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Life...if you are a highly-sensitive person

by Marilee Goheen

"Everything has its origin in the eternal."

~ Rudolf Steiner, from his book *Cosmic Memory*

As a young, sensitive person I often felt that the only recourse to over stimulation, feeling wounded, or being bombarded with thoughts and feelings from others was to shut down, and hide from people and the 'noise' they gave off unconsciously.

It is refreshing that through quantum and holographic science I now understand the deep intricacies and interconnectedness of all things, even if not spatially connected like love, thought, telepathy or distant healing.

Some closed-minded folks become fearful, refusing to acknowledge experiences beyond our rational mind, limiting themselves to linear, cognitive understanding as the only reality. I know this to be a front, as often these same people go to great lengths to describe in our limited vocabulary expansive feelings, like the joy of holding their first child, happiness of marrying the one they love, of coincidence, of dancing, of miracles, of star gazing, of music, of intuition, of art or dreaming. These deep experiences or feelings arise from the intuitive, unconscious mind which all humans are capable of frequenting.

Brenda Barton and I access many dimensions and enjoy teaching 'sensitives' so they may access their inner wisdom more easily and use this tool of sensitivity to deflect stress and stay focused. A highly-sensitive student said to me, "I arrived nervous and scattered. My family told me Saturday evening, 'It was nice to hear you laugh again.' By the end of the seminar I felt relaxed and more confident."

Our human consciousness is connected and part of the dynamic universal web-of-life. Learning this new ability to communicate and access these inner dimensions opens people up to a quantum and holographic science that proves humans, who use the rational mind only, use one third less of their capacity to understand. More dimensions are available when we engage our intuitive, non-linear, multi-dimensional mind. It is through our extended abilities that we understand our hearts, our meaning and purpose of existence. For me, they co-exist harmoniously and often seamlessly.

Brenda and I teach these abilities and feel exhilarated to guide others to access their inner wisdom, their inner natural state of being so they can feel whole and at peace, and not overwhelmed. We support seekers of all ages in experiencing these deep places so they can become capable of communicating their deeper understanding with clarity.

It is often easier to make sense of the speed bumps in life, especially if they are traumatic, if we have a template. Our courses provide confidence to many who become more balanced when they learn to communicate with the essence that allows them to flourish. *See ad page 3*



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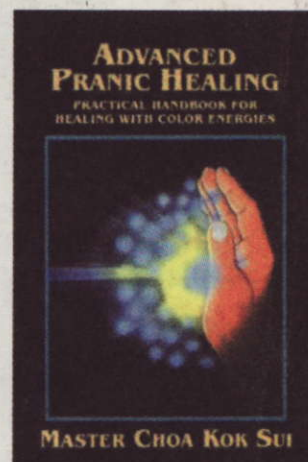
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Musing

with *Angèle*,
the publisher

This picture of me was taken this December as I planted the last of the garlic. I planted late because some of the orchard grass grew large, and it was slow digging as the grass roots were entwined with the potatoes. Eventually, Richard came in with his small excavator and loosened the ground so we could finish the weeding. The second hard frost of the season was coming, so I covered the ground with plastic. When the weather warmed up and the bits of snow melted, I got a chance to finish the job!

The plastic kept the soil from freezing hard and magnified the heat of the winter sun. By noon each day, it was warm enough to dig and it was lovely to be out in the sun. Soon however, I realized how cold my knees were, so the second and third day I wore knee pads. I also know that getting any part of the body cold is not good, as my body type is Yin deficient in Chinese medicine, but I wanted to finish the project rather than waiting for spring, so I got to learn a few lessons.

First lesson ... Get more cardboard sooner and don't allow the grass to get a foothold. We had bought 10 tons of hay to use as mulch last year, not realizing that it was not as clean of seeds as it had been the previous year. As you can see in the background, there are layers of cardboard. The grocery store appreciates that they do not have to take it to recycling and I appreciate that cardboard does not have orchard grass seeds and can be used like mulch. I call these flattened boxes my earthworm hotels, as their shelter encourages the worms to lay eggs and the babies will eat the mushy cardboard once they hatch. Lots of worms create lots of castings, which is great for growing healthy plants. If you want to learn more about my effective way of gardening with worms and cardboard, read the ad on page 23 as I will be presenting a pre-workshop demonstration before the Biochar workshop with Gloria Flora, a soul-sister whom I am excited to bring to BC.

Second lesson ... that the cold affects me more deeply than I realized. Planting garlic for two and half hours a day, for three days, and not taking the time to get myself deeply warmed afterwards, resulted in the heat that was in my knees moving into my bladder via the kidney meridian. My knees and lower legs stayed cold and would not warm up, while my bladder got over-heated. When the 'needing to go pee feeling' got intense I went to the clinic for an urinalysis, thinking it might be an infection, but it was not. I called my Traditional Chinese Medicine doctor who reminded me that I am Yin-deficient and gave me several acupuncture sessions and some herbs to move the chi back into its proper channel. I continue to have an oil heater in my office so my knees stay real warm.

Thirty years ago when I first got acupuncture, my doctor said I was working too hard, so I told him I had never worked a day in my life, to which he replied... then you play too hard... and the light bulb went on. For balance, we need equal yin and yang but the meaning changes depending on what they are in relation to, so I find it complex to understand. Since I have the type of personality and an occupation that does not separate work and play and enjoy what I do, even the deadlines, I find it is easy not to always listen to my body.

continues on page 6



STEPS ALONG THE PATH

Our Winged Friends

Last fall we bought some chickens when the people we bought eggs from, left the area. This spring we bought some 3-day-old chicks, made a large pen and had them in our living room under heat lamps for about a month. I even built a small chicken coop, called the Taj Mahal, so they would be separated from the older hens until they were the same size. It sure was fun, watching them grow out of their downy feathers. We would spend time each day petting them so they would be used to the human touch.

Today we have twelve chickens that we have committed to taking care of, and treat like an extension of our family. In cold weather Angèle cooks vegetable peelings and small organic potatoes that she mashes in with their commercial feed. It is pretty cute, being followed by a flock of birds running along at my heels while I head for the hen house with plates of warm food. They cluck and coo, checking out both plates to see if one tastes better than the other. It is easy to see who is at the top of the pecking order when it comes to dinner time. The newer ones that were raised together, stick together even though they are very different breeds.

The coop has two solar powered lights that light up their space for an extra four hours after it gets dark. Chickens do not like wet feet so we built an extension off the side of their coop so they have a small outdoor covered area. Since the snow limits their access to bugs and green weeds, some days we give them alfalfa sprouts or chopped apples that we had picked off a wild apple tree.

One member of the group, we call Betsy, was missing most of the feathers on her back and tail when she arrived. In this safe and nurturing surroundings she has regained her plumage and looks happy and healthy. She also had access to dust baths all summer. Chickens use dust baths to control mites and since she is a smaller breed of chicken, Angèle suspects she didn't get enough food because of her size and the hen-pecking that happened in her previous crowded conditions. It takes a fair bit of protein in the diet to replace feathers.

For me there is a meditative aspect when I care for animals that rely on me for food and shelter. I look upon this chore as a labour of love. In addition to the joy I get just being around them, they also leave eggs in their nesting boxes. Happy chickens = happy eggs! And of course chicken manure is good for the garden, after it has been well composted.

Because I have a reverence for all sentient beings, our little flock of chickens will have a nurturing place to live out the remainder of their days. Chickens can live to 8-10 years, laying fewer eggs as they age. Come this spring I intend to buy another 6 chicks to add to the flock. The girls, as we call them, will have a good life here. There are lots of little footprints along the pathways around here.

Namaste *Richard*



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Musings continued from page 4

In case you have not heard of Yin or Yang, Yin is ruled by the kidneys and cools the body so that it maintains a constant temperature. The adrenals feed the kidneys and once they are exhausted many people drink coffee or eat chocolates to keep themselves stimulated, which will eventually drain Kidney Yin if too much is taken. Herbs that boost Yang energy, like Ginseng, will dry out the kidney fluids. I avoid most stimulates including spicy foods so that helps to maintain my energy levels. I am learning to do less, but it is not easy when you have a strong mind that wants to finish a project.

I think I have more energy than most folks my age, generally because I use Traditional Chinese Medicine and take their advice to heart. I drink lots of good quality water, wear a vest to stay warm, eat a moderate diet and go to bed early. Being in nature is nurturing and builds yin energy. Being in the garden keeps me both fit and grounded. Which reminds me, I got talked into buying one of the grounding sheets, see article on page 19. I'm glad I did as it helped me sleep much deeper even with the extra heat in my bladder and it continues to do so.

Chinese medicine has been around for over 5,000 years. It treats syndromes and conditions related to too much yin or yang energy in the body rather than focusing on specific diseases that Western medicine has given names to, like diabetes or acne. Allopathic medicine has its place, but my deepest wish is for Canada to have integrated health facilities like the ones they have in Asia and certain parts of Europe. In such facilities, you find many different kinds of medical practitioners all working under one roof, helping people stay healthy so they can be productive members of society.

And finally, the photo on the cover. Last summer, a class of Waldorf students came to visit the Retreat Center. They enjoyed seeing the bees, chickens, tipis, garden and sweat lodge. They played with our kittens and ran around the lawn. If children have the opportunity to play in nature it brings out their creative spirit and teaches them to be innovative in a way that video screens don't. Children raised in the country or who attend alternative schools like Waldorf think differently than do kids whose amusement is provided to them ready-made rather than created by their imagination. They learn to think outside the box and to make decisions young in life, which will increase their self-esteem. If we are to evolve out of the crisis we are currently in, we are going to need these qualities in future generations.

Not only nature but the web provides a river of conscious ideas that I find exhilarating to explore. Lots of education is available that one must sort through, but I find the information worth the time. There is lots to know about processed foods, vaccines made with dangerous preservatives and even that despite the convenience cell phones and wifis offer, they could be overwhelming fragile bodies. Many organizations are asking the World Health Organization to classify EMFs as a Group 1 health risk, similar to smoking. And as you know, cigarette companies fought long and hard not to have them labeled as cancer causing, but eventually the truth won out. I am thankful I can go to a restaurant that is not filled with smoke. Since EMF cannot be seen, it will need even more regulations.

If you have time to visit the Kootenays this summer, check out our events listed in the flip section. Stay at our new campground while attending the Spring Festival of Awareness in May. Perhaps you'd like to combine Star Belly Jam with some hiking, healing work or a workshop. Richard's dream of having the Dances of Universal Peace will become a reality in July. This is an opportunity for people of all backgrounds to join in a meditative dancing practice.

Angele



Beyond Educational Monoculture

by Tanesa Kiso

Years ago, when a little black beetle ate its way through the pine tree 'forests', the industry blamed the catastrophe on climate change, conveniently deflecting responsibility and attention away from the fact that it's their singular focus on a particular product that is the problem. Forests are ecosystems of incredible plant, animal, mineral and insect diversity with built-in safe guards against massive infestations. What we have instead are vulnerable monoculture tree farms which were created to maximize profits in the short term.

