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# ISSUES

for **EMPOWERMENT**

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**Spring  
Edition  
2014**

**A Peacock at  
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**A Tribute to Nelson Mandela**  
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# The Road to Sustainability

*The road to interdependence and the reflective heart along the career path.*

by Michael Hollihn

It's a new year and i'm heading east to Alberta to teach and learn from the seven Cree Nations at Blue Quills College, which rose from the ashes of one of Canada's dishonourable residential schools in 1970. They are wealthy in clay, amongst other things, and we are learning to re-empower their people and build homes from this clay, one of our Mother's prized healing materials.

As i drive i begin to think and feel this new moment of opportunity, and what it means when the scar tissue of two damaged civilizations come together to heal. We have a choice in every moment and it is either consciously made or unconsciously made.

If we zoom out to a life plan of action, we have four critical choices that need to be understood as rights of passage. The first two choices should be introduced to the child in the womb as thought and word vibrations, and continued into infancy. The second two should be introduced to the child as

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he/she gains his/her adult teeth and begins to develop the intellectual faculties of logic and reasoning. These four choices can be introduced to young or old adults as well and should be held in consciousness until the final breath.

The first two choices are to learn to focus the attention on what resonates with one's own heart and gut, or to focus the attention on what one is told without reflection. If a child is taught the latter, the child learns to obey, follow and compete without much thinking or feeling (kind of like a zombie). If a child is taught the former, the child learns to work with others, lead and become interdependent. This choice avoids the current pandemic of obedient fear-based thinking and sets the heart and mind on the path of independent thinking. This is the infancy of the intellectual mind and, if harnessed properly, will evolve towards critical thinking.

Critical thinking is the sign of a mature and independent intellectual mind, but is not the end goal as our current culture of science would have it. We have only just recently, as a culture, come out of the dark ages and experienced an enlightenment of mind in the West and for this very reason our scientific minds are young, naive and still in their infancy as far as enlightenment is concerned.

In truth, as we open to the wisdom of the East, the wisdom of the First Nations of the Americas, and to our own inherent wisdom, it appears that the critical thinking intellectual mind lays the foundation for an existential and/or spiritual leap of faith (scientific and/or religious respectively). It is called a leap because it requires the mind to not entirely rely on the developed faculties of empirical/gross sense-door logic and reasoning, but to open to and share the stage with the more subtle physical vibrations of heart and gut that are made aware by neuro-transmission along the spinal cord/nervous system. From this leap the heart and gut chakras (neurotransmitters) start opening to the more subtle sense-door logic and reasoning known as the experiential mind.

The experiential mind is the evolution of the intellectual mind and it contains the realms of creative/lateral thinking and interdependent thinking, which are essential to concepts of sustainability, empathy, love and compassion. This experiential mind relies more on observing the different vibration fields that present themselves to the gross and subtle sense-doors, and not judging or reacting to them with the intellectual mind. This practice of observation without judgement allows for the next two choices to present themselves as the next right of passage. These are career path choices.

These career path choices that the adult, young or old, has to make, lead to wisdom and proper leadership. This is one of the fundamental reasons we see very little wisdom in our intellectual power structures of government, corporations and universities. The choice is to use this creative/lateral thinking for selfish gain, or to couple this creative/lateral thinking with interdependent thinking and use our thought for the betterment of society. In either case we use thought to make a career-path decision. One is for selfish gain, the other is for the gain of society, all beings considered.

*continues on page 7*

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# Musing

with *Angèle*, the publisher



This month's cover photo was taken at the Naramata Centre as I was walking between workshops at last year's Spring Festival of Awareness. One of their three male peacocks decided to go into full display and rotated in a circle several times, showing his opulent feathers. I took several photos and made a video as he performed for several minutes. I am grateful, for over the years I have tried but never got a photo like this.

I really wanted to put Nelson Mandela on the cover as he is one of my heroes, but that is something I don't normally do, as I prefer Issues to have a local focus. But I did create a page within in his honour so that people can be inspired to continue his legacy. Thank goodness apartheid is no longer legal, though sadly it still lingers in many a mind and community. My parents made it clear to me as a child that everyone is equal. Mom told me stories of her great aunts being part of the underground railway, which was not an actual railroad but a secret network of routes and safe houses that helped people escape slavery around the 1850s.

For years I have been contemplating the concept, "We are all One." Recently I read this quote from a two-thousand-year-old classic called the *Tao Te Ching*, written by a Chinese philosopher called Lao Tzu. One verse that resonated says, "What is well planted cannot be uprooted. What is well embraced cannot slip away. Your descendants will carry on the ancestral sacrifice for generations without end. Cultivate virtue in your own person, and it becomes a genuine part of you. Cultivate it in the family, and it will abide. Cultivate it in the community, and it will live and grow. Cultivate it in the state, and it will flourish abundantly. Cultivate it in the world, and it will become universal. Hence a person must be judged as a person, a family as family, a community as community, a state as state, the world as the world. Hence how do I know about the world? By what is within me."

I looked up the word virtue, which means moral excellence. Aristotle says the following about it: "The point of greatest virtue lies not in the exact middle, but at the right times, about the right things, towards the right people, for the right end, and in the right way." In Aristotle's sense, virtue is excellence at being human, a skill that helps a person survive, thrive, form meaningful relationships, and find happiness, and this requires common-sense smarts, not necessarily high intelligence.

So how do I cultivate virtue so it becomes a genuine part of me? I take time to think deeply, which by definition is called musing, the title my angels choose for this column. I think of myself as having common-sense smarts, which I often combine with deep feelings of truth that I muse on before I create a change in my life. Add to this a few ah-ha moments, maybe a message or conversation that sticks with me, or combine it with the voice of my angels, and I may start to notice myself change as I let go of something that is no longer serving me.

My change started slowly around 1985 when my stomach revolted from the smell of wet feathers and blood and I said to myself, "I never want to do this again." The next time chickens needed killing, I took them to a poultry farm where they did it for \$1 each. Several of my laying hens had likeable personalities and when I refused to send them to the slaughter house just because they were older and not laying as many eggs, I knew the seed for change was planted, for I had never given a second thought up until then to the killing of animals for food. As a child I can remember refusing to eat animals that were my pets. Moose meat and chickens were okay. I can still remember when my husband first told me that he did not know how to shoot a gun. I cried and asked how he was going to feed his family ... of course, my brothers were happy to help out.

*continues on page 6*

# STEPS ALONG THE PATH



## *Endings and beginnings*

Here it is mid-winter and we have a butterfly walking around in our cold storage room. I have no idea where it came from, it just appeared on the floor. It wandered around for a couple of days, then I gently picked it up on a piece of paper and moved it onto the window sill so we wouldn't step on it. Being on the sill it moved around even more, maybe because of the bright daylight or the fresh air. We put some honey on a piece of wet cardboard so it could have something to eat and drink. Sometimes I would find the butterfly on its side and I think 'that's the end of it', but the next thing I know it's back up and wandered off another few inches in another direction. It seems to me that most things live that way, whether it is a person or a butterfly or a myriad of things in between.

Everyone at the Retreat Center cares about this little life on our window sill and checks to see how it is doing. I imagine one day it will be no more than a beautiful set of wings lying still. Life comes into this world and then it leaves again.

We had a tabby cat that we brought up from a kitten a few years ago, his name was Ananda. He had many adventures during his time at the Retreat Center. Last fall we heard a loud cat fight outside the Main Lodge. In the morning Ananda came in the front door moving very slowly, his eyes were glossed over and petting him caused pain. By evening he could not stand and soon passed over. We figure that perhaps he fell from a tree during an altercation with another animal. We took his body into the woods and left it there to be recycled back into the food chain. That evening we had a bonfire where we celebrated Ananda's life and the fond memories that we had of him.

We still have Princess, a female cat, so we decided to get her a companion, a male that looks similar to her. So once again we are raising a kitten, who we have named Prince. Lots of action here, he is either flat out running around chasing things or tormenting Princess, or he is asleep looking very angelic. As I look at him sleeping, my heart smiles for I realize that I have been graced with his presence for a limited time. Tiny little heart, tiny little paws, tiny little ears, and cute little nose. Sometimes we outlive our children, relatives, friends or pets, but in the end we will also depart.

Most of us will be remembered by close relatives and friends for a generation or two, then we too will recede into history and might be recalled at some later date in a family tree. It is the intangible gifts we leave behind for future generations that we will be remembered for, until one day our footprints are washed away by the tides of change.

**Namaste** *Richard*

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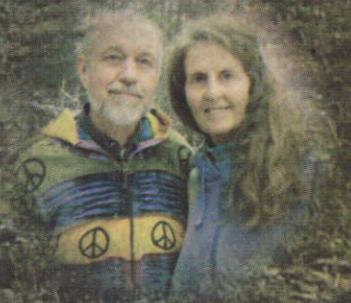
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**Musings** *continued from page 4*

I had always read health books, as my digestion did not seem to work that well. Generally, they all said we eat too much animal protein and fat, so I started to adjust our diet accordingly, learned of tofu and served more fish. When I decided to make every other day vegetarian, my husband revolted, for I had changed much in those twenty-five years. By then I was organizing the Spring Festival and hanging out with meditators, yogis and people who did not eat meat. This helped to make the switch easier, but I had much to learn about protein absorption and creating tasty main dishes.

Today I regard my being a vegetarian as virtuous. It may take the family I raised a few generations to think so, but I figure every family needs to have one brave soul be the first. When the knowing or feeling comes from a place in the heart, it is easy to make that choice and afterwards figure out the details to make it work.

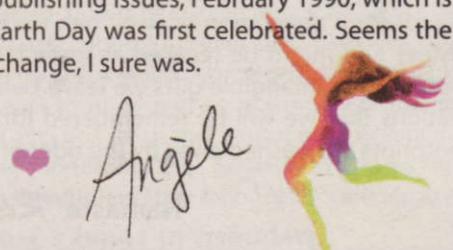
At the 1967 World Vegetarian Congress in India, the Dalai Lama said, "I do not see any reason why animals should be slaughtered to serve as human diet when there are so many substitutes. After all, man can live without meat. In our approach to life, be it pragmatic or otherwise, the ultimate truth that confronts us squarely and unmistakably is the desire for peace, security and happiness. No matter whether they belong to the higher group as human beings or to the lower group, the animals, all beings primarily seek peace, comfort and security. Life is as dear to a mute creature as it is to a man. Just as one wants happiness and fears pain, just as one wants to live and not to die, so do other creatures."

Perhaps our environment will force us to change as water and grain become more precious. John Robbins says it takes 2,500 gallons of water to produce one pound of beef. Farmers say it is closer to 500 gallons, depending on the irrigation needed to grow the grain. Today, because of the facts surfacing about factory farming, many people are eating much less meat. I know that change is inevitable as we mature in spirit.

Isaac Bashevis Singer gave this perspective "People often say that humans have always eaten animals, as if this is a justification for continuing the practice. According to this logic, we should not try to prevent people from murdering other people, since this has also been done since the earliest of times."

Thích Nhất Hạnh continues with "By eating meat we share the responsibility of climate change, the destruction of our forests, and the poisoning of our air and water. The simple act of becoming a vegetarian will make a difference in the health of our planet."

Nelson Mandela's best quote is, "*It always seems impossible until it is done.*" He was released from prison at the same time I started publishing Issues, February 1990, which is the same year that Earth Day was first celebrated. Seems the world was ready for change, I sure was.



Our career path decisions, at the leadership levels appear to be as such. They are to focus the attention on the paths of the heavenly-cosmic realms and the paths of the earthly-environmental realms. These words have been chosen carefully as they include both religious and scientific minded people (should be everyone). These two realms comprise our full understanding of the universe in the present moment and if understood correctly will guide us sustainably.

If one resonates with the heavenly-cosmic realms then two more choices eventually present themselves. One can be a monk or a nun, an elder or a shaman, a scientist or a doctor and learn to hold these vibrations of our unification and to practice them. Or one can be a lay disciple, spiritual teacher, priest, or guru and act as a bridge to share this wisdom of the monks and nuns with the community. Either choice leads to the life of a spiritual master, one that maintains the health of the spirit of society. However, depending on whether or not the individual chose this path with thoughts of interdependence or selfishness is key to our understanding whether or not there is wisdom, and a final right of passage is achieved. Our leadership and sustainability hinge on this very decision.

If one chooses the earthly realms then one has to choose between the life of a householder or the life of an aimless wanderer, vagabond or miscreant. The life of the aimless wanderer is also pandemic (notice the current zombie trend). It is the product of the child that was not given the first two choices, was not given his/her right of passage, and was taught to simply follow instruction. This instruction did not, and still does not, resonate with the child-adult and the child wanders into adulthood still a child with nihilistic tendencies.

Unfortunately many of these aimless wanderers wander into the life of a householder, have children and the vicious cycle continues.

The life of the householder carries great responsibility, and requires great strength and determination lest it become a burden to an overdeveloped ego. Like the choice of the heavenly realms it is a choice that requires surrender. However, where the spiritual master surrenders primarily to God, the Creator, and the Natural Laws, the householder must not only surrender to these celestial forces, the householder must also surrender to the Woman, the keeper of the Earth, and, in turn, must surrender to the child, for the child represents the future. This matriarchal connection to our Mother is one of many Cree philosophies that were forcibly removed from the hearts and minds of the residential school children. This is one of the reasons they have fallen so far into our ways and are having trouble assimilating to them.

The life of the householder leads to becoming an earth master, a master of the elements of nature-creation; a mastery of stewardship. If we don't make these sacrifices, then we will be sacrificed.

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# Energy Medicine

by Donna Eden

One of my first clients showed me the power of working with a person's energies. A woman with ovarian cancer came for a session with the hope that I could help relax her body and prepare for surgery. She had been told to "get her affairs in order" as her immune system was so weak that her chances of surviving the surgery were limited, metastasis was also suspected. Looking at her energy, I was certain the cancer had not metastasized. While her energy was dim and close to her body, the only place that looked like cancer was her left ovary. In addition, the texture and vibration and appearance of the energy coming up through her ovary was responsive. By the end of the session, the pain that had been with her for weeks was gone.

