



**10th ANNUAL SPRING FESTIVAL
OF
AWARENESS**

**MARCH 20, 21, 22, 1987
HELD AT THE VILLAGE GREEN INN
VERNON B.C.**

new BEGINNINGS



unlimited
potential

Co-ordinators Message

Hello. Greetings and a warm welcome to all of you from the Organizing Committee of this year's Festival. This is a very special occasion and marks a milestone in the history of this event, the largest of its kind in North America. From its origins in the Kootenays, the Festival has grown to become a major cultural event, attended by participants from all across the continent. The size and popularity speak for themselves of the interest in self-awareness, but the size also provides special creative challenges for the organizers, not the least being the finding of a location suitable for accommodating so much activity.

We think you will agree that the Village Green Inn and the adjoining Tennis Centre fit the bill admirably. The transformation of the Tennis Centre into a Festival area presented a challenge which the committee found particularly stimulating.

The theme for this year's Festival, "New Beginnings - Unlimited Potential", seems very appropriate as we close out one decade of existence and begin a new one. The second part of the theme - "Unlimited Potential", is an invitation to you to tap into and unlock your own unlimited potential by selecting those workshops which will be most challenging and which will prove to be most fulfilling.

In addition to the lectures, seminars and workshops, throughout the weekend there will be display units, private psychic reading and consultations with a variety of specialists in such arts as Astrology, Tarot card reading and Channelling, as well as the sale of food supplements and arts and crafts.

Most of the lectures and workshops will take place in the convention rooms of the hotel. The Kids' Fest, and most of their workshops will take place in the Tennis Centre, as will the displays and private readings.

The Kids' Fest has been organized with special attention to the needs of your children. A variety of workshops will be presented specially designed for kids. These will range from creative visualization to a lip-synch contest, among others. There will also be a play area, supervised by the Vernon Parks and Recreation and the Boys and Girls Club. Baby-sitting will be available throughout the weekend at a nominal cost.

On behalf of the organizing committee I wish you a very enjoyable and fulfilling weekend.

Kay Brookes

REGISTRATION

The Registration Desk opens at 5 p.m. in the Main Ballroom. This will be for Friday evening only. Registration and Information Centre will then move to the Conference Room for the remainder of the weekend.

OPENING CEREMONIES

The Opening Ceremonies will begin on Friday at 7 p.m. in the Main Ballroom. This will include a variety of light entertainment to get the Festival off to a flying start, as well as the introduction of Workshop Leaders.

SATURDAY EVENING

Banquet at 6 p.m. followed by an exciting evening of entertainment and socializing.

CLOSING CEREMONIES

The Closing Ceremonies will commence on Sunday, at 5 p.m. in the Main Ballroom, and will end at 7 p.m. with Sufi dancing and singing directed by Daystar (Jiphi Sioux).

PLEASE CHECK FOR CHANGES IN THE PROGRAM WHEN YOU ARRIVE AT THE FESTIVAL

THE OKANAGAN SOCIETY FOR WHOLISTIC LIVING



This is a non-profit, non-proselytizing, interfaith learning centre, that offers facilities for physical, mental, emotional and spiritual therapies.

Our purpose is to create an atmosphere that will encourage individuals to achieve their highest potential in a friendly, nurturing and supportive environment with the accent being on self dependency and self growth.

THE CENTRE'S SERVICES INCLUDE:

- *Workshops and lectures on various aspects of wholistic living. Circle of Friends — a different workshop and workshop leader every Friday evening at 7:30 p.m., \$3.00. (\$2.00 members)
- *Ongoing courses in Yoga, Meditation, Dreamwork, Counselling and Self-development.
- **Course in Miracles' meeting every Monday evening at 8:00 p.m. and Wednesday morning at 9:30 a.m.
- *Rental space for workshops/meetings.
- *The Green Dollar Trading System
- *A Drop-in Centre, open every weekday from 12 - 4 p.m.
- *A self-help library of books and tapes.
- *A bi-monthly Newsletter and Calendar of upcoming events.
- *Networking information; on other New Age Centres, on workshops and workshop leaders in other areas, on wholistic practitioners and their different therapies and techniques.
- *Video evenings, monthly pot-luck gatherings and many other shared social activities.

