

# Good Vibrations

News from  
West Michigan  
Healers, Inc.

## WINTER 2008



P.O. Box 1433  
Muskegon, Mi 49443

[www.westmichiganhealersinc.org](http://www.westmichiganhealersinc.org)

### CALENDAR OF EVENTS

**Tuesday, Dec. 2, 2008 - Healing Touch Intro Class** – Hackley Campus Youngberg Auditorium – **with Barb Starke, RN, MSN, FNP-BC** 6:00-9:00 p.m.  
Cost - \$30 plus \$10 for CEU's  
Contact Kay to register at [www.westmichiganhealers@core.com](mailto:www.westmichiganhealers@core.com)

**Saturday, Dec. 6 – Baker College**  
Nursing Educational Event – contact Jennifer Kaiser, 231.777.5378, Kay, 231.865.7676 or Michelle, 231.893.0193

**Healing Touch Level 1 with Barb Starke**  
**Jan. 24-25, 2009**, 8:30-5:30 at Hackley's Youngberg Auditorium – Cost - \$333 plus \$30 for manual. Contact Michelle Tennison

#### Future Membership Gatherings;

- **Thursday, December 4** – Christmas gathering at Alexa Erb's at 638 Hoffman, Muskegon – 231.740.5640

#### Getting to know New WMH Members:

##### **Meet Meera Patricia Kerr – SW Mich.**

Meera specializes in yoga for larger bodies and people with disabilities. She has a DVD titled – *Big Yoga Hatha One* which will be out soon in book form. For more information visit her website at [www.bigyogaonline.com](http://www.bigyogaonline.com).

#### **Book of Interest**

##### **Laws of Spirit**

Dan Millman

A Tale of Transformation  
Powerful Truths for Making Life Work

### WMH Members Community Outreach

WMH was contacted by Mercy General Health Partners to participate as educators and contacts for alternative and complementary medicine. Nurses had responded that they had heard about alternative techniques and practices from their patients, and wanted to know more. More than 50 nurses and students gathered at MCC on Saturday, Oct. 11 to learn more about mind, body and spirit.

WMH members, Roberta Leenhouts, Barb Starke, and Steve Szatkowski presented their specialties. Martha McCune, Michelle Tennison and Katy Johnson came as attendees. Kathryn Koches and Kay Bazzett provided attendees additional support at an information table. WMH organization informational fliers, Community Resource Directories and new member applications were shared. Kathryn provided membership information for American Holistic Nurses Association (AHNA) of which WMH is an organizational member.

A lot of contacts were made, including Jennifer Kaiser, organizer for Baker College's nursing educational event being held on Saturday, December 6.

We found it encouraging that in WMH's 11<sup>th</sup> year, traditional medical institutions and educators are contacting us to provide information on holistic approaches to health and healing.



## Co-Presidents' Message - Winter 2008

So much has transpired since the last Newsletter, one hardly knows where to begin!! First of all, you should have received your WMH Membership packet in the mail. It contained your 2008-9 Membership & Community Resource Directories as well as your Fall Newsletter. Many thanks to the dedicated members of the Membership & Communications Committees who made it all possible. In our continuing effort to keep them current we have already had 2 suggestions: 1) to have an electronic form on a *Members Only* button on the website where changes can be reported electronically and 2) a tear off page in the back of each Directory for mailing in changes of information. Since the Directories will be of most benefit if they are kept current, we would appreciate any other suggestions that would aid in the ease & speed of update. Please contact Membership Committee CoOrdinator, Nancy Owens, if you have any other inspiring ideas in this regard.

As our Committee organization takes shape, we are in need of a member (or volunteer) to serve on the Social Committee with Sue Kent. Call Sue or Kay to join in on the fun. The Executive/Finance Committee (which is responsible for the ByLaws, our 501C3 status and the Budget) also is in need of a CoOrdinator and one more member to serve with Nancy McCarthy. We know there is someone(s) out there who has the skills and desire to help us fill our committees in these two areas. Our goal is to have the committee vacancies filled and in full operation by Dec. 31<sup>st</sup> so if you are reading this & guided to serve please call Kay right away. We will be truly blessed.

The Education Committee has some Healing Touch classes coming up – see the schedule of events. Also note the Educational Outreach article here that chronicles a past October event as well as one coming up in December. The Communications Committee is making additions to the Newsletter as well as website upgrades. Our goal is to keep the membership better informed regarding the goings-on between the Annual Meetings in June each year. And remember, our second quarterly get-together is coming up Dec. 4, 2008 at Alexa Erb's house, 638 Hoffman, Muskegon, 49442. We haven't had a Xmas gathering outside of a restaurant setting for a long time. Being in a home will give us the opportunity to get to know each other better. So bring a dish to pass and join in the fun. A gift exchange (under \$10.00) will take place for those who wish to participate.

'Tis the season to be **jolly**, so bring us your JOY. To expand upon the motto of the recent national election, YES, we can, [YES, we DID and YES, we WILL]. In the loving spirit of the season, Kay & Kathryn – **Your** Co-Presidents