I told her that her body was so responsive to what I had done that I wondered about her plan to have surgery. I too was concerned that her immune system was too weak. I suggested she at least delay the operation for two weeks. She scheduled a session the next day and said she would discuss the surgery with her husband.

That evening I received a call from her husband. He was outraged and threatening and called me a 'quack.' He said I was putting his wife's life in jeopardy by giving her false hope, and made it clear that she would not be coming back. When I began to respond, he hung up. I called back a short while later. She answered, talking in hushed tones. I said, "Okay, don't postpone the surgery, but please keep your appointment. You don't have to pay. You have nothing to lose. I believe in what I am saying. In fact, I want you to bring your husband with you. Find a way!" She did not believe he would come, but the next day, they both arrived for the appointment.

I had her lie down on the massage table. My hope was to find a way to give this traditional and skeptical man, so poignantly fierce in his protection of his wife, an experience of healing energy that his senses could not deny. I could see a dark, dense energy at the site of his wife's left ovary, and it felt like my hand was moving through a muddy swamp. I asked the husband to place his hand a few inches above the

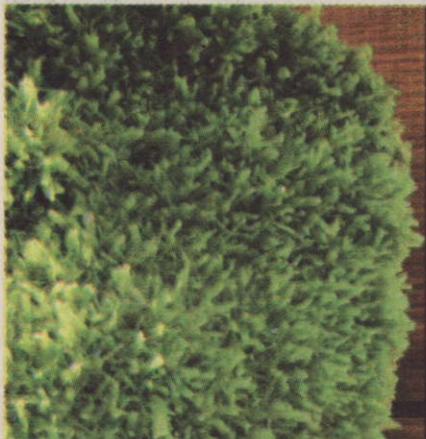
area and begin to circle it, using a motion that tends to draw energy out of the body. To his great surprise, not only could he immediately feel that he was moving against something, within two minutes his hand was pulsing with pain. To his utter amazement, his wife reported that her pain diminished as his increased.

By the end of the session she was again pain-free, felt better, and looked better. I had also been able to show them both, through the use of 'energy testing,' that we had been able to direct healing energies from her immune system to the area of her cancer. I taught him a set of procedures to use with her every day. They decided to temporarily postpone the surgery and ask for further medical tests prior to rescheduling it. After about ten days of these daily treatments from him and three more sessions with me, she went through additional testing and the tumor was gone.

"Donna has been able to clairvoyantly 'see' the body's energies since childhood, and now her healing abilities are legendary. It has been thirty-five years since that experience and she has taught more than 80,000 people how to manage their own energy systems. I do not know of a more important skill to develop if we are to live in conscious partnership with our body's energy systems. It is easier than you might imagine to mobilize your inner forces. To date more than six hundred practitioners are fully certified in her approach to Energy Medicine."

"Her book, *Energy Medicine*, was the Health Book of the Year at the prestigious Nautilus Book Awards and it was the U.S. Book News Self-Help book of the year. Translated into 18 languages, it is the classic in the field. Its sequel, *Energy Medicine for Women*, also won golds in two national competitions."

*Patrica Clapp submitted this article as she has been a practitioner of Donna Eden's for several years and will be offering an introduction to the work at the Spring Festival.*



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# The Body as a Whole

by Aaron Bjorndal

Rolfing® or Structural Integration is a system of deep tissue work designed to lengthen shortened connective tissue/fascia throughout the body, helping restore postural alignment, improve range of motion, release chronic pain, and improve body awareness. This is achieved using slow, deep strokes with the elbows, knuckles or hands. This short explanation does leave out a big part of the Rolfing experience, which is the transformative body awareness one feels after a session or series of sessions.

Through the work a person can really feel what it means to *stand tall, lead with your heart, hold your head up high, have your feet on the ground*, and to live with ease as opposed to pain or stiffness as gravity pulls us downward. To feel versus knowing is the difference. Feeling involves the whole body (brain, too), but knowing is an intellectual idea and only involves parts of the brain. Interestingly, when a person can feel what it's like to *stand tall or lead with their heart* it has a common side effect, it can change our life perspective.

Ida Rolf, the founder of this technique, addressed many common issues including whiplash, repetitive strain, carpal tunnel, overstretching (often from yoga), scoliosis, poor posture, chronic back/neck/shoulder/leg pain, plantar fasciitis, frozen shoulder, TMJ, sprained ankles, separated shoulders, etc. Many athletes come to Rolf practitioners to improve performance in their sporting field, in fact, the Minnesota Vikings have two Rolfers on staff. Over the years I've seen many body builders, runners, martial artists, yogis, dancers, stage actors, and more who swear that *Rolfing or Strutral Integration* improves their game and addresses their soft tissue injuries before they become a pain somewhere in the body. Generally, with chronic pain or limited range of motion, certain areas of connective tissue are stuck into a stiffened and shortened state because of injury, illness, scarring, posturing, accident, trauma, etc.

Before Dr. Rolf began her work, the connective tissue or fascia was generally overlooked in medical, massage and chiropractic circles. Her work began new research into what is now called the *organ of structure*. Connective tissue, or fascia is continuous throughout the body, it doesn't start here and end there like muscles or nerves or blood vessels. Fascia is often referred to as the endless web, it envelops and connects everything from the bones, muscles, nerves, arteries, including the layer that the skin attaches to and makes up about one third of our body mass. One thing that makes fascia so unique is its ability to change, and often very quickly. Stimulating and working with the plasticity and changeability of connective tissue is the essence. Unlike muscles which are either *on* or *off* fascia can change from stiff to soft or anywhere in between depending on the conscious or unconscious state of the individual.

If your current therapy is not getting the results you're after, or if you've tried everything, Rolfing or Structural Integration may be what you're seeking. Many people experience a change in as little as one session. There are many practitioners in BC and Alberta, and I encourage people to find one they feel compatible with. For further info visit [www.rolf.org](http://www.rolf.org) or [www.rolfguild.org](http://www.rolfguild.org) or [www.rolfingcanada.org](http://www.rolfingcanada.org)

*Aaron Bjorndal received his Rolfing Certification in 2000 and continues to expand his knowledge through continuing education classes and plans to one day become an Instructor.*



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# TARGET the TOXINS

by Dr. Ursula

It seems that almost everyone understands the value of spring cleaning our homes. It is also popular to spring clean or detox our bodies. Consider that we are the product of everything we have ever taken internally, applied externally or have been exposed to environmentally. This places a huge burden on our bodies and minds, and it necessitates more than just a simple liver detox, which is a good start but doesn't go deep enough.

If we consider that the FDA has approved 56,000 carcinogenic substances in foods alone, then it becomes clear how overloaded we are with chemicals. Add to that all the modern medications, vaccinations, environmental chemicals, radiation (ionizing and non-ionizing), cosmetics, household cleaners, hair and skin products, no wonder that people are becoming more sensitive and allergic. Susceptible symptoms seem to come out of nowhere with no direct or known cause.

This doesn't mean that everyone will get a serious illness. Certain people have a higher sensitivity and react more violently. Others may develop weaker immune systems over time which could lead to autoimmune disorders. Some people may not react at all.

In looking for your toxic imprint, it is important to consider any toxic exposures in the workplace. For example, builders are exposed to outgassing chemicals from construction materials. Hairdressers and estheticians are exposed to toxic fumes from their products. Employees of retail stores are being exposed to toxins from all the new products they sell. Hospitals, hotels, computerized offices, all have their share of toxic elements. Just working in a new building or in a mall exposes you to a host of toxins that may compromise your immune system. In all these cases, doing a yearly spring Homeopathic Toxicology series would be advised.

Some people are on medications which help them with a certain condition but may cause a weakening in other areas. They would benefit from following a Homeopathic Toxicology program to reduce the side-effects of their medication without affecting its effectiveness.

This is where Homeopathic Toxicology shines. It addresses all toxic exposures since birth and these can be addressed even if they occurred 70+ years ago! Some patients are aware of which toxins they have reacted to and which ones have caused their decline in health. Others can't pinpoint a direct link to any one toxin. The toxicologist and the patient work together to piece together a series of clues to understand why certain health issues started. Regulation Thermography is also valuable here in showing patients how serious the toxic imprint is in the body. This information can then be used to empower them to take charge of their health. *see ad to right*

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## Critical Signs of Change

by Colin Andrews

In 1983 while driving along a familiar road, I glanced sideways and saw five unusual circles that changed my life. Thirty years later, the name 'crop circle' is a worldwide household term.

Some people dismiss the crop circle phenomenon as a human-made hoax. Is the phenomenon a hoax, a government conspiracy to condition society, or an interaction with an unknown intelligence with an unknown agenda? What we know for sure is that at the very least, crop circles encourage people to look for patterns in nature and consequently see the world in new ways.

Humanity is on the verge of enormous change. More than a paradigm shift, our consciousness is engaged in a process of integration with a higher mind. The process is occurring through encounters with non-ordinary reality known as 'high strangeness events'. For example; interactions with UFOs, orbs of light, strange sounds, human and mysteriously made crop circles, altered states of awareness and/or perception, messages from deceased loved ones, answered prayers, spontaneous healings and synchronicities that bring meaning to seemingly random occurrences.

These represent an interface or interaction with parts of reality we do not yet understand. They are not paranormal or supernatural, they are normal and natural to a worldview we are presently being introduced to and will one day inhabit. These interactions are creating a shift in paradigm resulting in a new view of reality. At our current level of awareness, nothing is as it appears.  
[www.colinandrews.net](http://www.colinandrews.net)

*see ad to the right*

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## Message from the Elders

by Robert Morning Sky

I am the most fortunate man in the world. I have performed an Honoring atop the Great Pyramid in Egypt; on the temple of Quetzalcoatl in Teotihuacan, Mexico; on the sacred peak of Mount Warning in Australia, and in dozens of sacred Native American ruins across the United States. I have had the honor of speaking with and learning from Native Elders from every corner of the globe. I have had the opportunity to speak to scientists, doctors, archaeologists and other experts in several disciplines who have been willing to address topics that are 'off-the-record'.

Most importantly, in the last eleven years, I have had the extraordinary honor of working with a group of Elders who have held tightly to Wisdom stories that have been considered to have been lost to the dusty corridors of Time. There is a *Lost History of Womankind* that they have been willing to share with me. With their permission, support and encouragement, I have been granted the opportunity to share some of their Wisdom.

Our most ancient religions or secret societies, and our most ancient languages, have all been highly influenced by a society of Shamaness women who lived thousands of years ago. I am honored to speak on the *Lost History of Womankind* for the very first time in Nelson, BC. The world we live in is a fabrication. We shall pierce that veil at the Mother Earth 2014 Conference. *see ad below.* [www.robertmorningsky.com](http://www.robertmorningsky.com)

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### COLIN ANDREWS • *Critical Signs of Change*

Colin has researched and presented on Crop Circles for thirty years (they are not all hoaxes). His latest book *On The Edge of Reality* is described by Dan Aykroyd as "I have never seen a more comprehensive, grounded and logical presentation of supra-normal phenomena, Colin has advanced our understanding of the reality of higher consciousness."

### ROBERT MORNING SKY • *Message from The Elders*

Author of the infamous *Terra Papers* that theorized humankind was visited by extraterrestrials millions of years ago. For the past decade he was afforded the opportunity to work with Native Elders from various parts of the globe whose remarkable stories about our distant past reveal the *Lost History of 'Humankind'* is more accurately and controversially the *Lost History of 'Womankind'*. This is about you!

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# Awaken to Spring... Forever

by Kelly Oswald

*"Awakening is not a sudden burst of euphoric enlightenment achieved through years of meditation; it is a slow rouse and renewal caused by everyday life that activates and motivates you to become alive in the present moment." ~ Living Peace*

It's amazing how far we can get without being conscious. I've even driven my car into the driveway and wondered how I got there, not really remembering the drive home. Wow.

We all do it. We get caught up in the unremarkable moments of everyday life and our mind wanders off. From day-dreaming, fantasizing, planning and just regular old thinking... we miss out on the ordinary. It is a common affliction and the type of living that breeds the habit of escape. While there is nothing inherently wrong with this state, it does cause us to miss the accustomed and the usual.

The more rote and routine our lives become, the more we don't notice what we are doing. On one hand, our subconscious mind is looking after things so we don't have to think about it (this is how habits are formed); on the other hand, we are missing the vital experiences of life because, other than the fact that we are still functioning as if awake, we are asleep. How do we wake up so we don't miss our life?

- Notice when you have been unconscious.
- At the moment you tune in after tuning out try to remain aware of your thoughts.
- Change things up.
- Take a different route.
- Use fresh eyes, like a tourist or a child.
- Meditate.
- Be conscious of your actions and words.

This takes practice; it doesn't happen overnight. The rewards are great as we become more engaged in our lives and aware of our surroundings. The more tuned in we become, the greater our motivation to stay that way. We become pro-active in life including our relationships, career development, spiritual inclinations as well as our personal growth.

Our choices are made with conscious knowledge of potential outcomes and habits can be addressed. A sense of renewal and greater excitement and appreciation for the nuances of life emerges as we become more attentive and observant in our day to day activities. Quality of life improves.

