

Wellness Weekend a new annual tradition

Beth Gerow

"La Pêche's first Wellness Weekend was a great success," said organizer Destiny Broom.

The weekend's celebrations began with a Cajun Ceilidh dance for young and old Friday evening, May 14 at the Rupert Community Center. The dance featuring live music by Godknowswhat (Brian Sanderson, Denis Drouin, Bruce Cawdron and Peter Andree) with special guest Tina Therrien, who first offered a kids' dance. Tom Calwell and Myra Hirschberg then led waltz and cajun two step lessons, and much dancing ensued.

Saturday May 15 was the Annual Fair Trade Fair in Wakefield. Organizer and Fair Trade Committee spearhead Anne Winship described the event as a blur of activity, animated by lively music by Claude LaChaine, Jan and Jon Purcell and Nathan Curry, as well as DJ Trevor Greenway.

In November 2007, Wakefield/La Pêche became the first certified Fair Trade Town in Quebec, and only the second in the country, with the support of La Pêche council. Now there are over twenty fair trade communities underway in Canada. "Fair trade" pro-

motes fair pay and conditions, and sustainability for front-line growers and producers of products, such as coffee, chocolate, tea, bananas and sugar in tropical regions. The designation can also be applied meaningfully to local agricultural and other producers. They provide foods and products of excellent quality, which is not always recognized financially due to the pressure of competing with mass-produced items. Saturday's event featured local vendors and kids' events, as well as the Wakefield Players making liver pie with a blender.

Sunday May 16 was the day thirty practitioners and presenters, as well as 150 visitors congregated at the Rupert Community Hall for the Wellness



Gathering. When she began organizing the event, Destiny Broom's intention was "to give the public a chance to see and experience the types of care offered by the numerous health promoting and healing practitioners in the area. Did it

work? Yes," according to Ms Broom, who said it was great to see people enjoying and taking in various kinds of body work, movement and creative expression. "This was a chance to see who is in our community; an interesting and practical opportunity for people to network, and realize they have choices of support, right here in the area, for their own well-being."

Anne Winship and Jay Sinha, both on the Fair Trade Committee, are decked out as props while Neida Gonzales, dish library organizer, reads a dedication to the official launch of the community dish lending library.

PHOTOS: ALISE MARLANE



Chantal Plamondon stretching at the Wellness Weekend