FESTIVAL COMMITTEE

FESTIVAL CO-ORDINATOR.....	Kay Brookes
FRONT COVER DESIGN.....	Shaun Fowler
BACK COVER DESIGN.....	Petra Schwabe
PHYSICAL REALITIES.....	Shaun Fowler Greg Wery Mereille Bibeau
REGISTRATIONS.....	Pat Hancocks Ann Foss Carol Knopp Gerda Hancocks
KIDS FEST.....	Lori Fowler
WORKSHOP LEADER CO-ORDINATOR.....	Jo Venne
RECORDING SECRETARY.....	Frida Hoover
SECRETARY.....	Alannah Ireland
TREASURER.....	Joyce Powell
MAILING.....	Veronica Frith Nadia Goddard
ENTERTAINMENT.....	Terry Dyck
BABY SITTING.....	Lynida Wiffen
VOLUNTEER CO-ORDINATOR.....	Cecile Dumas Patrick Bayliss
HOTEL DECORATIONS.....	Hermina Henry

MEMBERSHIP

Membership in the Society entitles you to reduced rates on workshop fees and other events at The Centre, use of The Centre's facilities at a reduced rate, and the Newsletter mailed out to you every second month.

We encourage members to volunteer their creative ideas, energy, enthusiasm and skills.

Membership Application Form

THE OKANAGAN SOCIETY FOR WHOLISTIC LIVING

The Centre, Suite 104, 3304-32nd Avenue,
Vernon, B.C., V1T 2M6, (Tel. 542-6140)

Annual Dues

Individual Membership \$25.00

Family Membership \$40.00

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Telephone Number _____

Make all cheques or money orders payable to "The Okanagan Society for Wholistic Living". Thank you for your gifts and support.

New Dimensions Counselling & Consulting



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Human Relations Consultant



Carla Springborn, R.N., B.S.N.
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OR

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Vernon 545-4441

Salmon Arm 832-9889

SATURDAY MORNING

Sunrise ceremony at 6:45 a.m. in the Main Ballroom.

(Directed by Jo Venne).

Breakfast at 7:30 a.m.

SATURDAY MORNING

8:30 A.M. — 10:30 A.M.

NEW BIRTH — NEW DEATH — AND NEW IN BETWEEN

Room: Ballroom 1

Maximum Participants: 150

A practising medical doctor shares some reflections on the impact of sweeping social changes on the health professions, and on their involvement in the key events of the life cycle.

Warren Bell, M.D., Box 3458, Salmon Arm, B.C. V0E 2T0

THE SELF-IMAGE & OVERWEIGHT

Room: Selkirk

Maximum Participants:

This workshop is an inquiry into the physical, mental and emotional aspects of overweight. It is an invitation to begin to transform your image through hypnosis. It invites you to begin a structure for fulfilment - to give up that conversation which extra weight is, and to begin a new conversation for the ideal image - the ideal you.

Anne Carlucci, R.N., B.S.N., 9424 Jackson Ave., Brookfield, Illinois 60513

THE SHAMANIC JOURNEY

Room: Monashee

Maximum Participants:

Traditional shamanic practice is deeply rooted in the matrix of the healer's culture. As many of us trace our cultural seeds back to Europe and numerous other places around the world, we now need to plant these seeds in the rich cultural ground of North America that was prepared for us by hundreds of generations of people who lived here in ecological and spiritual harmony before us. This workshop provides a beginning for examining the spiritual ground in which our own seeds may now take root to grow into a new and vital force that may help to heal the Earth and all of us who depend on Her. We will allow ourselves to enter into the shamanic journey to catch a glimpse of the untapped potential that lies before us.

Dora Fitzgerald, B.A., M.S.W., R.S.W., 1973 W.1st Avenue, Vancouver, B.C. V6J 1G7

HEART OF THE RECEPTIVE: HEALING STONES

Room: 229

Maximum Participants:

Minerals are primary, universal, trans-planetary substances. They create a symphony of vibration whose basic quality forms a matrix for life. This workshop is designed to create a sense of relatedness with the Mineral Kingdom which includes crystal and non-crystalline forms. Informative discussion, shared experiences and guided meditation.

