks \$100.00 in Osoyoos

(Money will be worked out on individual basis)

Cellular Release Intro for practitioners
April 25, 492-5371 in Penticton, Course
on May 13th, \$44.00 - see calendar.



CANADIAN HEALING ARTS INSTITUTE

Canadian Healing Arts Institute
offers an Acupressure Certification course
September 1995 to June 1996.

This course is held one weekend each month and is specially designed for experienced and new health care workers. Acupressure in combination with or by itself can be used to help your clients achieve pain/stress relief, transformation, rejuvenation, and a better level of health. The purpose is to help get in touch with your own healing powers to regenerate, rejuvenate, and maintain a level of health and wellness that you want to create in your life for yourself and your client.

Instructions start on September 22th at 7:00 pm at 2153A Georgia Street, Rossland, BC. Facilitators are Sid Tayal and Dr. Gail Gill. For more information please phone Sid Tayal (604) 362-9481 or write Centre for Awareness, Box 300, Rossland, BC V0G 1Y0.

Register early as spaces are limited.



Sid Tayal

has 25 years of experience in Acupressure, Acupoint, Touch Polarity, Bodywork, Reflexology, Nutritional Guidance, Past Life Regression, Meditation and Emotional Counselling.



Dr. Gail Gill

recovered her health through herbs and better nutrition. A graduate of Science, she went on to study nutrition and graduated as a Doctor of Nutripathy. She specializes in Biological Immunity Analysis.



**Michel
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has a B. Sc. degree, a diploma of Education and teaching experience. He has studied numerous forms of holistic healing, holds a certificate in acupressure and is a Reiki practitioner.

Your Astrological Inner Child

by Susan Hunter-Juvung, MA.,

Your Sun sign is your spiritual guide as to how you can shine in this world. This is the gift of the universe to you at your birth. It is your role through which you gain self-esteem and pride. The Sun is the natural ruler of parenthood and can illuminate our paths as parents and children. When you let your inner Sun shine you are romantic and creative, interacting from your inner child. Engaging our solar personality makes us feel great, fun loving and lovable.

We start this series with your Aries inner child. This is a guide for parents, partners of Aries and of course Aries themselves. If you have an Aries in your life read on to discover more about their purpose and perspective.

The Aries soul has come amongst us to charge ram-like straight ahead. They have a natural talent for racing along with joy and zest. Embrace and honour their purpose as they expand your known universes.

We all need to embrace opportunities by which we can arrive first and experience the fun of the race. This is how we explore our independence and establish self-esteem. For the Arian these talents come inborn. Allow the Aries in yourself and others to boldly begin and perform, let this spirit of adventure revel in new realms. This is the energy of the pioneer, a fighter for the underdog. This soul needs good information, exciting challenges and virgin snow to walk upon. Born leaders, the Arian enthusiasm is infectious, challenging us to reach our goals and to surmount dilemmas.

The Aries spirit learns from experience and needs no limitations to this process. Their risk taking can make the observer nervous. They are here to carry us all into new territories with their youthful passions.

In order to fulfil this purpose, Aries has been given the virtue of self-esteem. For every action they plant seeds that the rest of us must nurture or transform. Aries does not have time to consolidate, but excels in moving on to new pastures. Theirs is the role of planting ideas; the feeding of this thought and its questioning are left to others. Here is found the conviction for a million brave new beginnings.

The higher self of this role realizes that honour and virtue accompany the most fulfilling new beginnings. The Aries spirit needs inspiration and a vision of a better future for everyone in order to manifest their fullest potential.

Where want of patience is an issue

develop the variation of approaches to a given task, so that completion is through diversity of shorter tasks, rather than tedium. Where individual enthusiasm causes singular work honour the process of free thinking and initiative.

April 1st marks a key day in the evolution of the Aries archetype. The celestial harmonies provide mass and individual opportunities to transform and revolutionize Arians. Although the full effect of these patterns may take 15 years for each individual to manifest these wonderful opportunities!

Please see ad on of how to get your own personalized horoscope.

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My Journey to the Goddess Connection

by Sandy Jackson

When I was a little girl, I made it very clear to my Mother that dolls were not acceptable gifts. I remember watching the big trucks roll by and deciding that one day I would drive one. As a young adult my first and only office jobs were disasters. I was fired from both of them. What can I say? It was spring -- much too nice outside to be chained to a typewriter. Then I went from one traditionally male occupation to the next. Stable management, car parts delivery, chicken farming, coffee truck driver, house painter and tractor-trailer driver.

I was always more comfortable working with men, but my relationships with them were unbalanced, I also had trouble relating to women. Mistrusting their motives, I was, naturally, hurt many times. When I became aware that I needed to balance the male/female aspects of myself, the lovely Goddess Linda came into my life. With her beautiful feminine energy she helped me to appreciate the side of me I had neglected and hidden.

My relationships with both genders began to improve and for the first time I began to feel truly at ease with myself. It became easier to make friends and after a shake-up with my partner, a more sharing comfortable relationship was established. It was time for a celebration! But what, where, how? With Linda and through many 'god incidences' the idea and the name for the 'Goddess Connection' were conceived. Then Sarah 'clairvoyant extraordinaire' made her entrance into my life. With her patient coaxing, coddling and cajoling the first 'Goddess Connection' was born.