We have a similar situation in our educational industry. It's an archaic system based on the Prussian model of churning out factory workers, which has today morphed into churning out consumers. Our educational system has down-graded us from *sovereign individuals* to *citizens* to *consumers*. Change is needed. Can we envision a habitat where children, teachers and parents can all thrive? How about a massive influx of contextual biodiversity which:

- emphasizes problem solving, teaching and learning occurs in multiple contexts (home, community, work sites)
- encourages entrepreneurship by creating self-regulated learners
- encourages collaboration with peers, mentors, and others
- encourages the development of individual strengths
(list from Wikipedia)

Thanks to the power of the internet, our current structure, which is based on disseminating content, is sadly but truly outdated. For the sake of our children and everyone's future we need change. Heroic action on the part of parents will help this along. Fortunately, it's happening already. Here's a few googles: "enrollment in public schools dropping," and "population trends fail to explain drop". I like this one, "exit interviews needed to determine reasons". How about this? Parents have recognized that the structure is failing their kids and that the atmosphere in many schools is toxic.

continues on page 9





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WHEN: March 27, 28, 29

Waking Up

Most of us spend a great deal of our lives in a sleep state. Enlightenment requires a waking state - this class will focus on techniques and understandings that will help you achieve that waking state. The spiritual path requires us to open OURSELVES, not just our eyes to this sacredness of each word we speak, each person we meet, each action we take. WE CAN transform our LIVES!

West Kelowna, BC at the Cove Resort

WHEN: April 17, 18, 19 call Cheryl: 250 768.2217

The epitome of this monoculture is standardized tests. Too many of our students stumble through what seems to be a holding tank before being released essentially unprepared to face what awaits them.

Teachers know that to excel they need smaller classes as well as the freedom to teach based on the expressed strengths of their students. It's impossible to prepare our children for an imagined future. We need to support growth and creativity in our kids that comes from their own inherent biodiversity. We are biologically wired to seek, to experience.

Right now parents who have given up on the "stay calm and carry on" philosophy have basically two choices. They can enroll their kids in a private school, whose structure is virtually the same as the public systems, or they can try their hands at homeschooling. For obvious and very good reasons these choices are often unacceptable.

There is a third option that would save the government millions of dollars: allow teachers to passionately excel at what they do best and give parents the tools and the freedom to nurture their kids' individual brilliance.

Schools are funded based upon enrollment. The basic allocation per student is \$6,900. (Government of BC pdf. Overview of the 2013/2014 Operating Grant Allocation Formula). What if the government gave \$5,000 back to the parents, per student, per school year. It could be in the form of a coupon payable only to certified teachers. Now \$5,000 isn't all that much, but, when we come together as a group of let's say 10 kids, that would make \$50,000 for a teacher.

Given the small size of the class all the formal and custom designed learning could be accomplished in four hours per day, freeing students to go deeper into their passions and teachers to take on another set of students if they choose.

As opposed to answering to administrators, teachers would be accountable to their students and to the parents. Learning could take place in libraries, museums, churches, community centers, people's homes, places of work, parks. School buildings could be reserved for labs and recreation.

If a child and parent designed their own curriculum it would bring their much-needed gifts to the world. We know when our kids are thriving and when they're not. Illuminating questions to guide us are the heart-mind qualities as expressed by the Dalai Lama. Do they "Get along with others? Do they solve problems peacefully? Are they compassionate, secure and calm, alert and engaged?"

As the old world paradigm tumbles, the beauty of the new growth inevitably follows. Life is precious. Our children represent new growth. They come to us brimming with promise and possibilities. We can trust in the inner wisdom of our children, listen to them and support them in their strengths. When we have faith in their ability to learn and grow with enthusiasm and integrity, we realize that we are the ones standing in the way. Break out of the educational box and realize our future is limited only by our imaginations.

Tanesa Kiso and her family decided to explore the benefits of a 'self-designed' homeschooling education after her daughter spent six years in the public school system. They found much support as well as diversity in the homeschooling community.

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Earth Day Canada 25th anniversary! April 22, 2015

Earth Day Canada was incorporated in 1990 and you may not know, but Earth Day Canada founders included inspiring folks like David Suzuki, Margaret Atwood, Robert Bateman, June Callwood, Timothy Findlay, Norman Jewison, Elizabeth May, Allan Slaight, and Maurice Strong to name but a few. We can't thank them enough for their forward-looking vision - and we can't thank you enough either for your ongoing engagement and commitment to a healthier planet.

Our 25th anniversary represents an opportunity to look back on our history and achievements. Indeed, we will be issuing a 25th Anniversary Report in mid-2015 that provides greater details on the founding of the organization, key accomplishments and our direction and plans for the next 5 years.

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Energy Field Integrations

by Dixie Golins

When Wilbert met Wella, it was love at first sight. It was as though their souls instantly recognized each other with an excited inner knowing that said, "Here you are at last!" The difference between this relationship and others you may have seen on movie screens or read about in books is that this deep love was between two dogs. Both dogs had a troubled and challenging past that included abuse and neglect, and both dogs were adopted by a loving, caring couple committed to providing them with the most joyful life possible.

Anyone who has adopted an animal knows how challenging it can be when the animal's past experiences are unknown. You never know what might trigger a fearful or defensive response. Patience, compassion, keen observation, clear and gentle leadership, consistency and positive reinforcement are important tools in helping an adopted animal adjust to his/her new life.

Change is difficult for all of us, people and animals alike. Imagine how difficult it must be for an animal in a shelter, surrounded by unfamiliar people, sounds, smells and other animals, not knowing why he is there or where his people are. A country dog may suddenly find itself in the middle of a noisy city. A cat who lived a quiet life with a senior citizen may suddenly be in a room with a dozen other cats and have no understanding that she is there because her person has died or can no longer look after her.

Animals rescued from abusive situations may be extremely fearful of people, or go into a state of complete overwhelm or panic when something is asked of them. In severe cases, everything may terrify the animal, as was the case of a dog client who was rescued after a lifetime of being locked up in a warehouse.

Because we share an energetic bond with our animals, our stress becomes their stress (and vice versa). Changes and transitions in our lives (new job, new baby, marriage, divorce, new home, job loss, death of a loved one, death of other animal companions) can take a toll on our animals. Each animal responds to stress in its own way. Some develop behavioural issues such as biting, excessive chewing or barking, separation anxiety, fear, aggression, etc. Others become withdrawn, shut down or develop health issues.

The good news is that there are many gentle and effective ways of supporting animals who have experienced trauma (physical or emotional). By clearing shock, trauma, fear and other unhelpful energy from an animal's energy field, the animal is better able to not just cope with life, but fully enjoy it.

Two forms of energetic support I often use with animals who are experiencing stress are Flower Essences, which most people are familiar with, and Energy Field Integrations which you may not be. EFI are a gentle and effective way to clear shock, trauma, grief, fear, limiting beliefs, etc. from an animal's energy field. Using kinesiology and the universal language of numbers and geometry, Integrations locate the origins of dysfunction within the electromagnetic field



Gentle, effective support for animals

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and offer new information that permanently repatterns the field. Integrations transform limiting subconscious patterns and beliefs, creating a pathway to love and forgiveness.

Wella, the dog I mentioned earlier, benefited greatly from Energy Field Integrations during the later years of her life when she had major surgery and difficulty walking. They helped her regain her balance after she had seizures. They also helped during her dying process and moment of transition. Our animals give us so much unconditional love, understanding, forgiveness, and companionship.

Supporting them energetically through the difficult times of their lives is a beautiful gift for them and for us.



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AMETHYST BIOMAT

by Wayne Still

I'm a hands-on kinda guy. So I am not all that impressed by the gadgets that we find on offer to help us on our journey to better health. (No offence to the people who advertise such products in Issues!!) But once in a while a product comes along which makes me sit up and take notice. The Naturopath's I go to for chelation has an amethyst biomat which I sit or lay on while the IV drains the goodies into my arm. Mostly I thought of it as a glorified heating pad. I was a summer baby so anything warm is ok by me. My opinion changed for the better after I went over the handle bars of my mountain bike in late September and did a face plant. I sustained a concussion and a massive whiplash in my upper back and neck.

A few days after the crash I was at the naturopaths and was as usual laying on her biomat. I noticed there was real relief happening in the area of the whiplash. I borrowed the biomat from her and spent the next several days laying on it at a high heat. I could feel the tension and pain draining from the whiplash injury. By the time I took it back not only was the whiplash gone but the area where it had been was much softer and mobile than before. Maybe the glorification really is something worth looking into I thought. And the more I thought about it the more I thought that with the aging process, with its aches and pains, having a ready source of relief would be a good thing. So I bit the bullet and bought one.

Every evening I would spend an hour or so on the mat and was quite impressed by how relaxed it made me feel after a day's work. Then in early December I came down with the nasty flu now making its rounds. For most of the next month while recovering I was on the mat, day and night. Now I don't know if it helped me to recover or not but now that I am back to good health I have fond memories of the warmth and comfort the mat brought me when I was miserable.

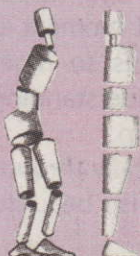
What is it that gives an amethyst biomat its healing properties? The mat is made up of seventeen layers of various materials some of which create heat, others intercept the electromagnetic field created by the heating element and one which emits strong negative ions. On the surface of the mat are rows of amethyst and tourmaline crystals. The crystals modify the heat from the heating element into far infrared radiation. Far infrared radiation penetrates deep into the body to promote relaxation, encourage the expulsion of toxins and strengthen the immune system by promoting the health of all cells, blood vessels, lymph glands and nerves. Circulation is improved to further enhance the cleansing effects of the radiation. The body is heated from the inside out, stimulating the whole system.

During my lifetime I have spent countless hours sweating in saunas, hot springs and baths, all of which have been enjoyable. But the feeling of being heated from the inside out by the biomat is quite different. The difference is that there is little or no discomfort from the internal heat as there can be from hot air or water. Try one if you get the chance. For more information go to www.richwayandfujibio.com.

And while on the subject of websites check out my new website at www.siguy.ca. I wish all my readers the best of health and wellbeing in 2015.



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Your Call to Greatness

by Florence Rita Rickards

"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.... It's not just in some of us; it's in everyone." -- Marianne Williamson

Most people fail in life not because they aim too high, but because they aim too low. Many people go through life never discovering what their talents really are. We are told people use about 10% of their potential. You are a one of a kind, never to be repeated in the history of the universe, unique combination of skills, talents, abilities and unique ways of being and, you have come to bring what only you can bring!

Just as a blade of grass pushes through the cement to reach the light, you are being called to your greatest self! That which breathes you is calling. Feel the pull. Pay attention to your longings and your discontents - those voices that have you longing to be more, to do more, to have more, to express more - more life, more freedom. Listen to those voices that have you longing for a forgotten or buried dream. Pay attention to your discontents, they are calling you, calling you to your greatest self yet to be!

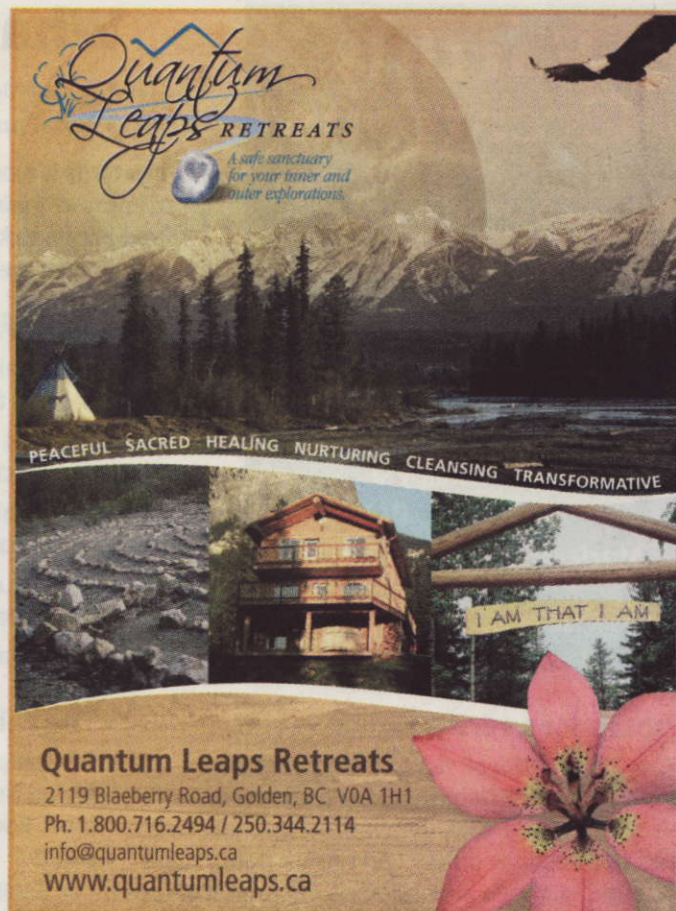
You may be aware of a deep desire to do more, perhaps your job is killing you or making you sick. Perhaps the dream seems too big or you don't know "how." Know this - it is NOT your job to know the how! Heed the call and don't believe the voices that say things like, "Who do you think you are, they will laugh, you will fail, you don't have the money, or you are not smart enough."