A sense of empowerment is available to those who are awake, but there is really nothing special about how we arrive at this state. It's just practice. Consistently breaking the pattern of tuning out, we rouse ourselves back to the present moment, and attempt to stay awake and richly alive in the present moment. *see ad to left*

*Kelly is a presenter at the  
Spring Festival of Awareness, April 25-27*



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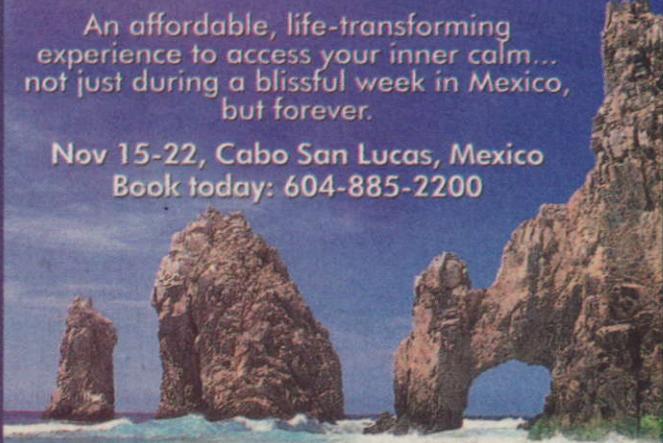


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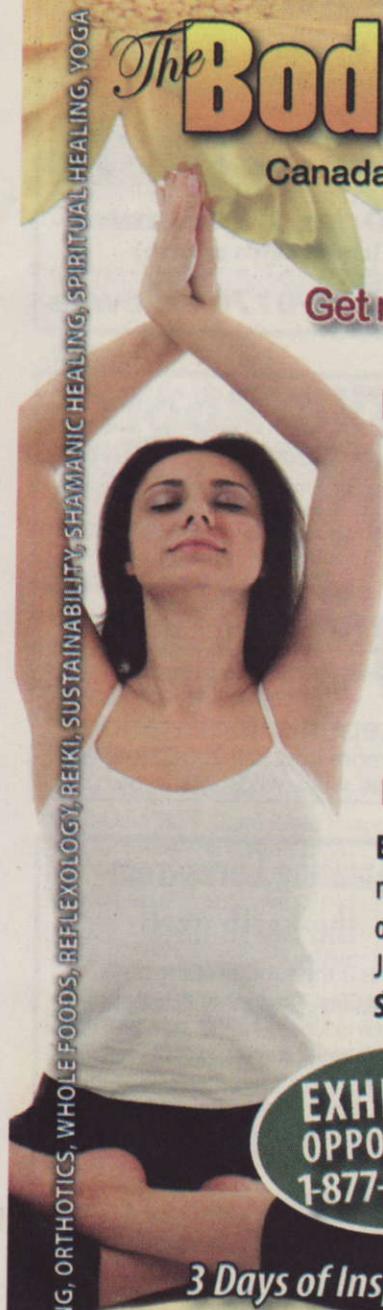
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# Honoring Our Ancestors

by Su Stevenson

Some people think we are far more advanced than our ancient ancestors, but that is not the case. The ancient Egyptians certainly had a powerfully cultivated system of art, culture and spiritual disciplines. They believed in an afterlife, the effects of which were determined by their actions on earth. They believed in truth, compassion and equanimity.

Then there was the Vedic system with its advanced science of human and spiritual potential. The eight limbs of yoga were the commandments for living, the first of which was 'Ahimsa,' non-harming to all living things. That included humans, creatures and the environment.

What a different world we would have today if everyone followed just that one idea. We would be living in the golden age instead of facing extinction due to the harming of our one and only planet. The science of Ayurveda is matchless in its knowledge of the laws of nature, and how to utilise those laws for health and longevity. They brought us knowledge that has not been surpassed by western medicine, yet. With its focus on the whole person, they understood that all systems work together and one cannot function well without the other.

Ayurveda emphasizes self responsibility and being connected to nature in order to understand what life is and how it works. It makes me think back to what it must have been like to live four or five thousand years ago in a pristine natural world. The air and water were clean and the soil was rich. Forests covered the earth. Humans told time by the stars. With life as it was meant to be and their inner radars tuned high, they mastered the science of life. Yes, some of our ancestors knew about life and how to live and they have given us great gifts such as Ayurveda with its extensive knowledge of inner and outer life energies. *see Zora's ad to right*

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# Medical Intuitive Practitioner

by Brenda Lainof

Brenda was urged to have day surgery in 2006 to see if the burning sensation she was experiencing in her right ovary area was cancer. Immediately upon receiving anesthesia on the operating table, Brenda went into a cardiac arrest that required doctors to feverishly bring the heart back to its normal rate. End result was that Brenda did not have cancer; however, this unexpected cardiac arrest felt her full of betrayal, anger, resentment, confusion, grief and sadness.

After this near-death experience, Brenda's heart was never the same. A sense of urgency, strength and courage poured in – a strong desire to help others regain their power. Knowing this, the challenge was to firstly forgive the medical community and forgive Brenda's body, in order that Brenda could truly live her life's mission.

Much of our suffering is due to belief systems and negative emotional energies that become trapped or blocked within our physical body. Through a process called "muscle testing" it can be determined what the specific emotion is and then released energetically. The results of releasing these lower vibrational energies and blocks can bring balance, a new inner calm and profound healing.

Brenda is now certified as a Medical Intuitive Practitioner who incorporates her certification as a Body Code, Emotion Code, Higher Purpose Practitioner and other modalities into her sessions. She works with clients throughout the world providing remote healing via Skype or phone – designed specifically for the individual. *see ad to right*



## Pure & Simple

by Marion Desborough

### Cupcake Confectionery by Michelle

I came across a great place to purchase soaps, lotions, bath fizzies and scrub, so; I tried many. The soaps are fun to look at, made naturally and smell divine. You can't help but smile when you look at them. For children there are dinosaur-shaped soaps. I liked the midnight pomegranate glycerine soap that has notes of anise, patchouli, blackberry and cassis. The scrubs make you feel wonderful all over, leaving your skin feeling soft and silky. My favourite body cream is called Magnolia made of shea-cocoa-mango butters and almond oil. This girl makes everything with love and a great imagination. Don't take my word for it, see for yourself, check out her Facebook site, Cupcake Confectionery by Michelle

Another great discovery is a restaurant on Front Street in Penticton called *The Wild Scallion*. Their food is gluten- and dairy-free. I was amazed that so many of my gluten-free and celiac friends had never heard of it. I have been there several times and the food was scrumptious, with plenty of it. I encourage those with a sensitive digestive system to try it.

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**Centre for Spiritual Living • Kelowna** 10:30 am  
Community Theatre • [www.cslkelowna.org](http://www.cslkelowna.org)

# Candida... the Silent Killer

**Candida Yeast >> Candida Fungus >> Cancer**

**Is This Often Misdiagnosed Condition Making You Ill?**

So many people go through life suffering from symptoms like fatigue, recurrent yeast infections, headaches, irritable bowel syndrome, itching and headaches. But as diverse as those symptoms sound, they often all have the same cause – an opportunistic fungus named Candida Albicans.

Candida Albicans is a pathogen that takes advantage of a disruption in the balance of microorganisms in your gut. This balance of 'gut flora' is a crucial part of your immune system and digestive health, but it can easily be lost during periods of stress or after a course of antibiotics. When this balance is lost, the colonies of Candida Albicans are able to expand rapidly until they control a large portion of your gut.

Candida Albicans releases up to 79 different by products, including uric acid and a powerful neurotoxin named acetaldehyde. Acetaldehyde causes chronic headaches and brain fog, and was recently classified as a potential carcinogen by the International Agency for Research on Cancer. Uric acid can cause joint pain and lead to gout if an excess builds up. Meanwhile, the change in your gut flora can lead to digestive problems, food intolerances, yeast infections and oral thrush. A study by Rice University found that around 70% of us have Candida Albicans in our guts. That sounds like a lot! However, the fact is that most of the time Candida is completely harmless. It exists in small colonies and is kept under control by the other microorganisms. Candida only becomes a problem when we do something to change that balance.

The yeast becomes problematic when it grows beyond normal levels and spreads throughout the gastrointestinal tract... into the bloodstream and from there throughout the body. Once it's loose in our blood-stream, the yeast then does something remarkable and changes into a fungus.

This fungus now settles itself into our tissue and a fungal colony quickly spreads. The fungus wrecks havoc on our body, and excretes over 300 different mycotoxins into our blood stream as a result of its own digestive processes. The fungus is protected as it has now left our gut and does not have the challenge of our gut bacteria trying to eat it. Normally, before this gets out of hand, our immune system would identify and fight off this 'alien' intruder. Unfortunately, more and more people suffer from a low immune system due to stress, bad diet, or general ill health. This means the immune system is not as strong as it needs to be to fight the Candida fungus or any other illness. This now can lead to cancer.

Candida is often misdiagnosed, but I'm going to explain exactly what it is, how it develops and how to treat it. I'll list the most common causes of Candida overgrowth, and then I'll share the key elements that must be included in a successful Candida treatment plan.

In our blog you will discover that candida is found in nearly all cancers...

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DID YOU KNOW...

Probiotics have been shown to help hormonal issues in women, particularly when it comes to estrogen. Women with deficient or low numbers of probiotic organisms in their colon are at a high risk for breast cancer. A recent study also found that women who take antibiotics frequently are at a higher risk for breast cancer, most likely because the antibiotics kill the good bacteria that metabolize estrogen in the colon.

Blaylock Wellness Report Oct. 2006, Vol. 3, No. 10

# Stop Bill C-18 • We need a Seed Act for Farmers, Not Corporations

On December 9, 2013 Bill C-18, the **Agricultural Growth Act** was introduced in Parliament. This agriculture omnibus bill amends several federal agricultural laws including the Plant Breeders' Rights Act, the Seeds Act, the Health of Animals Act, the Feeds Act and the Agricultural Marketing Programs Act. Bill C-18 would give multinational companies greater power and control over Canada's seed industry.

The National Farmers Union calls for a new **Seed Act for Farmers** in which Canada recognizes the inherent rights of farmers—derived from thousands of years of custom and tradition—to save, reuse, select, exchange, and sell seeds. Current and proposed restrictions on farmers' traditional practices, whether from commercial contracts, identity preservation systems, or legislation—criminalize these ancient practices and harm farmers, citizens, and society in general.

We ask Canadians to call upon Parliament to refrain from making any changes to the Seeds Act or to the Plant Breeders' Rights Act that would further restrict farmers' rights.

Further, we call upon Parliament to enshrine in legislation the inalienable rights of farmers and other Canadians to save, reuse, select, exchange, and sell seeds.

The petition is available at [www.nfu.ca/issue/stop-bill-c-18](http://www.nfu.ca/issue/stop-bill-c-18)



## Class Action Participants Wanted

Want to receive regular updates about smart meters and the class action law suit against BC Hydro? Every day Sharon and Dennis Nobel post newspaper articles, insights about the problems with smart meters, and legal updates as to the progress of this grass roots organization. Our best defense is word of mouth, so please pass the word and join [www.bcsmartmeterlawsuit.ca](http://www.bcsmartmeterlawsuit.ca).

It is imperative that everyone knows that this class action is directed at helping them, regardless if you have an analog or a smart meter or can contribute toward the legal fund.

Separate from this class action, they also have a Human Rights action in progress, which was filed two years ago on behalf of those persons who suffer from electro-hypersensitivity (EHS). Even when people have been advised by their physicians that they should not have a smart meter and should avoid microwave radiation from wireless devices, BC Hydro is demanding that they either have a smart meter or pay the extortion fees. This week our lawyer submitted a response to BC Hydro's claim that EHS either doesn't exist or is a psycho-somatic. [www.citizensforsafetechnology.org](http://www.citizensforsafetechnology.org) or [www.stopsmartmetersbc.ca](http://www.stopsmartmetersbc.ca)



## Never forget

Life is a dream  
To create as you choose  
So choose from your heart  
And you never shall lose  
The magic of YOU  
Manifested in form  
Which is  
Pure joy,  
Delight,  
Passion,  
Love -  
These adorn,  
The radiance of your essence  
The truth of your soul  
As an infinite being  
Here to  
Play  
Dance  
and  
Grow  
Please never forget  
You are loved and adored  
Spirit cherishes YOU  
As its greatest reward!

*Dedicated to my niece Madison.*

*And to all of the magical dreamers out there, who are here to love this world into a new paradigm of heaven on earth.*

Namaste, Erin Parsley  
[www.erinparsley.com](http://www.erinparsley.com)

*Erin will be at Spring Festival of Awareness April 25-27, doing Dance Improvisation.*



# The Meeting

by Ismaël Traoré, PhD (Medical Sociology, Social Psychology, Antiracism Pedagogy) McMaster University

**The two most important days in your life are the day you were born and the day you find out why.** ~ Mark Twain

I celebrate the former every year, but every day, I yearn to find out why. After all, how can I honestly celebrate my existence or be grateful of life when I know not why I exist? It is for this reason I embarked on a spiritual journey, for the outcome of finding out why, they say, is like a second birthday; a spiritual birthday.

During my journey, the search to finding out my existence boiled down to one question: what am I? Or alternatively phrased: who am I? Indeed, everything mundane and sacred, from the pursuit of happiness, the hope for personal and world peace, the aspiration for success, and the desire for carnal pleasure, are either about the perseverance of the physical self, the creation and maintenance of the pseudo-self or the discovery of our true-self. For me, the search for 'who am I?'—the search for my *raison d'être*—did not come during moments of happiness. The gut-level satisfaction and okayness that accompany moments of joy, happiness or bliss—moments in which our hearts are truly open—tend to quench questions of or about the self.

It was thus amidst a chronic state of existential crisis and deep confusion and dissatisfaction that I started to question my life. What followed was an intensive spiritual journey through the paths of meditation, prayer, mantra, contemplation, shaktipat-diksha, shamanism, reiki initiations, and the use of professional astrology services. By the time *The Meeting* happened, I had become an accomplished spiritual-astronaut of the inner landscape of consciousness. Time after time, I experienced peaks of incomprehensible bliss-ecstasy, states of invincibility as I dropped out of temporal and spatial locality, and moments of non-existence in which 'life' and 'death' lost their meaning all together. Yet, like the proverbial donkey following a carrot on a stick that it never attains, I was nowhere close to a stable sense of inner peace and happiness. On the contrary, I was in the deepest mire of my life. For three years, I dreaded sleep for the extreme and vivid nightmares it brought. My nights were terribly short. I was in an intense psycho-energetic pain, burnt-out and in mild-depression. I entertained thoughts of piercing myself in the heart and took comfort in the idea that one day death would relieve me of this madness. As far as I was concerned, I existed delicately on a thin line between insanity and functionality. These were my dark nights of the soul.

My heart, however, never stopped yearning. Constantly it prayed to experientially discover the reason of my existence; a reason that at the time I conceptually understood as enlightenment, self-realization, self-actualization, or spiritual rebirth. It became clear that I had come as far as I could by myself and that assistance was now needed.

