



WELLNESS CONNECTIONS

Health Care and Healing Arts In the Central Valley

Volume 2005 No. 10

November

The Wellness Connections email newsletter is published during the week following the monthly meeting, except in the case of combined issues. The goal of the newsletter is to inform the members about important issues arising at the meetings, provide reminders about future events, and to be an information resource about issues important to members. You may communicate with the editor or submit articles at franks@attitude.com. To stop receiving the newsletter, send an email to the editor with "Stop Newsletter" in the subject field.



Thanksgiving Proclamation

Inasmuch as the great Father has given us this year an abundant harvest of Indian corn, wheat, peas, beans, squashes, and garden vegetables, and has made the forests to abound with game and the sea with fish and clams, and inasmuch as he has protected us from the ravages of the savages, has spared us from pestilence and disease, has granted us freedom to worship God according to the dictates of our own conscience.

Now I, your magistrate, do proclaim that all ye Pilgrims, with your wives and ye little ones, do gather at ye meeting house, on ye hill, between the hours of 9 and 12 in the day time, on Thursday, November 29th, of the year of our Lord one thousand six hundred and twenty-three and the third year since ye Pilgrims landed on ye Pilgrim Rock, there to listen to ye pastor and render thanksgiving to ye Almighty God for all His blessings.

*--William Bradford
Ye Governor of Ye Colony*

May we all celebrate an abundant harvest and walk in wellness throughout the year.

Philosophy of the Month

When it is dark enough, you can see the stars.

~Ralph Waldo Emerson

Are You Going To The Health And Wellness Fair?



If you want to have a table, you need to make your request immediately; more than half the tables have already been reserved. At last week's meeting, Sherrie Olp reminded everyone that the second annual Wellness Connections Health and Wellness Fair scheduled for Sunday, January 29, 2006, will require just as much promotion effort as it did last year, if we want it to be successful again. Over 300 people attended the fair last year and we would like an even bigger response this year. It is time to start letting people know that the Fair is coming. Posters are now available and flyers were at the printers on the day of the meeting. You might want to review your mailing list and make sure it is up to date, if you want to get in on the bulk

mailing to save postage. Since there are 50 tables, if each vendor takes responsibility for getting only 10 people there, that would mean 500 attendees. We can do that; look how many we got to come see Dr. Emoto. Posters and flyers are available at the Go Natural Wellness Center at the northwest corner of Fresno and Shaw. VIP tickets, for those who would like to sell tickets in advance, are available from Frank Saxton at The Center For Body, Mind, and Spirit, 725 Pollasky, Suite 101, Clovis (telephone 559/298-8062).

There will be two important mandatory pre-Fair meetings for vendors to attend or send representatives: November 30, 2005, 7:00 PM and January 10, 2006, 7:00 PM at the Go Natural Wellness Center, 5091 North Fresno Street, Suite 122 (northwest corner, Fresno and Shaw). The meetings are not only full of good information about how to get ready and how to get the most out of the Fair, and great for building anticipation and enthusiasm, but they are also as much fun as the Fair and a wonderful opportunity to get to know the other vendors who will be there.



At the Wellness Connections meeting, hosted at the Go Natural Wellness Center, Sherrie Olp and Joanne Bazarian, co-chairs of the event announced they have an opportunity for a volunteer to coordinate food service at the Fair, if the vendors would like to have a meal available. If you would like to volunteer for food service or other opportunities, or if you still need to reserve your table, contact Sherrie at 559/221-9356, or drop by the Wellness Center.

Website of the Month

The site for this month is: <http://www.thanksgivingjoy.com/>

If you have ever been curious about the holiday or need some celebration ideas, this site includes everything you ever wanted to know about Thanksgiving and then some.