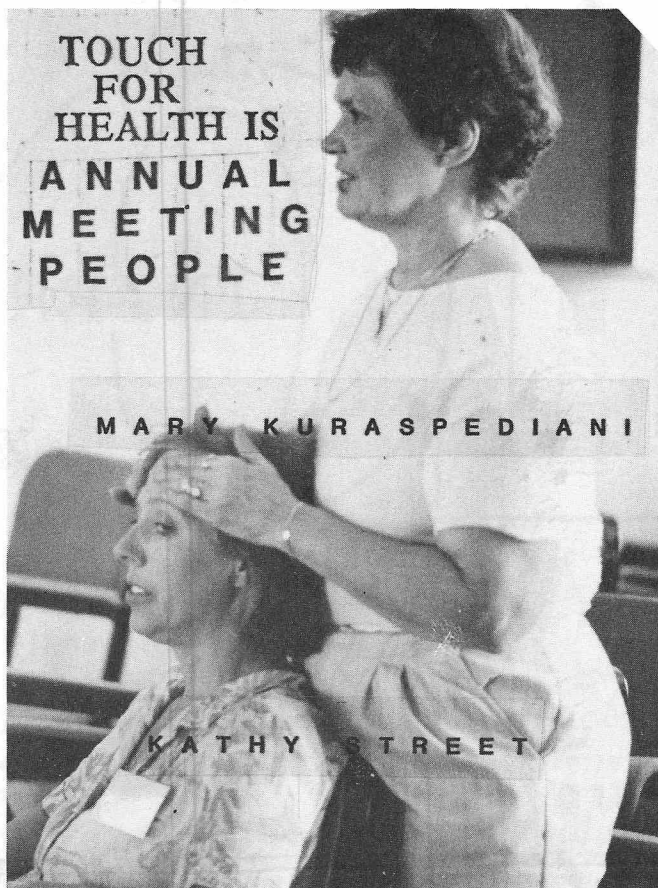


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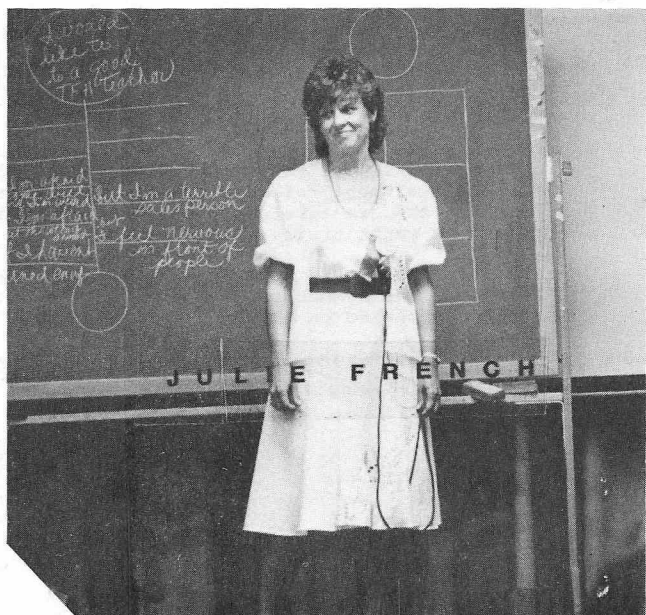


