

## HYPNOLINK 2007 NEWSLETTER



N.A.C.H. and The Greater NJ NGH Chapter

National Association Of Certified Hypnotherapists

1358 Burnet Ave. Suite 1

### SMOKING INFORMATION AND STATISTICS

Cigarette smoking is the most preventable cause of death worldwide as well as the major cause of premature death in North America today. According to the American Lung Association, in 2002, more than 45.8 million in the U.S are smokers and over 440,000 deaths each year in the U.S. are attributed to cigarette smoking. Over 260,000 men die each year from smoking as well as over 178,000 women. Lung cancer is #1 with over 125,000 deaths each year.

In the U.S. today: 26% of men and 21% of women smoke. Respectively this number is decreasing each year but statistics claim there will still be a rate of over 20% in both parties by 2010. However smoking prevalence was highest amongst people ages 18-24 years.

Smoking related diseases kills 1 in 10 adults globally or causes 4 million deaths. By 2030, if current trend continues, smoking will kill 1 in 6

people. Every 8 seconds, someone dies from tobacco-related disease.

Teens: Studies show that the average age of first time smokers is 14 years old. Nearly 75% of teen smokers are still smoking 5-6 years after their first cigarette. Each day in the United States, a minimum of 3,000 young people from 11-20 become regular smokers; 2,000 of them are under age 18.

The American Lung Association conducted a recent survey reporting a whopping 34.8% of high school students, as well as 12.8% of middle school students smoke cigarettes. None of these teens were of legal age to purchase cigarettes. 3,000 adolescents will smoke their first cigarette today. Approximately 80% of adult smokers started smoking before the age of 18, and nearly half will not put them down. Eventually, one-third of these kids will die of smoking-related diseases. Among teens between the

ages of 13-15, about 1 in 5 smokes worldwide. Between 80,000 and 100,000 children worldwide start smoking daily; half of which live in Asia.

Cigarette smoking during childhood and adolescence produces significant health problems among young people, including cough and phlegm production, an increase in the number and severity of respiratory illnesses, decreased physical fitness, an unfavorable lipid profile and potential retardation in the rate of lung growth and the level of maximum lung function. Most importantly this is when an addiction forms which often persists into adulthood.

The ingredients and additives in cigarettes when burned, create toxic, harmful chemical compounds. There are over 4000 chemicals in cigarette smoke, and more than 40 of them are known carcinogens. Smokers inhale some pretty disgusting things with every puff:

Target the kids, using hypnosis help them before its too late.

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Members.....\$20.00

Non-Members.....\$25.00

At the Door..... \$2.00 Extra

CALL: 908-964-4467

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## Free Hypnosis Script

### Reading Faster

See yourself sitting at your desk or in your favorite chair reading. You are reading at a very comfortable speed and retaining everything you read.

I now want you to notice that you are reading at twice the speed that you normally do. You have not sacrificed any comprehension or retention. In fact, your comprehension and retention have also improved

Your eyes have the capability to see much more than you now allow them to see. You can now accept the rapid rate with which you eyes are capable of seeing and allow them to do so. The human mind can comprehend at an astronomically fast rate. You now allow your mind to accept and comprehend at least double the rate that you have in the past.

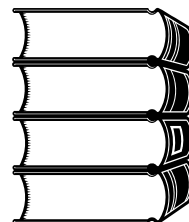
Your reading speed will continue to get faster and faster

as quickly as you accept it.

You now see and comprehend in sentences instead of words, paragraphs instead of sentences. Becoming faster and faster, more and more efficient every time you read.

With every book, article, and lesson that you read, you become better and faster and you feel great because you are realizing a part of your potential you have not realized before.

Volume 1..... Issue 5



*Reading and absorbing what you read quickly, using Hypnosis*

## SANCTUARY EXERCISES

Sit back, breathe deeply, and send a warm feeling into your toes and feet. Let this feeling break up any strain or tension, and as you exhale let the tension drain away. Breathe deeply and send this warm feeling into your ankles. It will break up any strain or tension, and as you exhale let the tension drain away. Breathe deeply and send this feeling into your knees, let it break up any strain or tension there, and as you exhale let the tension drain away. Send this warm sensation into your thighs so any strain or tension is draining away. Breathe deeply and send this warm feeling into your genitals and drain away any tension.