You are being called to greatness and you are meant to answer the call - to live a fully expressed, conscious and aware life. You are not meant to go through life asleep - as one of the walking dead. Nor are you meant to live someone else's life or a life where you have settled for less. Benjamin Franklin once said, "Many people die at 25 and aren't buried until they are 75."

Think of all the ideas that were planted in our young minds by well-meaning parents, teachers, coaches, the church, aunts and uncles. Ideas that influence our choices and decisions, rather than going for what we truly, down deep really want.

Henry David Thoreau said, "If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will....pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him....and he will live with the license of a higher order of beings."

If you don't develop the courage to do that which has been given to you, if you don't advance in the direction of your dreams and instead look for other people's approval, you may lose your nerve and, sadly, you will give up your dream.



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What is it costing you to not go for the dream? How much time do you think you have? None of us knows what our end date is. Will you die with your music still in you? One way to make yourself happy is to raise the standard, break the chains of mediocrity and feel that incredible power of pushing through whatever is holding you from getting to the other side of your true self! Will you create the 2015 of your dreams?
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What Is Fair Trade • cftn.ca

Fair Trade Magazine offers Canadians the most relevant information on social sustainability for consumers and industry stakeholders.

Fair trade is a powerful tool that aims to empower marginalized producers to improve their own living conditions. With the proper resources, capacity, and access to key relationships, disadvantaged producers are able to earn their own means to a better life for themselves and their communities.

GOALS FOR FAIR TRADE

- Producers are paid a fair price that covers costs of production and adequate living standards for hired labour.
- Producer groups ensure high standards for labour, environmental sustainability, and respect for cultural identity.
- Producers are paid a premium that supports business development and community initiatives such as improving access to health and education.
- Producers, consumers, and businesses build stronger connections, reducing inefficiencies and encouraging direct relationships.
- Producers have access to credit, markets, resources, and industry knowledge.

Protections versus rights

Many international development programs are geared toward establishing protections for workers around the world, yet workers wouldn't need these protections if they had proper rights to begin with. Fair trade aims to empower producers by ensuring they have access to the rights they deserve. This involves letting them have their say in the issues that affect them.

Process and verification

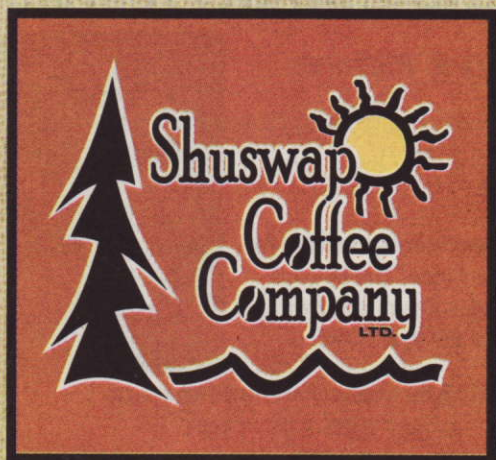
Fair trade products look like any others. Because production and trade standards cannot be verified by looking at a final product, certification and labelling systems are used to verify fair practices.

The Fair Trade Movement

Fair trade offers a vehicle for promoting discussion and awareness around global issues. It's about rethinking our production and consumption systems, and recognizing the role we play in creating a fair and sustainable world.

Despite its long history among niche markets, fair trade is relatively new for mainstream consumers, and it is still evolving. The fair trade of today won't be the fair trade of tomorrow. It is our responsibility - whether it be as a consumer, business, institution, or certifier - to ensure that our notions of fair trade continually meet the challenges of global development.

We have the power to make choices that support greater accountability and transparency. By supporting the awareness and availability of fair trade products, we encourage a more responsible vision for the future while contributing to the development of sustainable communities.



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Moving Meditation

Have you seen people vigorously walking, swinging their arms and smiling. Did you notice that in their hands were a special type of light pole, a Nordic Walking pole, that is rhythmically planted behind them. In less than twenty years, the 'sport' has grown to somewhere between eight and ten million participants. The sport goes back to Finnish cross-country skiers who needed to keep in shape during the off-season and started using their ski poles while walking. The Finnish National Association for Recreational Sports took this activity and refined it until the modern 'sport' of Nordic walking was born.

The first question usually asked about Nordic Walking is how is this different from ordinary walking and/or trekking? Aside from the benefits listed below, the major differences are the poles used and the special technique employed. The Nordic walking pole has a special strap that keeps it close to the hand and allows a light grip. As one swings his or her arms the pole is planted at an angle behind the body and used for a 'push off'—hence, the upper body workout. Trekking uses heavier poles, planted vertically in front of the body.

So, what can using these seemingly, flimsy poles, added to a regular walking routine accomplish for us? Amazingly, all of the below:

- Burns 20 to 46 percent more calories
- Increases aerobic capacity even at a slow speed
- Increases upper-body strength
- Increases heart rate by 5 to 30 beats per minute
- Takes pressure off the joints
- Decreases neck and shoulder pain and stiffness
- Increases upper-body mobility
- Increases functional capacity
- Improves balance and stability
- Improves gait and coordination
- Improves core stability and posture
- Creates a meditative and calming effect

How does this create a meditative and calming effect, you ask. Every time you place that pole into the ground, you connect with Mother Earth, especially if you use surfaces like grass, sand and dirt. It's a grounded feeling. The rhythm that you automatically get into will put you on autopilot and create an almost trance-like feeling. This feeling can be deepened by stimulating the vagus nerve through diaphragmatic breathing. Many yoga practitioners call it walking yoga. And the fact that you do it outdoors in beautiful environments only adds to the total experience.



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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

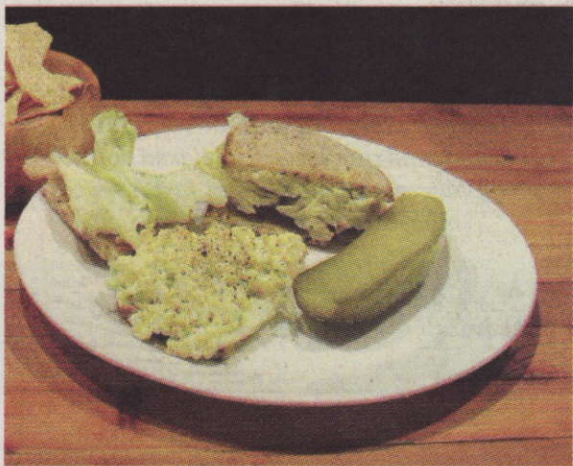
Lacto-ovo vegetarians include eggs and dairy products in their vegetables and grains based diet. Vegans avoid eating anything connected with animals including honey. At the Retreat Center we are Lacto-ovo and we raise our own chickens. I believe that free range eggs are a more ethical choice as the chickens have the ability to roam around and are not restricted to minimal space cages that commercial egg producers use. When you are selecting eggs I encourage you to look for free range, as the chickens would have been treated humanely.

Here is our super easy Egg Salad...Enjoy

Richard



Egg Salad Serves 6



Ingredients:

- 3 Eggs Hard boiled
- 4 to 6 Tablespoons Mayonnaise
- 4 Green Onions (finely chopped)
- 1/3 Cup Celery (finely chopped)
- 1/2 tsp Paprika
- Salt to taste
- Fresh ground Pepper to taste

OPTIONS:

- Parsley, Lemon Juice, Relish
- and other spices...

Directions:

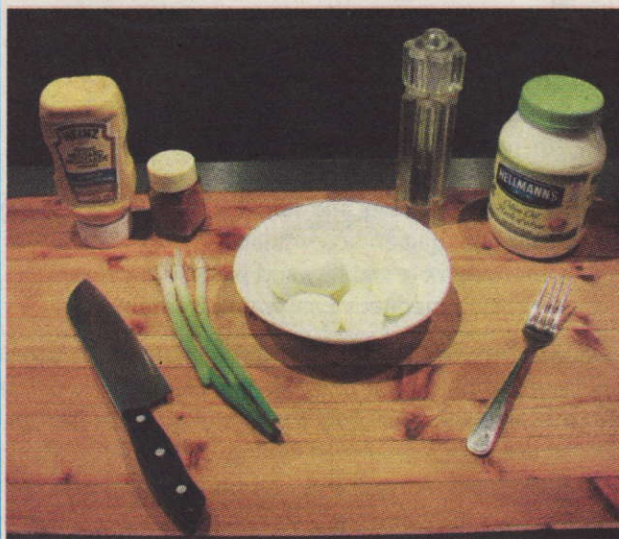
- Peel the **hard boiled eggs**
- Place in bowl and mash them up with a pastry blender or fork.
- Put in 4 to 6 tablespoons of **Mayonnaise**, just enough to make the mixture stick together.
- Add the finely chopped **Green Onions** and **Celery**.
- Sprinkle on **Paprika** and add **Salt** and **Pepper** to taste and stir them in.
- This is also the time to stir in any optional items. I doubt that you will have any left over, if you do store it in a sealed container and use it up within the next day or two.

Utensils: A medium sized pot • knife and cutting board • pastry blender or fork • mixing bowl • measuring spoons and cups • rubber spatula •

Hard boiling eggs...

Cooking eggs that are easy to peel requires attention during the cooking process.

- Fill a pot with water deep enough to cover eggs
- Bring the water to a boil
- Take eight eggs out of the fridge and gently slip them into the water
- After the water has come back to a boil turn the heat down to simmer
- Cook for 7 - 8 minutes NOT MORE!
- Immediately drain the hot water and fill the pot with cold water and add 4 - 6 ice cubes
- In about 5 minutes you can take the cool eggs out of the water and peel them... easily



Although eggs contain cholesterol, this is 'dietary cholesterol' which is different from the 'blood cholesterol'. Eggs are packed with iron, zinc and phosphorus—minerals that are vital for our bodies. Not getting enough could leave you feeling tired and grumpy. Best way to absorb the iron is to take some vitamin C with the eggs, usually in the form of oranges or tomatoes. Zinc keeps your immune system in top form and phosphorus is important for healthy bones and teeth.

see past recipes at www.issuesmagazine.net

Rediscovering the Cause of All Disease!

If we are sick it's because we made ourselves sick! All health begins and ends in the digestive tract (mouth, stomach and the intestines). Everything that goes into the body or out of the body is decided through this delicate passageway. Considering the majority of the nutrients that we consume are released into the body via the intestines, it is imperative that we take proper care of this area. The colon as well as rest of the digestive tract is the most vital to our well being or most dangerous to our illness. How we treat it will be a reflection of our own health.