TOUCH
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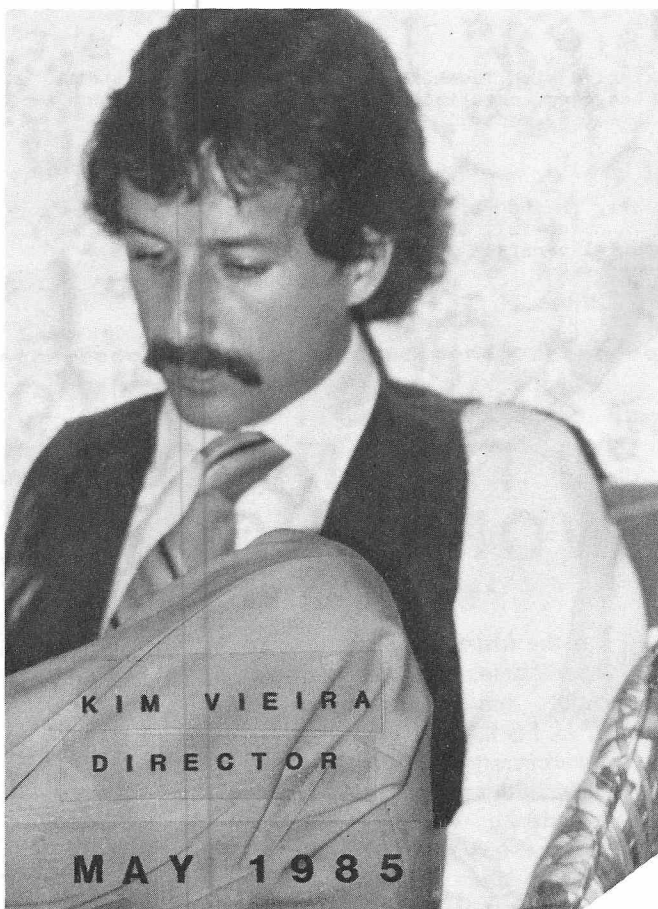
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MAY 1985

IN
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Touch for Health

The **10th**
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July 9~14
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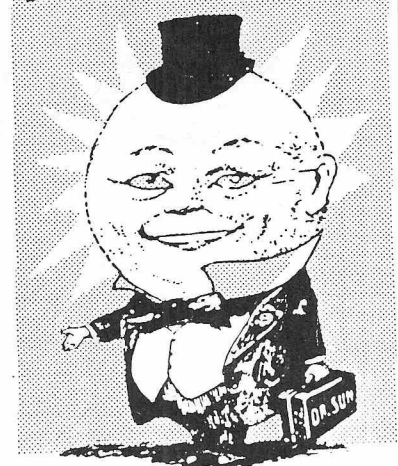
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The purpose of the Touch for Health Publication is to disseminate information on research, methodology, results and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars and activities of the Foundation.

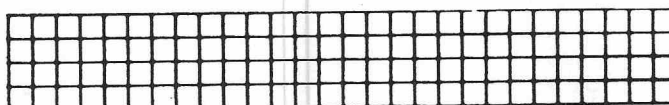
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IN TOUCH FOR HEALTH

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*From an experiment with 288
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reported SALT Journal, Sp. '82.*



Board member biography

◀ Duane L. Faw, U.S.M.C. (Ret.)
Professor of Law, Pepperdine
University School of Law Malibu,
California.

Interesting life
accomplishments abound with our
Board of Trustees member Duane Faw.
As a combat pilot in World War II,
brigadier general, military judge,
lawyer and professor of law he adds
considerable world insight for Touch
for Health.

General Faw commanded the
landing force in the Caribbean
during the Bay of Pigs and the
Trujillo assassination. His duties
included thirteen months as Deputy
Chief of Staff, Marine Amphibious
Force in Vietnam. He served
simultaneously as a legal officer
and then became one of the original
twelve Navy Appellate Military
Judges.

Upon his retirement in 1971
Brigadier General Faw became a
Professor of Law at Pepperdine
University School of Law in Anaheim,
California. In 1973 he also became
Special Assistant to the President
of the University for legal
Education, in which capacity he was
involved in the planning and
supervision of the new school in
Malibu. He teaches Conflict of
Laws, Jurisprudence and Military
Law.

Duane Faw is extremely
interested in where Touch for Health
is going. His concern for the
rights of TFH, Instructors and its'
spread throughout the world is a
vision we all share. We welcome
Duane Faw to the Board of Trustees!

BOOKS, I LOVE TO READ BOOKS

Do you like to read books? I believe
some of the greatest joys of life have
come from my reading of books. People
have put down their ideas, their unique
ways of understanding and interpreted
the meaning of life.

I also have several books that I am
reading. Some of the books are technical,
some in my special field of
interest, others that people have
recommended to me. Not all of the books
I read are good, but I almost always get
something from the books. Books are
inspirational, they are good companions,
they inform, they are the ever burning
lamps of accumulated wisdom.