Send this warm feeling into your abdomen now; all your internal organs are soothed and relaxed and any strain or tension is draining away. Let this energy flow into your chest and breasts; let it soothe you and as you exhale any tension is draining away. Send this energy into your back

now. This feeling is breaking up any strain or tension and as you exhale the tension is draining away. The deep, relaxing energy is flowing through your back, into each vertebra, as each vertebra assumes its proper alignment. The healing energy is flowing into all your muscles and tendons, and you are relaxed, very fully relaxed. Send this energy into your shoulders and neck; this energy is breaking up any strain or tension and as you exhale the tension is draining away. Your shoulders and neck are fully relaxed. And the deep relaxing energy is flowing into your arms; your upper arms, your elbows, your forearms, your wrists, your hands, your fingers are fully relaxed.

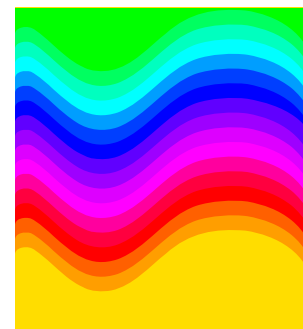
Let this relaxing energy wash up over your throat, and your lips, your jaw, your cheeks are fully relaxed. Send this energy into your face, the muscles around your eyes, your forehead, your scalp are relaxed. Any strain or

tension is draining away. You are relaxed, most completely relaxed.

And now float to your space, leave your physical body and move between dimensions and travel to your space, a meadow, a mountain, a forest, the seashore, wherever your mind is safe and free. Go to that space now. And you are in your space, the space you have created, a space sacred and apart. Here in this space you are free from all tension and in touch with the calm, expansive power within you. Here in this space you have access to spiritual information and energy. Here is the space where you can communicate with your spirit guides. Your flow is in harmony with the flow of the universe. Because you are part of the whole creation you have access to the power of the whole of creation. Here you are pure and free. This is your personal sanctuary.

Stay here for a few minutes and when you are ready let yourself drift up and back to your usual waking reality. You will return relaxed, refreshed, and filled with energy. And you will return now, gently and easily.

Nice script for our clients or ourselves. We need to take time for ourselves as well. Each day we need to set time aside, as we tell our clients to, and work on our energy and creativity. Let the pressures of every day life just go.



*Universal Life  
Force Energy*

**RELAX**

## AD/HD Understanding the True Meaning of Living With It.....Part 4 of 10 Series

By Roxanne Cortese

**"Parenting a child with ADHD is like riding an emotional roller coaster."**

### *Father of a Child with AD/HD*

ADHD has a way of cutting through rational thought processes, feeding directly into parental emotions. All parents can run out of patience. Often it is difficult to remain rational in the face of certain behaviors associated with ADHD. While it is important to know the effects ADHD has on our children, it is equally important to understand the effect your child's ADHD has on you, the parent. Most mothers are the caregivers of the children, they are around the most and take most of the frustration and heat from their child.

Fathers really aren't around enough to understand what their wives are explaining to them. They work long hours and are home less hours. So it is very important to get fathers involved with understanding and setting guidelines so the family as a whole work together.

### **How Parents Can Change Their Perspectives and Better Deal with AD/HD Moments**

1. Know that your child is not

doing things to annoy or upset you on purpose.

2. Know and understand what your primary reaction towards your child with AD/HD usually is. (Anger, frustration, pity, empathy, enabling, etc).

3. Think about possible alternative responses that you could make. With the right type of response most incidences will "blow over" in a short time. Misguided anger usually intensifies the problem.

4. Know that the specific incident you are currently dealing with is only one of millions of behavioral responses your child will make in his or her lifetime.