Mary Ellen Hodwitz, R.R.1, S-8, C-11, Tappen, B.C. VOE 2X0

I CHING

Room: Boardroom

Maximum Participants: 20

This experimental workshop is to help you explore the symbology of the I Ching, and your relationship to it.

Donald D. Carlson, Box 873, Spokane, Washington 99210

LET'S GET IT ALL TOGETHER

Room: Board Room II

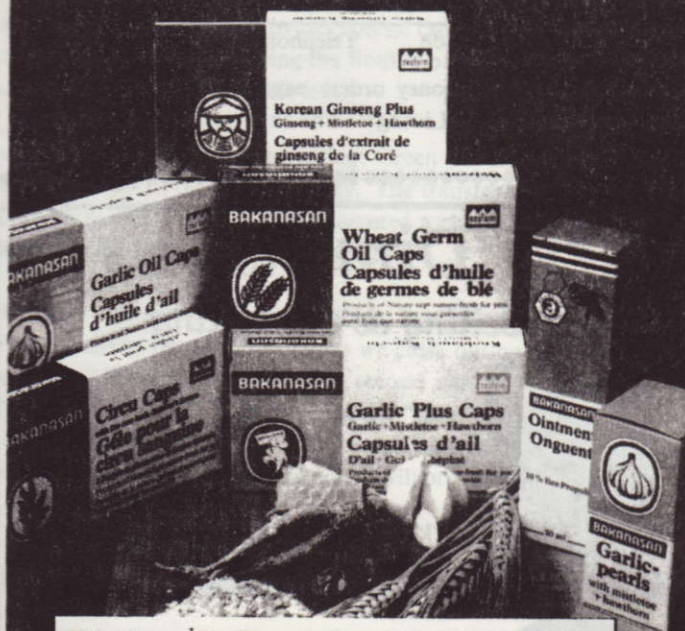
Maximum Participants: 60

What lies behind this new awareness movement? What is at the heart of this worldwide spiritual awakening? This workshop will present taped extracts of channeling received telepathically by a teacher from one of the highest dimensions, which will make it clear that there is a very real plan, and we are all co-creators in it.

Connie Dobie, Tela LaMer, Pat Hancocks

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ALL WORKSHOPS WILL BE ON A "FIRST COME FIRST SERVED" BASIS. PLEASE RESPECT SIGNS ON DOORS IF WORKSHOPS ARE FULL.

SATURDAY MORNING

10:30 A.M. - 12: NOON

PROSPERITY CONSCIOUSNESS

Room: Ballroom 1 Maximum Participants: 50
Prosperity Consciousness - "What is it? How do I get one?"
Developing prosperity means exploring the outer limits of what is possible for human beings. Lots of opportunity for interactions and questions.
Gabriel Sosienski, Box 131, Silverton, B.C. VOG 2B0

NEW AGE MUSIC FOR PERSONAL UNFOLDMENT

Room: 229 Maximum Participants:
Sound is a very powerful energy which, if used rightly, can bring great benefit to the listener. New Age music is a new way of using sound materials specifically to allow healing and uplifting to take place. Emphasis will be placed on listening to numerous examples of this new music and how to use it for personal growth.
Robin Henry, R.R.7, S-6, C-25, Vernon, B.C. V1T 7Z3

DENIAL OF SELF [THROUGH THE PROJECTION OF OTHERS WE LIMIT OURSELVES]

Room: Monashee 10:30 Maximum Participants:
We must take the action in our lives to understand ourselves. The projections of others are in our cellular structure and are the blockages that deny us our true inheritance.
Vivien Smith, 7739 Cedar St., Mission, B.C. V2V 3M6

THE JOURNEY WITHIN

Room: Ballroom 3 Maximum Participants: 25
A slide show presentation with music and narration based on the ancient Sumerian myth of Invana and Erish Kegal. A journey into the deepest part of the self.
Joan McIntyre, 1718 Victoria Dr., Vancouver, B.C. V5N 4J8

VISIT THE TENNIS CENTRE TO MEET INTERESTING PERSONALITIES, AND PERHAPS HAVE A PRIVATE CONSULTATION WITH THEM.

