



Craniosacral therapy practitioner Brenda Courtemanche demonstrates her craft at SunFest, short for Sunapee Holistic Health and Sustainability Festival, Saturday morning at Mount Sunapee State Park. MARTY MCAULIFF/Staff

## Having fun at SunFest



At left, Cell-Nique President Dan Ratner, right, listens to friend and business partner Gordon M. Weinberger talk about their product and the health conscious people of the Sunapee region. Samples of a variety of Cell-Nique beverages were available at SunFest. Above, civics educator and OreoMobile driver Aaron Rubin gets a laugh when Sarah Vogel and Brandy Ward examine one of the over-sized confection replicas used to demonstrate Pentagon budget waste. MARTY MCAULIFF/Staff

## Holistic event features local practitioners, products

NEWBURY — The SunFest, a reincarnation of the popular woman's night out called What Women Want, took place last Saturday at Mount Sunapee's Spruce Lodge, and its adjacent outside areas.

The SunFest, short for Sunapee Holistic Health and Sustainability Festival, hosted a plethora of educational workshops, speakers from the region, vendors, and live music sponsored by the Sunapee Community CoffeeHouse.

The SunFest focused on six aspects: Healthy and healing modalities with practitioners on-site; energy sustainability issues; nature-based activities; speakers; live folk and world music; vendors of local, regional products and international fair-trade product from South America and Africa, as well as non-profit organizations promoting sustainable and healthy living.

The idea for the event germinated from holistic health practitioner Jane King of New London, who wanted to do a small holistic health fair in New London, and brought her idea to friends, massage therapist Becky Bowles, and Lois Knapton. When organizers of New London's Hospital Day turned down the idea, the two realized an opportunity existed to build upon the ideas and success of What Women Want, whose organizers decided to discontinue the project in 2005. The duo contacted the for-

mer organizers of the popular event, asking for tips. They were rewarded for their inquiry when the founder handed over the organizing documents, vendor layouts and ideas sheets.

The founder mentioned that they had been approached by a number of parties, but this was the first idea worthy of their tutelage.

King later decided to bow out when the project's scope was growing larger than she originally envisioned. Bowles and Knapton started looking for sponsors, such as local parent teacher organizations and other non-profits with a progressive bent.

The women approached Mountain Spirit Institute's board of directors who enthusiastically agreed to be a partial sponsor. When no other sponsors came forward, Mountain Spirit Institute, an experientially based non-profit educational organization, agreed to be the sole sponsor and underwriter of the event.

Practitioners offered massage, yoga, craniosacral therapy and acupuncture. A solar-voltaic company, someone speaking about bio-diesel technology as well as the New Hampshire Sustainable Energy Association will be presenting and having vendor booths.

Nature-based activities included a mini "solo," primitive outdoor skills such as bow-drill fire making, children's nature walk, and a

### Health and healing

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5. Live folk and world music
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ke through Mt. Sunapee's old growth forest. Other activities included Kathy Lowe performing music for children, understanding Yurt structures (which will house the speakers), and live music in the form of a mini - CoffeeHouse tting.

Some of the speakers scheduled throughout the day included New Hampshire Peace Action executive director Ann Miller; New Hampshire

Sustainability Association directors Laura and Gill Richardson; former Vermont State Sen. Ben Plashnik; Jane King, graduate of The Barbara Brennan School; Paul Deerfoot Weeden, orator and past president of the Pakanoket Tribe of Native Americans, a descendant of the Chief Massasoit and the Mayflower, speaking on the native perspective on sustainability and health in today's world.

Some of the vendors attending were Outward Bound, USA, 14 Carrots Health Food Coop, Amazon Herbs of Manchester Vt., Global Resource Options, Coop America's Rowe Center, Widdershins store of Tilton, Northeast Organic Farmers Association of New Hampshire, Circulo de Mujeres, an international network of women weavers, and the Guild Institute of Guild, whose focus is a long-term sustainable economy for the area.

The SunFest was the fund-raiser for Mountain Spirit Institute's Annual Fund. All proceeds will go to enrich its educational and scholarship programs aimed furthering the mission of the organization, expanding the consciousness of cultural diversity and living sustainably on the earth, and a portion of MSI's operating expenses.

Mountain Spirit Institute is a federally recognized 501-c-3 Educational non-profit.