In November of last year we held a women's weekend retreat. Forty-five women attended and the energy was incredible. There were a variety of speakers and healers. We danced, drummed and celebrated. One of the women expressed the feelings of some of us when she said, "I was a little nervous of being with so many women all weekend, but as soon as I walked through the door I felt like I had come home!" At the Sunday closing ceremony, I asked who would like to come to another gathering in the spring. I was overwhelmed when everyone enthusiastically put their hands up.

For me it was the most healing time of my life. I was hugged and loved all weekend long. More of the old barriers crumbled as I began to feel a strong connection and appreciation for my beautiful Goddesses. Since then my healing process has been nothing short of miraculous! Many profound internal shifts have occurred and some long standing physical ailments have dramatically improved.

But, I still have a way to go. Last night I had an insightful dream. My brother (the male aspect of myself) was being very stingy with me, while my sister (female aspect) sat idly by smiling serenely, but there was an undercurrent of strain emanating from her. The good news is that I spoke my truth and my brother heard me. The message that I received from that dream is that I need to be more giving to my feminine side, allowing myself the freedom to seek out my inner wisdom and learn to express my beautiful, gentle feminine energy.

I feel a sense of urgency to empower my femininity--give it

a voice and really hear what it has to say. What it is telling me right now is that it is time to unite and bond with other women. To bring our strength, nurturing and all-powerful love into focus. Mother Earth and all her creatures sorely need healing and I believe that restoring our world starts by becoming a whole and complete individual. The greatest gift we can give another person is to heal ourselves. Through raising our own consciousness, we will enhance everything and everyone we touch and the ripple effect of our energy will in turn purify our universe.

The first retreat gave me a taste of the power we possess as women individually and as a group and I will continue to do whatever I can to promote the return of balance in ourselves as men and women. My plan is to hold women's retreats twice yearly, in the spring and fall, and my goal is to provide the best facilitators possible while keeping the price of admission to a minimum.

I would like to say thank you to all the Goddesses who attended the retreat in November. Your love, support and open-heartedness is awe-inspiring. Your participation and contributions made the first "Goddess Connection" a success.



A Women's Gathering

May 26, 27, 28

Weekend retreat on Gardom Lake near Salmon Arm.

**Join us in a Powerful Union of Sisterhood
where we will celebrate and explore the
feminine aspects of our Truly Divine Nature.**

Activities: Ongoing workshops, Bodywork & Healing, Meditation Circles, Yoga, Hiking, Canoeing and more.

Cost: \$125.00 ... Rustic Cabins, Dorms or Camping
Price includes all activities plus delicious Vegetarian Meals
Limited Registration, So please Book Early!

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**Share your Talents, Love and Joy with like 'Hearted' Women
for a weekend full of fun, Relaxation and Adventure.**

Comforting Arms

by Dawn A. Schaefer, L. Ac.

I am an allergy survivalist! Growing up here in the Okanagan I, along with everyone else, was continually bombarded with the many and varied toxic orchard sprays. Being brought up in an average home, I ate the regular diet of meat and potatoes and unknowingly was on a collision course with ill health and unhappiness.

At the age of 21, I left the Okanagan for the land of even greater sunshine, California. In those days there was not the over population problem experienced today. That is where I became a vegetarian, more accurately a vegan. I ate only organic foods, often fasted and lived a very natural lifestyle. After 4 months, I returned to the Okanagan for a short visit, and my sister remarked on my noticeably softer skin. Amazing, I had been living in the land of the never ending sun. Spending many hours outside getting sundrenched to downright scorched. The "experts" say, I should have been getting tougher skin.

Over the many years that followed I stayed vegan, at times eating only fruit, often fasting and practising yoga and meditation. While attending a lifestyle conference in Arizona, I learned about eating macrobiotically. I gradually began to apply these new eating habits, but continued to eat mostly raw foods and so did not reap the full benefits. I became supersensitive. Odd smells repulsed me, leading to headaches and nausea; unnatural clothing annoyed me. Life was "buggy," unpleasant, I was uptight and frequently ill. I developed high levels of lead within my system, probably from the freeways and their millions of vehicles. I became depressed, lethargic, dysfunctional. With the help of loving friends and homeopathic remedies, I was able to win that battle and be somewhat normal again.

Eventually, I became interested in Oriental Medicine and attended California Acupuncture College. I also studied the related healing arts of Cranial Sacral Therapy, Polarity, Tai Chi, and Qi Gong. In 1985 I received my National Certificate and in 1986 received my California State License for Acupuncture. Over the years, I have learned to rebalance and recharge my system. Via my acupuncture practice in the United States, I have been able to utilize these various health methods, and approach my patients' health needs in a holistic manner.

It gives me great pleasure to share this knowledge with others. "Comforting Arms" is the ability to embrace ourselves and take charge of our own healing and happiness. We can be "allergy ready", we can enhance our immune system and bring balance into our lives. As our lives unfold, better education is the key in our quest for personal health.

I will be at the Penticton Holistic Healing Centre for a series of classes beginning May 1995. We will share our experiences, learn and laugh. Please, join me for 8 weeks of learning the foundations of healthy living.