GETTING CLEAR - EXPANDING YOUR POTENTIAL

Room: Selkirk Maximum Participants:
Learn simple, practical, powerful creative visualization methods to realize more of your own true potential.
Chris Shirley, 535 West 10th Avenue, Vancouver, B.C. V5Z 1K9

SELF-HEALING

Room: 329 Maximum Participants:
This workshop is an introduction to: Shiatsu, Do'in, and Reflexology. There will also be open discussion and meditation.
Peter Harwood, S.S.1, S-6, Apt. 412, Elkford, B.C. VOB 1H0

1:30 P.M. - 3:30 P.M.

EMOTION - A WAY THROUGH

Room: Ballroom 1 Maximum Participants:
Freedom from control of our being by our emotions allows us to experience reality anew. We will look at the nature of emotion and suggest ways of making new beginnings in our personal freedom thus releasing the unlimited potential within.
Andy Schneider, Box 2269, Salmon Arm, B.C. VOE 2T0

IF YOU WISH TO RENT A DISPLAY SPACE AT THE FESTIVAL, PLEASE CONTACT THE CENTRE EARLY AT (604) 542-6140

A COURSE IN MIRACLES - NEW PERCEPTIONS AND UNLIMITED LOVE!

Room: Selkirk Maximum Participants:
This workshop will be an introduction to what has been considered one of the most important spiritual documents of this century - "A Course in Miracles". Included will be the fascinating story of how it came; what it is; what it says; and most importantly, what it does which is removing the blocks and limits we place on love. Please bring an open mind and a little willingness!
Tammie Wilson, Box 2234, Stn. R, Kelowna, B.C. V1X 4K6

BIOLOGICAL MEDICINE

Room: 329 Maximum Participants:
The mind, emotions, body and spirit and their inter-relatedness to health. Diet and herbal medicine will be discussed and there will be a slide presentation of various herbs.
Shanta McBain, R.R.1, Lumbv, B.C. VOE 1E6

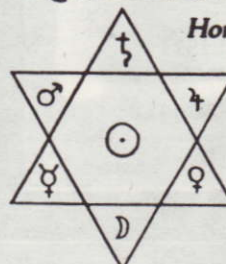
EXPLORING TRUE ACCEPTANCE

Room: Monashee Maximum Participants: 30
In this workshop we will look at the real meaning of acceptance, the releasing of denials and judgements, and explore ways of strengthening our "magnetic centre" where our true feelings are experienced. Let's learn together to love our whole Being.
Savalia Bailey and Doug Maxwell, R.R.1, S-3A, C-6, Tappen, B.C. V0E 2X0

REIKI - HEALING WITH UNIVERSAL LIFE ENERGY

Room: 529 Maximum Participants: 50
This introduction to Reiki will cover the history and practice of Reiki. Reiki heals the whole being - mentally, emotionally, spiritually as well as physically. There will be an opportunity for your questions.
Holly Sosienski, Box 131, Silverton, B.C. VOG 2B0

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SATURDAY AFTERNOON

3:30 P.M. - 5:00 P.M.

THE HEART OF THE MATTER

Room: Ballroom 1

Maximum Participants:

New beginnings to unlimited potential first occur within. Journey inside to touch new wellsprings of inspiration; journey outward into personal, community, and global realms to apply these insights.

Peter Duryea, Box 23, Gray Creek, B.C. VOB 1S0

CREATIVE DANCE

Room: Vernon Dance Studio

Maximum Participants: 12

An opportunity to discover your creative movement potential and to share it in a group. Preparation of the body: relaxation, stretching, alignment, flexibility, balance. Dance improvisation. Wear loose-fitting clothing.

Irmi Von Hansen, 12310 Kalavista Dr., Vernon, B.C. V1B 1K5

BE A CHILD FOR A WHILE - take in one of the kids' workshops.



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PHYSICAL AND MENTAL ALCHEMY

Room: 229

Maximum Participants:

This workshop will explain the intertwining of physical and mental alchemy; the Cabala and astrology in our daily lives.

