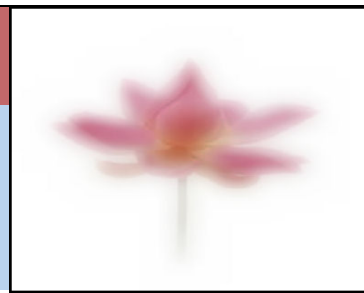


Holistic Arts & Health Alliance

MEMBER NEWSLETTER

February 2007



HOLISTIC ARTS & HEALTH ALLIANCE ANNUAL MEETING

Wednesday, February 28, 2007 from 9-11 a.m.

Benedict's Restaurant on River St. in East Dundee

Offices up for election are Secretary, VP Communications, and VP Operations.

Offices up for appointment are Treasurer and VP Business Development.

For just 1 to 2 hours a week, you can help us keep HAHA moving forward in service to our communities and our member practitioners. If interested in serving on the HAHA Board, please contact connections@haha-il.org by February 16.

Officer roles are as follows:

Office: President

- Presides at HAHA Membership and Board of Directors meetings.
- Represents HAHA as necessary by providing public presentations and personal appearances.
- Maintains communications as appropriate.
- Oversees and monitors operations.

Office: Secretary

- Keeps official minutes of meetings.
- Facilitates any correspondence as directed by the board.
- Maintains archives for the organization.

Office: Treasurer

- Receives, maintains and accounts for funds.
- Develops, analyzes and oversees budget.
- Receives, analyzes, pays Board-approved expenses in a timely manner.

Office: Vice President of Business Development

- Coordinates new membership drives.
- Sends information packets to new members.
- Works with Board of Directors to publicize HAHA, benefits of membership and HAHA sponsored events.
- Contacts potential sponsors for special events as well as ongoing operations.

Office: Vice President of Operations

- Evaluates and presents all matters pertaining to computer technology to the HAHA BOD.
- Oversees HAHA Website/Database operations and development.
- Ensures that the member information in the Database is accurate for both new and existing members.
- Ensures that the hosting provider maintains appropriate availability and appearance of the HAHA website.
- Works with all other board members requiring timely and accurate member information.
- Works with Development in particular to assist in recruiting/retention.
- Works with Treasurer to assist in member dues collection.

Office: Vice President of Programs

- Plans programs in conjunction with board and committees.
- Notifies appropriate chair regarding upcoming programs so information can be disseminated appropriately.
- Works with Communications to publicize events.

Office: Vice President of Communications

- Interacts with the press, including development of appropriate communications.
- Identifies, nurtures, and maintains a repository of potential sponsors for HAHA events
- Collaborates with Programs in the development of a Speakers Bureau.

MEMBER EVENTS & WORKSHOPS

Residential Interior Decorator I by Joyce Kocinski, MA

Do you feel you are creative and can redesign a friend's home? Have you always had an interest in the residential design field but didn't want to invest the time? Then this course is for you. Most students have already worked in other fields and are ready for a change or just want to expand their talents. Learn how to use design theory and hands on projects to create beautiful spaces. Explore furniture styles and take a field trip to view historic rooms. This is one of two courses to obtain a certificate as a Residential Interior Decorator.

Date: Wed 2/14-3/21

Time: 7-9pm

Cost: \$199.00

Place: Elgin Community College. Call 847-622-3036 to register.

Aromatherapy for Bodyworkers with Vicki Rae Thorne, Herbalist, Certified Aromatherapist: Aromatherapy, the art of healing with pure essential oils taken from plants, flowers, roots and seeds, can have powerful effects on the body, mind and spirit according to its teachers and proponents. Elgin Community College offers practitioners and industry professionals an opportunity to enhance and enrich their educational base with a 16-hour course. Students are asked to bring sheets and a carrier lubricant as there will be hands on work at each session.

Dates: Sundays March 4, March 18, April 15, April 29

Time: 9:00 a.m. to 1:00 p.m.

Fee: \$259

Registration: Elgin Community College, 847-622-3036; CEB 446

Aromatherapy for Lovers with Vicki Rae Thorne, Herbalist, Certified Aromatherapist: Utilizing scent is part of a romantic menu, and can help set the stage for a relaxing, pleasurable evening. It has the ability to conjure detailed images, to transport us to a different time and place, to lift our spirits and calm our minds. A whiff of jasmine or a lover's nightshirt can awaken romantic feelings. Scent is Cupid's arrow.