TAKING CARE OF YOURSELF & YOUR FAMILY

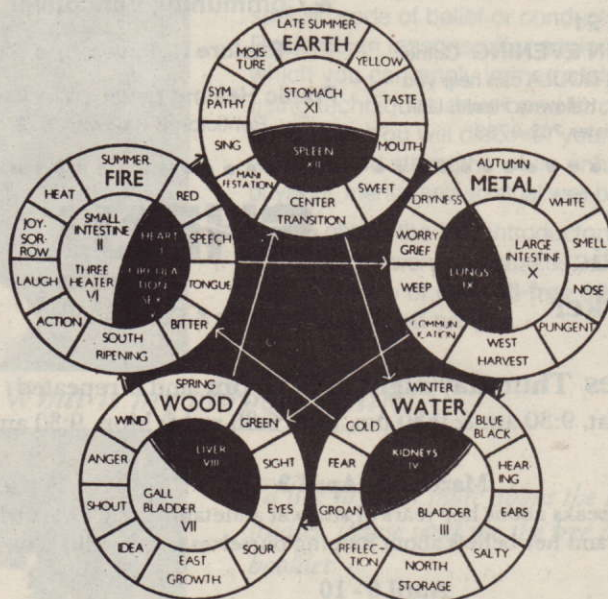
Comforting Arms

Healthy Living Seminars

with Dawn Schaefer

Each class will teach:

- * Energy building techniques such as Yoga or Tai Chi
- * A variety of Meditation and Visualization techniques
- * Sample demonstrations on how to cook healthy foods with information on understanding why!
- * Understanding the Chinese Five Element theory of the elements and how they can help you with 'Eating with the Seasons.'



1st class starts

May 10th

5:30-7:30 pm

If preferred we

can do it

earlier

3:30 -5:30 so

that students

may join in or

later 7:30-9:30.

Phone and let

us know your

preference.

8 week series - May 10th - June 29th

Tuition: \$65.00 or \$10 drop in fees.

Friday Evening Speaker May 11, 7:30-10 pm

for an overall view of Dawn's skills.

Penticton's Holistic Healing Centre: 492-5371

Dawn is a Summerland girl returning home with 10 years of experience as a Registered Licenced Acupuncturist with the State of California.

CALENDAR

April 1 & 2 Reiki Level I & II

Nuthery Institute, Winfield 766-4049

April 8 & 9 Wholebody Reflexology Weekend Certified, Part I, Winfield 766-4049

April 13
Still more about **Drunvalo Melchizedek**,
Sacred Geometry & the Flower of Life Video,
7:30 pm, \$8-\$12 Penticton's Holistic Centre

April 20 Acupressure & More Level I Nuthery Institute, Winfield 766-4049

Divine Adjustment & Ancestral Rescue
"Favourable and unfavourable ancestral impact
repercusses throughout seven generations of
descendants. We speak about some very effective
processes that encourage anyone to surrender from
the impact and into the freedoms and liberties of
'aliveness.' Introductory lecture with **Valeria** at 7 pm,
\$11 at Penticton's Holistic Healing Centre

April 21, 22 & 23 Spring Festival of Awareness

April 21
FREE INFORMATION EVENING Come
and learn how a certified DOULA can help you
to a Better Hospital Birth. Kelowna Health Unit.
Ellis St. Pre-register 762-9763

The Holistic Networker

Premières Thursday night at 5:30 pm and is repeated
Fri. 7:30 pm, Sat. 9:30 am & 9:30 pm, Sun. 6:30 pm & Mon. 9:30 am

March 30 - April 3
Melva Manseau speaks about her years of study at a Metaphysics University in
Ontario and her beliefs about helping ourselves to get well.

April 6 - 10
Maurine Val Palfy is an international psychic reader. She does a half hour
demonstration on her style of card reading with Angèle.

April 13 - 17
Journey with Marlana as she sheds some light into why she chose to become a
bodyworker healing with energy.

April 20 - 24
David Charles shows his great interest in the book 'Cards of Destiny' and
explains how to figure out your destiny by using this system of numbers.

April 27 - May 1
Peter Mikiel shares his interest about the Pranic Healers from Victoria.

April 26
Children of Trauma - Rediscovering your
Discarded Self with Jane Middleton-Moz, p. 3

April 25, 26 & 27
From Legacy to Choice: Healing the
Effects of Generational Trauma on Individuals
and Communities, Vernon, p. 3

April 29 & 30th
Advanced Meditation Retreat
Cheryl Grismer, p. 5

May 1 - 26
Counselling Hypnotherapy Program,
Kelowna, p. 6

May 3, 4 & 5
Introductory Seminars in **Pranic Healing**
Vernon, Kelowna, Penticton, ad page 3

May 4
Acupressure & More Level I
Nuthery Institute, Winfield 766-4049

May 5, 6 & 7
Healing, Initiation, Ritual
& Community, Vancouver, p. 5
Explore NLP, Vernon, p. 21
Pranic Healing Level 1 Workshops
Penticton & Kelowna. p. 3