What I like about books is that they
are always available and they always
have time to give you the knowledge that
they possess. They always love you by
sharing what they have as you hold them
in your hand and read their printed
pages. They are never hurt when you
have had enough of their wisdom and are
easy to put away.

A rich man is poor if he doesn't have
books. A poor man is rich if he has
books. No one takes away the joy of

**USA-USSR
Health Promotion
Book Exhibition
Los Angeles**



Books continued

reading. There is no power that can diminish the value of a good book, for what it has is everlasting, consistent and offers many hours, days, months and even years of enjoyment.

Books serve every purpose, to soothe a pain, to give new knowledge, in every subject, to give an escape into worlds that could be known no other way. With our other modern convenient ways of gaining knowledge, such as TV, radio, some have given up on books. This is a real sadness for me as reading does something that neither radio or TV can do. A book can be taken anywhere with little trouble, when you take it with you to a foreign land it still gives you the information in your own language. Radios and TV, even if you take them cannot do that. Books do so many good things for the world.

We are really pleased with the services that the TH Enterprises Store offers in the way of books. If you have not seen what's available then I really suggest you investigate it. If you want a book remember that the TH Enterprises Store can get you any book in print and usually very quickly.

Keep in Touch,

John F. Thie DC

Dr. John F. Thie was part of the seminar given recently for the Soviet-American Exchange program, sponsored by the Esalen Institute. The theme of the event was Health and Peace. The efforts of this program are to discover innovative approaches to improving relations between the two countries.

Dr. Thie demonstrated the use of the Touch for Health techniques on three of the Soviet delegates, Dr. Y. Listsin, Corresponding Member of the Academy of Medical Sciences and Director of Meditsina Publishing House who is the specialist in philosophical aspects of medicine. Professor A. Vishnevsky, Deputy Director in Science of the Vishnevsky Institute of Surgery at the Soviet Academy of Medical Sciences and Head of the National Research in Lung Surgery.

SEE USA - USSR PAGE 6

OUR NEW INSTRUCTOR

The Rev. Jim Reid, who ministered to performers and prostitutes as the "Chaplain of the Las Vegas Strip" for 15 years, is hanging up his preacher's robes.

Reid, 55, plans to go into acupuncture. A new minister and two assistants will work out of the Church of the Strip, a former tavern.

Reid, a Baptist minister, began working on the Strip in 1970, spending many late nights with the throngs who work and perform after dark.

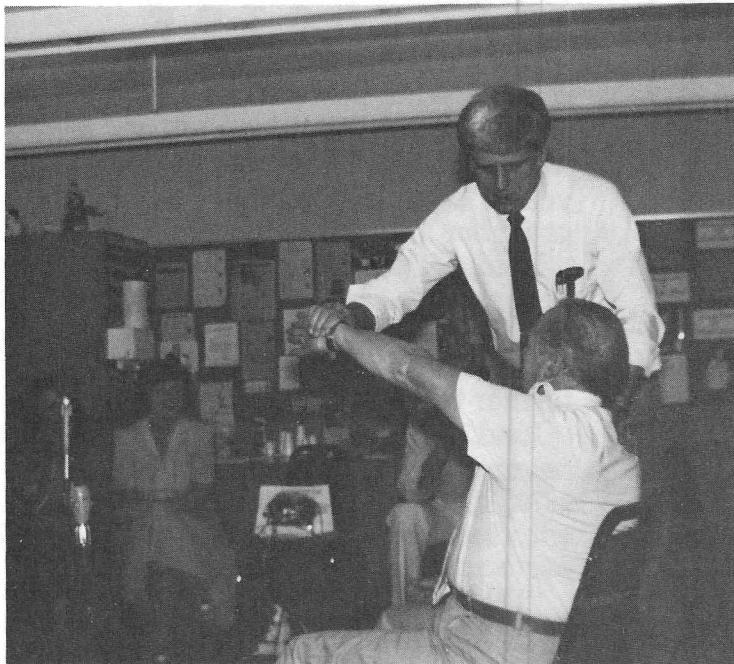
"I'll be able to go to bed at 10 to 10:30," Reid said. "It will be nice. No matter what time I went to bed, I always woke up at quarter to six."

