



Canada Post	Postes Canada Port payé
THIRD CLASS BULK RATE	Troisième classe BUL
SHELBURNE LON 150	

OR OCCUPANT



COME TO GROW AT RAINBOW

JULY

1
2
3



ALTERNATIVE

ENERGY · FOOD · SHELTER

SOLAR

ASSIST in constructing a solar water heater (to be auctioned off) with the designer-builder of 10 Canadian solar homes sold at competitive prices. Stay abreast of the very latest in solar home design, construction, hardware with NICK NICHOLSON. BE AMAZED at the practical possibilities of passive solar heating with ideas and methods from GREG ALLEN of Amherst Renewable Energies.

CONSTRUCT an extremely efficient air or water solar collector design with DOUG HART of Watershed Systems.

CLEAR-UP any solar confusion with a fast-paced solar overview for beginners with DICK HOPKINS.

ORGANIC FARMING

WEED-OUT the practical from the impractical popular notions of organic farming and gardening with ALVIN FELSINGER of Felsinger's Natural Foods and Farm.

WOODSTOVES

STOKE UP a conversation with any one of the many woodstove manufacturers who will be glad to answer your questions about the efficient new airtight designs.

LOG BUILDING

VISIT the most beautiful log homes in Canada via a colour slide show and see a live demonstration of the methods with P.T. WOLFE.

BEHOLD a fascinating demonstration of log building skills (chinkless) JOHN MACDONALD of Servical I.

HERBS

CULTIVATE an understanding of the growth and care of herbs with the experience of WALTER RICHTER of Otto Richter & Sons.

BENEFIT from finding out the healthy advantages to using herbs as demonstrated by RACHEL McLEOD of Kilm Farm.

GATHER a knowledge of the identification and preparation of foraged herbs from ALLISON BRIGDON.

NATURAL PEST CONTROL

PESTER a chemical company by learning the ins and outs of natural methods of garden pest control from DR. STUART HILL of McGill Univ.

POST-BEAM

CONSIDER the feasibility of a super insulated post-and-beam solar heated home owner built and designed by JOSEPH SOMFAY, Architect.

HOMESTEAD DESIGN

CONSULT on homestead site selection, planning, improvements; building design, renovation, solar heating with DREUP, KANTOR, WHITE - Designers and Builders.

SPECTACLE

THE GREATEST GROW ON EARTH IS THE DEFINITIVE EVENT OF ITS KIND
3 DAYS 3 RINGS

TRADE EXPOSITION

The very latest alternative hardware, services, appropriate technology

DEMONSTRATIONS

SEE a wind generator operating power tools. HEAR pedal-powered stereo music. FEEL the warmth of the solar heated shower. TASTE the goodness of tasty natural foods.

CONSULTATIONS

Scheduled opportunities to consult with the speakers about your needs.

WORKSHOPS

limited sized groups geared to doing and guided by top people in their fields

CAMPING

RAINBOW PARK is a beautiful 100 acre campground with complete facilities

SATURDAY NIGHT HOEDOWN

SQUARE DANCE TO THE HOT LICKS OF
HUMBER RIVER VALLEY BOYS



THE WHILOM STRINGBAND



SUNDAY EVE CONCERT

CIRCUS ANONYMOUS | HOWARD LENDE | TONY MOLESWORTH
traditional circus skills | engaging mime artist | ventriloquist & clown

all primary events of the GROW will be under roof and huge tents



WEATHER OR NOT

Reserve now. Limited number of campsites.

ATOMIC

REACT to a fascinating examination and debate on the question of atomic energy between an Ontario Hydro spokesman and leading opponents to atomic energy in Canada.

GOOD NUTRITION

PRESCRIBE a good dose of saner living to yourself with nutritive info on a healthier diet by DR. JOHN YIAMOULIANNIS, Scientific Director - National Health Federation.

WETTER AND DRIER

DIGEST some very pertinent information concerning the small scale production of methane gas by someone designing and building one for farm use. A. VOS of A-B Farms.

PEDAL POWER

GEAR UP for an exhilarating pedal power demonstration wired for sound and powered by you!

BIODYNAMIC FARMING

REAP some of the vast amounts of proven biodynamic methods as demonstrated by PETER ESCHER of the Pfeiffer Institute of Biodynamics.