Wholebody Reflexology Weekend Part I
Salmon Arm, Nuthery Inst, Winfield 766-4049

May 10
Wholebody Reflexology
Nuthery Institute, Winfield 766-4049

Comforting Arms
8 weeks of Healthy Living Seminars
with Dawn Schaefer, L. Ac. p. 13

May 13
Working Together for Health ... 862-2358
BC Dieticians Assoc. - Naramata Centre
Keynote speaker Dr. Robert Buckman

May 13 & 14
Wholebody Reflexology Wkend Part II
Nuthery Institute, Winfield 766-4049

May 20 & 21
Reiki Level I & II
Nuthery Institute, Winfield 766-4049

May 26, 27 & 28
Goddess Connection, Gardom Lake, p. 12

May 29 - June 7
NLP with John La Valle, Vancouver, p. 3

ONGOING EVENTS

MONDAYS DREAM GROUP
7 pm, Penticton - Sarah Wellington: 493-5598

TUESDAY-Celestine Prophecy
7:00 pm - Kelowna. 860-9880 - Rhoyalle

SPIRITUAL DISCUSSION GROUP
Kelowna 7-9 pm, 763-1985 Melissa

WEEKLY GATHERINGS - Tuesday 7-9 pm
Inner Growth & Meaning - Victoria 744-5778

WEDNESDAYS- Meditation Instruction
on Inner Light & Sound FREE Vernon:545-3098

THURSDAY- REIKI EXCHANGES
Kelowna. 860-9880 - Rhoyalle

KELOWNA PARAPSYCHOLOGY ASSOC.
Has a speaker the last Wednesday of every
month 7:30 pm. Phone Ingrid for details 769-6089

SUNDAY CELEBRATION an inspirational
talk based on the principles from 'ACIM'

Kelowna Sunday 11- Noon - 763-8588
Sarson's Senior Citizens Activity Centre

Penticton 11am-1 pm phone 492-5371

A COURSE IN MIRACLES STUDY GROUPS

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

Penticton: Mon.: 7-9 pm - #124 - 246 Martin St
Everyone Welcome - by donation. 492-3394
Facilitated by Anne Twidle & Sandy Haldane



254 Ellis St, Penticton, BC

492-5371 for information

We have a wide variety of Holistic Health Practitioners that work out of the Centre on a regular basis - phone for details.

Wednesday

Chi Kung with Margery Tyrrell 9:30-10:45 am
April 26 - May 31 - \$50

Friday

Yoga for Everyone - 1:13 - 3 pm \$6 drop in

Saturday - April 1 - 10 am to 2 pm
Hatha Yoga & Meditation Workshop \$25.00

April 1995

Speaker Series

Presentations start at 7:30 pm. ☎ 492-5371

Sliding Scale Donation - \$3 to \$8

Please come & offer what you can, education is our goal.

Friday - April 7

Melva Manseau explains the **Ultimate You** technique on how to maximize energy. She has an article & ad on page 17.

Tuesday - April 11

So much to learn, where does one start? **Jana Walker** is offering a ten week session on the basics that will answer many questions in all areas of Metaphysics. Article on page 10.

Friday - April 14

Maurine Val Palfy will teach you how to use the Tarot Cards as a tool for self exploration and divination.

Friday - April 21

Spring Festival of Awareness is happening at Naramata Centre

Tuesday - April 25

Jana Walker will demonstrate how the Cellular release technique will give bodyworkers and therapists one more tool for facilitating people's release and growth. Article on page 10.

Friday - April 28

Cards of Destiny with **David Charles** and **Laurie Delia**. Learn the numbers game and take charge of your destiny. Article on page 23.

S	M	T	W	T	F	S
Sunday Celebration 11-12 am Everyone Welcome						YOGA 1 Dariel Vogel 10-2 pm \$25
Sunday Celebration 2 with Don McInnis	Drop in Meditation 3 7:30 - 9:30 pm with Troy Lenard by donation	4	Dancing from the Heart 5 with Sarah Wellington 7:30 - 9:30 pm \$10	Mystery School 6 facilitated by David, Kestrel & Kathrine by donation \$3-\$8	Speaker Series 7 7:30 - 10 pm Melva Manseau The Ultimate You	LaRue Hayes 8 Science of (Mind) Consciousness Classes 9-5 pm
Sunday Celebration 9 with Troy Lenard	Drop in Meditation 10 7:30 - 9:30 pm with Troy Lenard by donation	Intro to Metaphysics 11 with Jana Walker by donation \$3-\$8	Dancing from the Heart 12 with Sarah Wellington 7:30 - 9:30 pm \$10	Drunvalo Intro 13 with Peter Hodsman 7:30 pm \$8 - 12	Speaker Series 14 7:30 - 10 pm Maurine Val Palfy Tarot Tools	Easter Full Moon 15 Meditation on the Risen Christ with Troy Lenard 7:30-9 pm \$5
Sunday Celebration 16 with Faye Stroo A Course in Miracles	Drop in Meditation 17 7:30 - 9:30 pm with Troy Lenard by donation	18	Dancing from the Heart 19 with Sarah Wellington 7:30 - 9:30 pm \$10	Divine Adjustment & Ancestral Rescue 20 Valeria - \$11	21	22 The Centre is CLOSED Join us at the Spring Festival of Awareness Opening Circle - Friday 7 pm
Sunday Celebration 23 Centre Closed Science of Mind 30	Drop in Meditation 24 7:30 - 9:30 pm with Troy Lenard by donation	Cellular Release 25 7:30 - 10 pm with Jana Walker by donation - \$3 - \$8	Women's Circle 26 Everyone Welcome 7:30-9:30 Donation \$3-\$8	Mystery School 27 facilitated by David, Kestrel & Kathrine by donation \$3-\$8	Speaker Series 28 7:30 - 10 pm David Charles The Cards of Destiny	Introduction to Reiki 29 with Catherine Torrens Free - 10 - noon