USA-USSR continued

And Mrs. I. Bogatyreova,
Consultant to Goskomizdat and
Director of the USSR Health
Promotion Book Exhibition.

The three members of the Soviet
delegation were very interested
in the health enhancement
techniques that they
experienced. Dr. Thie said
that "he hoped by sharing
information on self-healing
techniques which have been
developed in the United States
and spread by Touch for Health
Instructors, everyone would be
in better health individually
and collectively as nations."

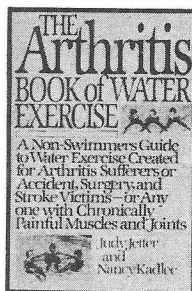
The program was sponsored by
the Hermes Project and centered
around the introduction of
Holistic health concepts which
Dr. Thie said "were in the
front lines of the changing
views of how medicine is
practiced in the U.S.A. today."



DR. THIE
DEMONSTRATING
TECHNIQUES OF
THE TFH BOOK
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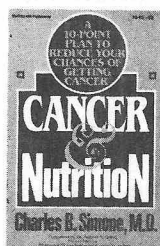


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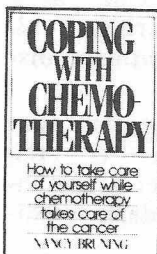


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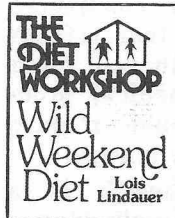


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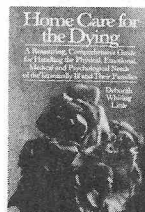


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MEGA HEALTH
A Guide to the Anti-Aging Nutrients
by Sheldon Saul Hendler, M.D., Ph.D. SS

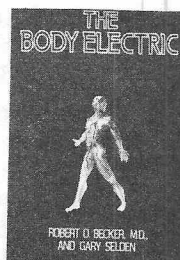
Hendler analyzes the latest scientific evidence to determine which nutritional substances really do improve health and extend life. He recommends specific regimens for smokers, drinkers, dieters, athletes, pregnant women, older people and women on the Pill.

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Touch for Health

Ken and Julie Thomson are in touch with their bodies.

An American couple who settled in Devonport 18 months ago, they are enthusiastic exponents of a natural therapy, "touch for health."

Ken, a tall building contractor from northern California, says his interest in touch-for-health grew from years of back problems. He was almost convinced that backache was the price you paid for extra height.

Trained In NZ

Although touch-for-health originated in the United States, the Thomsons received their instruction in the therapy from a New Zealand doctor.

Pointing to coloured physiology charts competing for space on the lounge walls, Ken explains how his family (he has three sons) have healing at their fingertips.

"It's all a matter of keeping the body balanced," he says. "Touch-for-health uses the muscles to detect if there are any imbalances.

"If there are, we use acupuncture touch to direct the body's energies to rectify them."

He is not pretending to be a doctor.

Body Best Healer

Touch-for-health, like other holistic medical techniques, is based on the premise that the body is its own best healer. It employs skills developed by the ancient Chinese to stimulate the body's healing powers.

The wall charts show 14 lines of energy flowing around the body, through organs and muscles.

Ken says that if there is a problem in any organ it will cause an imbalance in the energy flow, and consequently a weakness in the muscle.

Julie climbs on a wooden examining table, softened by a floral squab, for a demonstration.

An outgoing, friendly person, she says the best thing about touch-for-health is being in control of your own body.

"It means not having to go to the doctor everytime you have an ache or pain to find out what the matter is."

Almost like clockwork the pair begin a series of muscle tests that have become a regular routine: Arm up, elbow stiff, pressure applied to the wrist; leg up, knee stiff, pressure on the ankle.

If a muscle does not lock, Ken gives a quick rub to various points on the body to "stimulate body functions and muscle strengthening."

A quick run through the muscles shows Julie's spleen needs a prod along — "probably excess sugar from all the chocolate biscuits I've been eating."