Dates: Monday, February 5

Time: 7:00 to 9:00 p.m.

Fee: \$39

Registration: McHenry County College; 815-455-8588; NHE S16 002

Date: Friday, February 9

Time: 7:00 to 9:00 p.m.

Fee: \$39

Registration: Elgin Community College, 847-622-3036; CEA 316

Curb Your Cravings: Aromatherapy and Weight Loss with Vicki Rae Thorne, Herbalist, Certified Aromatherapist. The use of scent to help curb cravings has shown remarkable success; focused inhalation of culinary odors can create a feeling of satiety. Examine the role of aromatherapy to assist in the emotional as well as physical aspects of appetite control for healthy weight loss and overall wellness. Learn recipes for making simple body care products to assist in reducing cellulite and water retention. Cost includes recipes for personal use and one aromatherapy kit.

Date: Saturday, February 10

Time: 9:00 a.m. to noon

Fee: \$79

Registration: McHenry County College; 815-455-8588; NHE S01 001

Date: Saturday, February 17

Time: 9:00 a.m. to noon

Fee: \$79

Registration: Elgin Community College, 847-622-3036; CEA 322

Nurturing Health for the Rest of Your Life with Vicki Rae Thorne: Lively food and activity is essential for feeling good. Examine therapeutic uses of plants and learn how to use them safely and effectively in teas, baths, diffusers, lotions and foods to improve and maintain health and vitality of mind, body and spirit.

Date: Monday, February 19

Time: 7:00 to 9:00 p.m.

Fee: \$39

Registration: McHenry County College; 815-455-8588; NHE S60 002

Date: Tuesday, February 20

Time: 7:00 to 9:00 p.m.

Fee: \$39

Registration: Elgin Community College, 847-622-3036; CEA 311

Introduction to Herbalism: Medicinal Benefits of Plants with Vicki Rae Thorne: Through lecture, discussion, visualization and tasting, learn the language of herbalism, how to select and use herbs for common ailments, and explore their benefits to body, mind and spirit.

Date: Monday, February 26

Time: 7:00 to 9:00 p.m.

Fee: \$39

Registration: McHenry County College; 815-455-8588; NHE-S04-001

Date: Tuesday, March 6

Time: 7:00 to 9:00 p.m.

Fee: \$39

Registration: Elgin Community College, 847-622-3036; CEA 309

Soul Visioning™

Manifesting Your Ideal Future with Soul (An introduction)

Date: Friday, March 16, 6:30 pm to 8pm

Place: HoEssence 56 East Crystal Lake Avenue. Crystal Lake, IL 60014.

Call 815-276-7173 for information

Fee: No charge

Susan will guide you into your ideal future under the guidance of your higher soul wisdom to create your ideal life in the areas of work, relationships, health, finances, and spirituality. You will be introduced to tools to remove the blockages and resistances that sabotage the fulfillment of your soul's vision. This is an introduction to the topic of Soul Visioning™.

Past Life/ Between Lives Regression Lecture

Body Mind Spirit Expo

Date: Sunday, March 18 at 3:00 p.m.

Cost: \$10 Admission

Place: Midwest Conference Center, Northlake, IL (Usually standing room only, so arrive early)

Susan will give a 45 minute lecture on past life regression and life between lives regression with videos and case examples from her practice. She will be available to answer questions following the lecture.

Creative Arts Adult Group

The intention for this group is self-empowerment and self-exploration. The participant will be able to connect with others through creative writing and art making while experiencing growth, recognizing own uniqueness and witnessing a process of change. No previous writing or art experience is required. Art materials will be provided.

Day: Tuesday

Time: 7:00-8:30 pm

Cost: \$40.00 per session

Max Participants: 6

Contact for information or to register: Radmila Abram, MA, ATR-BC, LCPC at 847-917-3741 or 630-393-9800 ext. 218.

Holistic Arts & Health Alliance

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Supporting the Holistic Practitioners in Your Neighborhood

HAHA is a not-for-profit organization dedicated to public education and practitioner referral for the services of massage therapists, Reiki practitioners, chiropractors, herbalists, energy workers, etc.