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STRETCH!!

by Wynn Jamieson

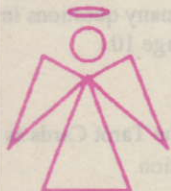
Hi! I'm Wynn from Winfield and this writing is a first for me. I had my 60th birthday in January and in reflecting I thought I had *STRETCHED* more in the past year than the previous 59! So what had I been doing up until now? Having a career, children, grandchildren, getting divorced, married, widowed, new career, moving 26 times and 'finding myself' at age 52 after a wonderful year of workshops. At 53, travelling around the world on my own with a pack-sack. Now that was a...

S T R E T C H !

Branching out on my own to start Wynn'sence Aromatherapy and Emotional Releasing Therapies. Maybe this year hasn't been such an unusual *STRETCH* after all -- I've only started public speaking, bought my own home, taken a counselling and hypnotherapy course and learnt how to stay happy, joyful and peaceful 80 maybe 90% of the time! Not bad for a very timid child that was frightened of her own shadow. Oh yes, I'm also doing workshops on *stress* and how to handle it -- it's easy -- it's only taken me 60 years to find the secrets, but I'm willing to share as long as you are willing to *STRETCH* a bit....

They say that an elastic band never completely shrinks back after being stretched. My bands must be getting pretty loose now -- seems to happen to my waistline too! Does that make bungy jumping safer or more dangerous? Guess I'll have to find out -- now that would be the ultimate...*S T R E T C H*.

For private sessions and workshops please see ad to the left for details.



Jill E. Newman

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An Appointment with Destiny

by Melva Manseau

As I sit here facing my computer and reflect back to where I have come from in the past 20 years, I put my heart on this piece of paper, hoping that you will be able to read/relate to my story enough to want to know more and find out, how does this apply to you.

All my life I felt something was missing. I had the best of everything and yet it wasn't enough. The yearning to go back 'home' was so great that everything was slightly overshadowed with my desire, thirst, and yet...what did that truly mean?

While living in Moose Jaw, Saskatchewan in 1974 the answer slowly dawned on me. I understood it to be an inner quest. Because having been married into the air force for 17 years, pretty well anywhere I went became 'home' for the duration of our transfer.

It was a Thursday evening and I was invited to an 'information session' for the Institute of Applied Metaphysics. The topic was 'time pie'. I found out that time pie meant organizing my day, to maximize my energy. I had always wanted to read more, but never seemed to have the time (take time was more like it). I discovered something about myself that has helped me through many dark spots in my life and has brought me closer to myself and my higher power, than I ever dreamed possible.

The techniques I learned back 20 years ago are applicable today and I have a desire to share them with you, providing they are what you feel you are looking for, to help you in your daily struggle with the internal battle between right and wrong, or good and bad. Life is an experience, our story. We wrote it, produced it and directed it and if any of the pages need to be rewritten, chapters changed, or if there are any insertions to be made, now is the time. It will be my pleasure to share with you...including how I cured myself of cancer a little over a year ago.

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WHAT DO ROSICRUCIANS LEARN?

by Eric Metke

Recently I had a conversation with a friend who was interested in learning more about the Rosicrucian Order AMORC. This friend asked me to tell him what sort of knowledge and subjects are included in the Rosicrucian teachings. This is not an easy question to answer because the teachings cover a very broad spectrum of knowledge relative to practically all aspects of life. My friend seemed to have the mistaken impression that the Order was somehow religious in nature, so within the limits of my humble ability I answered my friend's question as follows:

"The Rosicrucian Order AMORC is not a religion. Many members of the Order are also members of many different religious faiths and each member learns to be more open-minded and tolerant toward other people's values and beliefs. The teachings of the order encourage and enable each member to develop values and ideals in life that are compatible with the highest ideals of most world religions.

Each member gradually develops his or her own personal ontology and their own philosophy of life. Members gradually attain a better understanding of Natural Cosmic laws and principles and are given techniques for applying those laws and principles in the affairs of life. Members are not asked to accept anything upon blind faith but are taught and provided with exercises and techniques for the development of mental and psychic faculties. Such faculties enable members to put to the test and prove to their own satisfaction the validity and effectiveness of the laws and principles by applying them in the affairs of their own lives -- for the attainment of ever higher levels of health, success, fulfillment, happiness and inner peace.

The Rosicrucian teachings are imparted to members in a systematic and orderly sequence so that there is always a good balance between intellectual understanding and psychic and spiritual development. Another very important benefit is the gradual attainment of ever higher levels of harmony with the Cosmic. This broadens and extends one's mental horizons and in addition to the benefits already mentioned -- leads to the realization of even higher levels of consciousness, well-being and peace within."