On the night of July 20, 2012, I had an unexpected and consequential 'dream.' I put dream in quotation marks for the dream felt like an actual event as opposed to mere mental-emotional processing or wish fulfillment. The detail of this dream was shared with my then meditation instructor, whom I will call Daryl. I was in a restaurant with a male friend in which Daryl was the chef. After time passed without being served, I checked on Daryl in the kitchen to see what was taking so long. He had made for me a marvelous see-through jelly cake with an edible golden marionette in its middle. Upon consuming this cake at my table, to my wonder a portal to another dimension opened in which I traveled through. Confused, I arrived at a train station and walked towards what I interpreted to be a Caucasian lover who had been waiting for me for a tremendously long time. Upon seeing me she quickly stood up, strode towards me and gave me a deep and meaningful embrace. I was startled. 'Who is this person? Where am I? Do I know her?' All I knew is that she knew me; that she knew me better than I know myself and that she had been waiting for me for eternity. The dream felt so real that when I awoke in a half-asleep, half-awake state, I turned my head towards the door as if a presence was nearby, and with reverence said, Thank you Daryl, thank you, and continued my sleep. ■■■▶



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On October 6, a set of synchronistic events led me to meet a person who, within a minute of conversing, told me that her Master of Love and Wisdom was holding a retreat the following Saturday in Toronto. She described her experiences with this Master then boldly said, "She will be your last Teacher." My body reacted oddly. My eyes watered, my heart thumped faster, my hands perspired, my stomach churned, and I became very soft and sentimental. I took these corporeal and visceral reactions as indications to meet this Master; that there was something there for me. "After all," I told myself, "what is there to lose, what is there to fear? If it is hocus-pocus, I will simply depart."

In the seven days that followed, I watched interviews of this alleged Master on her website and read her biography. I was not amazed or impressed by her. She had no fancy words or catchy sayings, no dynamism, no super-hero plot to her stories. This was a relief, having grown skeptical of the spiritual market over the years. I was drawn to her solid stillness and her eyes; the all-seeing and unwavering eyes of the god-intoxicated yogis I have read about. Her voice was soft, her movements were slow; it all seemed genuine. The day I had anticipated came. Gurpreet coolly walked in the room. She did not have to say a single word. All it took was looking into her eyes, and immediately my guards melted, my heart smiled, my mind relaxed, and like a child, I started to giggle within. Gurpreet speaks and comes from her heart, the humblest space of our being, rather than her mind-emotion-or-energy body, which are the spaces of charismatic leaders. It was at the precise moment of exchanging looks that I knew I had met my first and, indeed, my last teacher; first in a dream, and now on land. My initial plan quickly changed. I was now staying for the ten-day retreat.

Much has unfolded since my first one-on-one and subsequent connections with Gurpreet. My nights are by and large pleasant and undisturbed, my depression is old news, and I am more calm and casual about life. What started as a spiritual journey, with Gurpreet, is now a journey of Awakening. This is the reason I was born: to Awaken.

# Awakening With Gurpreet

**"The Possibility  
of Waking Up  
is for Everyone."**



Gurpreet is an Awakened Teacher who gently guides us to the Truth within as we release the false ideas and beliefs of our ego. She is following where she is called, offering her direct, compassionate guidance to all that are Longing to Awaken.

Being in Gurpreet's Presence, simply listening, or asking questions, is an extraordinary opportunity to see yourself and others in the Light of Truth. During the Satsang attendees can ask questions in an open talk forum and may also choose to sit in connection with Gurpreet. Sitting in connection you will receive personalized guidance based on your own open willingness.

## All are Welcome to Attend

Retreats are held regularly throughout the year at locations below  
2 satsangs daily: 1 to 4 pm & 6:30 to 9:30 pm

\$20 per meeting, cash or credit card

**VERNON, BC • Fairfield Inn & Suites, 5300 Anderson Way**  
Friday, March 14<sup>th</sup> to Thursday, March 20<sup>th</sup>

**VANCOUVER, BC • Holiday Inn, 10720 Cambie Rd, Richmond**  
Friday April 11<sup>th</sup> to Thursday April 17<sup>th</sup>

**LEDUC, AB • 4023 Aspen Way**  
Friday to Monday • Feb. 28<sup>th</sup> to March 3<sup>th</sup>  
March 28<sup>th</sup> to March 31<sup>th</sup> • April 25<sup>th</sup> to April 28<sup>th</sup>

**BRAMPTON, Ontario • 40 Fenton Way**  
Saturday, Feb 8<sup>th</sup> to Sunday, February 16<sup>th</sup>  
Saturday, May 10<sup>th</sup> to Monday May 18<sup>th</sup>

Register at [www.AwakeningWithGurpreet.com](http://www.AwakeningWithGurpreet.com)

1-888-957-0050

## Wake Up! Teachings of Gurpreet

*"In reading, Wake Up! the reader will come to realize that by being in Gurpreet's presence with her simple and direct teachings, first with her words and perhaps later in person, awakening to one's real self and reality is not only possible but inevitable."*

~ Mark Farmer, PhD, Asst. Professor of Classical Studies,  
Valparaiso University.



## 53 POEMS BY GOD AND I

by Darcy Venables

This book arrived as a gift from an avid reader of Issues. Thoughtful poems that express his journey though life with God's help. He calls them emotions of the moment.

### A FEATHER ON THE FLOOR

An Angel picked me up today  
One I've never seen  
We're going for a ride She said  
To a place you've never been

Her steady wings wrapped around  
And cradled me with ease  
So soft and fresh without a sound  
I felt their gentle breeze

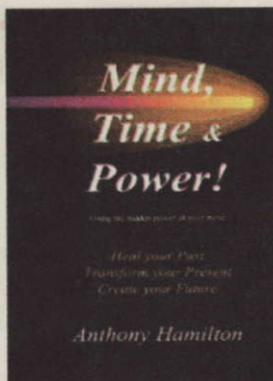
Then up we went and soared away  
And She whispered in my ear  
There's a door that I must show you  
It's very close to here

And suddenly there it was  
A door that's pure white  
A door that emanates with love  
This door is made of light

Her graceful wings set me down  
The brightness was too much  
With extended hands I closed my eyes  
And felt its loving touch

And at that moment I awoke  
And sat up in my bed  
Was I just at the door of light  
These thoughts ran through my head

Did I just dream this Angel  
Did I just dream this door  
And as I looked around my room  
I found a feather on the floor.



## Mind, Time & Power!

with  
Christina  
Drummond

Using the Hidden Power of your  
Mind to Heal Your Past, Transform  
your Present, Create your Future.

Anthony Hamilton  
Lifeworlds! Publishing



I met Anthony at a conference in Vancouver last year, and after being in conversation as well as group discussions with him, I offered to review his book. Anthony opens himself up to us, and many of you will understand when he refers to disappointment and frustration when goals are not achieved, confusion and pain in relationships, and feeling underpaid and unappreciated at work. He spent over a decade wondering why there was so much in his life that he just didn't want, while believing that we are all born with the power to realize our dreams.

Things began to change for him when it dawned on him that the unwanted conditions in his life were being brought about by unconscious choices that he was making, and were therefore of his own creation. Acknowledging that we have power over a situation exponentially increases our ability to use that power, and such has been Anthony's experience.

There is a lot to this book, it is not a skim-through volume which tells you all will be well without any effort – you are encouraged to do the work, define your dreams, make plans, take steps, commit! I particularly like Chapter Twenty – the Goals Process, step-by-step real help, written with intelligence and common-sense. He talks about re-committing, cultivating persistence, transforming your personality, and designing and creating a blue-print for your life.

You can take more than my words as recommendation, for on the cover Lee Pulos writes, "...a visionary book...an elegant integration of ancient knowledge from the mystery schools with modern models of the mind."

**Wise Women's Festival is September 19-21  
at Naramata Centre**

**The call for presenters has gone out, but you have  
till March 5 if you wish to be included  
email [Angele@IssuesMagazine.net](mailto:Angele@IssuesMagazine.net) or 250-366-0038.**





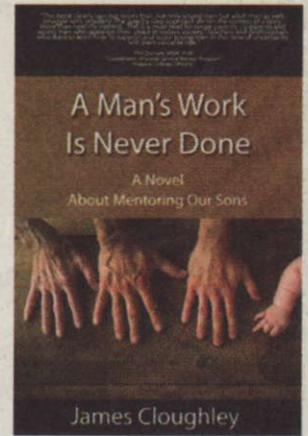
# New Book Releases *with Anzelle*

## *How to Raise the Vibration around You*

Dawn James  
Lotus Moon Press  
RaiseYourVibration.ca

## **A Man's Work Is Never Done**

A Novel  
About Mentoring Our Sons  
Jim Cloughley  
Influence Publishing.com



Dawn shows us how to use simple and natural solutions to keep our bodies, homes and work spaces healthy. She takes us on a journey of the four natural elements (Air, Light, Water and Earth) and gives insight as to how all things are connected. With busy lives, it is easy to forget the simple things we can do for ourselves. She shares some good resources and reminders so eco-friendly can be understood in practical ways.

I liked her chapter on *Washing for Clothes and Dishes*. She explains the ingredients and how vague the companies are at explaining what is in them. The whiter-than-white look uses many chemicals that are damaging to the earth and ourselves, then she offers a recipe for making detergent using vinegar, borax and baking soda.

No wonder I avoided dryer sheets, after reading the list of ingredients. I hated that perfume-like smell that came out of vents as I walked past. Hopefully one day benzyl acetate, benzyl alcohol, ethanol, limonene and chloroform will be banned, for we all breathe the same air.

Jacob is growing up without a father. When he gets in trouble his mom in desperation asks a neighbour to help, as is she finding it difficult to get a 17-year old to listen. Reluctantly, Jim accepts the role to teach Jacob what living is all about.

Jim wrote the story because he spent twenty years in social work as an addiction counsellor and has seen kids with similar scenarios. In this story-book setting he explains the various stages that young men go through as they transition from boyhood into manhood, with the advice centering around

- 1- the importance of having a positive self image.
- 2- understanding anger and using it as a positive tool.
- 3- developing healthy relationships.
- 4- sharing what skillful parents know to help their young adults.

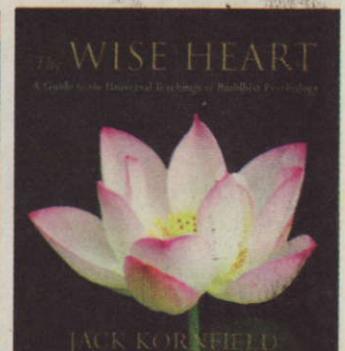
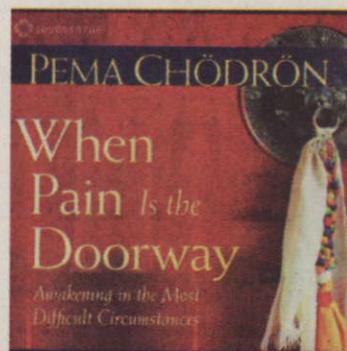
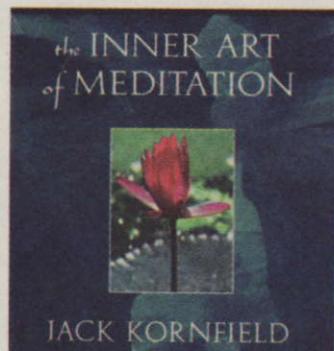
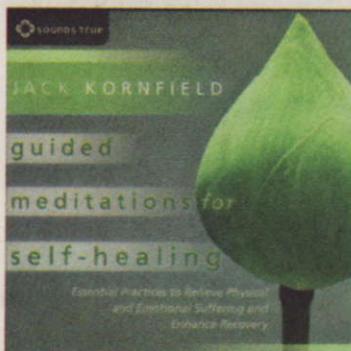
Our generation has fewer fatherly guides than ever before. Often the Internet, friends or gangs take on that role. This is a book to inspire men to be good fathers and encourage them to remain connected regardless of their situations so they may mentor the next generation and be successful.

# SOUNDS TRUE, *many voices, one journey...*

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[www.SoundsTrue.com](http://www.SoundsTrue.com)



# A Mistake Many Fathers Make with their Sons

by Jim Cloughley

Many parents of today have lost touch with what is happening around them concerning the attitudes of our adolescent children. Physically they are growing much faster than we ever did. Unfortunately this fact has been translated into a belief that they, our kids, should be able to do what adults do much and do it sooner. After all, people keep telling them that they are grown up now so they had better start acting like it. For the most part many are just not equipped, in an emotional, mental and an experiential sense, to make healthy adult type decisions around relationships, parenthood, their personal behaviour and alcohol use. Many young men are challenged to own the outcomes and with no strong, healthy male role model in their midst, these fatherless sons struggle with the learning aspect of maturing. Talk to any teacher to see what I mean.

Some social scientists are estimating that 40% of families are likely to split up. The ensuing tragedy is created when they leave their sons and daughters behind with mom trying her best to keep it all together. Many dads provide only minimal input or support as a father. Some of this is about legalities, some is frustration but most of it is anger-oriented. Most often the sons are the ones without support or influence. The fathers who are needed for guidance are not there for them.

One big mistake that fathers who do decide to have contact with their sons make, is that they become dictators. This often occurs out of a sense of guilt, shame, anger, a need to re-establish some control or feeling that, because the son has jumped the rails, Dad feels he is responsible. Meanwhile Junior is acting out by quitting school, starting to use alcohol or drugs, perhaps hanging out with guys who don't have a great deal to get up for in the morning. Maybe he is exhibiting a disrespect for himself. Over-the-top tattoos, disinterest in personal hygiene, or not respecting other people or their property, would be some indicators that the son is trying to tell him something. Dad needs to be a teacher not a ruler and if he doesn't understand the difference, he needs to learn from some other men who can help him. Young men don't just act out in negative ways because they want a change. It is usually a signal or a statement that they are in trouble and they need to make sense of what is happening. Circumstances can change so quickly that it is hard to keep up with expectations. Serious questions loom on the horizon. Will they be able to get a decent job? If Dad isn't there, who will show them what they don't know? For many they give up trying to make sense of anything except what goes on today. One thing for sure—if Dad tries to be a dictator, then junior will surely push back and now you have another type of game going on, and that have no winner. [www.jamescloughley.com](http://www.jamescloughley.com)

see book reviews for more, he also has a blog.