When the integrity of the large intestine begins to show even slight deterioration, it will result in significant losses to the body as a whole. If we are not achieving total digestion and proper assimilation of our foods then it doesn't matter how great our diet is – our body isn't getting its nutritional needs. Compounded onto this – if we're not eliminating the excess buildup – problems will occur. As far back as the 1900s studies were being published about the linkage of overall intestinal and digestive health to various illnesses such as: cancer, allergies, asthma, eczema, high/low blood pressure, heart disorders, anemia, acne, diabetes... the list could go on and on. What is empowering to realize is that we can and do have the power to do something about it. It's not genetic or out of our control. It is in our hands – literally.

Feeding our system life-promoting food is quintessential. Pair that with practicing good colon health, and we are on our way to well being! What are these tools that we can use to improve your digestive tract? It's choosing the right foods and encouraging our colon to work more efficiently. There are some helpful food options available such as: fermented foods (healthy bacteria), foods that are fibrous will encourage peristalses, consuming more raw living foods for easier digestion and pure clean water. When we're looking at options outside of food there are many supplements that support the entire digestive tract. Enhanced Plant Enzymes (the most effective) will break down our food, allowing for increased absorption and lower digestive stress levels.

Proteolytic Probiotics will work in two key aspects: they will set up the gut with predominantly positive bacteria while at the same time completing the digestive action. By having good bacteria doing this we decrease exponentially the chances of developing auto-toxemia or other health disorders.

The last step is to cleanse and keep the bowels functioning at peak performance. Products like the Herb Cocktail do an amazing job, naturally and safely removing excess waste before it can cause serious problems. By ensuring that all potential waste is exiting the body is paramount to achieving wellness. If the bowels become sluggish the buildup will slow down – not just the digestive tract but the entire body. Why is all the focus on the foods we eat and the colon? It's because these are literally your first and last line of defense or offense depending on how we look at it, for overall health. It's empowering to know that the choices we make directly affect the health of our intestines and therefore the entire body. So go ahead, choose life, choose to build your body up and make it strong.

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Word on the Lake Writers' Festival

is announcing that the 2015 Askews Foods Writing Contest is now open.

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First place winners will receive a cash prize of \$150 plus a 2015 conference package including banquet ticket (\$225 value) and be published in the Askews' Foods Word on the Lake Anthology which will be available at the festival. Contest closes at midnight on 4 April 2015.

Winners will be contacted prior to the conference which takes place May 15, 16 and 17 at the Prestige Inn in Salmon Arm BC and will be recognized at the Saturday night banquet.

For further details go to www.shuswapassociationofwriters.ca.

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Dr. Theo Colborn

March 28, 1927 –
December 14, 2014

An environmental health analyst, that is best known for her studies on endocrine disrupting chemicals.



Her groundbreaking efforts to recognize and pinpoint the effects of endocrine-disrupting chemicals lead to her book, *Our Stolen Future, Are We Threatening Our Fertility, Intelligence, and Survival? A Scientific Detective Story*, which was co-authored and published in 1996. Countless descriptors title her *the Rachel Carson of the 1990s*.

Both books, *Our Stolen Future* and Carson's *Silent Spring*, sounded urgent alarms about the harm that the proliferation of untested or minimally tested synthetic chemicals are doing to the Earth, to animals and to human health.

Colborn's work detailed how endocrine-disrupting chemicals found in everyday products like plastics and body care items can, even in low doses, impact human development and cause biological, metabolic, and neurological abnormalities—ranging from birth defects to low IQ to low sperm counts and cancer. These chemicals, she wrote, have the ability to mimic natural hormones in the body, thereby "[fooling] the tissues that respond to natural hormones, causing irreversible changes in structure and function."

Thanks to Dr. Colborn we now have a language for these chemicals and the effects they have—and with that language comes the ability to pinpoint problematic chemicals and prevent more harm. Thanks to her, countless people have switched to food containers that are manufactured without bisphenol-A (BPA), or baby bottles and toys made without phthalates, two of the most studied endocrine disruptors.

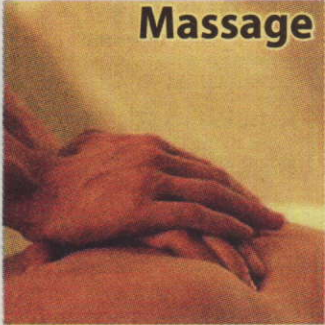
Most recently, Dr. Colborn had been working on demonstrating how one of the biggest threats posed by the fossil-fuel industry, in addition to the climate crisis, is the number of endocrine-disrupting chemicals the industry produces—particularly benzene and toluene.

Theo Colborn, was a pharmacist through the 1970s. She went back to school in 1985 to tackle questions she'd had about the harm humans were doing to the environment. She earned a Ph.D. in zoology, with minors in epidemiology, toxicology, and water chemistry from the University of Wisconsin, Madison. She is Founder and President Emeritus of The Endocrine Disruption Exchange (TEDX), Colorado, and Professor Emeritus of Zoology at the University of Florida, Gainesville.

I am grateful she dedicated over thirty years of her life to finding answers to questions that the chemical industry did not want asked. Chemicals are killing us and Theo suggested that we may have already passed the threshold. Survival of our species is limited, as is that of wild animals, birds and fish that we poison, all in the name of progress.

www.endocrinedisruption.org

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EARTHING

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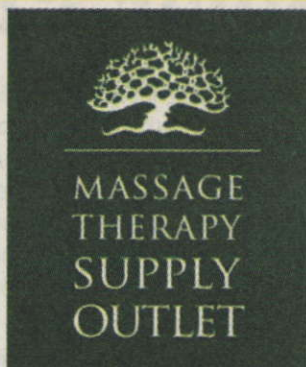
Clint Ober was a cable guy who knew about electrical frequencies. He knew that a well grounded TV cable installation prevented signals from leaking out and outside disturbances from leaking in, which delivered a crisp, high quality image. Ober also knew that rubber and plastic soles prevent us from being grounded. In the late 90s, when he retired, he wondered if this disconnect from the earth was effecting the human body. He began studies to see if his theory had validity, and in time his work gained the attention of renowned cardiologist, Stephen Sinatra. They found the results were consistent, participants reported sleeping better as well as a reduction in pain.

Ober figured that the earth's electrical surface is made up of negative charged electrons known as free electrons. These electrons move freely, looking for a positive charge. Once a free radical finds a missing electron, it is satiated.

In 2004 the Journal of Alternative and Complementary Medicine published one of his studies. The results were impressive, 'Earthing during sleep resynchronizes cortisol secretion more in alignment with natural rhythm.' Cortisol secretion is the body's reaction to stress and increased cortisol improves sleep, decreases pain and improves the functioning of the gastrointestinal tract.

Evidence suggests that negative-charged free electrons on Earth's surface promotes health and vitality. Suffusing the body with negative electrons helps to synchronize hormonal cycles and establish proper physiological rhythms.

Medical professionals are intrigued with the reported effects on inflammation as it is linked to nearly eighty chronic illnesses, including cancer and type 2 diabetes. Although science continues to play a game of catch-up with nature, Earthing is a valid and low-maintenance approach.



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CANADA

Simply find a patch of earth, kick off your shoes and spend time in contact with the Earth, even 20 minutes can make a remarkable difference. Since this approach is not always practical with our modern day life styles, Earthing products exist as a convenient way to maintain contact during work, rest or sleep. *see ad above*

Community Solar Projects

Community Solar Panel projects are solar powered installations that accept capital from and provides output credit and tax benefits to individual and other investors. In some systems you buy individual solar panels which are installed on the farm after your purchase. In others you purchase kW capacity or kWh of production. The farm's power output is credited to investors in proportion to their investment, with adjustments to reflect ongoing changes in capacity, technology, costs and electricity rates. Companies, cooperatives, governments or non-profits operate the farms.

Centralizing the location of solar systems has advantages over residential installation that include:

- Trees, roof size and/or configuration, adjacent buildings, the immediate micro climate and/or other factors which may reduce power output.
- Building codes, zoning restrictions, homeowner association rules climate and aesthetic concerns.
- Lack of skills and commitment to install and maintain solar systems.
- Expanding participation to include renters and others who are not residential property owners.

Several cities in Canada have been recognized as solar cities. Amongst the first to be recognized were Dawson Creek, BC, and North Vancouver.

In Massachusetts, USA, the Green Communities Act of 2008 authorized what was formally known as "neighborhood net-metering," which allowed a group of residents in a neighborhood/town to pool resources to cover the capital cost of a renewable energy installation. Residents of Brewster constructed a cooperatively run solar garden. Each member received benefits from the co-op, including tax credits and the output purchased by the city for its residents. Known as the Brewster Community Solar Garden, it has 345.6 kW's and is located on Cape Cod. Massachusetts and the Federal government each offered incentives to improve solar

by
Antony
Chauvet



economics. A traditional investment in photovoltaics without incentives would take 12 or more years to pay back the initial cost. The incentives lowered the payback to 6–10 years.

Solar communities built by the Clean Energy Collective started producing power in Newton, Massachusetts in July 2014. In Utah, USA, electric utilities in St. George built a large photovoltaic facility to take advantage of the 310 days of sunlight each year and allows residents to purchase supplemental conventional energy. This program requires no set-up or maintenance.

Participation is sold in whole and half units of 1 kilowatt ("kW"). A one kW unit on the SunSmart grid costs \$6,000. One unit equals approximately 15% of the average home's monthly power, or about 140 kWh. A one-time tax credit of 25% of the purchase price, up to a maximum of \$2,000, was available from the state of Utah. Purchasers received a monthly energy credit for the energy produced that month by the 'unit' of panels. Community solar projects are a win-win for all the participants, they benefit from the capital input of those who can invest, and they create a stronger sense of community.

It is time for people in Western Canada to get educated and engaged in their energy production.



Celtic Sacred Tours to Ireland

March and September

PENTICTON EVENTS

April 21 to 24 • Angels Practitioners Course with Cindy Smith

June 12 to 22 • Okanagan Sacred Land Festival

June 13 to 14 • Okanagan Angels and Fairy Expo

June 16 to 18 • Ancient Celtic Vibrational Course with Ireland's Celtic Shaman and Healer, Jane Donald

June 21 • Summer Solstice, the largest in the Okanagan

for more workshops, events and retreats visit

www.OKInHealth.com ••• 250 493-0106

Two Solar Workshops

at
Johnson's Landing



April 4-6 with Dale Rowe

June 12-14 with Sequoya

Details on the flip side of Issues
Pages 19 & 20

Expanding our Perspective of Bio-Control



The term 'probiotics' has been predominately associated with ingesting beneficial microorganisms to enhance digestive function. Worldwide 'probiotics' has evolved into 'bio-control'-a new technology.

Bio-control involves harnessing specific types of beneficial (probiotic) microbes for a variety of uses: to clean up oil spills, restore soils, improve personal hygiene, and even clean your home. A 25 year old Belgium company, Chrisal NV, is a world leader in developing and producing probiotic cleaning products that are used in homes, hospitals, long term care, institutional and recreational facilities.

Many years ago, Chrisal's head microbiologist, Dr. Robert Temmerman PhD., was increasingly concerned about the resistance that harmful microorganisms (pathogens) were developing to disinfectants. He also knew that continual use of disinfectants was contributing to increase of hospital acquired infections.

As a solution to these problems, he developed a new line of probiotic cleaning products that was released in Europe in 2006. The probiotic cleaners contains the same strains of safe, beneficial (non-genetically modified) bacteria that occur in clean, healthy dirt and water.

In nature, these probiotic bacteria act to suppress the growth of harmful (pathogenic) bacteria. They simply outcompete the pathogens for food and space and break down the biofilm coating that pathogens use to protect themselves.

By using bio-control to mimic nature's approach, bacterial resistance is not triggered, biofilm is continuously removed, and there is a significant reduction in harmful microorganisms including MRSA, E.coli, C.difficile.