HAHA MISSION:

To provide educational opportunities for increased awareness of the general public to learn about local sources of holistic arts and health practices.

To provide various opportunities and venues for people to learn about holistic arts and health practices such as Aromatherapy, Herbalism, Acupuncture, Chinese Medicine, Energy Work.

To provide networking, business and educational opportunities for various local practitioners in a variety of practices.

BOARD ANNOUNCEMENTS

Green Festival 2007:

April 21-22, 2007 at McCormick Place in Chicago www.greenfestivals.org

HAHA is considering a 10 by 10-foot exhibit space. The cost to nonprofit groups is \$950, and we must reserve space by February 12th to be included in the promotional materials. With this price tag, we are looking for members to share space and cost. Demos and sales are permitted. Members interested in sharing space and cost, please contact connections@haha-il.org (subject: Green Festival) no later than February 9th.

Marketing Opportunity:

Provena St. Joseph's Auxiliary is sponsoring a fundraising event and is looking for donations for gift bags and raffled theme baskets. Donations can include products or gift certificates. Each donor can attach a business card to items donated, and anything placed in the raffled theme baskets will also have the donor's information listed on a contents card attached to the basket. The Auxiliary board would like some idea of what members may be donating. If interested, please email connections@haha-il.org (subject: Provena Auxiliary) by February 9th with your donation ideas. Donations will be collected prior to March 1st. Details to follow.

Harper College Wellness Week:

Congratulations to HAHA members Valerie Early and Jeanmarie Dwyer who have been selected as presenters during Harper College's Wellness Week. HAHA has also been selected as an exhibitor for the health fair on April 18th from 9 a.m. to 1 p.m. This is a well-attended event that offers opportunity to

promote your business. Members who volunteer time at the HAHA table may distribute information about their businesses as well. To sign up for a shift at the HAHA table, please email connections@haha-il.org (subject: Wellness Week Table) by April 1st.

Small Business Seminar:

Mark your calendars and pass the word. HAHA is sponsoring a small business seminar on March 24, 2007 from 10 a.m. to 2 p.m. at Schaumburg Library. We offer three presentations and a chance to network with other small business owners.

10:00 to 10:30 Registration and networking

10:30 to 11:15 Using Technology in Your Business: Mark Thorne, Solutions Architect leads a roundtable discussion on what you want technology to do for you, and what its place in your business should be.

11:30 to 12:15 Steps to Success: Sarah Karnes, Life Coach and Midwest coordinator for the Way of the Heart, helps you expand your definition of success and why you want it, softening and dissolving perceived obstacles.

12:45 to 1:30 Envisioning Your Business through Creative Art and Writing: Art therapist Radmila Abram, MA, ATR-BC, LCPC, offers an experiential presentation using words and images to bring your business dreams to life.

1:30 to 2:00 Open networking

Fundraising with EcoPhones:

Health as defined by the World Health Organization includes six dimensions – physical, intellectual, emotional, social, spiritual and environmental. HAHA would like to support the latter with a fundraiser called EcoPhones. It's simple and it's free. We are looking for volunteers to put a small box and a sign at the office

for collection of cell phones, accessories and ink jet cartridges. Please email connections@haha-il.org (subject: EcoPhones) for more information.

Community Outreach:

Several members have requested that HAHA provide volunteer services as a group. This increases visibility for our members and provides valuable services needed in our communities. Suggestions have included: Friends of the Fox River. 815-356-6605 www.friendsofthefoxriver.org Bluff Creek Fen Cleanup Relay for Life Soup Kitchen service Adopt-a-Highway PBS Pledge Drive We are in need of someone to volunteer to coordinate this wonderful idea and bring it to fruition. Please email connections@haha-il.org (subject: Community Outreach).

HAHA-wear:

It has been suggested that HAHA members wear matching colors or shirts when representing the organization. Items can also be sold to non-members a part of fundraising efforts. If you have comments or suggestions, please email connections@haha-il.org (subject: HAHA-wear).

Please take advantage of the opportunities such as the Speaker Bureau, Community and Corporate health fairs we discover. It can help you!

The Board of Directors of Holistic Arts & Health Alliance would like to wish you a happy, healthy Valentine's Day!