These few words are a rather inadequate attempt to outline briefly some of what is included in the Rosicrucian teachings -- but they seemed to provide my friend with the information he was seeking.

Please see ad on page 19 or in the NYP under Spiritual groups.

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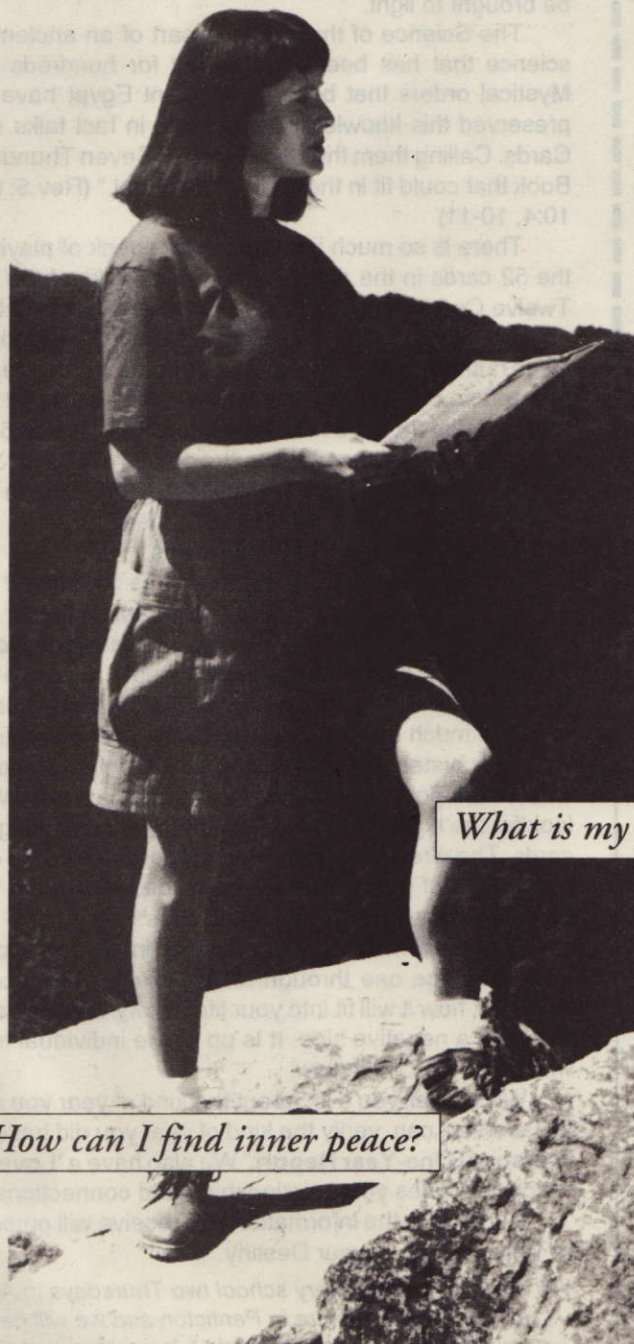
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Cassie travels to Penticton's Holistic Healing Centre once a month if you would like to meet her. She is the Friday night speaker, March 31

THE SCIENCE OF THE CARDS

by David Charles

The **Science of the Cards** is perhaps one of the most important 'rediscoveries' of the 20th century. It reveals information that is powerful, accurate and transformative. This information, closely guarded for centuries, is now meant to be brought into the light for everyone to use and enjoy. We are at a stage in our development as a society and a planet where not only is this kind of information more accepted by governments and religious institutions, but also where there is such a great need for the understanding and clarity of personal direction that it provides. Now is the time for all that has been hidden to be brought to light.

The Science of the Cards is part of an ancient esoteric science that has been kept secret for hundreds of years. Mystical orders that began in ancient Egypt have carefully preserved this knowledge. The Bible in fact talks about the Cards. Calling them the 'Little Book of Seven Thunders'. "The Book that could fit in the palm of an angel." (Rev.5:1 - 14 and 10:4, 10-11)

There is so much information in a deck of playing cards: the 52 cards in the deck relate to 52 weeks of the year. The Twelve Court cards relate to our twelve months of the year.

The cards have a numerical value and if we add up all the value numbers of the cards as Aces being worth one, twos are two and so on up - Jacks are eleven, Queen as 12 and King as 13 - Adds up to 364...but we know there are 365 1/4 days in a year - so what happens to the other 1 1/4? The Joker can represent any card in the deck which gives a value of 1/4 for each of the four suits plus 1/4 for 'himself'.

The suits relate to the seasons:

Hearts > Spring Clubs > Summer
Diamonds > Fall Spades > Winter.

According to your birth date you are assigned one of the 52 playing cards... and yes some people have the Joker as their card (Dec.31). Just by knowing a person's birthday we can tell them much about their personality, past and future traits.

This system empowers the individual and shows them where their positive and negative tendencies are. We always look for the highest and the best information coming from the cards. The direction that a person receives from the cards will clarify a lot of problems they might be having and will allow them to become 'unstuck' in their lives.

This written explanation system involves 16 cards per year from age one through to age ninety. The accuracy is uncanny, how it will fit into your life. Every card has a positive side and a negative side. It is up to the individual to choose what path they will follow.