Chemical cleaning	30 minutes after disinfection	7 hours after disinfection
S. aureus	54.50 cfu/100 cm ²	97.95 cfu/100 cm ²
E. coli	9.41 cfu/100 cm ²	23.01 cfu/100 cm ²
Chrisal cleaning	6 hours before cleaning	7 hours after cleaning
S. aureus	30.50 cfu/100 cm ²	14.70 cfu/100 cm ²
E. coli	11.16 cfu/100 cm ²	4.60 cfu/100 cm ²

Hospital study from the University of Ferrara 2012-2013

By applying Chrisal's BioMist to mattresses, pillows, air and furnace filters, allergic responses in people (and animals), can be dramatically reduced as the probiotic bacteria reduce molds and allergens. Chrisal products are also highly effective odour removers and can be used in gyms, locker rooms, washrooms, pet facilities, even in cat litter and compost bins. Unique and effective, Chrisal's bio-control products make your life better!

To further investigate the benefits of Chrisal for your family, home and workplace or to locate dealers in your area, contact Chrisal's Okanagan Representative

Tahn Towns 250-485-2360 • www.sourceprobiotics.com

GET ALKALINE = GET WELL

The most fundamental cause of disease is the accumulation of acid in the body.

I was diagnosed with arthritis 20 years ago. After taking the pH Happy Caps I haven't had to take any pain killers. —Conrad

My gout symptoms disappeared two days after starting your "alkalizing treatment." Keep sharing the pH and health 'secret'. —David

I just had to tell you that the Alfalfa powder is amazing! I haven't felt like this since my early 20's! —Darryl

You are my life saver! I now eat my Schmunkie and take my Happy Caps every day. —Pelwi



Phil & Cindy Levington

Go to our website and order your **FREE pH Test Strips** plus watch the video on *How to Make a Schmunkie*.

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**March 7-8, 2015 from 10am - 5pm
Vernon Recreation Centre**

Sustainable Obtainable Solutions

I worked for the Forest Service for over 22 years and I want to share my story about coming to know the land, how the back country crept into my heart, grabbed a hold and demanded that I seek to understand how to awaken the spirit of conservation in as many people as possible. It took a while but I finally figured out why I should be running a district in the U.S. Forest Service when I wasn't a forester. I was trained as a landscape architect; my job was to manage many thousands of acres of public land. Over time, I realized that as important as science is, all public lands and natural resource decisions are social decisions. Who better to manage public lands than a landscape architect, someone trained in how people and landscapes intertwine.

Landscapes provide the stuff of life – clean air, pure water, food and more recently understood, carbon sequestration – but I came to recognize that what we really want from landscapes is experience, in precious open space, where we can create memories and gather our stories. We long to experience connection with the people and animals that walked before us, adding to the collective legacy. We revel in the beauty of natural landscapes, it calms yet inspires us. Nature stands as the original 'house of worship' providing spiritual sustenance as we contemplate our connectedness and interdependence on the near mystical miracles of the web of life.

The land we come to know becomes not just our source of sustenance, it becomes our touchstone. The place we understand, the place whose very smell tugs at our hearts, and our anchor as we try to remain sane and connected in a maelstrom of change. When we look at the bigger picture, we can start to recognize how confused many people have become about their relationship to the land and thus have become so disassociated. Should be we shocked that a 6-year-old can recognize hundreds of corporate logos but cannot identify ten plants in their neighborhood? Our disassociation with nature allows us to live with utterly opposite 'truths' and think that it's completely reasonable. Like we can remain insatiable consumers yet live in a sustainable world.

How did this happen? In my opinion, the Petroleum Age greased our bottoms and slid us into increasingly pronounced dichotomies while assuring us everything is fine, despite the chasms between excess and scarcity, keen intellect and mass ignorance, high-tech comfort and knife-edge survival. And even more deftly, petroleum has slid us into the Age of Apprehension. To apprehend means both 'to understand' and 'to fear'. We understand we have an addiction to oil, we fear what it's doing to us and the land, yet that angst is subsumed by the fear of withdrawal. We know what we need to do, we fear doing it. So we sling some blame in the general direction of corporations, yet keep doing what we've been doing... and the land takes another hit.

In this age of instant global information-sharing we find our established dichotomies about land that used to provide such comfort, power and place have become murky. We had three conveniently separate venues for organizing our mass consumption of resources. We live Here, we get our stuff from There, and Away is the unseen place to dispose of our unwanted or ignored consequences of consumption. We've forgotten that there is no Away, it surrounds us, and what we've thrown Away is now fouling the air, water, food, and shelter for all species. This self-induced delusion of separate places on one planet has led to social schizophrenia and divisiveness. And now people from Over There are following their stuff Here and we clearly don't want the people from Over There, Here. They need to go Away. No wonder we're crazed.



Gloria Flora

a former US Forest Service Supervisor,
is founder of Sustainable Obtainable Solutions
www.s-o-solutions.org, a non-profit
dedicated to sustainability and the
US Biochar Initiative • www.biochar-us.org.

She is a certified permaculture designer,
speaker, teacher and sustainability expert.

The stuff we accumulate so voraciously, similar to our addiction to oil, serves as metaphor for what we really want: happiness, beauty, security, respect and love. The need for a reality check looms large. The resolution of this dilemma begs some rich questions. Can people remap their understanding of the world, so that Here, Over There and Away, reveal themselves as one and the same place? Can we use the power of the land to knit dichotomies of politics and place, of consumption and conservation, into meaningful balance? To recognize that the lands Here and Over There are taxed beyond measure, and there's no Away to hide our prodigious waste? Can sustainable design become universal?

A kernel of truth may be found in recognizing the significance of human relationships to landscapes, rekindling people's sense of place – that intrinsic connection we feel to the landscapes we love. Cultures are known by landscapes. Housing reflects the locale in design and materials. Traditional architecture is dynamically responsive to its surroundings, a model of efficiency and elegance.... envision thick adobe walls, steep thatched roofs, tipis and igloos. ➡

Biochar

- what it is, what it can do, why it works, how to make it and how to use it - sustainably! We'll cover the gamut of biochar with valuable information, how-to's and hands-on demos that will interest gardeners, conservationists, foresters, farmers and citizen scientists. Let's light a few matches and learn how to save the world!



\$150 includes a pre-workshop demonstration with your host Angele about Worm Composting and Cardboard Mulching

BioChar workshop with Gloria starts Friday evening and continues Sat and Sun. Price includes Free camping and Sunday snack between 11 - 11:30 am.

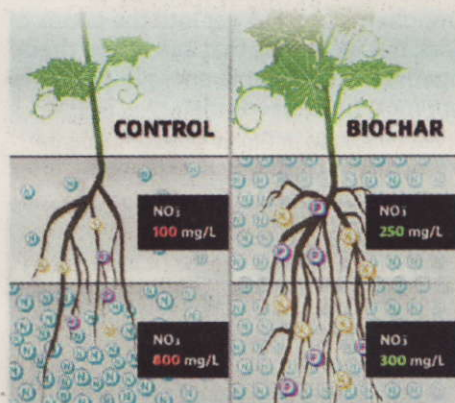
Upgrade your accommodations if you don't want to tent, details on page 22
Reserve your space by phoning the Johnson's Landing Retreat: 250-366-4402
more details about Johnson's Landing Retreat on back section page 21

Option: meals \$100 includes

Friday • Dinner

Saturday • Breakfast, Lunch & Dinner

Sunday • Breakfast & a late Lunch



Biochar

improves nutrient cycling + uptake

SCHEDULE

Option: Arrive Thursday afternoon and set up camp, Friday morning take a hike to Fry Creek

Friday 2-5 pm Worm Composting and Cardboard Mulching with your hostess Angele

Friday 7-9 pm Introduction • Getting to know each other.

Saturday 9-12 & 2-5 8-10 evening Learning about Bio-char with Gloria
Bio Char Bonfire and Campfire songs

Sunday 9-11 & 11:30 - 2 (hearty snack between 11 and 11:30)

Optional: Late lunch

Optional: Hike after Sunday buffet

We want this to be affordable so if cash is limited and time isn't, ask about a working trade.

Paul Taylors book will be available for purchase



Throughout history, humans connect frequently, intimately, intensely and proudly with place, as the source of all sustenance, the framework of our culture. Just two hundred years ago, if you couldn't identify sources for water, food, clothing, shelter, energy and medicine from your immediate landscape, you died. Now, insulated by economics, technology, and social hierarchy, our contact with this chain of sustenance is infrequent. Almost none of us know precisely where our basic needs come from. We've abrogated our responsibility to someone Over There to find, extract and send our sustenance. I believe if we could reawaken that sense of place, that we won't have to teach people to recycle; they would rush to do it, adding more innovations and artistic flourishes because they could see it was protecting the place they loved. The practice of conservation is nothing less than helping people regain their sanity and reconnect to the land.

To make matters complicated, our so-called 'Leaders' encourage us to continue the madness. They say, the American way of life is not negotiable. Nature doesn't negotiate. Perhaps if we can understand what we need from landscapes, we will treat them differently. We want to belong to where we are - interdependent and integrated. Giving and taking in equal measure. A part of the balance, not the cause of imbalance.

Regardless of culture or location these themes remain timeless and universal. Let us use this universality as a common point from which to launch serious discussions and negotiations on how to protect thriving natural landscapes that will sustain us.

If you wish to stay after this workshop for a serious discussion let us know and we will make plans accordingly.



Sequoya Cross

Accessing Solar, Micro-Hydro and Wind Resources

In our comfortably heated and well lit homes it is easy for us to forget that most of the world's inhabitants struggle to have even a fraction of the quality of life that we take for granted. A roof, let alone walls and clean running water is non-existent for many rural communities. Most of these needs are met directly and indirectly by access to energy.

Many non-governmental organizations (NGO), charities, and other groups work to improve access for many humans who are currently living without these basic needs. One of those groups is the Global Outreach Program of Backwoods Solar led by Chief Executive Officer, Sequoya Cross. Her team has helped people in rural North America as well as around the globe in Africa, Australia, the Virgin Islands, Haiti, South America, Mexico and India, reach energy independence using off-grid solar, wind and micro-hydro systems. Since the company's inception in 1978, Backwoods Solar has helped design and supply products for over 60,000 full-scale off-grid systems worldwide. They are one of the oldest and most respected off-grid solar, wind, and micro-hydro suppliers in the country.

Sequoya and her company specialize in customized solutions for remote areas: working with installers, NGOs, and end users designing and supplying the best materials for each project. Her passion is in extending the reach of energy access

sibility through her work with multiple organizations and as an *Energy Access Practitioner Network Member for the UN Sustainable Energy for All Initiative*.

Sequoya began her career as Vice President of Operations for AEE Solar. She quickly fell in love with the industry, and the people who collectively helped the work. She said, "I like going home at the end of the day feeling good about what I accomplished, not just from a personal standpoint, but from a moral standpoint." Her enthusiasm grew the company into what it is today. She continues to concentrate on helping to improve basic human needs through access to alternative energy as that has the power to make the difference.

Sequoya and her Global Outreach Program have a passion for making sure that renewable energy is done right, throughout the world. She wants to impress upon them the importance of proper system design and component selection. She is a mentor and sounding board for strong business practices and solid training that will strengthen and grow the adoption of renewable energy throughout the world.

On her experience, Sequoya reflects, "The work lessons that I have learned, working on rural off-grid systems, needs to be shared with the rest of the world. Better educational outreach and quality components need to get into the hands of people who need them, not just those that can afford them." Let's be conscious together, of renewable energy's power, to help us all live with our most basic needs met.

