

In Touch Midwest



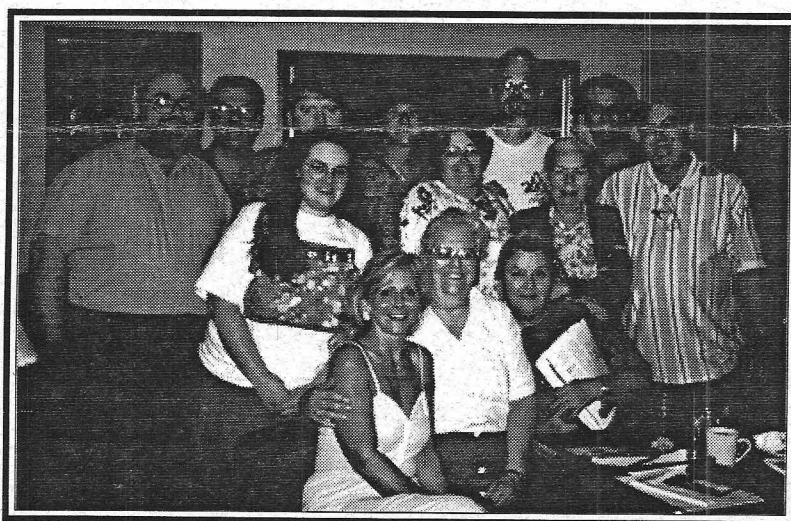
*The Quarterly Newsletter of the Midwest Region
Touch For Health Association of America*

Issue 4

Fall, 1995

New Midwest Board Elected!

**Members
decide to
continue
mission in
promoting
better
health
through
TFH.**



The new board, from left to right, top row: David Raneri, John Butts, Michael Frazier, Char Young, Chris Holderman, Bruce Doolin, Ed Ireton. Second row: Cassie Holderman, Anita Butts, Pam Graham. Seated: Dee Martin, Ja'nece Raneri, Judy Ireton.


By Cassie Holderman

During an exciting and enthusiastic meeting in August, the new board of the Touch For Health Association Midwest Chapter was elected. We voted unanimously to continue the functions of the board in promoting Touch For Health and educating others about its benefits.

As you may know, the Midwest Region was originally formed to help John

McMullin prepare and present the National TFH Convention this past July. Well the convention was a great success and John has gone on to start his own branch of the TFH tree with *Journeys of Wisdom*.

So here we are! We feel a little like a newborn baby, but we're on our own!

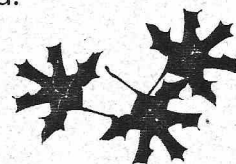
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Popular TFH Convention Emcee, Frank Mahoney passes on

Anyone who has ever been to a TFH convention in recent years knows the name Frank Mahoney. He made us laugh as he kept the popular talent show moving and touched our hearts when he sang.

Recently, while doing what he did best and loved most, teaching workshops, Frank Mahoney died.

His passing is mourned worldwide. He will be dearly missed.



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*Touch For Health
Association Midwest Region
Board of Directors*

President

Anita Butts (614) 454-1748

First Vice President

Ed Ireton (513) 845-8232

Second Vice President

Chris Holderman (614) 787-1073

Newsletter Committee

Secretary

Cassie Holderman (614) 787-1073

Public Relations Committee Chair

Newsletter Editor

Treasurer

Pam Graham (614) 653-9786

Board Members

Bruce Doolin (614) 885-HEAL

Judy Ireton (614) 845-8232

Ja'nece & David Raneri

(216) 383-1968

Char Young (614) 785-9868

Special Advisers

Jofin Butts (614) 454-1748

Operations, Resource and Mgt.

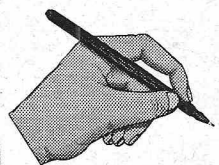
Michael Frazier (614) 860-9850

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of Directors*

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Salvador Ayala	Program
Marge Murray	Liaison from IKC

*Touch For Health Association
6955 Fernhill Drive
Malibu, California 90265
(800) 466-TFHA*



From Our President

By Anita Butts

As the newly elected president of the Midwest region of TFH I feel that the best thing I have to offer you is enthusiasm. At the August 7 meeting when we elected new board members, that is what the room was full of, the enthusiasm! I believe that the region could not have hand picked a more dedicated group of people to serve on the board.

Ed Ireton, the board's First Vice President, wrote down what he felt this organization was about. We liked it so much that we have adopted it as our statement of purpose:

1. To promote Touch For Health to the general public.
2. To serve TFH practitioners
 - A. Offer continued support of TFH principles
 - B. Develop ways to promote TFH clients.
 - C. Act as a referral service.
3. To act as a local representative of TFH National.

