

The Wellspring

APPALACHIAN DOWSERS

FEBRUARY 2009

PETER CALHOUN will speak on Shamanism and Your Connection to Earth



Peter Calhoun

For thirty years Peter Calhoun has been inspiring, guiding, and teaching people how to re-establish their connection with the earth and reclaim their Spiritual Powers. He has helped facilitate the transformation of people to experience wholeness, unity, joy, and love through personal experiences with the Infinite Divine. A former Episcopal Priest, Peter has mastered the secrets of ancient shamanism, as well as many of the spiritual powers that eastern traditions refer to as siddhis; powers which are latent within all of us.

Peter is based in the Knoxville area and teaches throughout the US and Canada. He conducts vision quests each year in the spring. His book is entitled *Soul on Fire: A Transformational Journey from Priest to Shaman*.

Christine Northrop MD says, "Peter Calhoun is the real deal, a 21st century Carlos Castaneda."

Please join us for a meeting that is sure to be awesome and inspiring.

February Chapter Meeting

Saturday, February 21, 2009

1 pm – 4 pm

Registration starting at 12:00

Members \$3 (free if joined or renewed at the \$25 level)

Nonmembers \$8

Other meeting details and directions: page 5

The meeting will be preceded by our basic dowsing class at 12:15, for those interested in hands-on instruction. The class will be indoors unless the weather is warm enough to go outside.

New meeting location and times

In 2009 chapter meetings will take place at

Unity Center in Mills River, NC—see directions on page 5

We are going to try an afternoon format, with no pot luck lunch. There will be a short break in the middle of the program. If the membership prefers this new arrangement we will make it permanent.

President's Corner

This could be a good time

By Paul Bennett

I am honored to be the new President, following in the large footsteps of Richard Crutchfield, who goes back to the days when the Chapter founders were still around. I am a relative newcomer, being a member for only three years. Before coming to Asheville I attended the 2005 ASD national conference in Vermont, and met Grace Maxwell there. After moving here I came across Grace again at a talk given by Dr. Emoto in Asheville, and she invited me to come to the next dowser meeting.

I have degrees in electrical engineering (Cornell), mathematics and education. I was rebellious in the sixties. After "dropping out" in 1969 and wandering in the desert for a while, I worked briefly in the Physics Dept. at the University of Massachusetts, then became an independent computer programmer. In 1969 I started a small scientific instrumentation business with my son who was newly graduated from Case. Around 2003 I stopped making analyzers but kept the software development end of the business which continues today on an occasional basis. I became interested in things metaphysical around 1975. I have been a dowser since 2003, interested mainly in earth energies and energies created through human intent. One of my special interests is music theory and how it relates to sacred geometry.

So many scientific terms are being brought into metaphysical discussions now, and often they are bandied about loosely without respect for, and understanding of, their real meanings. If we are going to use the language of science, it must be done so correctly, otherwise credibility is lost. One of my roles is to try to keep these discussions valid.

What a year of contrasts 2008 was. Hope in the form of a historic presidential election, frustration from gas shortages and despair from a crisis in the economy. Writing in the newsletter a year ago about pendulum dowsing, I used as an example the question: is it likely that there will be an economic collapse within the next two years? I should have mentioned that when I actually asked that question, the answer was yes. As dowsers we have an inside track to guidance that will help us get through the difficult times. And although there is economic uncertainty, there is hope in the air for a renewal, a letting go of old ways that have been destructive to society and the planet.

As an organization we have an opportunity to participate in the transformation. Our membership is increasing rapidly, and there is a need to define our direction and our identity from this point forward. Up to about twenty or thirty years ago there were water-only dowsers. Somewhere along the line, some of them found that they could get answers about other unseen things, and then we were off to the races. Our concept of what dowsing encompasses got fuzzy, and every year it gets fuzzier. Some of us are still water dowsers; most of us aren't. But all of us now dowse about many things. Our identity is changing. Our challenge is how to embrace all the new information while remaining faithful to our roots in traditional dowsing.

Looking back at our recent programs, they have mostly centered on two areas: (1) topics related to the earth such as earth energies, geomancy, nature spirits, and responsible use of the land; (2) health awareness and shamanism. Health awareness techniques seem to be the area that is most remote from traditional dowsing, although there is an overlap, because water flows and earth energies can be either beneficial or detrimental to health, and shamanism can incorporate nature entities. But health is always a popular topic, and understandably so, and if we dowsers can help people with their health issues, it's appropriate that we do so.