For more stories about Backwoods Solar Global Outreach Program please visit their blog at www.backwoodssolar.com

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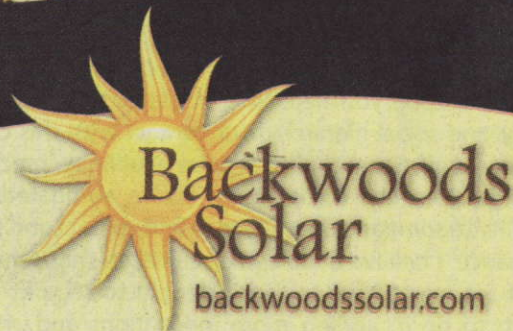
At Backwoods Solar, all of our technical sales staff live in homes that get their power from the wind, water and sun using the products in our catalog. We offer FREE system design and after sale support by telephone or email. Find out why we have become one of North America's most trusted back-up power suppliers. Our 200 page, color Planning Guide/Catalog teaches the basics of installing solar, wind and hydro electric systems. It is FREE to readers of Issues Magazine if you mention this ad!

Going Solar • June 12-14

at the Johnson's Landing Retreat

\$150 includes camping & lunches

See page 20 of the Special Events section, other side



**Get the next Issues Magazine by e-mail and be notified of upcoming
Events by subscribing at www.issuesmagazine.net**



Festivals and Sustainability by Farley Cursons

The ability of festivals to inspire awareness and activism in people was fundamental to my journey towards understanding sustainable event management. At a time in which life has become more globalized and digitally connected, more communities are becoming socially fragmented. It is important to remember our shared humanity and celebrate our diversity, as well as our art and our joy.

At their finest, festivals provide profound positive benefits that are integral to a sustainable world. Their primary benefit is to support the economic development of host communities. They bring massive revenues and support urban renewal, increase tourism, job provision and other commercial outcomes. Many festivals have developed successful and innovative ways to incorporate environmental stewardship as well as implement educational methods that bring awareness and activism ideals to festival patrons.

Unfortunately, these benefits are often encumbered by other negative impacts. They can carry an ecological footprint that consumes large amounts of energy, water, food, and natural resources, while producing significant waste and carbon emissions. Pressure is often put on a host communities infrastructure and physical space. Festivals can become overly commercialized or undermine local traditions with commercial ideals. A few have increased negative social impact, like over-consumption, substance abuse, increased criminal activity or community alienation. Hopefully most festivals provide more positive than negative impact with many opportunities for change to happen, over time.

The Starbelly Jam Music Festival is committed to being an environmentally responsible event and recognizes that we are in a promising position to make a lasting and meaningful contribution to society. We understand that we sit at the center of a series of suppliers, artists and festival-goers, and can effect change along an entire supply chain. We take pride in educating all stakeholders about the importance of sustainability.

The next time you are at a large ticketed event and food is being served on styrofoam plates with plastic cutlery and cups, you can be sure that short term profit has eclipsed the organizers, vision of sustainability. A small, three-day festival using unsustainable practices with an average attendance of 2000 patrons, will add one ton of garbage to the landfill.



One of the many bands that graced our stage

We encourage everyone to bring water bottles as fresh water is available on site. No beer garden means no plastic pint cups for waste crews to manage. We also heavily promote local transit and car pooling as well as hire local contractors to reduce our carbon footprint.

With no major sponsor our festival is a result of thousands of hours of volunteer effort and is a true celebration of community spirit and sustainable event practices.

To find out more about this family oriented, three day event held at Crawford Bay, near Nelson, BC, see the ad below. Early-bird passes available. Hope to see you at the festival!



Grandpa Dave Cursons

STARBELLY JAM

2015

July 17, 18 & 19

Crawford Bay, BC

www.starbellyjam.org

Acutonics

by Theresa Lee

While raising my sons and developing the property, I found myself on a journey of self-healing and self-discovery. I had been interested in sound healing and attended some workshops, but it was not until I was introduced to the Acutonics system of vibrational healing that my life began to change in ways never imagined.

In 2010 I was gifted an Acutonics treatment with Eva Chobanuk in Nelson, B.C. The treatment was deeply relaxing, unlike anything I had ever experienced, yet it was also very energizing. I was transformed and excited. I knew I found something I had to explore. I researched online, found classes and within a few months I travelled down to New Mexico to train with Donna Carey and Ellen Franklin, founder and CEO respectively of the Acutonics Institute of Integrative Medicine.

My interest in taking the Level 1 training was to use the forks for self care. I then found myself using them on friends and family, and soon clients started to come to my home for treatments!

In 2012 I was invited to do the teacher training. My first thought was of self doubt: how could I, being the shy and quiet one in class, become a good teacher? As the octave always takes us to the next level, I decided to take a leap! Curiosity, passion and excitement replaced the fear of stepping into bigger shoes. I am now teaching level 1 to 4 and I love it! The friendships and bonding that can take place over a 3 day class are extraordinary. I am very blessed and grateful to be a part of this dynamic and integrative system of healing!

Acutonics embraces the concept of

**Sound Healing
Treatments**

Gong Meditations

Acutonics® Classes



Theresa Lee

**Certified
Acutonics®
Teacher**



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17 Paiste Planetary Gongs, Tibetan Singing Bowls,
Acutonics Tuning Forks and Chimes

Kootenay Bay, BC • 250 225-3518 • www.KootenaySoundHealing.com

Level 1 Classes • Tuition is \$450, forks and textbook are extra

March 20-22 • May 22-24 • October 2-4

(students receive 10% off all products at the Kootenay Sound Healing Centre)

'anamnesis,' which can be translated as the 'remembrance of the whole.' With this system we look at the whole person, instead of looking at symptoms only. Acutonics recognizes our innate connection to the earth, nature and the cosmos. It works with the cosmic law as recorded a long time ago on the Emerald tablets, "As above, so below." The Acutonics system is rooted in Chinese medicine and philosophy. Acupuncture points are stimulated with tuning forks tuned to the frequencies of the earth, sun, moon and other planets. The musical intervals, archetypal and mythical qualities of the planets help fine-tune the treatment to the individual needs of the client. Tibetan singing bowls, planetary gongs, drums, and rattles are also used on and off

the body during treatment. In 2013 I founded the Kootenay Sound Healing Centre. The treatment rooms, teaching space, accommodations, gardens, and landscaping all reflect 20 years of vision and creativity. Trainings are offered throughout the year so people with busy schedules can find the time.

With the addition of 17 Paiste Planetary Gongs there are new plans underway to build a Gong Meditation Space for regular local gong meditations!

This powerful system of holistic medicine has completely transformed my life and I am able to offer a service of great value to my community. I now give public demonstrations at events and festivals. I feel constant gratitude for being allowed to play my role during these transformative times.



Theresa Lee and Zora Doval are on the East Shore of Kootenay Lake and will present at both Spring Festivals of Awareness. These pages are for you to get to know them. If you have time for a holiday in the Kootenays this summer, they live near to each other and The Star Belly Jam and the Artisans of Crawford Bay. Johnson's Landing Retreat Center is also on the East shore of Kootenay Lake at the North end of the Lake. See map on page 17. There is a free Ferry ride at Kootenay Bay, so check sailing times if you travel in that direction.

Ayurveda

– timeless path to health, beauty and longevity

by Zora Doval • www.ayurvedanow.com

Ayurveda - a Sanskrit word translated as 'knowledge of life' - is perhaps the eldest system of holistic medicine in existence. It dates back at least 5,000 years and its wisdom is first mentioned in humanity's eldest scriptures, called the Vedas. This science of life speaks of timeless principles of a balanced way of living, a way in which humanity may share this Earth with other species, in harmony with the planets, Sun, Moon, Milky Way and beyond....

The old Ayurvedic texts describe the human being as a 'microcosm' or a replica of the 'macrocosm' and it is very obvious that they talk about what is now called a 'hologram' by some physicists. It is reassuring that the scientists are now uncovering these deep underlying laws of a fundamental unity in our Cosmos. Because Ayurveda has been cognized in the enlightened minds of the 'vedic rishis' or seers, in states of deep contemplation, it never lost view of this all-pervading unity.

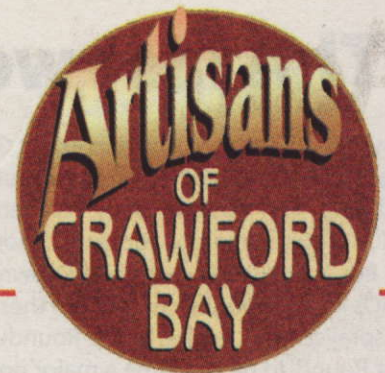
Ayurveda teaches that whatever is seen in the external universe, can also be found inside every human being. Each one of us is a complete micro-cosmos, rich in 'inner mountains, valleys, caves, lakes, rivers and oceans.' Our blood vessels run through the body like rivers through the landscape and carry life. As the external fire burns and changes one form of energy into another, so does our internal metabolic fire (agni in Sanskrit) burn and transform food into usable nutrients. Bones act like mountains that give us stability and make us stand tall. We also have the 'inner lights' that illuminate our internal universe just like Sun and Moon illuminate the external landscape. As human beings we are equipped to be fully functional and empowered citizens of the larger universe. We not only reflect the light from the Supreme Source, we have the potential to fully embody this Light, Beauty and Happiness.

Although Ayurveda is a complete system of many limbs, in our days it is mostly known as a science of diet and lifestyle most suitable for one's individual constitution. It is also gaining a reputation for its detoxification therapies (called pancha karma in Sanskrit) and rejuvenation procedures (called rasayana). It is my opinion that Ayurvedic medicine has a major contribution to offer to our modern society. It can teach us how to come back to our senses, back to honoring the Great Nature

I was very fortunate to study with two highly esteemed teachers, writers and pioneers of Ayurveda, Dr. Robert Svoboda, and Dr. Vasant Lad at his clinic in New Mexico. A door opened into a new dimension and perplexing questions got answered. I knew I found my true path. Dr. Lad taught Ayurveda according to the ancient principles of 'mouth to ear' style. In a practical sense it meant he was teaching each student according to their level of understanding. I loved being a part of an ancient lineage. It was natural to then share my passion for Ayurveda with others. I started teaching seminars, wrote two books on the subject *Ayurveda - Healing at Vishnu's Feet* and an *Ayurvedic Healing Cookbook*. My newest book *Ayurvedic gentle 9-day cleanse* is nearing completion. see ad

Pure Bliss Ayurveda With Zora Doval

Zora Doval received her diploma from Dr. Lad's Ayurvedic Institute in New Mexico. She authored "Ayurveda I&II" and an Ayurvedic Cookbook.



We are a diverse group of crafts people located near the Kootenay Bay terminal. Come, watch us work our crafts.

Check website for Hours Open
www.artisansofcrawfordbay.com

Area has a full service campground, Motels, B&B's, Cabins, etc.

North Woven Broom
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Merv the Wood Carver

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La Gala Jewelry and

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Our Straw Bale Studio is also a
Gallery for Ted Wallace's Paintings

Ayurvedic Massage Treatments

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Shirodhara (oil pouring)
Indian Head & Foot Massage

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Rejuvenation Therapies & Products

f Dakini Spa: 250.227.9434
ayurvedanow.ca

The last words on GMOs

Why is everybody so confused about GMOs? Everybody is saturated with daily messages about GMOs, a veritable barrage about how bad they really are, and it is all very ominous and fuzzy and nothing really concrete either way. The confusion about the safety of GMOs is quite simple to address. The only GMOs in our agriculture in Canada and the USA are RoundUp Ready crops also known as Glyphosate Modified Organisms and the only GMOs in our food supply are from these crops. RoundUp Ready crops are engineered to be sprayed with the herbicide RoundUp and this technology has become so successful that RoundUp has become a major pollutant and food contaminant. And that is all you need to know about GMOs and engineered foods, that they are all contaminated with a chemical that demineralize the food and will make you sick in the long term. Let me introduce you to glyphosate, a three syllable word you want to become familiar with.