John Lillace, Box 2320, Salmon Arm, B.C. VOE 2T0

OVERCOMING SPIRITUAL REJECTION

Room: 329

Maximum Participants:

This workshop is designed for women and men who want to recover from repressive religious dogma and the void created by its rejection, as well as, welcome forth their spiritual self. This workshop is intended as an aid in the understanding of what has come in the way of being whole in body, mind and SPIRIT.

Mary E. Reay, Box 1137, Kelowna, B.C. V1Y 2K4

Jan Schumacher, Box 1242, Vernon, B.C. V1T 6N6

REGRESSION: AN AID TO INNER GROWTH

Room: Monashee

Maximum Participants:

This workshop will explore the possibility of linking to other lifetimes and how to use these experiences for growth. Short regression included.

Anne Foss, 12505 Kidston Rd., Vernon, B.C. V1B 1Z4



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SUNDAY MORNING

Sunrise ceremony at 6:45 a.m. in the Main Ballroom. Directed by Vivien Smith
Breakfast at 7:30 a.m.

SUNDAY MORNING

8:30 A.M. - 10:30 A.M.

MEDITATION-THE KEY TO SPIRITUAL ADVENTURES

Room: Ballroom 1

Maximum Participants:

Showing the one second step to meditation and how to use it to develop spiritual development in healing, trance, past lives etc., and to control our emotions. Demonstration of working in trance.

Peter Morris, 4643 Watling St., Burnaby, B.C. V5J 1W2

WILD PLANT IDENTIFICATION-NATURE WALK

Meet at registration desk

Maximum Participants:

We will go on a nature walk through a wild park and in the process identify a natural harvest of edible and medicinal plants common to the local area. In the tradition of the Native Indians we shall walk lightly on the earth....

Nekiah Klein, #4, 1904-39 Ave., Vernon, B.C. V1T 3A8

TIBETAN MAHAYANA BUDDHIST MEDITATION

Room: 229

Maximum Participants:

An introduction to the Bodhisattva's path and to the practice of the Six Perfections; the purpose and practical benefits of meditation. We will meditate.

Zena Ursuliak, Box 81, Winlaw, B.C. VOG 2JO

THE POTENTIAL OF LEAVING THE BODY

Room: Monashee

Maximum Participants:

This will be an informal discussion and sharing on the nature of Out-Of-Body Experiences. The discussion will be followed by an experiential exercise in the form of (a guided imagery.)

Jo Venne, 10205 Venables Dr., Vernon, B.C. V1B 2K4

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IN THE MAIN BALLROOM

TERRA: A STOP ON THE ROAD LESS TRAVELLED

Room: Selkirk

Maximum Participants:

What is life all about? Are we really walking (or running) on a treadmill to Armageddon? A traveller's guide to these times on Planet Earth.

Harry Jukes, Box 251, Robson, B.C. VOG 1XO

BEGINNING CRYSTALONOMY

Room: Board Room

Maximum Participants:

For those who feel drawn to carry, give and think about crystals but are not sure what to do with them. There will be a variety of applications presented. We will be addressing the properties of natural quartz and it is imperative to bring your favorite crystal along to the workshop.

Terry J. Harris, #107, 3505-38 St., Vernon, B.C. V1T 6X8

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SUNDAY MORNING

10:30 A.M. - 12: NOON

OPENING OF THE HEART

Room: Ballroom 1

Maximum Participants:

This workshop offers singing, trance channelling, and healing meditation designed to open the heart to the Christ within. Dawn Macaskill is the Channel for Ananda. Ananda is emerging Christ Consciousness, and also Dawn's unique link with that consciousness.

Dawn Macaskill, 6404 Rodolph Rd., Victoria, B.C. V8Z 5W1

ENERGY MEDICINE - THE CHINESE HEALING ARTS

Room: Selkirk

Maximum Participants: 40

The ancient and venerable Chinese medical arts of diagnosis by pulse and tongue examination and treatment by acupuncture, moxibustion, plum-blossom and massage will be discussed and demonstrated.

Neil McKinney, N.D., RM. 206, 2910-30th Ave., Vernon, B.C. V1T 2B7

FREEING THE MAGNIFICENT YOU

Room: Board Room

Maximum Participants:

Nothing beats experience! We have all probably read the books, but what do we know? Just more theories and Beliefs? Let's explore a world beyond belief!