Deficiencies Revealed

The couple, both certified instructors, claim muscle-testing can also reveal nutritional deficiencies, injuries, allergies and emotional distress.

Neither suggests that touch-for-health is the complete answer or a substitute for modern medicine.

Ken says a constantly weak muscle that refuses to be strengthened often indicates a medical problem that could require professional attention.

"Touch-for-health is a preventive maintenance programme which is a lot of fun for the family to do together," he says.

Weekend Courses

"It is not the kind of thing you go door to door telling people about — they have to be interested enough to find out about it for themselves," Julie adds.

For those who are interested, the Thomsons run weekend courses.



Victorino Rodrigues Dip. N.T., TFH Inst.

Kinesiotherapist

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LETTER Victorino Rodrigues

I would like to share with all my fellow TFH members of the world something I have discovered.

After doing an advanced techniques and an E-K workshop with Phillip Crockford I became very interested in what was happening to our brains.

I found that in about 98% of all the people that I see there was a lack of integration between the right and left brain and every time they came back there was a change in brain dominance. This puzzled me. By mere chance I bought a health magazine that had an article about color and how it affected the human body. In that article it mentioned that the brain responds to the color yellow. My next client was tested for visual response on yellow and I found the test to be negative. I tested for brain, eye, ear dominance and noted the results. Then I did an E.S.C. in the color yellow and retested it and it was now positive as a response. so I retested the brain, eye, ear dominance and to my amazement the brain and ear dominance had changed sides. I have done this test day in and day out with all my clients.

I am of the opinion that the back and front brain also altered but I have not been able to find a reliable testing procedure.

I found the results in people that had mixed or blocked dominance but even in people with normal dominance I found that the color yellow just made a difference in locking the dominance in place.

I hope that this information is going to be of value and help to my fellow TFH Instructors.

1. Test for brain, eye, ear dominance - note results.
2. Test for visual yellow color, should be negative.
3. Do E.S.C. on yellow color.
4. Retest for visual yellow color, should be positive.
5. Test for brain, eye, ear dominance for bad cases as it should now be different from previous test (no. 1), mainly the brain and ear.

STRENGTH IN NUMBERS!

NURSES - Send me your rosters of nurses taking TFH, so we can get them to the Annual Meeting and have NINI (Network of International Nursing Issues) reach even farther:

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Have you wished to have an Instructor Training Workshop in your area? Do you have students who wish to learn more and teach others? Would you like to be rewarded for your efforts financially? Then you will probably find the Instructor Training Sponsor agreement satisfying. Write or call TFHF for this agreement. We are preparing our schedule for 1986 and would love to work with you.

INSTRUCTOR TRAINER APPLICANTS

We are looking for a few good people to join our International Faculty. The requirements are stiff and the job of being one of the best TFH Trainers is demanding. We are looking at this time for solid TFH candidates for this position. Contact the TFH Foundation for details.

DID YOU KNOW ABOUT?

SCHOLARSHIPS

We do have limited funds for those who wish to pursue Instructor Training on a scholarship. The scholarship funds have been donated to the TFHF to help students in a financial need. If you have basic class students that would love to become an Instructor but are unable to afford the \$550 US fee then this might be the right recommendation for that need.

TFH scholarships are approved by the scholarship committee. Half of the tuition must be paid by the student. The scholarship covers the remainder. Applicants for the scholarship should include a letter on why they feel they deserve to be considered and include references or other recommendations.

PHILLIP CROCKFORD IN BRAZIL

PHILLIP had a fantastic ITW in Brazil this past January. The array of different people interested in becoming TFH Instructors is amazing. In Phillips class he had 2 massage therapists, 5 businessmen, 3 medical doctors, 3 psychologists, 2 professors, 1 sociologist, 1 biologist, 1 - 14 year old student, 6 teachers, 1 economist, 2 lawyers, 1 shiatsu therapist, 2 physiotherapists, 1 medical student, 1 biotherapist and a translator.

Teachers reward

The joy of being a good teacher is when a student shares their TFH experience with you. Such being the case with one of Carol Albee's students.