Glyphosate is the killing ingredient of the herbicide RoundUp, a new molecule created in 1960 by Stauffer Chemicals - a US company with a business of cleaning industrial pipes and boilers of mineral scales. The mineral deposits (same as in electric kettles) are called scales, and the pipe cleaning chemicals are called descaling agents. Glyphosate was patented in 1964 in the US as a powerful and very broad spectrum descaling agent - a demineralizer. Meaning, it binds to minerals indiscriminately and does a great job at "dissolving and preventing minerals from being reactive or bioavailable in solution." When the descaling solution was disposed of in nature, it was obvious that it killed plants. The chemical company Monsanto promptly bought the molecule, patented it as a herbicide in 1969, and got it commercialized as RoundUp in 1974. This molecule is making history because glyphosate has become the most successful agricultural chemical in North and South America and beyond, wherever RoundUp Ready seeds are used. The farmers using this technology get simpler and cheaper weed management and despite higher input bills and sometimes disappointing yields, and with weed resistance spreading fast, it has been a huge commercial success.

The herbicide RoundUp had a completely novel chemistry for a herbicide in 1969. It was deemed to kill plants by bonding to only one protein enzyme in the plant cells. Animals do not have that enzyme, therefore it was assumed at the time that animals would not be affected. Glyphosate has little acute toxicity to speak of - although studies clearly indicated acute effects toward invertebrates and amphibians, at the time of registration in the US and Canada, nobody bothered to check for chronic effects. Glyphosate was pronounced innocuous to humans and registered as such in the USA and in Canada. Considering its chemical capability of demineralizing its environment, the EPA officers who signed off the registration papers clearly were asleep at the helm. Any toxicologist would expect long term chronic effects in animals, equivalent to vitamin depletion diseases like rickets, scurvy, or beriberi, for progressive lack of mineral nutrients. The animal feeding studies proving the safety of GMOs do not include testing for the safety of glyphosate. None of them mentions the residue levels of glyphosate in the feed. Meanwhile, a fast growing series of independent studies in various countries published in the last 5 years have ascertained the impact of glyphosate on various cellular enzymes and organs of animals and of human cells.

The first RoundUp Ready crops to be commercialized were soy and corn, released in 1996. Today close to 500 million acres of soya and corn, and cotton, canola, and sugar beet, are engineered to be sprayed with RoundUp, with close to two billion lbs of glyphosate every year, in fact. Too much of that finds its way into animal feed and processed food, so the EPA had to raise the legal residue limits last year to accommodate a new reality. Legally, your meal could have 30 ppm of glyphosate in your breakfast cereal, 100 pm for pet food, 120 ppm in soybean, and every food item in between. Here an inquisitive mind will ask why such a high residue limit for cereals when none of them are engineered to be sprayed with RoundUp. This is when you learn that RoundUp is sprayed on many non-engineered crops with the intent to kill them right before harvest. This is done to mature and dry the crops quickly to make them easier and cheaper to harvest. The



by Dr. Thierry Vrain

RoundUp herbicide has been used as a desiccant for the last 10 years.

Which is scary when you know that glyphosate is a powerful and broad spectrum antibiotic. Considering the recent interest of the medical field to fund a large research project involving many Universities to explore the huge community of thousands of species of bacteria that call us home. The Human Microbiome project is the equivalent of the Human Genome project in its scope. One hundred trillion bacterial cells call our lower intestine home. They are forever sending signaling molecules to each other and to all human organs, particularly the brain. All animals depend on their symbiosis with these bacteria, and humans are no exception. They are the teachers of our immune system, they make the neurotransmitters for our brain, and have a strong connection to the heart and the whole digestive tract. They literally feed us all kinds of molecules that we require - we call them essential, like vitamins and such. They digest and recycle most of our food. Human organs rely on molecular signals from the microbiome for normal functioning, and as goes the microbiome so does its human shell.

We have no official data on residues of glyphosate in food or in water in Canada - no epidemiological studies of any kind have ever been done. All we have are human cell studies and animal feeding studies, and they show acute and chronic effects. ►►



BC Hydro and Fortis have announced their five year plan to spray glyphosate (RoundUp) onto the road right-of-ways once again. If you have an opinion they would like to hear from you. Corruption starts with your non-consent. Understand your rights, we can decide what we want to have happen in the future.

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The Columbia Basin Trust Summer Works Program provides small businesses with a wage subsidy to hire post-secondary students that live in the Basin area, West of Alberta to Revelstoke and Arrow Lakes Reservoir down to the US border.

We learned last year that glyphosate bio-accumulates in animals that eat engineered plants after they have been sprayed. It accumulates in the lungs, the heart, kidneys, intestine, liver, spleen, muscles, and bones ... and chronically ill people have higher residues in their urine than healthy people.

We know of over 60 governments in the world who have found this evidence compelling enough in the past few years, to legislate some form of labeling or ban RoundUp Ready crops and the herbicide RoundUp. And their number is growing steadily. In Canada we need a social movement to advertise this issue. My hope is that this article will be shared widely so more people are warned.

I'll be happy to send you the selected references I use to document my assertions in this document. thierryv@telus.net

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When was the last time you did absolutely nothing? Experience the profound relaxation free from external stimulation, in the calm serenity of a saltwater isolation tank. Float Space is about connecting with your authentic self, a place where there is a pause for reflection; a true inner experience for the mind, body, and soul.

What is Float Space, you ask. It's a sensory deprivation center that currently holds three floatation therapy tanks located in the brand new Stewart Centre complex in Kelowna. The beautiful, airy building with floor-to-ceiling windows will help relax your senses and make you feel as though you're spending a few hours at a friend's home. For 90 minutes, the outside world is gone and amazing things happen. Your body is able to downshift and begins producing a greater amount of Theta brainwaves while decreasing blood pressure, muscle tension and your production of stress hormones, leaving you with a pleasant glow that lasts for days afterwards. Before long, light music fades into the tank slowly bringing you out of your experience. After your float, sip some organic tea.

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A Dog's Life...and Near-Death by Marilee Goheen

"Dogs are not our whole life, but they make our lives whole." - Roger Caras

Not far from where we live, my husband and I were hiking with friends in beautiful Bear Creek Provincial Park, near Kelowna, BC. Zazel, our Jack Russell terrier, was just a one-year-old pup – doing what terriers do. She saw a squirrel and jerked the leash out of my grasp, scrambling through a hole at the bottom of a five-foot metal safety fence that ran along the edge of the long, precipitous gorge.

The entire agonizing scene took no more than a split second, but it seemed like a lifetime. My heart was in my throat as I saw Zazel lose her footing and plunge... two hundred and fifty feet into the creek below. My friend Sue spotted her, beneath an eight-storey high waterfall, swimming to shore. We collected our senses and got organized by splitting up. My husband headed out to find help and the rest stayed atop the canyon wall, where we could keep an eye on Zazel, a tiny white dot below.

Fortunately our group were skilled, non-touch Pranic Healers who were taught to effectively treat injuries at a distance. Before we could begin to assess Zazel's condition, we first cleaned ourselves of our own shock. We then began scanning Zazel's energy body and articulating what we sensed, each elaborating on details to assist the others to validate their findings.

Before long we reached a consensus that her injuries were severe and complex. Our concerns were: hypothermia, shock, massive internal bleeding, many broken bones, trauma, disorientation, concussion and stress. We split the tasks and began treatment. At one point we lost all vital signs. Zazel was gone. We saw a bald eagle settle on a tree directly above Zazel. We prayed as she was not responding to the energy I was sending. Then, out of nowhere, I saw a white wolf spirit stand over Zazel's body and direct tiny rays of energy out of its pores directly into hers. Zazel's energy body returned. We resumed Pranic Healing for five hours to assist her in staying

alive as she lay injured on the cold, wet canyon bottom.

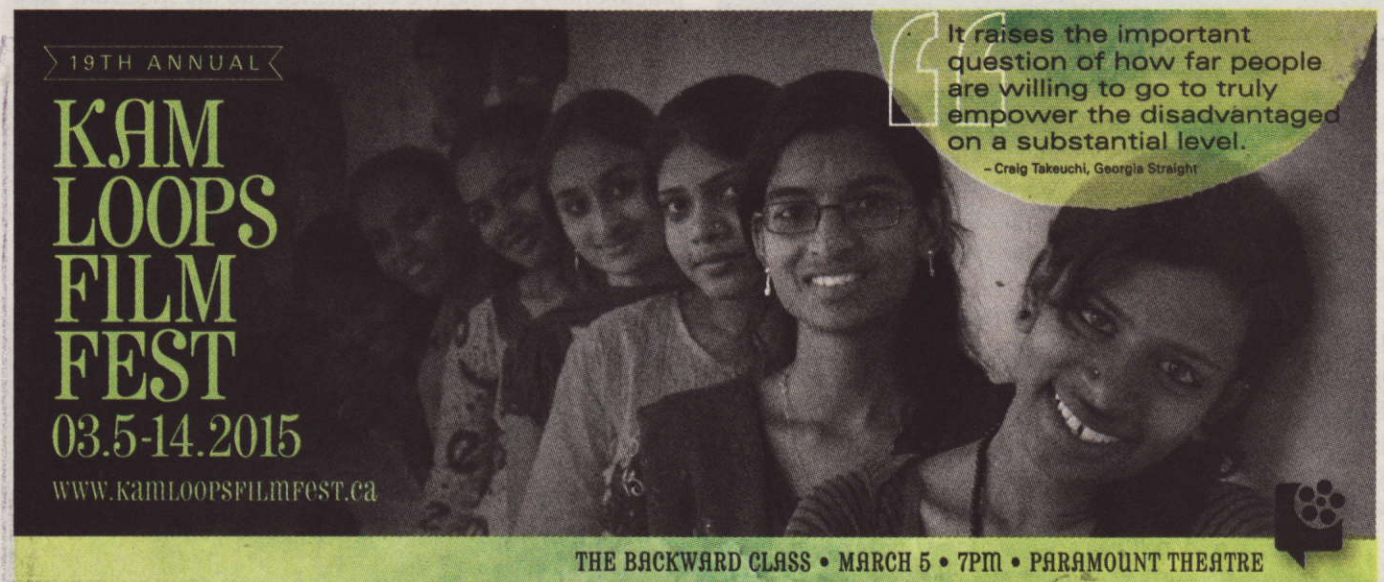
In the meantime, my husband hiked back to the park office and was told they were not trained rescuers. In a last-ditch effort he called the Vallhalla Outdoor Hiking store in Kelowna. The staff person said he was prepared to hike after he locked up at five pm. As serendipity intervened two of our friends, also experienced free climbers, showed up at the same time. They descended without ropes, as we watched from above. In less than forty minutes the trio had reached Zazel and headed back up the cliff. We wrapped her wet, cold injured body in blankets and took her home. Three of us took shifts to stay with Zazel all night, to continue pranic healing treatments and soothe her when she woke up.

Next day we took Zazel to the vet, the X-rays confirmed our assessment. Estimated cost for surgery was between two and four thousand dollars. We decided against it. Instead Zazel rested over the ensuing months with regular Pranic Healing treatments, healing gradually and regained her strength.

Four months later we returned to the same vet for another X-ray to confirm her healing progress. The three ribs, skull fracture, spine and badly broken hip all looked normal. By then Zazel could once again jump as high as our waists, always wagging her tail. The only area of her body that did not heal was the end of the spine where her tail begins. She growls if we pet her there. Our vet bill was only \$170 for exams and X-rays. Duncan and I love her to bits and are thankful she survived.