WIND

SEE a rebuilt Jacobs wind generator powering 32 volt power tools in a demonstration by DAVID SIMMS. PROPEL your plans for home wind and solar energy with input from IOE UMANETZ.

GAUGE what's blowing in the wind with a realistic viewpoint on commercial wind generators with PHIL COULTER of AGRICAD LTD.

GREENHOUSE

CLARIFY to yourself the bountiful possibilities of greenhouse design using passive solar heating, hydroponics, aquaculture with HELMUT JULIANNO of Twin Valley School.

SPROUTING

LEARN the health and cost advantages of sprouting seeds instead of buying overpriced lettuce with MARGARET HESS.

SLIDE SHOWS

REFLECT on the applications of renewable energy across Canada with the National Research Council's official documentary slide show by JIM COLLINS of the Canadian Renewable Energy Foundation.

CATCH a guided tour via slides through the Canadian solar homes visited and documented by SUN BUILDERS authors Bob Argue and Steve Graham.

MOVIES

Come for the day or camp the whole weekend. For information, reservations or tickets, please:

GIVE US A RING: 510-925-3551 OR DROP US A LINE: RAINBOW, SHELBOURNE, ONT. L0N 1S0

WEEKEND ADMISSION FEE:

ADVANCE ADULT WEEKEND FEE: \$15 INCLUDES
ALL PROGRAMS, 3 BREAKFASTS,
CAMPING, ENTERTAINMENT,
PARKING. \$20 AT GATE.
CHILDREN: 5-10 YEARS,
\$5 ADV, \$7 AT GATE.
10-15 YEARS,
\$10 ADV,
\$15 AT GATE.

DAILY ADMISSION FEE:

ADVANCE ADULT DAILY: \$4 AT GATE: \$5
JULY 1, 2, 3 MRS: 10 A.M. - 10 P.M.
CHILDREN: 5-10 YEARS,
\$1 ADV \$2 AT GATE,
10-15 YRS,
\$2 ADV
\$3 AT GATE.



FOLLOW HWY SIGNS TO RAINBOW PARK, 3 KM OFF HWYS 10, 24 OR 89

SHELBOURNE ONT.



INFORMATION SHEET



In order to bring the weekend participants together in a close-knit short term community the camping sites will be small circles of six to ten sites. A small multi-purpose campfire can then be shared by all in the circle which will serve as an intimate centering point for friendships new and old as well as conserve a huge amount of firewood. Many of the developed campsites which are not suitable for this circular arrangement will be available to those who for one reason or another require privacy, running water, or electricity. Groups may reserve complete circles if they wish. *Campers are invited and urged to arrive Friday, set up, and get ready for a stimulating and entertaining weekend.*

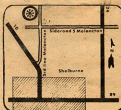
FOOD will be exciting, mouth-watering as well as nourishing. The food concessions will offer everything from veggie-burgers and nitrate-free hot dogs on a whole wheat bun to fresh salad delicacies. Free breakfasts are included with the weekend admission fee.

For campers and those who wish to prepare their own meals, the grocery store will sell very reasonably priced foods such as farm eggs, milk, yogurt, cheese, bread, nuts and dried fruits, granola, brown rice, peanut butter, honey, tinned fish, produce, etc.

In conjunction with our celebration we are offering extremely good deals on our complete line of efficient woodstoves including Fisher, Lakewood, Tempwood, Jotul, Ashley, Church, Valley Comfort, Wood Chief. Lowest prices guaranteed. Call ahead for availability.

SITE: Rainbow Park is a rolling 100 acre site of interspersed woods and meadows 5 miles west of the Niagara Escarpment near Shelburne, Ont. It is a licensed private campground with serviced campsites, toilets, showers, pond, stream, trails and the large spring-fed Rainbow fountains for getting wet. Additional facilities for the weekend will include food concessions, a natural foods grocery for store, and a bookstore.

PARKING will be available in a separate area. It is our intention to have no vehicular traffic through the camping and event areas of the Grow during the weekend. Vehicles will be permitted to enter camping areas between 8 and 9 a.m. only or by special permission.



RAINBOW PARK, site of the GROW, is only 3 km to any one of three provincial highways: HWY. 10, HWY. 24, HWY. 89. Watch for colorful RAINBOW PARK signs.



Shelburne, Ontario is only 100 km North-Northwest of TORONTO, 80 km from GUELPH, 65 km from BARRIE, 110 km from HAMILTON, 40 km from COLLINGWOOD.