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We are offering a Mystery school two Thursdays in April at the Holistic Healing Centre in Penticton and we will have our computer at the Spring Festival of Awareness in Naramata, April 21, 22 and 23. If you have questions please see the ad to the right.

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WHERE DO YOU PUT YOUR FUTURE ?

by Marilyn Atkinson

I teach a two year programme called Psychotherapy As Empowerment which is designed to integrate many counselling models (Ericksonian, NLP, Jungian and others) into a comprehensive framework where therapists can discover healing and healing tools. I'm also working with educators all over the globe. Some of the most exciting work I'm doing right now is in Russia, where I go four times a year.

Three years ago, I and a group of my students in Moscow put together a project with children in three schools where they used NLP as a major teaching tool for grade one, two and three. The children who were in those classes over the last two years accelerated so far beyond children in other schools, even the city council was amazed. The area they developed most was creativity. Their 'sense-awareness' skills expanded and their self-esteem flowered. Now the city of Moscow has instigated a major project with the NLP Institute in Moscow, and we are training teachers for five hundred schools throughout Moscow. The program is being televised, studied and explored throughout all of Russia. It's very exciting because it's being well documented and the results are going to be available to the West in very short order.

Another major part of my work in Russia has to do with Timeline. Timeline is something we've been exploring in NLP for twelve years now, and we've made some very profound discoveries about how people organize time spatially to tell past from future. As we organize time we tend to flash pictures along a line, either from left to right or right to left in front of us, or front to back or back to front through the body. This lets people know what happened first, and what second. Most people have no idea that they do this. But as soon as you learn about how you organize time, you learn a whole lot about yourself. Most people who organize their timeline from front to back tend to put the past behind them and the future in front of them. This allows them to leave the past much more easily, because it's behind them. They live in "the now", and focus easily on projects at hand. But since the future is in front, the pictures tend to pile up there. They may have difficulty seeing beyond the near future to plan for the distant future. Other people put time on a line running from side to side in front. They see cause-effects much more effectively. They notice how things create other things and the pictures all link together there on the line. They can say, "Well, I've got this so I can get that, then that will allow me to accomplish this."

Most Russians have another way of organizing time, and it's a very interesting way. I've researched a project involving five hundred people in three separate tests. Eighty per cent of them put the past in front and the future behind. This means that they tend to live in the present, but with the future behind them. They don't think 'future' very well. They also tend to make their pictures of the future dim and dark. Their 'past' pictures are much brighter. You might be familiar with the phrase, "Do you have a bright future?" Well, they don't. And it's an urgent matter for the Russian people right now. I've had three of Gorbachev's assistants take my certification course. My tapes are being sold all over the Soviet Union to

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Our director and trainer Marilyn Atkinson, M.A., is a registered psychologist and Certified NLP Master Trainer. A Trainer since 1979, with over 20,000 graduates worldwide of Practitioner, Master and Trainers Trainings, she teaches extensively in Canada, U.S.A., and Russia.



psychotherapists, teaching hospitals and training programmes in universities because Russians are finding that they need to know how to create new futures.

Creating futures, by the way, is not difficult once you understand timelines. You can try it for yourself, if you like, by taking a few moments to explore your own timeline habits. Take a simple subject, for example brushing your teeth at age five. Notice where you grab that picture from -- does it flash on the left or the right, is it the front or the back? Then brushing your teeth age ten. How does it relate to the former picture? Then age fifteen, twenty and on up to the present. You now have a map of that timeline.

Now start exploring the location of pictures into the future -- brushing your teeth tomorrow, next week, next month, next year. There will be some kind of spatial organization that you use for these images, and it's usually a line. Once you've got that then the fun begins because it's easy to create alternate ways to organize time. Your world can shift profoundly. Tasks that previously were difficult become much easier. Timeline allows you to develop futures in areas that didn't seem possible.

In our program, 'Timeline to Empowerment', in Vernon, May 6 & 7, we use the power of timeline integration and expansion to assist the easy development of key personal relationship skills such as creating effective boundaries and inner child work, as well as for developing futures. People find the results transformational and for many it is deeply spiritual, allowing a reentry into an expanded experience of self.

Marilyn Atkinson, M.A. is a registered Psychologist in B.C., is a certified NLP trainer and developer. She directs the BC NLP Institute, Inc. and Erickson College. She has been teaching since 1982 extensively in Canada, the U.S. and Russia. Please see ad above for details.

GREYWATER

by Mark Bossert

Greywater is a term used to describe a particular kind of waste water. All the water that goes down a drain other than the toilet is greywater. Blackwater is the waste water from the toilet. Greywater can be cleaned and reused fairly easily, in natural and legal ways and there are some very good reasons to do this.

In the natural water cycle, the water is cleaned by distillation and biological land treatment. Distillation evaporates the water from the ocean or lakes and leaves behind particles and dissolved salts. Biological land treatment happens when the microorganisms in topsoil biodegrade contaminants and turn them into plant food, used by the roots before the water returns to the groundwater. These natural systems compare favourably to artificial treatment like activated sludge.