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Thanks to these two companies for supplying the refreshments for the the Wise Women's Festival and the Spring Festival of Awareness.

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# The Zenwand Inspires

by Dawn Reid-Reiner

When I first began paying attention to my inner guidance I was a very young girl. I loved gardening especially flowers. My Grandfather, Bobbie, was a horticulturist and I loved to follow him in the gardens and orchards. As far back as I can remember Bobbie had a natural ability to find four-leaf clovers. He once said to me "You can find them too; just imagine that you will." He was right; from that time on I would find these magical clovers. I can honestly say that over the years I have probably found about one hundred of them. The unique ability to find one comes almost instantaneously; as if I am being guided to its exact location in the clover patch.

It wasn't until I was older that I realized there was something far greater going on. I was twenty six when Bobbie passed away, I remember it was a beautiful sunny day in July. I was mowing the lawn when a family member gave me the news. Bobbie was ninety-two and had lived a wonderful life in the country. I was sad yet somehow understood that he was still here. I looked up to the sky and said "Hey Bobbie, if you can see me please send me a sign." I finished cutting the grass then returned the mower to the garage. The garage was old having seen roughly eighty years of horses, tractors and lawn mowers in and out of it; kind of an antique tool shed. The ground was packed mud, much like concrete; saturated with oil and gas spills; not a blade of grass growing through it. Yet there, right in the middle of this well-worn dirt floor was the biggest most beautiful single four-leaf clover growing right out of it! At the time I burst into tears; I was almost frightened until I realized how close Bobbie and his love were to me.

Years passed as I welcomed many clovers from Bobbie including a few very significant ones. One was on my wedding day, and another he sent to me on a sunny day while I was visiting in Berlin. I was walking down the street and while wondering out loud as to whether or not I was pregnant, low and behold, two steps away was a single four-leaf clover! I picked it, smiled, thanked Bobbie and nine months later my son was born.

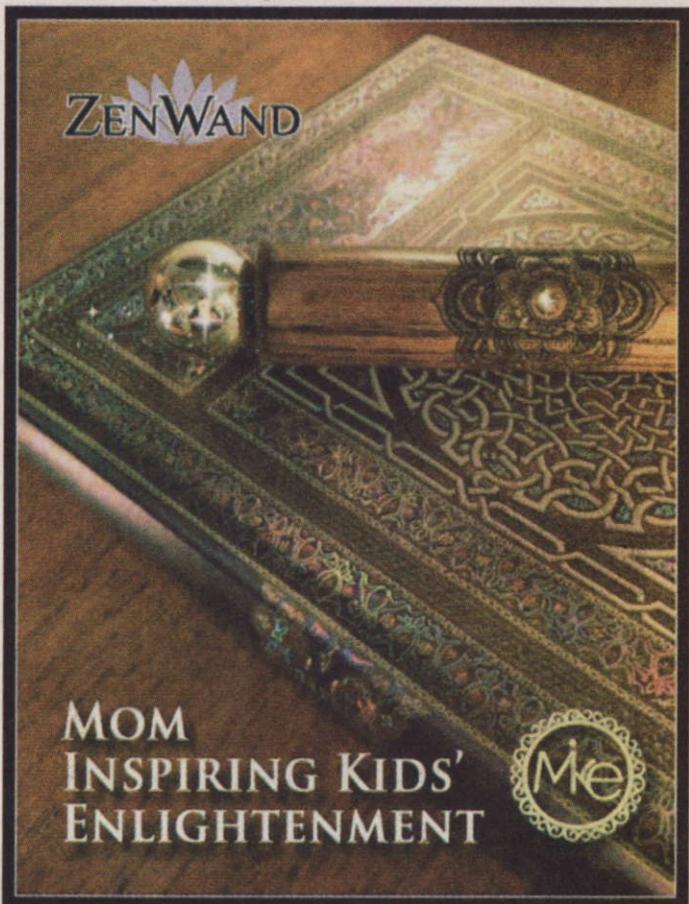
Connecting with my inner guide has become more frequent over the years. It happens in many ways now, especially since I have surrendered to the guidance and most importantly because I believe.

Before my Mother passed away in 2006, I asked her with all my heart that, if it was at all possible, when she gets to the other side would she please contact me. She was lying there in the bed, looked at me, put her hand on my face, smiled and said "I will do my best." Well, she kept her word. After two long years of waiting and watching for signs, she came to me in a glorious dream visitation. Later I realized it was her birthday. On May 16th, 2008, Zenwand was born. Many of you know this story of how she told me the name, what it was, who would love them and how sacred they are and thus, why they were so very important. I then took a couple of years to bring them to the world. I first had to understand fully what this sacred gift was from my Mother. I felt confident to intro-

duce the Zenwand in the fall of 2012. I was so proud of myself, I thought I really knew what Zenwands were all about; mindfulness, meditation, attraction, yoga, intentions, talking sticks, Reiki and healing. Yes, they are all of that. However, over the past year I have learned something so very special about Zenwands; they are inspiring people young and old to bring forth their own stories of divine synchronicity and connecting with their loved ones who have passed.

The final pieces are finally coming together. I feel a strong overall sense of connection to the Universe. Because of the Zenwand, in the past year I have had the wonderful opportunity to speak with some of the world's most spiritual and influential people among them are; Doreen Virtue, Michael Chase, Marianne Williamson, and Chopra teachers to name just a few. They have all contributed their love and are inspired by the Zenwand, and have all encouraged me to continue and take it one step further.

So, while the Zenwand travels the world daily healing, bringing joy and manifesting for many, it has also inspired me to write my first book. In the past year I have been fortunate to meet many Angels, both Earth Angels and Heavenly Angels. Many of these Angels are young healers, so it only seems right to me that with their voices guiding me my first book will be for the young and young at heart. The name of the book is *Mom Inspiring Kids' Enlightenment*. [www.zenwand.com](http://www.zenwand.com)





# Nelson Rolihlahla Mandela

July 18, 1918 – December 5, 2013

Nelson was a South African anti-apartheid revolutionary, politician, activist, lawyer, and philanthropist who served as President of South Africa from 1994 to 1999. During his tenure in the Government of National Unity he invited several other political parties to join the cabinet and created a new constitution. His administration introduced measures to encourage land reform and expand healthcare services. They focused on dismantling the legacy of apartheid through tackling institutionalised racism, poverty and inequality while investigating past human rights abuses.

Born into the Thembu royal family, Mandela attended the Fort Hare University and the University of Witwatersrand, where he studied law. Living in Johannesburg, he became involved in anti-colonial politics, joining the ANC and becoming a founding member of its Youth League. After the South African National Party came to power in 1948, he rose to prominence. Working as a lawyer, he was repeatedly arrested for seditious activities and, with the ANC leadership, was unsuccessfully prosecuted in the Treason Trial from 1956 to 1961. While leading a sabotage campaign against the apartheid government, he was arrested, and convicted of conspiracy to overthrow the state, and sentenced to life imprisonment in the Rivonia Trial. His opening statement at his defence read... *"During my lifetime, I have dedicated myself to this struggle of the African people. I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons will live together in harmony and with equal opportunities. It is an ideal which I hope to live for. But, my lord, if needs be, it is an ideal for which I am prepared to die."*

Denounced as a terrorist, he eventually gained international acclaim for his activism, having received more than 250 honours, including the 1993 Nobel Peace Prize, the US Presidential Medal of Freedom, the Soviet Order of Lenin and the Bharat Ratna. Mandela served over 27 years in prison for his beliefs, and when he was freed he said *"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison."*

*"I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom comes responsibilities, and I dare not linger, for my long walk is not yet ended."*

In 2000 he declined to run for a second term and instead became an elder statesman, focusing on charitable work in combating poverty and HIV/AIDS through the Nelson Mandela Foundation. His autobiographical books inspired the 2013 motion picture movie *Mandela: Long Walk to Freedom*.

***This amazing sculpture is 10m tall and made from 50 steel columns anchored in concrete to symbolize the prison. The artwork was created by South African artist Marco Cianfanelli and stands on the spot where Nelson Mandela was arrested over 50 years ago for wanting to be treated equally.***



Out of the night that covers me, black as the pit from pole to pole,  
I thank whatever gods may be, for my unconquerable soul.

In the fell clutch of circumstance I have not winced nor cried aloud.  
Under the bludgeonings of chance, my head is bloody, but unbowed.

Beyond this place of wrath and tears, looms but the horror of the shade,  
And yet the menace of the years finds, and shall find, me unafraid.

It matters not how strait the gate, how charged with punishments the scroll,  
I am the master of my fate: I am the captain of my soul.

The above poem, *Invictus*, was repeated many times during the 27 years that Nelson remained imprisoned and was written in 1888 by William Ernest Henley. The 2009 movie *Invictus*, directed by Clint Eastwood is well worth the watch.



Please pull this section out for reference. Hope we get to see you this summer!

# Johnson's Landing Retreat Center

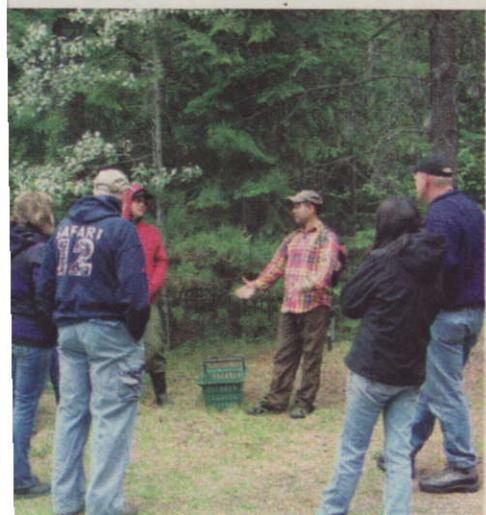
overlooking beautiful Kootenay Lake, B.C.

*Its worth the journey...*

## Workshops & Retreats 2014



To register for a workshop from the following pages call Toll Free: 1-877-366-4402  
Find details at: [www.JohnsonsLandingRetreat.bc.ca](http://www.JohnsonsLandingRetreat.bc.ca)  
email: [info@JohnsonsLandingRetreat.bc.ca](mailto:info@JohnsonsLandingRetreat.bc.ca)



# WORKSHOPS • FULL DETAILS ONLINE

**May 16 to 18 • Renewable Energy • \$185**  
*Repeated in July if interest is shown*

Get a basic understanding of how to plan a solar electric system for your grid-tied or off grid home to be Net Zero Energy. Will cover solar hot air, solar hot water, wind, micro-hydro energy generation, Bio-Diesel, and battery electric transportation. Time permitting we will set up a solar Photo Voltaic array.



**Dale Rowe** has had a passion for renewable energy concepts for over twenty years. He converted a diesel vehicle to run on waste vegetable oils, and designed and fabricated a waste oil heating system for his family home. Three years ago he started a company in Edmonton called *That Solar Place* which supplies, designs, and installs solar installations. He is always keeping up with the latest innovations.

**May 30 to June 1**  
**Reiki Gathering • \$80 plus dana**

If you have already learned Reiki you are invited to join. Whether you were taught Reiki many years ago or only recently, this weekend will immerse you in the healing energy of sharing treatments and stories. Coming together to share with other masters and students, renews and refreshes our dedication.



**Chelsea Van Koughnett** studied with Grandmaster Hawayo Takata in 1980 and after years of training was initiated as a master by Takata's granddaughter Phyllis Lei Furumoto. Since 1986 Chelsea has been teaching The Usui System of Reiki Healing throughout North and South America and Europe. She lives in BC.

**June 6 to 8 • Self-Hypnosis and Emotional Freedom Technique • \$195**

An experiential workshop with opportunities to experience guided relaxation with anchoring, hypnosis, Emotional Freedom Technique and Neuro-Linguistic Programming. We will experience various hypnotic phenomena and address specific issues while developing the skills to practice it in future use. This course is flexible so we can customize your experience: targeting issues around smoking and/or weight-loss, sleep, past life regression, stress and anxiety.



**Curtis Steven** is a counselling therapist with over 20 years' experience working with children and families. He has a Master's Degree in counselling and is a Certified member of the Canadian Counselling and Psychotherapy Association. His primary interest in counselling is in helping people cope with issues around anxiety, stress, fears and phobias.

**June 21 to July 6 • Permaculture Design**  
**\$1190 includes meals and camping.**

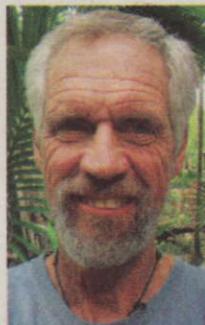
Includes site analysis and design, patterns and landscape reading, micro-climates, water catchment, storage and distribution, wind blocks, tree ecology, organic and bio-intensive gardening, seed saving, plant propagation, medicinal herbs, soil rehabilitation, orchard and forest garden design, and more.



**Sarah Orlowski** co-owns a certified organic permaculture orchard in Grand Forks. Along with holding a Permaculture Design Certificate, she is a Master Herbalist and Qi Gong practitioner. An experienced teacher, Sarah has instructed for Douglas and Capilano College, Van Dusen Gardens, the Canadian College of Traditional Chinese Medicine and the Boucher Institute of Naturopathic Healing.

**Creative Mandalas - 3 days \$195 • 5 days \$295**  
**June 28 to July 1 ~or~ June 28 to July 3**

Be introduced to a variety of drawing and acrylic painting materials which can be mixed and mashed to create a number of unconventional and interesting effects. Using this variety of materials, students will explore their creativity and work to find their own unique expression while examining and celebrating the tradition of Mandalas.



