

TRADITIONAL FOODS, DIETS & LIFESTYLES

CREATING HEALTHY LIFESTYLES FOR THE 21ST CENTURY

ALL EVENTS
FRAGRANCE-FREE
& HIGHLIGHTER
MARKER-FREE

2005 Conference on Food, Soil and Environmental Chemical Connections to Health
Using the Wisdom of the True Health Pioneers, Past and Present

AUGUST 5-8, 2005 • FRI. - MON. • Ocean Shores, Washington • www.traditionalfoodsdietslifestyles.com

CONFERENCE INFORMATION

REGISTRATION INFORMATION

- Early bird discount if postmarked by May 15, 2005.
- For regular registrations postmarked after July 15, 2005 or at the door, call ahead to confirm space availability. Space is limited.
- If two people would like to share one paid conference registration (to accommodate child care situations) please call Joyce R. Young, N.D., IBCLC (503) 695-2495.
- Meal pre-registration deadline, postmarked by July 5, 2005. No meals available after this date.
- One day registrations may be available at a cost of \$110 per day, if the conference is not full by August 1, 2005. (No meals available).
- If the conference is sold out, your name will be put on a waiting list. There may be cancellations.
- **One person per registration form.** For additional people, copy the form as needed.
- Full payment (in U.S. Dollars) is due with each registration.
- Please make a copy of your registration form for your reference.
- Registrations will be confirmed by letter. You will also receive additional conference information.
- To help with our room size planning, please indicate your preferred concurrent sessions on registration form. (*This is only a preference, not necessarily a permanent choice*).
- The check-in and registration table is in the Ocean Shores Convention Center lobby. You only have to check-in one time when you arrive. Hours are: Friday, August 5, 2005 from 2:00 - 6:30 pm and Saturday, August 6, 2005 from 7:00 - 8:30 am.
- Evening entertainment is open to family members of registered conference attendees at No Charge, but all names must be listed on the registration form, as badges will be required for admittance.
- Lodging and meals are not included in this conference fee. See Meals/Lodging sections.

CONFERENCE SCHEDULE The Traditional Foods, Diets & Lifestyle Conference reserves the right to make changes to the conference schedule (speakers, titles and times). Check the website for schedule changes. The final conference schedule will be available at the conference.

ADMISSIONS POLICY It is the policy of this conference that **NO ONE** will be admitted to the Convention Center or nearby Shilo Inn (for some concurrent sessions and Exhibitors/Vendors) without their registration badge or proof of registration.

CANCELLATION/REFUND POLICY Cancellation must be received in writing and postmarked by July 1, 2005. All fees will be refunded in the form they were paid, minus a \$50 processing fee per registrant. No refunds after July 1, 2005.

CONTINUING EDUCATION (CEU)

CEU's have been applied for: N.D., M.D., D.C., Nurses, Nutritionists, Teachers (OR, WA). There will be an extra charge of \$120 for CEU's (four days). Please indicate on the registration form which professional CEU's are needed.

CELL PHONE AND PAGER POLICY

In conference areas, do not use cell phones and pagers. Please keep them turned off.

COMPUTER POLICY No computers allowed in keynote or concurrent sessions.

FRAGRANCE-FREE POLICY

Please do not come to the conference with the intentional use of any fragranced products on your skin, hair or clothes. This includes, but is not limited to, fabric softeners, laundry detergents, soaps (bar, liquid), hair products (hair sprays, colorings, shampoos, conditioners, gels), cosmetics, hand and body lotions, bath powders and oils, deodorants and anti-perspirants, shaving creams, aftershave, perfumes, colognes, essential oils (overt or hidden), nail polish and polish remover, scented papers, disposable baby diapers. *"Today's fragrances make you think they are made from flowers, but they actually contain toxic chemicals you inhale and absorb through your skin."* (From "Fragrance: A Growing Health and Environmental Hazard," a brochure you will receive with your registration confirmation. Included also will be a listing of fragrance-free alternative products). Please read this information and sign the "Fragrance Acknowledgement" on the registration form.

As there are keynote speakers, organizers and many conference participants who suffer severe toxic reactions from exposure to these products, i.e., they lose their voices and cannot speak, **this policy will be enforced.** *People with intentional fragrance will be asked to leave, wash/shower or change clothes. If you have no fragrance-free clothes with you, there will be vendors selling organic clothing and fragrance-free products.* We want everyone to have a wonderful, safe time at this conference.

If you have questions or concerns about this policy, call Joyce R. Young, N.D., IBCLC (503) 695-2495.

HIGH LIGHTER MARKER POLICY

No markers are allowed at the conference as most contain toxic solvents. The several brands that have been determined to be "safe" will be used by the organizers and speakers, if needed. A red pencil will be included in your registration check-in package for you to use for highlighting.

OTHER AIR QUALITY CONCERNS

Please avoid wearing dry-cleaned clothing and clothing recently stored in moth balls.

NO ALCOHOL, DRUGS OR SMOKING

in or around the conference center areas.

PETS No pets are allowed at the conference.

NO AUDIO OR VIDEO RECORDING, OR PHOTOGRAPHING of conference keynote or concurrent sessions permitted.

AUDIO CASSETTES/CD'S Recordings will be available through Tree Farm Communications, Redmond, WA, during and after the conference.

VENDORS & EDUCATIONAL EXHIBITS

During the conference there will be a wide variety of educational exhibits by non-profit organizations and businesses to complement the speaker's topics.

ENTERTAINMENT All evening entertainment will be family oriented. There is no charge for family members. Due to legal considerations, the names of these family members must be listed on your registration form, and badges must be worn for admittance (see registration section).

An evening family contradance is planned for Sunday, August 7, 2005 from 8 - 11 pm. A full entertainment listing will be on the website.

TRADITIONAL SNACKS & BEVERAGES

A wide variety will be available for sale.

MEALS (for registered conference attendees, speakers, Exhibitors/Vendors and associates only) The eight fresh, whole food meals served at the conference are 100% organic and emphasize local, seasonal and traditional foods. O'Brien's Catering of Aberdeen, WA, will be preparing the lunches and banquet dinners. Pam Drake, CNT, will be coordinating breakfasts. Tentative Meal plan: **BREAKFASTS:** Varying buffet of eggs, sausages, fruits, english muffins, sprouted grain breads, soaked granolas, oatmeal. **LUNCHES:** Varying buffet of raw milk cheeses, sourdough breads, fermented vegetables, soups, and salads. **DINNERS:** Saturday: Traditional Quinault alder-smoked salmon, salads, side dishes, breads. Sunday: Lasagna with brown rice pasta and beef, salads, side dishes, sour dough bread.

CHILDREN No child care will be provided during the conference. Quiet nursing infants, in arms are welcome. If your baby needs attention or makes any noise, we ask that you leave the room immediately. Please make child care arrangements for other children in a location away from the conference areas. Whole families are welcome for the Saturday and Sunday evening entertainment, as long as they are pre-registered. (see entertainment and registrations sections).

PARKING: Ample, free parking at and around the convention center. No overnight parking allowed.

DIRECTIONS, LODGING & WEATHER

"Green" rooms have been reserved at the Shilo Inn. Accommodations fill quickly, so book early. See Directions, Lodging & Area Information sheet.

Questions about the conference? Contact:

Pam Drake, CNT (360) 537-4762,
pamdrakecnt@healthexperts.com

Joyce R. Young, N.D., IBCLC (503) 695-2495 3/27/05