The time is right for us to help TFH grow, to help people come to a new awareness of themselves. Here is what we can be doing.

Each instructor could be teaching not only introductions and basic classes but also mastery sessions to help those students that feel they need a little more practice to give a complete balance. Each person who has taken TFH can be giving and receiving daily balances (believe me, you will feel better having a daily balance even if you felt OK to begin with).

Join us for our monthly meeting if you can. We meet the first Monday of every month at the Shoney's on Brice Road. Also we welcome contributions to our newsletter in the form of stories about how TFH has affected you life or articles that you feel are relevant to us.

In closing, I would like to welcome all the new members to the board and thank all of them for their confidence in electing me to be the president for the coming year.

All Welcome to Board Meetings

Anyone is certainly welcome to attend any of the Midwest Region Board Meetings. We will be meeting November 6 and December 4, 1995 and generally the first Monday of every month unless otherwise noted in the Newsletter. Your input is valuable!

Meetings take place at the Shoney's Restaurant on Brice Road in Columbus from 6:30 to 9:00 p.m.

The new board is as follows:

President: Anita Butts. Anita served as treasurer for the past year and seeing as she was acting president for a few meetings, she moved into the position quite easily. Anita uses TFH and advanced kinesiology techniques both as a professional facilitator and for family and friends. She and her husband John are certified TFH instructors and teach in the Zanesville area.

(The vote was even on our Vice Presidents, so we elected two!)

1st Vice President: Ed Ireton. Ed was also on the Board this past year and was prominent in the development of the Midwest Region's Statement of Purpose (see *From Our President*). Ed and his wife Judy are also professional facilitators and certified TFH instructors. They teach in the Dayton/Springfield area.

2nd Vice President: Chris Holderman. Another past board member, Chris' quiet, but thoughtful demeanor helps ground the group and keep everyone on track. Chris is a professional holistic practitioner and also operates a retreat center between Newark and Zanesville.

Treasurer: Pam Graham. Although she is certified in all three levels of TFH and some other advanced techniques, Pam prefers to remain a lay member of the board, utilizing TFH techniques for herself, family and friends. She is also a second-year member.

Secretary: Cassie Holderman. As the only true lay member of the board, (with no certification credits), Cassie was amazed to be elected. Cassie's contribution is not new, however, she has been the editor of *In Touch - Midwest*.

Board Member: Bruce Doolin. Although Bruce wasn't on the Board last year, it sure seemed like it! He uses extensively TFH and other advanced

kinesiology techniques to enhance his health practice at *Wellness Works* (see page 4). Bruce is also a certified TFH instructor.

Board Member: Judy Ireton. Another strongly active member just now receiving her due in being elected to the Board. (See 1st Vice President).

Board Member: Dee Martin. Dee chose to step down as Secretary, but still feels a strong commitment to TFH and the value of this work. She is also a certified instructor and uses TFH-based techniques extensively in her health practice.

Board Members: Dave and Ja'nece Raneri. With great ideas and much enthusiasm, these wonderful folks add northern element to the Board. Ja'nece has been teaching TFH certification courses for several years in the Cleveland area.

Board Member: Char Young. A well-know face in TFH circles in Columbus and around the state, Char joined the Board midyear, replacing a resigning board member. Now she's a member in her own right and looks forward to the exciting potential of the coming year. As a certified instructor, Char has taught classes not only in Columbus, but around the state and the country as well.

National Board Member/Midwest Advisor: John Butts. In his second year on the National Board, John has moved into the position of Treasurer. His and Mike Frazier's knowledge of the National Organization is invaluable in the development of the Midwest Region. As a certified instructor, John adds a warmly personal touch to his classes.

National Board Member/Midwest Advisor: Michael Frazier. Mike is involved in so many different healing modalities, his contribution to the board is

How do *you* use TFH to keep your life balanced?

Send your comments to

In Touch

c/o Cassie Holderman

9005 Hidden Springs Road

Hopewell, Ohio 43746



immeasurable! A master on many levels, Mike's objective observation helps us all see things from a broader perspective.

The enthusiasm expressed at the August meetings was overwhelming. I was so excited, that I had trouble sleeping. So I wrote down my thoughts. Let me share a little with you.

"What a pleasant feeling to be part of what promises to be a high-energy, cooperative group. While any individual may quietly ask 'What's in it for me?' before we get involved in anything, there really seemed to be a genuine commitment to the TFH Midwest Region and its goals as an organization. Those involved seemed to recognize that as TFH grows to become more widely recognized and accepted, it benefits all of us who use it either professionally or personally.