I'd like to share a poem that Lenore Burns wrote during a TFH I class. She lives in Florissant, Missouri and is the mother of eight. Touch for Health came very naturally to her, since she has always used her hands to soothe her kids and works with mastectomy patients.

TRY TOUCH FOR HEALTH

Wake up feeling fuzzy?
Check your pressure spot!
Soon you're feeling better.
It's easy--is it not?

Oh! My aching bones.
Oh! My aching joints.
But I know how to fix them--
Just push those pressure points.

Overdid a little bit?
Or maybe quite a lot?
No fuss, no muss, no bother,
Just push that pressure spot!

Feeling kinda low and mean?
Grumpy or depressed?
Now you know how to fix it--
Hold your "bumps," then test.

"Neuro, psoas, pectoralis,"
Oh, such great big names.
We usually can't pronounce them,
But they sure do fix the lames!

Got a friend or loved one?
Try it--it's such fun!
Use all your kinds for practice
They'll love it--they won't run!

It's really very easy,
Just takes a little time.
With love and care and giving,
And it doesn't cost a dime!

INTERNATIONAL NOTES

The 2nd Australian TFH Conference will be held September 4 - 8 in Victoria Australia. TFH Instructor Phillip Rafferty is in charge of the event. For those interested in attending contact Phillip or the TFH Foundation.

The 1st European TFH Annual Meeting has been announced by Instructor Trainer Jean Francois Jaccard. The dates are April 10 - 14 in Switzerland. Elizabeth Gunn is making arrangements for a group tour to Europe. Contact Elizabeth to visit the 1st European Annual Meeting conference. The tour is a great tax write off in promoting your skill as a TFH Instructor, Health professional and counselor.

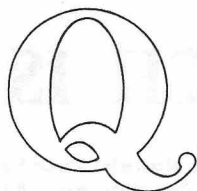
TOUCH FOR

HEALTH IS ... Presentations

- Peggy Maddox - TFH on Rehabilitation
 Jimmy Scott, Ph.D. - Energy and Allergy
 Steven Rochlitz, M.A. - On Balancing energy to help
 Candida Albicans and Progenitor
 Cryptocides
 A new form of brain hemisphere
 Repatterning
 Body point muscle testing for a new
 class of nutrients and an explanation
 of the B6 controversy
 Bruce Dewe, MD - Aids in the classroom
 TFH 1,2,3 - A look from beneath
 TFH 4,5,6, - Natural? or self specific
 Phenomena?
 Jean Bonde, RN - Substance Abuse
 Glynn Braddy - IFH program - A breakthrough in weight control
 & fat distribution using muscle
 testing and mineral balancing
 Myrl Cole - Instant super balance
 Sheldon Deal, DC - The latest in health care research
 Carol Hitz - Self TFH/communication skills with ESR
 Dr. Orvil Ladd - The six elements
 Joy Lindsey - Panel of the TFH Edu-Kinesthetic Network
 John Lubecki, DC - Passive Muscle Testing
 Elson Haas, MD - New Health Care, The evolution in the
 philosophy and practice of medicine. Author
 of Staying healthy with the seasons
 Mary Jo Bulbrook, RN - Nurses Panel - N.I.N.I
 Dr. Sidney Simon - Author, Caring, Feeling, Touching
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 Alice Vieira, Ph.D. - Change naturally? Or is it natural to
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 Food sensitivity testing
 Five stage technique for teaching one point
 presentations.
 On the art of keeping it simple
 E. J. Kaufman - The power of magnetism - A new health care
 idea
 Jean Francois Jaccard - TFH Franco-Phone
 Coby Schasfoort - Homeopathic Principle - New in Holland
 Nurses 1 yr. school for R.N.'s, how to
 plan and apply.
 How to sell EK in the school's.
 Jose & Heny Moniz de Aragao - TFH Brazil, South America

OUR MC GLENN LOCKHART
 Looking forward to seeing you
 at the Annual Meeting

TOUCH FOR HEALTH FOUNDATION
 1174 North Lake Avenue
 Pasadena, California 91104
 (818) 794-1181
 We welcome your participation in our vision.