5. Realize that you also make mistakes, misread situations, and have the capacity to become volatile.

6. If you find yourself becoming angry or frustrated with your child, take a break from the situation and go for a walk, take a deep breath, and enlist the help of your spouse or significant other.

7. Envision in your mind the kind of responses to your child that you would like to make.

8. Tell your spouse, significant other, Hypnotherapist or therapist how you want to respond to your child. This

establishes a "response contract."

It may be helpful to consider your parenting role as similar to a ship's captain. The captain does not assert his will against the forces of nature he encounters, but rather works with and respects the forces he encounters. It is important to note that even slight shifts in your interaction with your child with AD/HD can produce promising results for both of you.

The key to eliminating behaviors is to establish a consistent plan of action. The consequence should be one that a parent feels will work best for their particular child.

Once the negative behaviors have been eliminated, a positive environment needs to be established. A positive environment is one in which four positive statements are given for every one negative. It is interesting for parents to test this out on themselves. For a period of time everyday, **keep track on a piece of paper how many negative statements you make compared to how many positive statements you make.** Most of us fall short of the optimum positive environment, but you can use this test as a starting point, as a way to help fathers reach out and help to make a difference with their new supportive role.



**Putting It All**

**Together**

**Helpful Hints to Give Parents**

**Fathers need to start to take a more active role with their child, they are not as involved as the mother.**

*Fortunately Hypnosis is the easy process for helping children and adults with AD/HD. Hypnosis alone does not work. The homework you give is a key ingredient for your hypnosis sessions. What you work on for the week needs to be incorporated into the positive reinforcement hypnosis session. Parents are at a loss of how to structure positive rewards and guidelines. So we as Hypno-Counselors want to create the full package for parents so that the child can feel good about themselves. Remember, parents need us as, the stress is very high raising a child with AD/HD, and relaxation techniques and confidence building is for them.*



*Essential Oils Stimulate  
the Senses and Help to  
Strengthen the Immune  
System*

## HEALTH PAGE

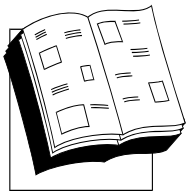
*FOR*

*MIND*

*BODY*

*AND*

*SOUL*



*Spiritual  
Motivational  
Educational  
Food for Thought*

## ESSENTIAL OILS AND THEIR BENEFITS

### Neroli

May help with anxiety, depression, shock, PMS, menopause, irritability, scar tissue, stretch marks and insomnia. May help lower blood pressure.

### Lemon

May help with cellulite, water retention, anxiety, depres-

sion, nose bleeds, coughs, colds, flu, fever, asthma, bronchitis and sinus infections. Used as a lymph drainer and immune booster

### Lime

Lime is useful for depression and anxiety. Lymphatic stimulant which can help with obesity and water re-

tention. Can be used as an astringent and tonic.

### Orange Bitter

May help with colds, constipation, flatulence, slow digestion, stress and melancholy. Is also good for acne and insomnia.

### *Health Tip: Want to add fiber and hate oatmeal? Here's a healthy recipe*

#### Baked Oatmeal

This tastes great cold the next day if there are any left overs. Use a loaf pan  
Serves 4

#### I n g r e d i e n t s :

2 cups quick oats  
1/4 cup wheat germ  
1 tablespoon ground flaxseed

2 tablespoons shredded

coconut

1/2 tablespoon brown sugar

1 1/2 teaspoon baking powder

1/2 teaspoon ground kelp

1 teaspoon cinnamon  
1/2 cup raisins or dried cranberries

1 1/4 cup milk (you can add up to 1/4 cup more milk if you want a thinner consistency)

1 large egg, beaten  
1/3 cup applesauce  
1 tablespoon pure coconut oil or butter

Preheat oven to 350F. In a large bowl, mix all dry ingredients. Thoroughly blend the eggs, milk and applesauce in a blender or with a whisk.