David Barnes, Box 644, Kamloops, B.C. V2C 5L7

LEARNING FORGIVENESS FOR BETTER HEALTH AND INNER PEACE

Room: 229

Maximum Participants: 12

Holding a grudge or resentment toward another person or ourselves ends up in two places: in our physical body and in our mind. This keeps us stuck in the past and poisoning our aliveness. The degree that we can forgive in our lives will determine how much love we can feel. We forgive for ourselves. Lecture, discussion and exercises.

Vicki Allen, Box 104, Silverton, B.C. VOG 2B0

OUR ROLE AS CO-CREATORS OF HEAVEN

Room: 329

Maximum Participants: 50

Experiences in our lives are there because of the way we think - both our successes and our failures. When we accept and settle for less we are not experiencing our full potential. This workshop is for participants to receive a greater understanding of the universal law, "Thought is Creative."

Bradley Harrison, 1687 Scott Cres., Kelowna, B.C. V1Z 2B5

DANCES OF UNIVERSAL PEACE

Room: Monashee

Maximum Participants:

The Dances of Universal Peace are Meditations-in-Movement developed by Murshid Samuel Lewis. Using sacred phrases from throughout the world, these dances lead to joy, heart-awakening, and spiritual unfoldment. Simple to learn. Beginners welcome.

DayStar, R.R.1, Winlaw, B.C. VOG 2J0

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SUNDAY AFTERNOON

1:30 P.M. - 3:00 P.M.

CREATING THE NEW YOU THROUGH INNER TRANSFORMATION

Room: Ballroom 1 Maximum Participants:
We will learn to use "inner vision", and the ability to move and transform old energies and thoughtforms into "who we really want to be."

Raphael Wynant, D.D., Ph.D., #124, 1164 Bishop St.,
Honolulu, HI 96813

DREAMWORK - THE INNER QUEST

Room: Board Room Maximum Participants:
Sages throughout history have told us we have within ourselves a source of great wisdom, creativity and energy. By paying attention to and regularly working with our dreams, we can touch this source and integrate it into our conscious awareness. We shall learn to work with our dreams using Jungian, Senoi, Ancient Greek and Yogia techniques with a special emphasis on Dream Incubation and Lucid Dreaming.

Marya Milligan, 8604 Kalview Dr., Vernon, B.C. V1B 1X1

TONING - RELEASING BLOCKAGES TO TAP UNLIMITED POTENTIAL

Room: Selkirk Maximum Participants:
Toning is releasing the natural sound of the body, which becomes spontaneous and is without conscious direction. The sound produced releases pent-up energy or debris, which has a negative vibration. When this is released, the physical body feels peaceful and cleansed. Sound is inner dimensional, so toning is a perfect vehicle to lift consciousness from the analytical to the intuitive faculty, and bring you into the flow of your own unlimited potential. In this workshop, toning will be combined with creative movement.

Joseph Duggan, P.O. Box 295, Stn. A, Vancouver, B.C. V6C 2M7

MEDITATION

REMEMBER WHO YOU REALLY ARE

Room: Ballroom 1 Maximum Participants:
This workshop is a journey into past life events that form some of our most negative core beliefs - core beliefs that we keep alive by recreating similar situations that cause us pain. I will assist you in letting go of these self-destructive patterns. This freeing process will help us to experience ourselves again as the love and light that we really are. This gentle process works without hypnosis and requires only willingness to experience on your part.

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BEGINNING TO UNDERSTAND ANCIENT WISDOM

Room: 229 Maximum Participants:
Prophecies and teachings from the past looked at in the now and applied to the future.

Grey Wolf, Box 3653, Castlegar, B.C. V1N 3W4

ON EARTH AS IT IS IN HEAVEN

Room: Monashee Maximum Participants:
Our relationships and the quality of our consciousness have a **direct** effect on our health and on the health of our culture. We are Energy, exchanging thought and substance; our individual identities in constant flux, ceaselessly changing. The simple, but powerful discipline introduced here can accelerate healing on both personal and planetary levels.