Questions on the Quest

... with answers by
MARCUS BACH

U N I T Y
August 1984

Question: *Are you familiar with the "Touch Therapy" program initiated by John F. Thie, DC? This program is ten years old and is international, according to its boosters. The program claims to be: "A practical guide to natural health using acupuncture touch and massage to improve postural balance and to reduce physical and mental pain and tension."*

I am now enrolled in a "Touch for Health" class, and am wondering if you care to comment on this general area?
Health-minded

Answer: Through the years I have hesitated commenting on specific health programs for various reasons, one being the sheer impossibility of keeping up with the ever-rising tide of self-help approaches to health and healing. Involved as I am in the holistic movement, I certainly recognize the merit of finding the "physician" within ourselves and the need for more self-responsibility in "preventive medicine" of many kinds. I am all for a deeper knowledge of workable health principles. Time was when we sought out a health practitioner, "allopathic" or "non-allopathic," and said, "Here I am, Doc. Fix me up." Such audacity is no longer tolerable in the light of our self-awareness and the inexorable need for learning what interrelated factors contribute to the total health of the total person.

Dr. John F. Thie, whom I

know and respect for his efforts to convey certain non-allopathic "trade secrets" to his clientele, may undoubtedly lay claim to establishing "Touch Therapy" as an international movement; but the concepts involved are as old as Hippocrates and as new as the many modern innovators who have popularized acupuncture, reflexology, kinesiology, vertebral adjustments, Rolfing, and many other techniques and disciplines pertaining to "manual manipulation."

Spiritual healers, particularly those in the Christian ranks, have always believed that the "laying on of hands," as associated with the healing power of Jesus, was the highest expression of the power of touch. In fact, the practice is enjoined in the biblical text: "... they will lay their hands on the sick, and they will recover." (Mark 16:18)

Many holistic medical doctors are of the opinion that physicians have erred in creating too great a psychological distance between themselves and their patients. Touch Therapy, as a movement, has as one of its goals the restoration of the personal ingredient in which the spiritual factor once more shines through.

The mere counting of the pulse by someone who has the patient's good at heart, the

placing of a loving hand on the "fevered brow" of someone who is ill, the reassuring clasp of a hand by someone who truly cares, these represent a touch that breaks through the all-too-often sense of dehumanization that many people experience in the rush and impersonalization of hospital care. Touch Therapy, in the terms stated earlier, goes deeper than all this in its attempt to use both love and scientific principles of "healing by hand" or, as in the case of acupuncture, rehabilitation through the skillful injection of a needle at the proper meridian point to hopefully effect a cure.

There is surely no reason for not enrolling in classes where Touch Therapy is sincerely taught and effectively practiced. Check with your Unity center and you may find classes closer at hand than you realize. The growing custom of hugging in many metaphysical churches seems to indicate another impulse toward exploring the therapeutic value of physical contact.

Beauty Under Pressure

Sydney acupuncturist Susan Roche applies touch-for-health techniques to the face.

She maintains it is possible to keep the tone and balance "up to optimum performance" by working on pressure points on the face.

In Auckland to give a series of talks on her

specialty, "touch for beauty," she advocates that women include face tapping in their daily facial routine.

Thirty seconds spent tapping the corners of the mouth with the index and middle fingers will not only improve muscle tone

around the mouth but also in the stomach.

Susan Roche also teaches the location of acupressure points around the body which can be depressed to relieve ailments such as headaches and constipation.

Her techniques, which include reflex therapy



Susan Roche holds a diagram showing points to tap for facial and body toning.

aim to trigger the body's healing powers.

She believes people should know simple ways of keeping themselves healthy which can be incorporated without fuss into their lifestyles.

"These techniques, which are based on the best of the ancient

methods, call on the body's reserves of energy for balancing and toning. By taking preventive steps people can avoid serious physical breakdowns."

Susan Roche is a graduate of the Acupuncture College of Australia. She and a partner run two clinics in Sydney.

SAN DIEGO ANNUAL MEETING

and while you're here...