Great strides were made tonight in efforts to put personal differences and interests aside in order that this organization will grow and prosper.

Many ideas were discussed and healthy seeds planted, which I believe have a strong possibility to come to fruition through our mutual cooperation.

We now have a broader statewide representation which can only do us good. The number of couples involved is another strong indication of the level of commitment this board now has.

I am excited about what occurred tonight and look forward with eager anticipation to the things that are to come."

Your contribution is welcome and encouraged, too. Let's all join together to develop a strong awareness of the benefits of TFH so that, as is Dr. Thie's dream, every family will come to use TFH every day. With your help, we *can* make Touch For Health a household name

We now have a phone number!!!

(614) 470-2176

It's a recorded message on VoiceMail, so state your question or comment as well as your name and phone number, and we'll get back with you right away!





To Board Member
Bruce Doolin

on the opening of
Wellness Works

422 Morse Road
Columbus, Ohio 43214.
(614) 885-HEAL.

Bruce takes the holistic approach to health and wellness using a wide variety of techniques including:

- Touch For Health
- Acupressure
- Craniosacral Therapy
- Swedish Massage
- Deep Tissue Massage
- Sports Massage
- On-Site Chair Massage
- Professional Kinesiology
- Healing Touch
- Hypnotherapy

Bruce takes a look at each person individually to develop a personalized therapy program for specific health concerns, stress management, as well as better fitness and overall improved health.

He is also available as a personal fitness trainer and to develop wellness programs on the corporate level.

Good luck Bruce!

Free Balances

at Wellness Works

Fridays, 10 a.m to 2 p.m

All donations received will be
in turn donated to a children's fund.

Dear Char

Welcome to "Dear Char!" Let me introduce myself. My name is Char Young. I am a 44-year-old woman with two grown children and I'm going to be a Gramma in November.

I am proud to say that I am on the Board of Directors for the Midwest Region of the Touch For Health Association. I have been a licensed cosmetologist and have stood behind the chair listening to people tell me their issues for 25 years. My question was WHY ME? Why are these people telling me things that they have never told anyone? What was I supposed to do? Now I am moving from the back of the chair to the front (I am in Mental Health at Columbus State) and listening to what they are saying and being open to what their body language is telling me.

I am a kinesiologist, reflexologist, hypnotherapist and a person who can say "been there done that" to many things. I realize now, one great trait that "the Big Guy" has blessed me with the ability to connect with people to help them find their own truth.

My own personal story of having seizures for many years has opened me up to the healing modalities that are ours just for the asking. Our body was given to us and some of us have either abandoned it or abuse it. Many of us leave feeling better to doctors, drugs and hospitals.

I was told there was no answer for me. The only thing that anyone could do was to use drugs to suppress my seizures. No one ever told me I could "heal" myself—that education, or should I say, re-education (of my thinking) is what really healed me. Today I am seizure, pain and drug free and I know what makes my body dis-eased.

My ability to help others has been my life. If my story says one thing it would be this: educate yourself with things you can do to function in your own body. Treat it as a temple. Ask questions and take charge of your own health today.

Doctors are necessary—yes. I recognize now that there was a big gap in what the doctors did for me and what lifestyle changes and changes in my own thinking I needed to make. God has carried me to full circle. I now know my purpose. It is to educate people about things that they can take control of: their thoughts, their joy, and their health.

This new column is here as a forum for you to get answers to your questions about TFH and other holistic approaches to health. There are many simple whole-health procedures which can help you. Please write "Dear Char" with our questions or your stories of how alternative or complementary modalities have changed your life.

Love and light to all,

Char!



Calendar of Events

Course Location	Dates	Instructor	Contact
TFH I Zanesville	Oct. 17 - Nov. 14, Tuesday Nights	John & Anita Butts	(614) 454-1748
Planning Committee Mtg.	Oct. 16	Mike Frazier's	(614) 860-9850
Intro Upper Arlington	Oct. 17	Bruce Doolin	(614) 846-2874
Intro Akron	Oct. 27-29	Char Young	(614) 785-9868
TFH I Columbus	Oct. 28 & 29	Bruce Doolin	(614) 846-2874
Board Meeting	Nov. 6	Shoney's, Brice Rd., Columbus	
TFH I Zanesville	Nov. 11 & 12	John & Anita Butts	(614) 454-1748
TFH II Columbus	Nov. 18 & 19	Bruce Doolin	(614) 846-2874
TFH I Columbus	Dec. 1 & 2	Bruce Doolin	(614) 846-2874
Board Meeting	Dec. 4	Shoney's, Brice Rd., Columbus	
Board Meeting	Jan 8*	Shoney's, Brice Rd., Columbus	
TFH I Columbus	Jan 6 & 7	Bruce Doolin	(614) 846-2874
TFH II Zanesville	Jan 8 - Feb. 5, Monday Nights	John & Anita Butts	(614) 454-1748
TFH I Akron	Jan 13 & 14	Char Young	(614) 785-9868
TFH I Columbus	Jan. 20 & 21	Bruce Doolin	(614) 846-2874
Board Meeting	Feb. 5*	Shoney's, Brice Rd., Columbus	
TFH II Zanesville	Feb. 17 & 18	John & Anita Butts	(614) 454-1748