Lynne Mundel, R.N., 2420 Parkview Dr., Kamloops, B.C. V2B 7J1

WORKSHOP LEADERS' FORUM

Room: Ballroom 3 Maximum Participants: 50
Offered at the Festival for the first time last year, this meta-workshop is an opportunity for current and prospective workshop leaders to talk shop. Broadly interactive, last year's topics were advertising effectively; starting; making breakthroughs when you are in a rut; reaching out to the establishment(s); handling disruptive participants; getting comfortable with selling yourself; the impact of extensive travel on primary relationships; going international.

Gabriel Sosienski, Box 131, Silverton, B.C. VOG 2B0

PLEASE BRING DRIED FLOWERS
FOR THE KIDS' FEST

3:15 P.M. - 4:45 P.M.

MASTER KEYS

Room: Selkirk Maximum Participants:
This workshop offers techniques in purification, transmutation, transformation, and protection, to help you open the doors to your full potential and to a new understanding of the infinity of your Being.

Marsha K. Warman, 560 Rutland Rd. N., Kelowna, B.C. V1X 3B4

RIDING THE WAVES

Room: Board Room Maximum Participants: 21
Learn to expand your awareness through hemispheric synchronization. This is a process utilizing discrepant sound frequencies to synchronize the brain wave patterns of the left and right hemispheres.

Shelley Gabriele Wichert, 402-4th St., Castlegar, B.C. V1N 2B8

NEED A LITTLE QUIET TIME TO DIGEST ALL YOU'VE LEARNED? A MEDITATION ROOM IS AVAILABLE -

1:30 p.m. - 3:00 p.m. Sat. - Board Room

1:30 p.m. - 3:00 p.m. Sun. - Room 329

DON'T MISS THE FESTIVITIES
IN THE TENNIS CENTRE

The Village Green INN

ROOM RATES: \$47.00 Single & 7% tax (1 person)
\$51.00 Double & 7% tax (2 persons)

For Reservations

Call Toll Free 1-800-663-4433 or (604) 542-3321

MEALS

The staff at the Village Green Inn will be serving a special Vegetarian style buffet.

The meals can be bought individually or as a meal package but all meals must be ordered in advance [when you pre-register]. You will not be able to purchase meals from the buffet at the time of the Festival.

Menu:

Saturday, March 21

Breakfast at 7:30 a.m.: Fruit, Granola, Yogurt, Hot cereal, Muffins, Scrambled eggs, Hash Browns, Beverages.

Lunch at 12:00 p.m.: Vegetable Soup, Cheese & Asparagus Quiche, Whole Wheat Rolls, Variety of Salads, Pumpkin Squares and Beverages.

Dinner at 5:00 p.m.: Borscht with Sour Cream, Mushroom Stew, Eggplant Casserole, Curried Eggs with Potato & Vegetable, Stuffed Baked Potato, Brown Rice, Stir Fry Vegetable with Tofu, variety of Salads, Hot Apple Crepes, Fresh Fruit Tray and Beverages.

Sunday, March 22

Breakfast at 7:30 a.m.: Same Menu as Saturday.

Lunch at 12:00 p.m.: Tomato Noodle Soup, Baked Tofu & Spinach Lasagne, Variety of Salads, Carrot Cake and Beverages.

We hope you'll enjoy the fine dishes, prepared by the staff at the Village Green Inn, especially for the Festival. We have tried to keep their prices as low as possible:

Cost of a meal package: \$30.00 per adult, \$22.25 per child.

Packages includes: Saturday breakfast, lunch, and dinner.
*Sunday breakfast and lunch.

Meals bought individually:

Breakfast \$4.95 [\$3.50 child]
Lunch \$5.75 [\$4.25 child]
Dinner \$8.95 [\$6.75 child]

4801-27th Street, Vernon, B.C. V1T 4Z1

SUNDAY AFTERNOON 3:15 P.M. - 4:45 P.M.

PREPARING FOR THE FUTURE

Room: 229

Maximum Participants:

Awareness, food storage, and other preparations for coming changes.

Yarrow Alpine, Box 853, Salmon Arm, B.C. VOE 2T0

EXPERIENCING THE VOICE

Room: Board Room

Maximum Participants:

Experiencing the voice for release, for relaxation, for healing, for the creative process - new beginnings of awareness for a tool that is a part of our physical being, as we open ourselves to this channel of creative power.