New areas of the unseen are opening up and naturally dowsers, as a group, are becoming interested in them: sacred geometry, consciousness in rocks and water, earth healing, crop circles, Egyptian sacred science, sacred sound and even UFOs. The Board of App Chapter has come up with a lineup of programs for the year that we are excited about. It embraces old and new topics. We are already starting to think beyond 2009. The Board wants to know what programs you would like to see, and what topics don't interest you. Go to wncdowsers.org and fill out the on-line Survey. You can also send us general comments about anything there.

Putting the newsletter together has been a joy, and writing for it is always a wonderful way to be creative.

But there are many talented persons in the Chapter, and we are now drawing on some of them to edit and produce the newsletter. Volunteers are needed to help fold and label—contact me if you are interested.

Speaking of writing, one of my biggest insights is how important it is for all of us to express creatively. You have no idea how necessary this is at this time in our history. If you have special knowledge that would interest our members, consider writing about it for the newsletter. If you have a short original poem that expresses something from your heart, submit it.

I know from talking to our members and others that many of us have been subject to interfering influences in the past few months, including myself, but I feel like we are turning the corner on this. We need to hold on to our integrity and shine our light brightly. There is great hope in the air. I want to close with a Hopi prophecy that is becoming well-known now. It tells us to find out where our water is, and it expresses exactly where we are now. Let us gather ourselves and celebrate. This could be a good time!

(slow background music)

You have been telling the people that this is the Eleventh Hour.
Now you must go back and tell the people that this is the Hour.
And there are things to be considered:
Where are you living? What are you doing?
What are your relationships? Are you in right relation?
Where is your water? Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader.
This could be a good time!
There is a river flowing now very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold on to shore.
They will feel they're being torn apart, and they will suffer greatly.
Know the river has its destination.
The elders say we must let go of the shore, push off into the middle of
the river, keep our eyes open, and our heads above the water.
See who is in there with you and celebrate.
At this time in history, we are to take nothing personally.
Least of all ourselves.
For the moment that we do, our spiritual growth and journey comes to halt.
The time of the lone wolf is over. Gather yourselves!
Banish the word struggle from your attitude and your vocabulary.
All that we do now must be done in a sacred manner and in celebration.
We are the ones we've been waiting for.

Chapter Officers, other Board Members, and Associates

(area code 828)

PRESIDENT: Paul Bennett	paulwbennett@bellsouth.net	299-3008
VICE PRESIDENT: (currently open)		
TREASURER: Harriett Belue	presentmoment@charter.net	628-3638
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Announcements

New Meeting Location: The Unity Center in Mills River has a large and comfortable auditorium, with sound and video equipment. There is plenty of parking space. There is open space around the building for dowsing. Directions to the Center are on page 5.

New format: the program will run from 1:00 to 4:00, with a short break in the middle. Registration will start at 12:00; please arrive by **12:45** at the latest. There will not be a pot luck lunch.; no need to bring anything. The experiential dowsing class will be held BEFORE the program, at 12:15.

New officers elected at the November 2008 meeting:

President : Paul Bennett

Vice President : Polly Elam

Secretary: (remains open)

Board member at large : Richard Crutchfield

Officers are elected for two-year terms. Harriett Belue remains as Treasurer, and Lee Barnes as Board member at large, with one year left in their terms of office.

Polly Elam has since resigned as Vice President. Nominations for the offices of VP and Secretary will be accepted and voted on at the next chapter meeting in February.

The redesigned website is up at wncdowsers.org. Please fill out the online survey; it helps us plan future programs. Our beautiful new brochure is also ready. There will be copies available at the February meeting.

Quarterly Meeting Information

Date: February 21, 2009

Basic dowsing instruction: 12:15—1:00. **Registration and book sales:** 12:00—1:00. **Program:** 1:00—4:00.

Fee Schedule: Members \$3.00 or free if joined since September; non-members: \$8.00 (Join for \$25)

Books and Supplies: sales table, with books and other items related to dowsing, will be open before and after the program, and during the break. Members and guests are invited to bring their used books and periodicals related to dowsing, healing, earth sciences etc. as a donation to the chapter to be sold during quarterly meetings. Because storage space is limited, however, unsold items should be retrieved after the meeting.

Dowsing Clinic: Lessons and demonstrations in basic dowsing, as well as advice for intermediate dowsers, will be arranged by one or two experienced practitioners 1 hour preceding the program, according to the needs of those interested.