Many people have asked where Zazel got her name. She is named after a famous nineteenth-century European trapeze artist. That Zazel was the first human ever to be shot out of a cannon during a popular circus performance.

12 years later, Zazel passed away on her thirteenth birthday, June 2010. Her passing was a miraculous event, but that is a story for another time. *see ad on page 3*



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- Craig Takeuchi, Georgie Straight

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Thomas Nerbas R.Ac

Chinese medicine and acupuncture are sanctioned by the National Institute of Health and the World Health Organization. It is the most widely used system of medicine in the world. Over 120 countries use it as their primary form of health care

Over the years of successfully employing acupuncture for eliminating pain anywhere in the body, one of the most popular questions patients ask me is: "How does acupuncture work?"

My response is: Where there is pain, there is a lack of circulation. The healing agents of the body are found in the blood. When there is an obstruction in the flow of blood to a particular area, that area will be negatively affected, resulting in malfunction. Any area of the body that is damaged due to a trauma or an internal disorder will have difficulty recovering if there is a reduction in the flow of blood to that area. In order to attain and maintain optimum wellness, an unimpeded circulation of oxygen, must be delivered to the tissues. Proper functioning of the vascular system, organ systems and nervous systems allow this process to occur successfully.

Within seconds of inserting needles into distal acupuncture points (not directly needling into the area of pain, trauma and inflammation), a reduction of pain, an increased range of movement in targeted joints and body temperature balance begins. Neural pathways are stimulated, the midbrain releases endorphins/enkephalins that bind to pain receptors along the spine and the capillary beds where the pain exists; to eliminate pain, awaken and increase vascular functioning.

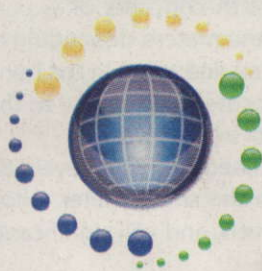
The stimulation of specific points on the body affects the central and peripheral nervous systems triggering the release of the body's own internal chemicals and blood flow. The blood carries and distributes all the pain relieving endorphins, analgesics, enkephalins, anti-inflammatories, enzymes, nutrients extracted from food, life giving oxygen, hormones etc. The major waste removal system of the body is the vascular system. Where there is poor blood flow, there is a build up of debris, inflammation and pain.

To better explain the concept of vascular blockage, I often use the garden hose example: let's say you have a water hose (vessel) connected to a water pump (heart) propelling fluid (blood) circulation. What happens when you fold the water hose in half, putting a kink in the water hose? This blocks the flow of water through the hose at the kink, allowing poor to no water circulation and backs up excessive pressure on the pump. Now relate this kink in the water hose to a vessel constricted by muscle tension, scar tissue, inflammation, structural or other interference; the blood circulation will be blocked, tissues become inflamed, pH acidic or painful, due to lack of circulation of blood and body fluids. The pressure between the heart and the blockage increases and the pain becomes intense.

The interference of the vessel must be released in order for the blood to circulate freely. Once circulation is optimal, the result is homeostasis, a constant state of relaxation in the body, it is the existence of nutrient-rich, highly oxygenated blood coursing undeterred through the entire body. Such a body does not experience chronic fatigue, chronic pain, chronic indigestion or chronic anything. Blood vessels will be vasodilated allowing the circulatory system to do its job uninhibited, there is radiant skin, a lack of acidity in the body, optimal strength and joint mobility.

Locating the weaknesses and interference of blood flow, and employing acupuncture to remove the interference and reinforce the nervous system communication between the midbrain and the associated target blockage area, increases the blood circulation in the targeted area, allowing the body to regenerate itself. If you have pain that is lingering or is not being treated by other modalities, consider acupuncture.

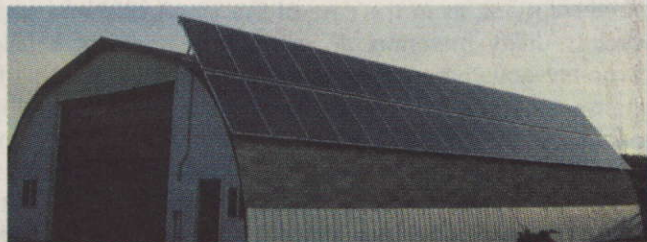
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BioInitiative 2012

A rationale for Biologically-based Exposure Standard for Low-Intensity
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The BioInitiative was first posted in August 2007 and is updated every five years. It represents science, public health, public policy and global response to the growing health issue of chronic exposure to electromagnetic fields and radiofrequency radiation in the daily life of billions of people around the world. The report was prepared by 29 authors from ten countries, ten holding medical degrees (MDs), 21 PhDs, and three MsC, MA or MPHs. Among the authors are three former presidents of the Bioelectromagnetics Society, and five full members of BEMS. One distinguished author is the Chair of the Russian National Committee on Non-Ionizing Radiation. Another is a Senior Advisor to the European Environmental Agency. Each author is responsible for their own chapter. The great strength of the BioInitiative Report is that it has been done independent of governments, existing bodies and industry professional societies that have clung to old standards. Precisely because of this, the BioInitiative Report presents a solid scientific and public health policy assessment that is evidence-based. It has a significant international viewing audience. Each year, about 1,000,000 people visit the site. Since its publication, the BioInitiative website has been accessed over 10.5 million times. More than 5.2 million files and 1 million pages of information has been downloaded.

The global conversation on why public safety limits for electromagnetic and radiofrequency fields remain thousands of times higher than exposure levels that health studies consistently show to be associated with serious health impacts has intensified since 2007. Roughly, 1800 new studies have been published in the last five years reporting effects at exposure levels ten to hundreds or thousands of times lower than allowed under safety limits in most countries of the world. Yet, no government has instituted comprehensive reforms.

The world's populations – from children to the general public to scientists and physicians – are increasingly faced with great pressures from advertising urging the incorporation of the latest wireless device into their everyday lives. This is occurring even while an elementary understanding of the possible health consequences is beyond the ability of most people to grasp. The exposures are invisible, the testing meters are expensive and technically difficult to operate,

There is little labeling, and little or no informed choice. In fact there is often not even the choice to stay with safer, wired solutions, as in the case of the 'smart grid' and smart wireless utility metering, an extreme example of a failed corporate-governmental partnership strategy, ostensibly for energy conservation. A collision of the wireless technology rollout and the costs of choosing unwisely is beginning and will grow. The groundwork for this collision is being laid as a result of increased exposure, especially in the care of the fetus and newborn, and children with learning disabilities, and peo-

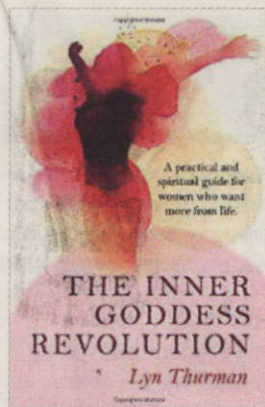
ple who have become sensitized and are now physiologically intolerant to exposure.

Human beings are bioelectrical systems. Our hearts and brains are regulated by internal bioelectrical signals. Environmental exposures to artificial EMFs can interact with fundamental biological processes in the human body. In some cases, this may cause discomfort, or sleep disruption, or loss of wellbeing. It may be interfering with one's ability to become pregnant, or result in brain development changes that are bad for the child. It may be these exposures play a role in causing long-term impairments to normal growth and development of children, tipping the scales away from becoming productive adults. We have good evidence these exposures can damage our health, or that of children of the future who will be born to parents now immersed in wireless exposures.

In the United States, the deployment of wireless infrastructure (cell tower sites) to support cell phone use has accelerated greatly in the last decades. The spread of cell towers in communities, often placed on pre-school, church day-care, and school campuses means that young children can have thousands of times higher RF exposures in home and school environments than existed even 20-25 years ago. Further, the nearly universal switch to cordless and cell phones, and away from corded landline phones means close and repetitive exposures to both EMF and RFR in the home. New exposures include cafes, stores, libraries, classrooms, on buses and trains, and from personal WI-FI enabled devices. The largest single source of pervasive RFR is the 'smart meter' infrastructure. This program places a wireless device (like a mini-mobile phone base station) on the wall, replacing the electromechanical (spinning dial) meter. They are installed on every building with an electric meter, despite health concerns of experts and enormous public resistance. These meters, depending on where they are placed relative to occupied space in the home or classroom, can produce RFR exposure levels similar to that within the first 100 feet to 600 feet of a cell tower.

No one is tallying up the combined exposure levels. Billions of new RFR transmitters from the smart meter rollout alone will raise the baseline RFR levels, and will significantly add to the existing RFR background.

Sometimes, science does not keep pace with new environmental exposures that are by-products of useful things we want to buy and use in society. So, the deployment runs ahead of knowledge of health risks. It is an old story. This is the case for EMF and RFR, and this Report underscores the critical need to face difficult questions, make mid-course corrections, and try to repair the damage already done in this generation, and to think about protecting future generations.



The Inner Goddess Revolution

A practical and spiritual guide for women who want more from life

Lyn Thurman

reviewed by
Christina Drummond

Book Reviews

Time's Secret Parallel

A Scientific Memoir

Fern Annabelle Hinse

www.timesecret.com

reviewed by
Angele Ortega



Lyn describes herself as "a mid-life woman not wanting to settle for a mediocre existence, passionate about making life magical." She does just that, not only for herself but for others. I have relished and appreciated her writings, whether they be coursework, articles or of a personal nature, for quite some time. Without taking her eye off reality, she ponders the sacred, nurtures the dreamer, and is a weaver of magic. This book is about "realizing and bringing forth your own strength and potential that might have been lying dormant."

You are first encouraged to tune into your inner goddess, honour your intuition and embrace your emotions – the beginning steps on the goddess revolution road. There is practical work to be done: plug your power leaks by protecting your boundaries, un-choose limiting beliefs, and ensure there are resources in your goddess tool-box such as the Emotional Freedom Technique. (Lyn offers a free e-book, "Tapping the Goddess Within" on her website lynthurman.com).

Lyn's writing style is down-to-earth, with plenty of humour, common sense and encouragement. It won't be long before you feel that you know her, as though you could sit at her kitchen table while she helps you write out your shopping list for romance, or plan the "non-retreat" retreats so essential in this increasingly-busy world. She covers all of life, inside and out, from relationships to food, from money to your personal spiritual way. I highly recommend Lyn, as a writer and teacher, and urge you to follow her encouragements: listen to the beautiful wisdom of your soul, live each day with a sense of awe, and let your luminescent spirit emerge!

I met Fern at the Kamloops expo and learned she survived a head-on vehicle collision that changed her life. After four years of being in a vegetated state she travelled with her husband in their truck when she looked out the window and saw an orb floating beside the vehicle. She said, "I knew the orb was me, looking back at this drooling idiot, but how could there be two of me? How was I both parts of the it that was split in two?"

Both her divided selves could not accept the other, so Fern returns to academia to join the two halves and be one again. Fern attempts to repair her experience of division that exists between us all. A central passageway through time.

In an attempt to transform the imagery of her thoughts into words Fern says that both sides require a center-gate that operates the changing-realms of time. Which are so perfectly opposite that this opposition can be seen as equality.

Fern accomplishes this by clarifying divisions identity along with mathematical symbols $+$, $-$, \times , \div .

This part became confusing as I am not a logical person but I could see what she was attempting to figure out using mathematics. As she heals her distress about understanding how she feels split in two and wanting to whole she develops a formula, using unsolvable questions about Division of Zero and Multiplication by Zero. She concludes "In space time it is possible to travel both backwards and forwards in time; as we have seen, light travels to all points in space and time, connecting time past with time future, so that a beginning is simply another event in the hypersphere."

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