**Ted Wallace** received his B.Ed in Art at the U. of Calgary in the seventies, and spends time in Mexico yearly. This experience, which was intended to continue his art education, also started a life-long spiritual quest. Years later the creative dam burst, releasing a huge amount of energy and he became obsessed with his passion for creating art. This obsession has now continued for over 22 years.

**Zora Doval**, is the author of two books on Ayurveda, a tantric yogini, teacher of meditation and yoga. Zora studied Ayurveda with Dr. Lad and holds a diploma for Ayurvedic Studies from his Institute in Albuquerque, New Mexico. She studied Ayurvedic bodywork and cleansing therapies known as pancha karma with Dr. Sujata Kekada in Bali. She has a real passion for Ayurveda, Yoga and Tantra, the three sister sciences for greater health, happiness and inner freedom.



### **Ayurveda - Blissful Path to a Healthy Life**

**July 4 - 6 ~or~ July 4-11 • \$195 or \$570**

Learn the fundamentals of this ancient healing system and live a lifestyle most suitable for your constitution. Learn to prevent disease by using seasonal/daily routines to preserve health using tonics and food combining, spices and gentle purification methods. The retreat will be complemented with daily practices of hatha yoga and meditation to give you a full immersion into a healing and restorative lifestyle.

**Mark Cornfield** is a psychiatrist in private practice. His special interests include psychotherapy, ego state psychology, PTSD and dissociative disorders.



**Susan McBride** has a Masters in counselling and her work centers around facilitating troubled couples using Imago Relationship Therapy. She offers Holotropic Breathwork and Mindfulness Based Stress Reduction programs.

### **July 12 to 17 • Imago Couples Therapy and Holotropic Breathwork • \$585**

Couples Therapy is an experience in understanding self and partner, combined with tools that restore the energetic connection, and passion present in the early days of romance, which all too often sours into conflict, distance and pain. Based on the work of Dr. Harville Hendrix. Holotropic Breathwork is a healing technique in which we access altered states using evocative music and deep breathing. Based on the work of Dr. Stan Grof.

**Virginia Preston** is yoga, meditation and tantra teacher, and a Registered Professional Counsellor. She is versed in the mental-emotional clearing practises of Byron Katie and the Sedona Method. She has studied yoga in Canada and internationally, and shares with the tantric practises of Agama Yoga, Osho and David Deida. With gratitude and enthusiasm, she supports others in healing, transformation and awakening.



### **July 26 to 31 • Restorative Yoga Retreat • \$470**

These experiential, practise-based retreats are designed to help you re-connect with your deep self. Expand your yoga and other mindfulness-based practises, and experience deep rest, rejuvenation, release and freedom!

### **August 8 to 10 • Tantric Intimacy • \$195**

Tantra includes all aspects of earthly life, including sexuality and relationships, and can be a path to awakening. Learn practical tools to deepen and enliven any relationship with the cultivation of love and surrender.

**Deb Bennett** is an Associate Professor at Mount Royal University in Calgary. Deb assists community agencies by developing and facilitating workshops on loss and grief for professionals and volunteers. As a social worker for over 18 years, Deb worked in a variety of settings including Hospice, Hospital, Police, Mental Health Services, and Family Support Services.



### **August 8 to 10 • Coping with Grief and Loss Growing and Transforming • \$185**

We will begin with a focus on self-care before introducing the myths associated with bereavement and grief experiences. A variety of coping strategies will be offered. The transformative nature of grief will be woven with a focus on the process of meaning, making and continuing connections.

**Hajime Harold Naka** is an Urban Daoist rebel with a cause... and effect. He has been studying, practicing and teaching QiGong - Tai Chi - Daoist philosophy and meditation for over thirty years. He will be joined by Brian Knack and Kevin Wallbridge, two long-term qualified instructors. Check the website for their credentials.



### **Kootenay Lake Qi Gong / Tai Chi Summer Camp**

**August 16 to 22 • \$635 includes camping and meals**

Tai Chi is the art of flowing body movements to improve your energy levels and bring the body into harmony while calming the mind. Intermediate and Advanced students will have form-improvement sessions that are not style-dependent. Option include Fan Forms, Weapons and Push Hands. Qi Gong starts the day and massage in the evenings, wrap-it-up it softly.

**August 24-30 • Mindfulness Meditation and Buddhist Philosophy • \$100 plus dana**

The Buddha taught that you can start where you are and develop your mind and heart and happiness. This silent retreat will consist of meditation instruction, dharma talks and discussions, guided meditations, silent sittings, loving kindness, walking meditation and other movement. There will be opportunities for personal interviews and guidance for your inner work.



**Brian Ruhe** has been teaching for 16 years in the Vancouver area. He was a monk in Thailand and is the author of two books and a guided meditation CD. He trained in the Theravada Forest tradition and has taught thousands of people at colleges and adult education courses. Brian's latest book is *A Short Walk On An Ancient Path – A Buddhist Exploration of Meditation, Karma and Rebirth*.

**September 6-12 • Intuitive Painting • \$325**

Students will be given techniques and opportunity to go deep into the well of their creativity. For beginners this is an opportunity to start a relationship with painting by experiencing the joy and energy of creating. For the experienced artist it is a chance to break out of patterns and refresh a relationship with the heart and soul of their artistic process. We will cover inspiration and techniques for building a painting.



**Ted Wallace** received his B.Ed in Art at the U. of Calgary in the seventies, and spends time in Mexico yearly. This experience, which was intended to continue his art education, also started a life-long spiritual quest. Years later the creative dam burst, releasing a huge amount of energy and he became obsessed with his passion for creating art. This obsession has now continued for over 22 years.

**September 12 to 15 • The Heart of the Matter Family Constellation and Breathwork • \$275**

Both are powerful, deep methods for releasing trauma, stress and entanglements from our physical, mental, and emotional bodies. Reconnecting us to the loving support of our ancestors, to our life force energy, and to our own knowingness and personal power. We will address a variety of issues including addictions, relationship failures, depression, illnesses and adoption issues.



**Blanche Tanner** has been a Master Breath Practitioner for over 30 years, Family and Human Systems Constellation Facilitation and Women's Retreat leader. Blanche has been involved with personal growth, spiritual awareness and healing work for over 35 years in Canada and in Europe.

**September 26-28**

**Know Your Mushrooms • \$195**

Starts with a slide show covering basic mushroom biology and ecology while introducing the local species through his beautiful photos. Learn helpful hints on identifying and finding mushrooms which follows as we visit different habitats to collect as many mushrooms as we can. Then a mushroom cook-out where participants learn basic cooking techniques and get to sample the unique flavours of these earthly delights.



**Tyson Ehlers** is an ecologist from the Slocan Valley, who specializes in wild mushrooms. His numerous research projects and scientific articles contribute to a better understanding and management of mushrooms in BC. He strives to foster the important connection between people and the forest, delivering workshops and guiding mushroom forays for over 10 years with people of all ages.

**October 4 to 10 • Timber Framing • \$495 includes meals and camping.**

Michael starts with an overview of natural building, timber framing and ecological forestry. He will lead us through a project overview, explaining the design drawings. There will be a layout overview so you can learn how each joint is laid out on the timbers for cutting. Different types of joints will be explained during this hands-on building project where you will get to practice with hand and power tools.



**Michael Hollihn** studied food security and top-soil erosion, enjoyed Eastern Philosophy and Existential Thinkers at UVIC, then continued with Selection Logging and Eco-system Mapping at the Ecoforestry Institute, and Timber Frame Production at the College of the Rockies. Now he instructs at the Blue Quills First Nations college. He has been practising Yoga, Qi Gong and Vipassana meditation for 19 years. He owns and operates Prana Timber Frames and Food and Shelter Farm in Midway.

The fees on these 4 pages are for Early Registration... one month before class starts!  
**SOME WORKSHOPS ARE BY DANA (DONATION) TO THE INSTRUCTOR, PLUS ADMIN FEE**

**August 13 • Seed Saving • \$70 one day**

The morning will be spent reviewing the principles of seed saving and the afternoon will be a hands-on experience of observing seeds and cleaning them across the road in Patrick Steiner's field, owner of Stellar Seeds. Participants will take seeds home and leave with the knowledge to grow and save seeds in their garden.

**Oct. 18 • Hydroponic Lettuce Growing • \$90**

Learn to build a simple cost-effective lettuce hydroponic system using only basic tools in this one day course. Eliminate the need for soil, reduce your water and nutrient consumption while increasing your yields. Grow healthier plants (cool and warm season veggies) without the need of pesticides and herbicides. Learn to build your own system that will hold 133 plants in a 12' x 4' area.



**LIVING ON THE EARTH**

**A Life Skills Course  
with the JL staff**

**June 13 to 20 • \$595**

*includes meals and camping*

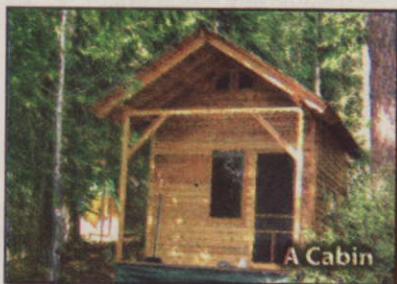
Time will be spent working with our gardener, learning to grow food and preparing wholesome vegetarian dishes. You will also have the opportunity to work with some of our builders to learning construction skills. We have many self-sustainable living skills to share.

**CENTER LIFE PROGRAM \$310 Includes meals & accomm.**

This seven-day program is designed as an immersion experience into Retreat Center life. A minimum of four hours per day for five days will be spent working in various aspects of the center: the garden, the kitchen, home care or maintenance. The remainder of the time is for you. Your Center Life experience can start any day you like.

**HEALTHY HABITS COOKING \$310 Includes meals & accomm.**

Nothing like on-the-job training! Our cooks invite one or two participants to prepare two meals a day while a retreat is happening. Learn lots of new techniques and tricks of the trade. Here's your chance to make the transition to a healthy lifestyle by helping a seasoned cook prepare whole foods in a healthy manner that fits your schedule.



**All accommodations prices INCLUDE MEALS**

They range in price from \$70 to \$125 per night.

Please check the website for the various price options including Shared Room in the Lodge, Treehouse, Bunk House or even a Tipi.

**Our Vegetarian Meals are a Culinary Delight**

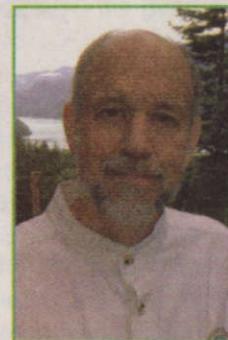
We serve vegetarian gourmet meals using our own organic garden vegetables and herbs when possible. We buy organic grains, tofu dried fruits, seeds, nuts and locally-made sourdough breads.

We grind our own flour to make scrumptious-tasting baked goodies with cold-pressed oil and free-range eggs.

Wheat-free and special diets are available upon request.

# The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center



Most folks do not make pie crusts because it takes time and practice to get a nice flaky crust. In this recipe you will learn how to make quick, easy and almost fool-proof crust. This can be used for pies, fruit squares or other creative ways. Check the ingredients list so you can stock the items needed in your kitchen.

Since we are making some crusts, we may as well take the next easy step and make a pumpkin pie. A nice slice of warm Pumpkin Pie garnished with vanilla yogurt or ice cream makes a nice treat after the meal. With an abundant crop of squash this past summer, Angele has made lots of pumpkin pies.

Bon Appetit, *Richard*

## Pumpkin Pie

2 pies

### Ingredients:

- 8 cups **Cooked Squash** mashed or put in a food processor.
- 4 **Eggs**
- 1-1/2 tsps **Cinnamon**
- 1/2 tsp **Nutmeg**
- 1/2 tsp **Allspice**
- 1-1/2 Cup **Sugar**
- Oil** to grease the baking pans



Fruit Squares, below



The dessert pie shells are made from this recipe----->

**Squash or Pumpkin is 'really easy' to cook.** Any kind will do, the sweeter the squash the less sugar is needed. Cut it into big chunks, take out the seeds and steam it in a covered pot or casserole dish with 2 cm of water on the bottom. After the first hour, poke a fork into the squash every ten minutes until the fork slides and easily touches the outer shell. Take it out of the pot and let it cool, until you can pick up the pieces and scoop the squash out of the shell with a spoon.

\* Remember pumpkin is simply one form of squash and you are not limited to the type of squash you use.

### Directions:

- Preheat the oven to 350 degrees.
- Mash the cooked Pumpkin or Squash with potato masher or a strong stick blender. Easiest is a food processor.
- If using a food processor, once the squash is smooth, add the eggs, sugar, and spices on top and blend for a few more minutes, then pour into pie crust shells.
- If you are mashing by hand, then in a separate bowl beat the eggs, add the sugar and spices and combine the egg mixture with the squash, it should be thick and creamy.
- Pour into the pie crusts and bake for 45-60 minutes until the edges are browned and the filling looks solid.

## Dessert Crust

for two pie shells

### Ingredients:

- 4 Cups **Quick Oats**
- 1-1/2 Cups **Sliced Almonds**
- 1-1/2 Cups **Shredded Coconut**
- 1 Cup **Sugar**
- 1 tsp **Baking Powder**
- 2 tsps **Cinnamon** -or- **Nutmeg**  
-or- **Allspice** -or a combo of spices
- 1 can of thick **Coconut Milk**  
-or- 170 gram package of **Creamed Coconut**  
-or- 1/2 Cup **Coconut Oil**
- Oil** to grease the baking pans

### Directions:

- Preheat the oven to 350 degrees.
- Mix all of the dry ingredients in a bowl (I use a whisk).
- Add the coconut oil or coconut milk
- Stir together then add just enough water so the mixture sticks together - NOT too wet and not too dry.

### For Pies:

- Grease the baking pans with oil.
- Press half of the crust mixture firmly into each pan, starting on the sides, and then pat bottom flat (this makes the shell).

### For Fruit Squares:

- Grease the baking pans with oil.
- Press 2/3 of the mixture into it.
- Spread on a thick, sweetened fruit mixture. (fruit or date)
- Sprinkle the last 1/3 of the crust as a topping. Gently press it down and bake for approx. 45 minutes until the edges are lightly brown.