See ya there!



Directions To Unity Center

From Asheville and points south, take I-26 to exit 40 (Airport and Hwy 280). Turn west toward the airport and Brevard. At about 1 mile past the second airport entrance, turn Right on Old Fanning Bridge Road. Go 2 miles and the Unity Center sign and entrance will be on the left.

From Mills River take 280 north, and turn Left on 191 North toward Asheville. At 1.4 miles turn Right on Old Fanning Bridge Road. The Unity Center will be on the Right at about 1/2 mile.

Chapter programs for 2009

February 16	Peter Calhoun
April 18	Danielle Creeksong
June 6	Richard Feather Anderson
September 19	Vincent Bridges (date subject to confirmation)
November 21	App Chapter dowsing school

Submissions to this quarterly newsletter or our website relating to dowsing are encouraged. Send by email to constances@charter.net. Deadline for the April issue is March 1.

Have a question about dowsing? Post it to the Forum on wncdowsers.org and get responses from your peers.

If your email address has changed and you want to still receive our notices, please send an email to paulwbennett@bellsouth.net.

How I Dowse for Water Wells

By Lee Barnes

I dowse for wells using my Well Biolocation Form that includes “initial” search parameters for a legal well site; that is safe and cost effective; with year round potable and palatable water, yielding at the surface a minimum of 3-5 gpm (unless higher yields are needed); and with a bore hole depth less than 400 feet deep. I try to combine my dowsing intuitive senses and scientific knowledge gained from studying current and historical hydrogeology references. I generally will pick two sites— a preferred site and a backup site that allows input and flexibility by the well driller and land owner.

I prepare in advance a site plan/map with legal boundaries, any Right of Ways or required setbacks, expected building footprint, and any aerial or topographic maps available. I prefer dowsing sites prior to septic field permits since I like to locate several sites that may be precluded with the approved septic permit. (ALWAYS best to identify well site (s) first, then locate septic field areas.) Many health departments require designation of an additional septic field (repair area) in case the first one fails.

I prefer to dowse early in the morning when my mind is fresh and not fatigued. I walk relatively linear “transects” across the property anywhere a well drilling rig can access. I generally search near the proposed house site to minimize ditching, underground piping and wiring. Most Health Departments require wells to be located 25 linear feet from building foundations, and 100 feet from septic tank or field lines. For large tracts, I investigate topographical features such as gully or “draw” areas. I prefer working on either cleared or relatively “walk able” property- -heavy brush slows my work and requires hand-clearing. I prefer “site cleared” property with primary roads and house pad already roughed in since additional clearing may obstruct my markings

As I walk transect lines, I mark where I sense flowing underground water or rock fractures/stress cracks by dropping surveyor flags as I detect potential sites. I mark both sides of the dowse able energy fields to determine relative size and quantity of water. I walk back and forth across these marked areas to determine the best sites based on estimated water yield (in gallons per minute), estimated depth to primary water flow, and make a subjective estimate of water on a 1-to-10 scale, with 10 being the highest quality available from that rock type. Lastly, I mark the “center of greatest water flow/availability” that will be my preferred location for the borehole. I mark a centerline for locating another borehole if the preferred site cannot be used.

I conclude with completing my Well Biolocation form with a rough site map showing borehole locations, estimated depth, yield, and water quality for two best sites. I retain a copy of this form for my records and give one to the owner. I mark the two best sites with spray paint and if requested, a 2 foot section of rebar. If area is to be mowed, I suggest digging a shallow hole and placing a flat rock that can be later identified. I ask to be called if sufficient water is not found within 50 to 100 feet of my predicted depth. I return to the site to confirm drilling set-up location and straight drilling. I will return my consulting fee if no water or insufficient water is found.

Lee Barnes is a member of App Chapter and a professional dowser. Contact him at

lbarnes@earthlink..net

Sins of Commission and Omission

By Terry Ross

(Condensed from an article that was first published in Rod & Pendulum magazine No. 68, September 1992 and reprinted by permission.)

In 1958 T. Edward (Terry) Ross was present at the founding of the American Society of Dowsers, at Danville, Vermont and later served as its president and editor of its journal 'The American Dowser'. He has participated in past conferences held by Appalachian Chapter. Terry died July 6, 2000 at the age of 83.