POST CONFERENCE WORKSHOPS

Wayne Topping, Ph.D. Dr. Topping is a Biokinesiology Instructor certified by the Biokinesiology Institute, and has taught Touch for Health and Biokinesiology classes extensively throughout Washington, Oregon, California, Canada, & Europe. Wayne is the author of Balancing the Body's Energies, Biokinesiology Workbook, and Reshaping Your Thoughts. He has recently founded the Topping International Institute to increase the focus on Health Through Education.

RESHAPING YOUR THOUGHTS

JULY 14

1 - 8P.M.

HUMAN ECOLOGY BALANCING SCIENCES

Steven Rochlitz, M.A. Steven Rochlitz is a scientist and science educator, having taught in two universities at both undergraduate and graduate levels. He has published many articles in the fields of nutrition, Human Ecology, & Applied Kinesiology. He is happy to report that his own severe "incurable" allergies are now gone thanks to the very methods he teaches.

JULY 14: 2 - 6P.M.

JULY 15: 9 - 5P.M.

JULY 16: 9 - 1P.M.

APPLIED PHYSIOLOGY 1 & 2

JULY 14: 2 - 10P.M.

JULY 15-17: 9 - 5P.M.

Instructor Update in June 7, 8, & 9

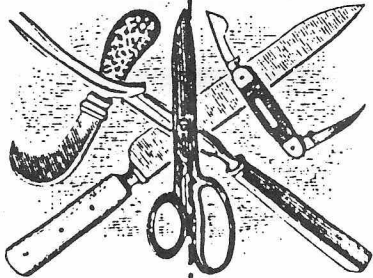
What do Felton Perry, Pat Eddington, David Brooks, Dr. Bill Derrig, Shauna Sindo, Ken Thompson, Myrtle Robinson, Juliana Derrig, Margaret McWhorter, Margene Smith, Judy Levin, Helga Brandt and Betty Gibson have in common?

They all took the Instructor Update Course. Our next one is coming up in June in Pasadena or you can get updated at the Annual Meeting July 9-14 in San Diego.

Richard Utt, founder of the International College of Applied Physiology, came up through the ranks. Once a patient suffering from Behcet's syndrome with little hope of recovery, Richard fought his way back to health using wholistic methods.

In 1980, after meeting Dr. Sheldon C. Deal, Richard became a T.F.H. Instructor and has been diligently improving his skills and understanding ever since.

The result of his continuing education finds its outlet in seven different workshops known as Applied Physiology. Richard continues to spread the understanding of his discoveries through his unique presentations and workshops throughout the U.S. as well as overseas.



CUT ALONG DASHES REGISTRATION

Daily Room Rates at the University: MULTIPLE OCCUPANCY: \$31.00
SINGLE OCCUPANCY: \$40.00
Must be paid along with registration.

Workshop	Hours	Tuition	Refresher Fee	Deposit
INSTRUCTOR TRAINING	60	\$550	\$137.50	\$80
E.K. BASIC	8	\$95	\$50	\$25
E.K. ADVANCED	28	\$395	\$125	\$50
HUMAN ECOLOGY	16	\$150		\$25
APPLIED PHYSIOLOGY	16	\$375		\$25
RESHAPING YOUR THOUGHTS	7	\$60		\$25

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PHONE (bus.)

☐ Please reserve my place at the 1985 World-Wide Annual Meeting.

University of San Diego

July 9-14

Conference fee ☐ \$158 — Current Members ☐ \$195 — Non-Members
Accommodations ☐ \$167 — Shared Room & Meals ☐ \$209 — Private Room & Meals
I plan to attend: ☐ Full Conference ☐ OTHER (circle days) T W T F Sa Su
Per day fee: \$26.35 (plus 7.50 per day if not living on campus)
T-Shirt size (circle one) XL L M S
☐ Vegetarian
☐ Smoker

Please note: \$25 deposit is Non-refundable.

My check is enclosed for ☐ class registration ☐ Please charge my Visa ☐ Mastercard ☐
☐ Annual Meeting # _____ exp. _____

Authorizing Signature _____

Please make checks or Money Orders payable to:

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