**Utensils:** One medium-sized bowl • Cutting Board • a Large Sharp Knife • Wooden Mixing Spoons • One large Covered Pot or Covered Casserole Dish • Aluminum foil in case you do not have a casserole cover • Measuring Spoons and Cups • Can Opener • Rubber Spatula • Potato Masher • Whisk • Pie Plates • 9" X 12" baking pan • Food Processor -or- strong Stick Blender.

see past recipes at [www.issuesmagazine.net](http://www.issuesmagazine.net)

# Solar Water Heating Systems

Heating up water accounts for a good chunk of a home's energy use. It's a near-constant need – we use hot water for showers, laundry, washing dishes – and it adds up. In one year, an 80-gallon (302-liter) electric water heater averages about \$500 to run, uses 4,800 kWh of electricity and contributes about 6,600 pounds (2,993 kilograms) of CO<sub>2</sub> to the atmosphere.

There are greener options out there. Both high-efficiency and tankless water heaters can cut back on energy use. But solar is on another level. It's about as green as hot water can get. A solar water heater is typically used in conjunction with a traditional heater, since weather affects solar hot-water production. The traditional heater supplements the solar heater. Adding a solar water heater to a water-heating system can reduce energy bills and corresponding CO<sub>2</sub> emissions by 50 percent – sometimes even more, depending on where you live.

## Solar Water Heating Systems

The core of a solar water heater is a solar collector and a storage tank. A solar collector is basically a glazed, insulated box with a dark-colored interior and, usually, a bunch of tubes or passageways for water flow. (Glazing is a coat of material, typically glass, that aids in heat retention.) The solar collector turns the sun's radiation into heat. A storage tank is exactly what it sounds like. It holds the water.

## Homemade Solar Water Heaters

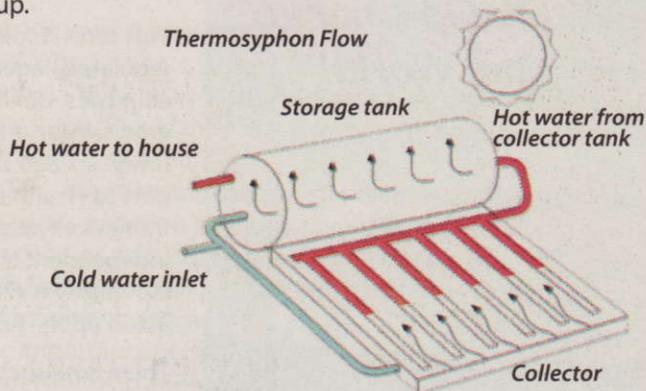
Building a solar water heater isn't exactly for beginners. It requires installing pipes, glass and, preferably, insulation. But for a do-it-yourself type, it's an ideal money- and planet-saving project. You can build a batch water heater for less than \$100.

While building the water heater may be pretty easy, there are other factors to consider. You have to determine the prime location for the heater so it's exposed to the most sunlight per day, which can take some calculating. You also need to make sure the ideal location can support the weight of the setup. And as with any other water heater, you need to figure out what size tank you need so you don't end up running out of

by  
Antony  
Chauvet



hot water in the middle of your shower – and determine how much glazing surface area you need to heat that water volume. If you're not comfortable making these determinations, you might want to shell out the cash for a professionally built setup.



## Benefits of Solar Water Heaters

The benefits of solar water heating are numerous and considerable. First, you're going to save money on your electric bill. Most likely, your water-heating electricity use will be cut by at least half. And then there's the corresponding reduction in pollution. A 50 percent reduction in traditional (emitting) energy use means a 50 percent reduction in CO<sub>2</sub> emissions. So installing a solar water heater would reduce your hot-water carbon footprint by half. At the same time, you're conserving nonrenewable fuels for applications for which there are currently no easily available renewable energy sources.

Because of the benefits of solar water heating, adding a unit to your home will also increase its value. So you could end up getting back whatever money you put into a solar heating system when you sell your house.

## Have You Ever Dreamed of Going to Ireland?



**Sacred Angels Tour  
with Maria Carr &  
Cindy Smith + AEP  
Course. 2 wks  
March—4 spots left**



**Holiday & Irish  
Music Tour with  
Maria Carr  
2 wks September  
All Welcome**



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# JOHNSON'S LANDING RETREAT CENTER



*"Invest in Yourself  
to Help Change  
the World!"*

*A view from the  
mountain top  
above the  
Retreat Center  
overlooking  
Kootenay Lake, BC*

Call Toll Free  
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## What happens when science becomes

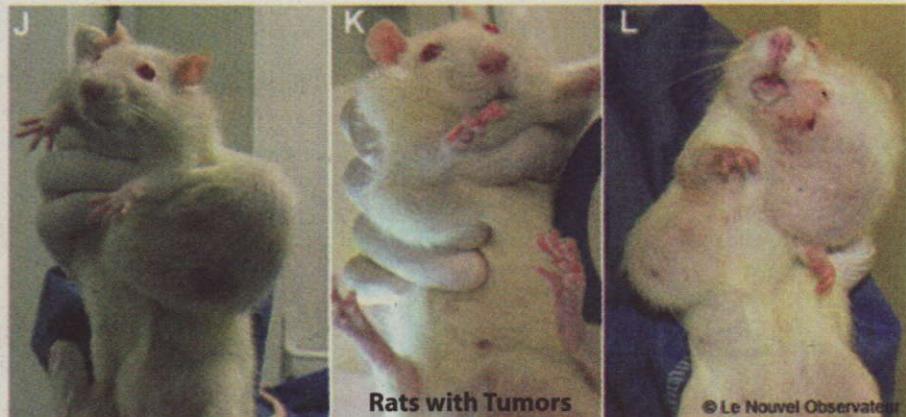
When the biotech industry wanted to introduce engineered corn in France, they were asked to do a toxicity study on laboratory animals. They chose a strain of rats commonly used in this kind of study, named the Sprague Dawley strain, quite famous for their propensity to develop cancer. The rats were fed engineered corn grain for 3 months and the results of blood tests and autopsies showed no effects: "Roundup Ready corn is as safe and nutritious as existing commercial corn hybrids". Dr. Séralini, a French academic at the University of Caen, was curious and asked to see the results of the study. After some legal wrangle he was able to reanalyze the data and he showed that there were definitely preliminary signs of toxicity to several organs of the rats. But the European regulatory agency refused to consider his statistical analysis and called his new findings "biologically irrelevant."

This term "biologically irrelevant" reminds me of another expression used by the regulatory agencies: substantial equivalence. In North America and few other countries, definitely a minority of planet Earth, the engineered crops are considered similar enough to their original type that they don't need to be tested. A few years ago the Royal Society of Canada was asked to study the situation and report to Health Canada. They concluded that no formal criteria or decision-making framework exists for food safety approvals of GM products in Canada, and that no independent testing of the safety of a GM food by a governmental or independent laboratory is required. On another continent perhaps these conclusions would be acted upon. But not here in the biotech bubble in North America.

There is no such thing as substantial equivalence for engineered crops and foods. It is obvious and published that engineered crops contain novel proteins. The staff of the FDA (Food and Drug Administration in the US) in 1996, just before the commercialization of the first engineered crops, warned their director that the engineering process was known to produce misshapen and truncated 'rogue' proteins, and that some of them could be toxic and allergenic. What we now know after 18 years and many published studies, is that there is a toxic principle in engineered potato or grains fed to rats, that affects many organs. The precise mechanism has not been investigated - the rogue proteins have been completely ignored, but we were officially and publicly warned in 1999 by Professor Arpad Puztai, and in 2004 when the FDA story was published in the scientific literature.

So Dr. Séralini decided to repeat this toxicology study, using the same strain of rats and the same research protocol, except he increased the length of time of the study to 2 years instead of 3 months, and he included several treatments with the herbicide Roundup. (Below are photographs of rats with tumors.)

Since the herbicide is sprayed on 90% of all engineered plants - and consequently engineered food ingredients contain herbicide residues, he wanted to test sepa-



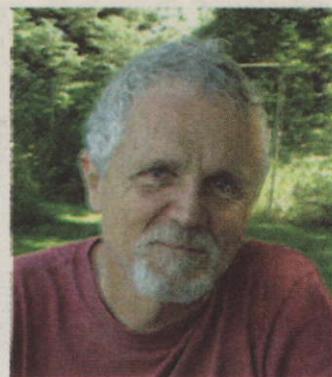
## corrupted by corporate greed?

rately the two effects. The results of his rat-feeding study were striking. After 3 months, exactly similar to the earlier study, there were preliminary signs of toxicity to several organs, particularly the kidneys and liver. After a few more months, these early signs became severe, and as the study progressed, the rats developed kidney and liver damage, and later on mammary tumors and breast cancer. The experiment was not designed properly to test for carcinogenicity. But cancer did happen. Was he supposed to not mention it?

As soon as his study was published in the peer-reviewed science journal *Food and Chemical Toxicology*, the "corporate science community" orchestrated an amazingly loud and persistent campaign to reject the study. It was plain to see at the time that most, if not all, the scientists taking part in this campaign to criticize the study had links to the biotech companies, while many other scientists came forward to express their support of the study. This phenomenon has happened repeatedly in the last 15 years. Whenever a study shows cause for alarm, a campaign of letter-writing to science journal editors and newspapers follows.

Dr. Séralini and his team held firm, as did the reviewers and the editor in chief of *Food and Chemical Toxicology*, who did not retract the paper. However, and this is where things become interesting, a few months later a new editor was added by the head office of the publishing company to the editorial board of the *Journal*, a former scientist employed by Monsanto, with an obvious conflict of interest. It did not take long after that for a "review" of the study by a team of reviewers—who remain to this day anonymous—and the study was finally retracted, a year after it was published. The critics of the study mostly fell in two categories, those who said that he chose the wrong strain of rats, and those who say he did not have enough rats in his experiment. Each of these critics has been answered at length by Dr. Séralini ([gmoseralini.org](http://gmoseralini.org)). Without going into the details of the critique and answers, suffice it to say that Dr. Séralini repeated a toxicology study done earlier by Monsanto, and that if his study is invalid, then so too is Monsanto's original study. The scandal has been all over the news; the retraction has been called illicit, unscientific and unethical. It repeats a pattern seen many times in previous years, where the "corporate science community" saturates the media with their derogatory critiques of any study showing cause for alarm. Except this time the editorial board of a scientific journal is now "corrupted". Are we going back to medieval times, when the dogma held that the earth was flat and any scientist daring to claim otherwise was muzzled? What happens when science becomes corrupted by corporate greed?

And I can add that in all that scuffle, nobody noticed that not one of the critics could find the Séralini toxicity study lacking. After 4 months of eating 11% engineered grain the rats displayed metabolic stress expressed in damaged organs, particularly kidney and liver. If it was your diet, it would include bread and most cereals and carbs, which brings up the question: how much grain products do you eat each day - are you on a RoundUp diet yourself like the laboratory rats? Did I tell you that 4 months for a rat is about 10 years for a human. So this is a very slow inflammation process (like cancer) but if you eat more than 10% engineered grain and bread products (yes pasta and muffins count) you can expect body symptoms in a few years. The US Department of Agriculture and the US Centre for Disease Control are already showing that the RoundUp herbicide is making some of us sick.



*Dr. Thierry Vrain is a retired soil biologist and genetic engineer who, after a 30-year career with Agriculture Canada, no longer supports genetic engineering in Agriculture.*

*During those years he was the head of a research group of 40 professionals in Biotechnology, the Vice President and President of national and international associations of soil biologists, and an Associate Editor of several scientific Journals in Europe and the USA.*

*Alarmed by the avalanche of scientific studies out of Europe raising many concerns about the long-term safety of genetically engineered foods Dr Vrain is on a Speaking Tour across Canada to increase public awareness of genetically engineered foods potential hazards.*

*There is a YouTube video on the web with more articles and connections if interested.*





**Betty Tillotson (left) holding the first copy of the Smallholder with Rowena Eloise holding the last copy showing her artwork.**

Article by Richard Ortega • Photo by Angele

Things come and things go during our lifetimes, and such is the way with the back-to-the-land publication *The Smallholder*. I am speaking about a little magazine printed in black and white with each edition lovingly assembled by hand by a group of dedicated volunteers. So what was this publication and why did it manage to stay in print for over forty years?

The *Smallholder* was one of those ideas that originated from a group of people sitting round a kitchen table in Argenta. Yur and Haru Bekker were sitting with a lady named Debra Barrett and a visiting publisher named Vic Marks. A need to share information for back-to-the-land folks was identified and the group decided to try publishing a magazine to fill the need. A group formed and they collected and sent information to Vic at the Cloudburst Press in Brackendale, B.C..

Copies began to circulate, the mailing list began to grow and questions, recipes, hints and stories began to pour in.

Within a short period of time the project was shifted to Argenta where Betty Tillotson and a group of assorted friends put the contents of the magazine together, adding the pictures, answered some of the questions from readers and prepared it for printing.

According to the third edition in 1974 it cost \$54 to typeset it, \$25 for the paper, \$42 to have it printed and \$10 in postage to get all the copies mailed out to subscribers. This was never intended to be a money-making venture, it was always run on volunteer labour. The first forty-eight editions were printed at the coast through Vic Marks at Cloudburst Press on Mayne Island. As of edition forty-nine the printing was done at the Argenta Friends Press.

Unlike most other magazines, the pages were consecutive from page 1 in the first edition in 1974 right through page number 3212 in the final edition which was published December 27th, 2013. Most of the pictures throughout the years have been graphics with the occasional black and white photo.

The *Smallholder* was designed to share information on homesteading skills and provide a forum for people with questions to find answers. And yes, it took quite a long time to get an answer to a question, from the time your question went to press until someone with the information you were looking for responded. So the demise of the *Smallholder* seems to be the easy access to information through mobile devices and computers.

Over the years the crew that assembled the *Smallholder* came and went, and with the support of the folks in Argenta it never lost momentum. For years this publication has shared ideas and provided answers to folks all over the world. It has done its job and now the staff can rest knowing that they touched the lives of countless people. I tip my hat to Betty, Debra, Vic, Yur, Rowena and all the other people that supported this worthwhile project through all of those years.