As in life, sins of commission and omission are often fatal. I can write with feeling on this subject, having dowsed in more instances than I care to remember things that I ought not to have dowsed and left undowsed those things I ought to have dowsed. If any dowser worthy of the name has erred, I have committed at least double that error, no matter what it may have been. I continue, however, zealously apprenticed to our calling, prepared to risk mistakes and anxious to share them with my peers for what that is worth.

Here, then, are the ten shortcomings that have most plagued and bedeviled me along the way. Expressed as affirmations, their non-technical simplicity may surprise you:

1 I will satisfy myself as to the sincerity of the person who is making a request of me, and as to the validity of the request.

2 I will define the nature and scope of the problem.

Quite often a series of queries will be required to elicit the dimensions of the problem; before anything is attempted, its nature and scope must be clearly understood by all concerned.

3 I will pose the question to be solved as precisely and as completely as I can.

4 I will condition the undertaking with the questions May I? Can I? Should I?

May I? refers to the fitness of what one proposes to do. Can I? refers to one's own competence to do it. Should I? refers to the time to do it.

5 I will choose the device that is best for the job at hand.

There is more than personal preference at stake here, for a pendulum is not as satisfactory as an L - rod for measuring the intangible boundaries of energy lines, and a Y - rod is usually more helpful in forecasting depths, widths and flows.

6 I will make a preliminary scan before going to the site, at a place and time I am comfortable with.

A minute's dowsing in solitude is worth an hour in company at the site; it not only gives one a preliminary idea that is often the final solution but tends to insulate one from the effects of any subsequent distractions and the presence of skepticism.

7 I will record these early findings, quantitatively and qualitatively.

8 I will make a second dowse at the site without reference to the earlier attempt.

The on-site dowse, which may or may not accord with the absent one, should govern.

9 I will compare and refine the data on the spot and give a detailed report of it to the client and retain a copy of it for myself.

10 I will provide the data on a 'best efforts' basis, without claim or promise of success.

'Claimless is blameless' is a motto that is compatible with the present state of the art and its acceptance; in water dowsing we must usually defer to that often unceremonious expert - Dr. Drill.

These ten commitments have helped to keep me on track over the years, rendering the various challenges the dowser meets manageable and eliminating uncertainty and stress.

How I wish we could venture forth on a dowsing trial together —I know I would learn something new about this mysterious and wonderful art.

To Your Health

Vitamin D deficiency linked to serious diseases

By Margery Bastian

It is very important to get enough vitamin D in its natural form D3. We call this the “sunshine vitamin”, but it is much more.

Colds and Flu: Getting enough vitamin D helps to prevent colds and the flu. Of course eating right and getting enough sleep is also important, and taking multiple vitamin/mineral supplement is highly recommended.

Sunburn: You hear “don't forget your sunscreen”, or you risk getting sunburn and skin cancer. But wearing sunscreen may not be as smart as you think. It can result in a vitamin D deficiency. If you are worried about skin cancer, don't be. Unless you're exposed to bright sunlight on a hot summer's day for hours at a time, enough to burn, you may not need sunscreen. If you are only out there for an hour or two, you don't need sunscreen and will get enough sunlight to convert to vitamin D. It is also recommended, if you have fair skin, that in the spring or early summer, you go into the sun a little at a time, until you become more accustomed to it. Getting enough vitamin D actually protects your skin from sun damage. Research has found that people who take 5000 IU of vitamin D a day are not likely to burn. A new study published in the January 2007 *Journal of Steroid Biochemistry and Molecular Biology* supports the theory that vitamin D protects against sunburn and skin cancers.

Knee pain: Instead of opting for surgery or pain masking medications, try vitamin D to treat the cause, not the symptoms. Researchers found that the deficiency contributed to pain and difficulty in walking; the lower the levels of vitamin D, the greater the pain, and the slower they walked. The researchers concluded that there is a clear association between low vitamin D levels and pain in your knees. While spending time in the sun will help your vitamin D production it won't raise your levels to optimum levels. A simple blood test can tell you whether or not you have enough.

Eyesight: It has also been discovered that vitamin D is absolutely vital for protecting your eyesight. Vitamin D does more than just stop the progress of diabetic retinopathy and wet macular degeneration. It actually can

reduce abnormal retinal endothelial cell proliferation and neovascularization.

Neurological conditions

Parkinson's Disease: Parkinson's disease may be another disease linked to a vitamin D deficiency. Some researchers believe that a deficiency is the major cause of Parkinson's disease. In previous studies, it shows that vitamin D helps normalize brain function. The protective effects on nerve growth factors in the brain make it an ideal nutrient to use for prevention or treatment of Parkinson's. Researchers tested this theory on a Parkinson's patient with 4000 IU of vitamin D a day and he improved.