* Tentative dates for Board Meetings

Deadline for Winter issue is December 1

T.F.H. Course Descriptions

T.F.H. I

This 18-hour basic introduction course presents the skills necessary to manage stress, reduce pain, and to provide yourself and others with an overall boost of energy.

You'll learn 14 basic muscles and meridians and the parts of the body they affect. In addition, specific test and exercises designed to pinpoint body weaknesses are demonstrated.

T.F.H. II

The skills learned in T.F.H. I are expanded with 14 new muscles and the introduction of Alarm Points, the Five Element Theory, and other balancing approaches.

In just 18 hours you'll learn powerful brain integration techniques as well as how to balance the inner clock and to address past trauma.

T.F.H. III

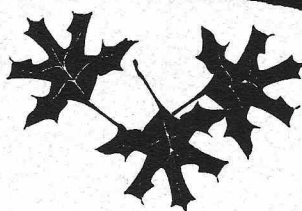
Use of the Five Element Theory is expanded to include emotions and balancing with sound and color. You'll also be introduced to yet another set of 14 muscles

In this 18-hour course you'll learn crucial techniques to release stress and pinpoint and reduce pain.

What's Your Opinion?

Let us know!

Send your comments to *In Touch*,
c/o Cassie Holderman
9005 Hidden Springs Road
Hopewell, Ohio 43746



When registering for a class, be sure to ask if the instructor is a certified instructor and a **current member** to ensure that your participation will be registered with National. Only certificates issued by the Midwest Region or National are official and recognized by the TFHAA.

Membership Registration

Name: _____

Address: _____

Phone: _____ Business Phone: _____

_____ Midwest Region \$20
_____ Lifetime Member \$500

_____ **National T.F.H. Membership** (Includes Regional)
_____ Basic \$50
_____ Instructor/Professional \$100

TOTAL: _____

Make checks payable to: **T.F.H. Midwest**

T.F.H. Midwest Region, c/o Pam Graham, 141 Ann Court, Lancaster, Ohio 43130



What is
Touch
For
Health

Be a part of a new level of awareness and excitement, become a member of T.F.H.

Simple and safe, Touch For Health (T.F.H.) is a practical process of balancing the body's energies to reduce pain, improve body function and ease the stresses of everyday living.

T.F.H. is the best of East meets West, utilizing ancient Oriental acupressure and acupuncture techniques along with recent Western developments in wellness and preventative care.

T.F.H. does not diagnose, prescribe or treat illness, but when used regularly, it is a powerful tool in achieving total well-being.



Midwest Region Benefits of Membership

Basic Member - \$20

- Voting Privileges for all Regional elections
- A subscription to *In Touch* - Midwest
- Listing in annual membership directory published in the Spring newsletter
- Discounts at Region-sponsored meetings, classes and events
- Discount on National membership

**Midwest's first
Regional Meeting
planned for
March 16, 1996**

*Contact a board member to
find out how you can be a part
of this exciting event!*

T.F.H.A. National Benefits of Membership

Associate Member - \$25

- A subscription to the *Keeping In Touch* newsletter

Basic Member - just \$30, when purchases with Regional membership for a total of \$50.

- Voting privileges for all T.F.H. elections
- A subscription to *Keeping In Touch*
- Listing in the Association directory
- an annual journal of the latest developments in T.F.H.
- Selected discounts at T.H. Enterprises bookstore
- Discounts at T.F.H. events and meetings

Instructor/Professional Member - \$100

- All of the above plus...
- Referrals
- Promotional assistance
- Special promotional materials
- Development of T.F.H. curricula



Touch For Health Association Midwest Region

c/o Cassie Holderman, Secretary
9005 Hidden Springs Road
Hopewell, Ohio 43746

Judy Levin
22636 Mobile St.
West Hills, CA. 91307