Celeste Crowley, 37 View St., Nelson, B.C. V1L 2V3

THE HEART OF THE PROBLEM - TOWARD A POSITIVE ECONOMIC FUTURE

Room: Monashee

Maximum Participants:

Governments have relinquished the privilege of issuing and controlling the nation's money to a small group of international megabankers. The world is adrift in an ocean of debt that is ripping social structures apart and making all previous economic strategies obsolete. We shall explore some creative, innovative approaches to monetary reform including Green Dollars, Guernsey's Debt-Free Currency, Mondragon Cooperatives and the growing U.S. movement "Honest Money for America".

Dennis Milligan, 8604 Kalview Drive, Vernon, B.C. V1B 1X1



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KIDS FEST ACTIVITIES

CHILDREN AGE 7 & UP

SATURDAY - 8:30-10am

"LIGHT A LITTLE CANDLE IN MY HEART"
 Family fun activities, enhancing joy and creative communication. A participatory workshop for parents & children exploring creative visualization, body movement and singing. Come with a child or be one!
 Owen Schwartz, M.D. & Lindi Schwartz
 3-9, C-23, R.R. 8 Vernon, B.C.

10:30am - 12 pm

"ASTROLOGY FOR KIDS"
 Astrology is an amazing science that can help us understand why we think & feel & act the way we do. In this workshop we will discover all sorts of exciting & important things about ourselves!
 Nekiah, 4-1904 39th Ave., Vernon, B.C.

☺☺☺☺☺ **LUNCH** ☺☺☺☺☺☺☺☺

1:30 - 2:30 pm

"I AM A MEDICINE WHEEL"
 (Maximum participants: 10)
 An experiential game through which we can share the teachings of the medicine wheel as it speaks to us.
 Dora Fitzgerald, B.A., M.S.W., R.S.W.
 1973 W. 15th Ave., Vancouver, B.C.

3:00 - 5:30 pm

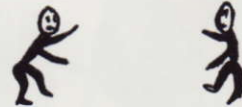
"FAR-OUT FASHION SHOW"
 Bring your **WILDEST** duds, **CRAZIEST** hats, and **FUNNIEST** shoes & enter our fashion show! Prizes awarded for the **KOOKIEST** outfits ~ both boys and girls! Please enter now by sending us your name and address to:
 KIDSFEST FASHION SHOW,
 % THE CENTRE,
 3304 32nd AVE.
 VERNON, B.C. V1T 2M6

SUNDAY - 8:30 - 9:30 am

"GUIDED IMAGERY AND DRAWING"
 An experiential workshop - come and have fun with your imagination!
 Donald Carlson - P.O. Box 873, Spokane, Wash.

10:00 am - 12 pm

"TAI CHI AND THE TAO OF DANCE"
 This will be an opportunity to re-discover a fresh and innovative expression of the oriental art of Tai Chi as it flows, changes and bends in a creative dance. (For adults Hajime Harold Naka & Heather Jaeger too!)
 1906 Pandosy, #302, Kelowna, B.C.



☺☺☺☺☺ **LUNCH** ☺☺☺☺☺☺☺☺

1:30 - 2:30 pm

"CRYSTALS AND KIDS"
 Come and explore the world of crystals and find out their practical applications.
 Terry Harris, 3505 38th St. #107, Vernon, B.C.

* ♪ * ♪ * 3:00 - 5:00 pm * ♪ * ♪ *
"KIDSFEST LIP-SYNCH CONTEST"

Hey Superstars! "Sing" and dance to your favourite tune and you could win one of three great prizes. Just bring a tape of the music you wish to perform to, ready to play. Please enter right away by sending us your name, address & song you will be performing ~ and we will try to assist you in any way. Address entry to:
 KIDSFEST LIP-SYNCH CONTEST,
 % THE CENTRE,
 3304 32nd AVE,
 VERNON, B.C. V1T 2M6

AND... THERE WILL BE MANY MORE: **FUN** HAPPENINGS TOO!

FOR CHILDREN AGE 4 to 7 ~ There will be an ongoing program which includes storytelling, singing, creative movement, face-painting and MORE!

SEE YOU THERE!



BE