Multiple Sclerosis: People with Multiple sclerosis may have enough vitamin D to keep their bones healthy, but not enough to prevent the disease. One study showed that people given vitamin D had 40% lower risk of developing MS. In people who already had MS, vitamin D lessened their symptoms.

Memories: A study showed that the levels of vitamin D made a difference in seniors' memories. The more vitamin D taken the better the memory. Low levels correlated with depression or bipolar disorder, and impaired memory. Another study found that higher amounts of D meant better performance in a number of neuromuscular activities.

Balance: Vitamin D improves your balance and reduces your risk of falls and broken bones. It also makes you stronger. In one study of adults over 60, those with low levels of D took longer to get up out of a chair and walked more slowly than those with the highest levels.

What's enough vitamin D? A doctor suggests 5000 IU of vitamin D a day for people over 60, and 1000 IU daily for other adults. It is safe and inexpensive.

Margery Bastian is an intuitive, herbalist and cook, and is knowledgeable in diet and supplements. She lives in Leicester.

Health treatments should always include the advice of a licensed medical practitioner.

Critter Corner, by: Kate PittmanDance To The Music!

The phone rang early one summer day and the caller told me a sad tale about Pedro, one of the horses in her barn. He is a jumper. This has been his job for years and he had been doing it very well for most of that time. In recent months, however, his “person” said Pedro’s enthusiasm and spark started to flicker out. In fact he was now used only as a “school” horse, owned by the farm, and his job is to help train lower level humans in the fine art of hurtling over fences, hopefully remaining astride while doing so. He has remained a safe horse, always caring for his charges at their weekly lessons, but obviously had ceased caring about the work itself. Could I possibly talk with him to see what was going on and make sure there were no health issues festering that needed medical attention and caused his decline?

After asking my permissions, as I do in any dowsing quest, I sat down in my living room, pendulum in hand, and tuned in telepathically to Pedro. I dowsed several very minor things going on with his body and made notes of the suggestions to help the big equine fellow. But when I summarized everything that had been learned and asked if addressing these things would lift his malaise, the answer was a strong “No” swing on the pendulum.

It is my practice to ask which quadrant of an animal’s being is the most important for me to focus on in order to help in any particular quest. In this case, Pedro’s physical being was not the source of his problems. Nor were his issues arising from his spiritual or intellectual quadrants. The problems were primarily emotional. After asking numerous questions about him with my dowsing tool, his permission to talk with him rather than dowse about him finally was given. But, he insisted, our conversation needed to be had in his physical presence. This is unusual for me, but certainly not an unheard of request. Animals have specific needs too, just like us, and at least his emotions were engaged enough to articulate what was important to him at the time. I arranged a visit and was in his stall within the week. His person left me there while she was busy teaching lessons. Pedro’s plight soon became clear.

I shall consolidate our session and paraphrase what this depressed horse had to say.

“Kate, I don’t know if I can keep doing this. I’ve never have enjoyed jumping over things, but I’ve done my job and always done it well. My life is passing me by and the joy is gone. All I can see is day after day of riders on my back going round and round, over fences. There seems to be no point.”

“Pedro,” I asked, “what would you like to be doing instead.”

His ears pricked up and he stood just a little taller because a person actually asked him about his needs. Could some person actually care? I told him I certainly did care as did his person, but couldn’t guarantee that anybody would be able to make his dreams come true.

You could have dropped me with a feather when, instead of plodding through a million more “Yes/No” questions with the pendulum, a lovely deep tenor voice resonated in my head, “I want to dance to music. I want to be a Lipizzaner stallion.” I was able to remain detached enough to dowse the accuracy of the information just imparted. Yes, he had just said that to me.

Lipizzaners are a noble breed of horses used in one of the most intricate equestrian sports known. They do dance, in very exact routines, to music. They work singly and in groups with military precision putting awestruck expressions on anyone fortunate enough to see their performances. Their above ground leaps and on-the-ground demonstrations are magical. All the mature horses are white, they are of a slightly stocky build, and have an unmistakable “look”, recognized at first glance by horse lovers worldwide.