One more reason to use greywater is to lower your use of fresh water. Canadians use and waste more fresh water than anyone else in the world. This isn't a great title to hold. By cleaning and reusing some of your waste water in appropriate ways, you reduce the amount of fresh water that you use. More and more, our fresh water sources are being found to be polluted - for instance, the ground water in the Fraser Valley is quite heavily laden with pesticide and chemical/manure fertilizer residues in some areas.

Whatever system you use, soil and plants will purify greywater to some degree. Even wastewater running over the soil surface is cleaned to an extensive degree. Simple swales, basins and mulch can ensure a high level of treatment.

Mulch over the greywater helps to ensure that kids and pets cannot readily get into direct contact. Mulch slows the movement of the water, helps to lower

the soil pH, protects and loosens the soil surface, slows evaporation and makes a good environment for beneficial organisms.

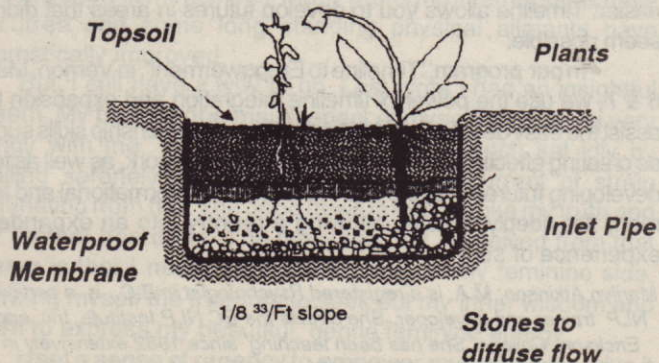
Ideally, water should flow through the house and yard by gravity, from the highest level and at its cleanest, to biological land treatment and septic treatment at the lowest level. This takes careful planning to locate washing areas, kitchen gardens, bathing gardens, cooking areas and edible landscaping.

In most of Canada, at this time, all wastewater that leaves the building envelope is considered sewage and must go to a septic tank or the municipal sewer. To date, the only legal way around this silliness is to treat all the greywater inside the house. So, we recommend an indoor plant growing space that cleans and uses all your greywater.

There are a lot of optional ways to use greywater outside the building for landscape watering. These make a lot of sense and are not illegal. We recommend the book "Create an Oasis with Greywater" by Art Ludwig, for more information on these. This book is available through the Real Goods Trading Co., 966 Mazzoni St., Ukiah, CA 95482.

Constructed wetlands follow an elegant model of water treatment used by the planet; natural marshes and wetlands that filter and clean the water. Wetlands type systems have been very successfully used to provide secondary water treatment of sewage for municipalities. They will totally clean all pathogens and other contaminants in sewage. This indoor system is similar, yet the greywater is much cleaner to begin with. No poop. The system consists of a tank constructed in the house and lined with rubber membrane or built like a swimming pool with concrete. The greywater is

continues on page 02



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Earthday - April 22

Our Eco-Immune System

by Rients Van Goudoever

Human beings are supported by an array of healing services, supplied FREE by natural ecosystems. Light, heat, air, water, food, medicines, and biodiversity have been earth's way of nourishing life and loving us. Today these simple gifts are under siege. Since Earth Day 1970, 2 billion more of us live here. In B.C., the forests continue to be clearcut and replaced by monoculture. What is to be done?

Earth Day April 22 is an opportunity to find clarity and renew our commitment to work together to save ourselves our earth. I have been reading Edward O. Wilson's "The Diversity of Life." It is awakening love for our rich fabrics' tattered remnants. Yet there is hope in unmolested intact bioregions, OASES to reseed, heal and restore our deserted body.

Consider this, help us to create the Greater North Cascades Ecosystem. It's a sustainable, 1.2 million hectares in Canada, including Cathedral Lakes and Manning Parks and all land south of the Fraser, west of Hope. It is adjoining a 4.5 million hectare region in Washington state. To learn more, contact Canadian Earth Care Society in Kelowna at 861-4788, and Bruce Sumner at WC² 765-5883.

Now let us get to Earth Day activities. On April 22 in Kelowna, the Earth Care Society presents the Apple Bites Back, Earth's Day Care Auction and Celebration. Please call Leonard at 861-4788 or Ingrid at 762-5947.

In Kamloops the Thompson Watershed Coalition co-sponsors 2 walks; on April 22, a Peace and Environment Walk, please contact Val Carey 457-6678, and at the end of Environment Week on June 10th, a walk past industry and the park. Bring drums, masks and especially water. Please contact Paula Robinson at 373-2312

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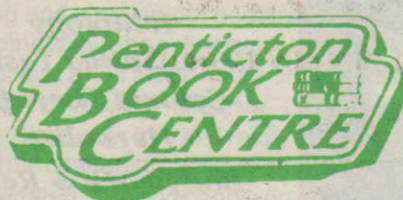
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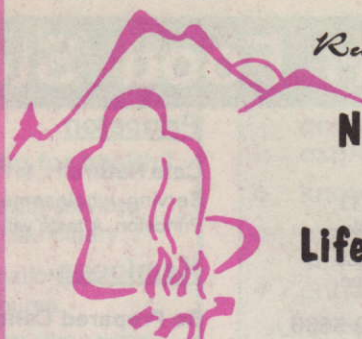
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