For back issues contact The *Smallholder*,  
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# Physical discomforts: Friend or Foe?

by Verdell Jessup

Our bodies are so intelligent yet most people do not recognize their brilliance. Instead we spend energy trying to trick our minds and bodies into ignoring a sensation or feeling that may be signaling something important. This is especially true if the sensation is either unpleasant, unfamiliar or resembles pain. Why do we choose to override the messaging when its biological purpose is to self-protect? These signals are warning signs that something is not quite right. We come equipped with warning lights similar to those found in your vehicle's dashboard. I am amazed at how many, including myself, have disconnected the flashing red light, ignoring what is really going on, hoping the problem will disappear until it is almost too late.

We all learn to develop strategies to manage or cope with our life experiences. These coping strategies might have even kept us alive in a threatening or traumatic event, but what was the long-term consequence our brain and nervous system paid so that we didn't have to feel. When our nervous system can no longer cope it will begin to present symptoms such as pain, chronic fatigue, sleep disorders, migraines, anxiety, depression, adrenal fatigue and/or digestive problems such as irritable bowel syndrome. These are unfortunately just a few of the examples of a deregulated nervous system. We are becoming a 'dysfunctional nation' due to stress as most individuals can no longer self-regulate their nervous system without help from prescription medications, alcohol, tobacco, illicit drugs, sex, or exercise that is done to the extreme.

Education and knowledge is power – learn to research information online, in a local bookstore or head to the library. How does our nervous system function and what happens when trauma occurs, even if it is a small incident? Our nervous system should be able to handle stimulus and then de-activate, returning to a resting state. Unfortunately, many nervous systems seem to get stuck in high alert.

There are many resources that explain how to have a healthy self-regulated nervous system. I highly recommend Dr. Peter A. Levine, the founder of Somatic Experiencing and the author of *In An Unspoken Voice* and *Waking the Tiger*, Dr. Robert Scaer the author of *The Body Bears the Burden* and Pat Ogden, the founder of Sensorimotor Psychotherapy and author of *Trauma and the Body*, to help you get started.

Another great resource is to attend a session hosted by practitioners that are trained in Somatic Experiencing or Sensorimotor Psychotherapy. Both of these modalities provide effective learning tools for regulating our nervous system. Another excellent way to orientate our body with our mind is through awareness modalities such as Alexander Technique, a technique to help reduce muscular effort when doing simple movements, and the Feldenkrais Method which increases our awareness in relationship to our environment so we can move with greater ease, navigating around the pain.

The next time your body's intelligence begins to signal something important – take the time to listen and then explore your options. Your body's message is important regardless of the size or duration. If you are experiencing anxiety, or can no longer experience a healthy resting state, please seek professional assistance so you can begin to learn to regulate your nervous system. It is never too late to start your apprenticeship with your body and tap into its utter brilliance.

See directory for either Somatic Experiencing or Feldenkrais.

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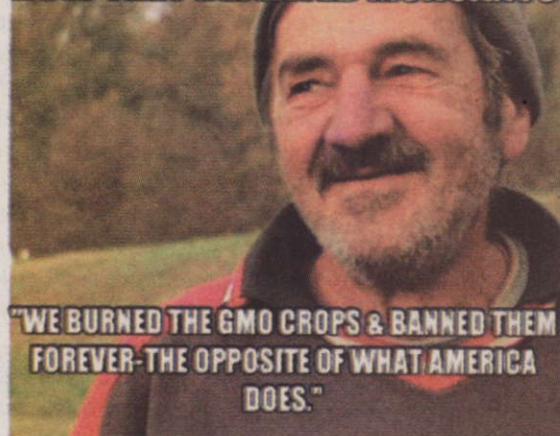
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# A Moral Compass

by Colin Andrews

I was about to post this article to my blog when news came in of Nelson Mandela's passing. After all Nelson Mandela was listed as a terrorist by the United States until 2008.

He fought a long and courageous life, fighting oppression and inequality of his people in South Africa. We all respect his incredible struggle and the difference this one man made to a nation in a crisis. This article is not about South Africa but a fractured United States of America with the same problem of unfairness.

May we all carry on Nelson Mandela's fight, in the halls of Congress, in Parliaments and in board-rooms. The United States is holding its breath and hoping its fractured identity can be aligned with its founding father's dreams. Our nations biggest strength, its people, has been lost and its moral compass is seriously questioned around the globe. The challenge now is to put all this back into order by those who control the purse. We need a new breed of politician - an honest and fair one and one who lives by the same rules as the 99%.

Inequality to those with no home, no health insurance, no dignity and not enough food for their families, is no less painful in the United States than in South Africa. Yes, there are or were differences but pain is pain, and until its confronted and resolved we will see exponential distress convert into unrest and a declining national morale and a deterioration in our health and education. When 99% of our population do not have the cash in their pockets to buy the goods to boost the economy, the so-called economic decline will continue.

Years after the Great Recession ended, 46.5 million Americans are still living in poverty, according to a Census Bureau report released recently and according to Berkeley Professor and former Labor Secretary Robert Reich "The 400 richest people in the United States have more wealth than the bottom 150 million put together," - stated on a recent CNN Money panel on inequality. While the medium wage earner in America took home 9% less last year than in 1999.

The top 100 CEOs did great. The top of the pile was Laurence Ellison at Oracle on \$96,160,696 and the poor guy at the bottom was Alexander Smith at Pier 1 Imports, who must be feeling real bad about life, received \$18,755,923 - These rewards are obscene in any language and represent just one marker of the level of inequality those at the top have carved out for themselves and often their political associates.

In the early 1980s, wealthy Americans lived 2.8 years longer than the poor, according to the Department of Health and Human Services. The wealthy and poor were defined as the top and bottom 10% on a number of different economic measures. But by the late 1990s the rich were living 4.5 years longer, and the gap has only widened since then, HHS said. The increasing disparity is a result of a variety of reasons including "material and social living conditions" as well as access to medical care, according to HHS.

Talking health and inequality, About 44 million people in the United States have no health insurance, and another 38 million have inadequate health insurance. This means that nearly one-third of Americans face each day without the security of knowing that, if and when they need it, medical care is available to them and their families.

Yes, we can do better than this, but first Washington DC needs to be swept clean of the bigotry and interest groups that are significantly responsible for the poison. We have to get involved and put in their place, next time around, people we have researched and who we will hold accountable by what they do next time, and not what they don't do.

Time is running out for peaceful change which is what all decent people strive for. No long-lasting future is achieved by violence of any kind. Those who abuse others in that fashion don't belong to the new reality which awaits these dramatic changes that must now come - no more time to sit on that fence. Our people are hurting bad and our country has fallen from the commendable political visions of its European settlers, and the hopes and pain of dislocated native peoples, to the current crossroads. With the all-powerful 1% and the out-of-control security agencies acting as gods on hidden secret agendas, our choices for change are very limited and will call deeply to challenge who we are as humans.

Some of the modern-day whistleblowers signed agreements to retain national or corporate secrets and broke them. If it had not been for these courageous steps, and knowing their lives would never again be normal, we are able to see deeper into the rabbit hole of power and what levels of deception and lies are told to us all and even to the nation's friends, to achieve global dominance. Global dominance by the United States who spends more on national defense than all other countries combined - \$682 Billion (2010). And that does not include the huge multi-billion dollar lost black budgets that former vice president Dick Cheney exposed. To achieve this level of disparity, someone has to pay, and that my friends is the 99%. It boils down to more than greed, it comes down to dishonesty and lack of passion for fellow humans.

From South Africa to the United States and all lands between should dip their collective heads in shame for letting the 1% get away with this crime on humanity because that is what it is tantamount to.



Colin will be in Nelson, BC at the end of June for a weekend conference. Mother Earth Revelations see ad page 13.

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Can you see the crop circle in the photo?



*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. ~ Marianne Williamson*



## WOMEN WITH POWER

**Marianne Williamson**, a friend of Oprah, and best-selling author and charismatic spiritual leader, has officially announced her candidacy for election to the U.S. House of Representatives from California's Congressional District 33.

Last year she urged almost two thousand women to consider running for office using the principles of non-violence. After experiencing the enthusiasm of the conference, she pondered how she could best further such a movement. In December she registered herself as an independent because she doesn't believe either mainstream party is capable of re-making the political system. Under the state's new open primary system, the two top finishers in a race move on to the general election, regardless of any party affiliation.

Marianne became well known for her lectures based on *A Course in Miracles*, a set of books published by psychologist Helen Schucman in the mid-1970s that aim to help people achieve spiritual transformation. Her message focuses on love and forgiveness, which she believes open the way for miracles. In 1987 she helped found the Los Angeles Center for Living, a support facility for those with life-threatening illnesses. Two years later she began Project Angel Food, to deliver meals to AIDS patients. Her first book, *A Return to Love*, dubbed on its jacket a 'spiritual travel guide,' was published, soon landing on the New York Times best-seller list. Nine additional books, including six more best-sellers and the just-published *A Year of Miracles*, followed.

Williamson says citizens have been 'locked out' by a corrupt system. She is urging voters to get involved! Make a difference! "The thieves are stealing our democracy, but we left the doors and windows open." We cannot afford to turn away from politics. We might not touch it, but it certainly touches us. And the increasingly calcified thought forms that dominate U.S. politics today — based more on the past than the present, more on fear than on love, and more on economic than humanitarian values — threaten to sabotage our collective good and undermine our democracy.

**Elizabeth May** is an environmentalist, writer, activist, lawyer, and leader of the Green Party of Canada. Elizabeth became active in the environmental movement in the 1970s. She is a graduate of Dalhousie Law School and was admitted to the Bar in both Nova Scotia and Ontario. She held the position of Associate General Counsel for the Public Interest Advocacy Centre prior to becoming Senior Policy Advisor to the federal minister of the Environment from 1986 until 1988. Elizabeth became Executive Director of the Sierra Club of Canada in 1989, a position she held until March 2006, when she stepped down to run for leadership of the Green Party of Canada.

She has a long record as a committed and dedicated advocate — for social justice, for the environment, for human rights, and for economic pragmatic solutions. She first became known in the Canadian media in the mid-1970s through her leadership as a volunteer in the grassroots movement against aerial insecticide spraying proposed for forests near her home on Cape Breton Island, Nova Scotia.

Elizabeth is the author of seven books, including her most recent *Losing Confidence: Power, Politics and the Crisis in Canadian Democracy*. Elizabeth holds three honorary doctorates, and the Elizabeth May Chair in Women's Health and the Environment at Dalhousie University was created in her honour. She has served on the boards of numerous organizations, including the International Institute for Sustainable Development and as Vice-Chair of the National Round Table on Environment and Economy and is currently a Commissioner of the Earth Charter International Council. Elizabeth became an Officer of the Order of Canada in 2005. In November, 2010, Newsweek magazine named her "one of the world's most influential women."

In the 2011 Election, Elizabeth made history by being the first Canadian Green Party candidate to be elected to the House of Commons. She now represents the riding of Saanich-Gulf Islands. She is a mother and grandmother and makes her home in Sidney, British Columbia.

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**International Women's Day, March 8**, is a global day celebrating the economic, political and social achievements of women past, present and future since 1911.

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# An opportunity to find myself

by Victoria Scott

Around October 2008 my soul started sending messages to my body that it was time to re-connect, and by July 2009 my body messages reached their peak. As far as I was concerned it was just an illness. Now that I am on the flip side, I see the miracle of how our body lets us know when we're out of kilter.

One thing followed another until my thyroid pretty much quit working, and I was in such a mess that I couldn't ignore it. After tests, x-rays, etc. I was told that my thyroid was so damaged I would have to take medication forever. My mind said, I don't do medication and definitely not for the rest of my life. My soul was yelling "Yipee, she's finally listening." Thus began my search for an alternative. After a while the universe brought a beautiful lady into my life who guided me using energy medicine. I didn't really know why I was seeing her and kept coming up with vague ideas like: I hate my body, I don't want to be a woman, I don't fit in, but nothing concrete. Then wham, the revelation changed my life. The details aren't relevant right now but what I can tell you is, between that day and the following July, my past, present and imagined future were continuously pulled from underneath me. Everything I thought I'd known, wasn't. I now understand that the only security that really exists is found in the one thing that never changes, and that is our connection to our Soul.

Then an idea of going to India kept appearing in my mind. I didn't have anything to lose because it'd all been lovingly shredded, so I visited India for three months. Magically,

everything and everyone was presented and I found myself in an ashram in Madurai. I could fill a book with many stories but this one is relevant. One day when I was feeling particularly emotional, I laid under the stars and I wept from a depth I didn't know existed and begged, "Okay God, I thought I'd surrendered but now I am really surrendering. I can't do this by myself. Give me whatever I need to go inside and heal, please." The next day I broke three ribs when I fell from a chair clearing away cobwebs (so symbolic.) Laying on the ground, I was trying not to laugh or cry when I said, "Okay God, I get it, it's time for me to sit still and go inside." I'd love to say I listened, however a couple of weeks later a pile of falling metal bowls resulted in two broken toes. Then I listened and knew it was time to change. I now return to India each winter so I may serve others. My greatest gift was being humbled as I now understand the beauty and miracle of me. I know the pain of heartbreak so I know real love. I know the pain of abuse so I know tenderness. I know the pain of loss so I know togetherness. I know the pain of abandonment so I know trust. I know the pain of being ignored so I know deep listening.

Without my past, I have no opportunity to know the miracle of me. Each experience co-creates a memory to bring me back to that remembrance. I know that when my soul wants me to listen, I feel it in my body. My gift is to take the time to listen, acknowledge, accept, meditate and be still at least a few minutes each day so I can hear or feel my own inner guidance.

## Flip the magazine over for the Spring Festival program

### Flip the magazine over to read some great articles.

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The theme is *Real Living with Real Food*.

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of the video *GMO Alfalfa, The End Game*, every half  
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can view this years calendar and see the many local  
Awareness on Friday, April 26 from 2-6 pm so you  
Kevin Proteau will be at the Spring Festival of

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