(Continued on page 10)

(Continued from page 9, "Critter's Corner")

Now Pedro is a handsome enough fellow. He is a medium chestnut brown, tall and lanky, without many markings. His back seems, to this untrained eye, a bit on the long side. Remember that I am not a horse expert at all, just a grown up girl with horse fever, but I know that the body I was looking at was almost as far from Lipizzaner as imaginable. Even the idea of him doing some basic dressage - you may have seen this exacting precision work performed singly in a square ring as part of Olympic competition or in other less famous venues – seemed farfetched.

As Pedro spoke of his wish, his entire demeanor changed. A spark started to return to his eye. I told him I would certainly pass his dreams on to his person and we could see what happened. No promises, just an accurate report would be given of what he had to say. Well, I did, and we both were a little bemused by the request. I asked his person to please find a good dressage rider and a portable CD player and let Pedro try out his dream. He had never been trained for anything other than jumping, so we did not have high expectations, but wanted to let him experience a little of what he wanted.

Oh, how I wish I'd been present when all the pieces came together. A dressage rider was found, Pedro was mounted, the music came on and he was shown what to do. That big lanky body, it was reported, moved with unexpected grace and precision and Pedro was in heaven. He truly danced to music, at least for that day. He just seemed to know how to move. I don't know what has happened to Pedro since my visit, but for he was one happy fellow for at least a day. Now, when chatting, I ask animals whether there are things in their lives that they would like changed. You never know what wishes will come true until you know what they are. We can speak up for those that don't speak human.

Ask your fur/fin/feathered friends what their dreams are. They may lead you both on a wonderful new adventure.

Kate Pittman is a dowser, intuitive and animal communicator. She lives in Haywood County.

Dora Nell's Baked Apples

[By popular demand, Dora Nell Hedrick has allowed us to print her recipe. In the spirit of free will and creativity, the amount of each ingredient to use is up to you.]

1 gallon peeled, sliced apples (use Early Harvest or other tart apple)
ground cloves
ground ginger
ground nutmeg
allspice
cinnamon
unsulphured molasses

The apples can be prepared and frozen ahead of time. Add a touch of powdered cloves to the apples, then add the remaining spices, increasing the amount in the order listed, being generous with the allspice and cinnamon. Add molasses and mix. The color will be quite dark. Bake at 350 degrees 45 to 60 minutes until tender. Mix several times during baking.

Do your part

Host a Social Gathering

Volunteers are needed to host socials for each month. A social can take the form of an in-house gathering, picnic or field trip. A picnic could be at a private home or at a public park or other suitable location. We try to stay within a 20-mile radius of Asheville except for field trips. We usually hold social gatherings on a Saturday in the middle of the month. Talk to Marilyn Gasque or any board member.

Help with the Newsletter

We need some folks to fold and label the newsletter, five times a year. Contact Paul Bennett if interested.

Give us your ideas and wishes

Complete the Survey on www.wncdowsers.org, telling us your ideas for meeting topics, and any other suggestions you may have. Contribute questions or comments on a dowsing topic in the Forum part of the website.

Join the Appalachian Dowsers

To apply for membership in Appalachian Chapter, print the membership form at www.wncdowsers.org and send it with the membership fee of \$25 to the address on the form. A couple living at the same address may both join for \$40 total.

Membership entitles you to free admission at quarterly meetings, the newsletter, and social gatherings. Membership in the national American Society of Dowsers is optional but encouraged. (www.dowsers.org).

Members are entitled to:

- * **Free admission to quarterly meetings (just sign in—no payment delays)**
- * **The quarterly newsletter**
- * **10% discount coupon good for one purchase at the book table**
- * **A free business card-size ad in the newsletter**
- * **A link to your business on the chapter website**
- * **Free social events throughout the year**

Organic Growers School - March 21-22

The 2009 Organic Growers School Spring Conference will be held March 21-22, 2009 at Blue Ridge Community College. The OGS offers affordable, down-to-earth education and assistance for sustainable farms and gardens in the southern Appalachians. The OGS announcement says: "For the first time ever, we are taking our event to two full days. Join us for over 70 classes and hands-on workshops each day, a trade show, seed & plant exchange, silent auction, and children's program. More hands-on workshops than ever before! Topics include gardening, farming, livestock, homesteading, herbs, food preservation, alternative energy, cooking, soils, landscaping, forestry, pest management, and much more." (www.organicgrowersschool.org)

The Wellspring is published quarterly at no subscription cost by:
Appalachian Chapter of the American Society of Dowzers
PO Box 19065, Asheville, NC 28815
A chapter of the American Society of Dowzers
P.O. Box 24 Danville, VT 05828
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