Add the wet mix to the dry mix and stir till combined. Put the coconut oil or butter in a 9x5 or similar dish and place it in the oven until the oil/butter is melted. Take out the pan and coat the bottom and sides with the oil/butter. Be careful, the oil/butter will be is hot. Pour the oatmeal mix into the pan and bake for 25-30 minutes until golden brown or firm to touch.

*Anyone wanting to share a healthy recipe? Email it to me and I'll share it in the newsletter.*

## *Motivational Quotes for May*

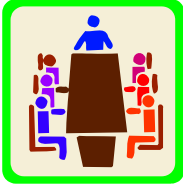
It is time to focus on you. Your dreams, your hopes, and your goals! Time to design and achieve the life you want. Now is your window of opportunity! What ever you are meant to do. Move toward it, and it will come to you.

Remember, there is always someone out there who is worse off then you are. If you are feeling sad, depressed, or down-in-the-dumps, remember the poor, the hungry, and the broken and you will realize how good you have it."

*Author Unknown*

People say think with your brain and not your heart. I say you would never be able to think with that brain if you didn't have that heart!" The heart has emotions but the brain can never tell you your true feeling. Listen to your heart and all of the answers are in front of you.

Education ..A Constant  
learning for Life



Take 2, 3, 4  
Workshops

Members Register:  
Call Dr. Gatto 908-  
964-4467  
ggattohypno@aol.com

2 = \$190 down and  
\$200 the following  
2 months

3 = \$285 down and  
\$200 the following  
3 months

4 = \$380 down and  
\$200 the following  
4 months

Credit Card  
Financing Only

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All Workshops  
Now Receive  
CEU Hours

Amazing Healing PLUS with  
Hypno-Tapping Energy Therapy  
Advanced EFT + Hypnosis  
**\*\*NEW\*\*** Two Day Workshop

Dr. John Gatto and Dr. Tony De Marco have added many new techniques and shortcuts to the basic HypnoTapping course such as their own personal renditions of Borrowing Benefits, the Mental Movie Technique, Parts Tapping, Future Tapping, and newly developed set-up phrases along with client homework assignments to be done to facilitate sessions and to move deeply into the issues and subsets. You shall be amazed at the case histories that shall be shared. Witness their different approaches in exciting demonstrations Practice with other students under their supervision. This

workshop brings your healing repertoire to another level.  
**May 6 & 7, 2007**

COMPLETION OF BASIC

HYPNOTAPPING IS REQUIRED



I personally have attended this workshop twice. Dr Gatto excels in this field. You will leave knowing you can immediately take what you have learned and use it with complete confidence. It is a powerful adjunct to your hypnosis practice. Remember, a good Hypno-Counselor has many tools in their toolbox. ....**Roxanne**

A personal note from Roxanne

As you all are aware I am also a massage therapist. 3 years ago the Attorney Generals office decided to pass a law to take control over us. We now need to be state certified. I thought I would be grandfathered in, but they added additional hours that was not needed when I went to school. They ask for all my certificates with my CEU hours. Well in the day Reiki never added hours, nor did hypnosis. The time will come when Hypnosis may also be answering to the state. This is your time to rack up your CEU hours with as many workshops and courses you can attend, and save all certificates. My situation, I had no knowledge or awareness of what was happening. Be prepared.

## 2007 National Guild of Hypnotists Convention

Its that time again, to start preparing for the number 1 convention of the year. All of you serious about enhancing and bringing your practice to a higher level, need to attend this week long, or just the week-end convention. I (Roxanne) have attended every single one from Convention one. And would not ever dare miss one. The week-end dates are Friday, August 10th to Sunday August 12th. They have pre and post course's as well. If you have not received a catalog with the

seminar/workshop choices, contact NGH at their emailngh@ngh.net, or call them at (603)429-9438.

Sign up now, the hotel that it is located at may be full, ask them to put you on a waiting list. Come support your fellow members that are presenting this year.

**Roxanne Cortese**, "Parenting the Parent of an AD/HD Child"

**Dr. John Gatto**, "Attack Sensitive Substances ASAP"

**Anthony DeMarco**, "Destructive Triggers-Healing Triggers"

**Walter and Maureen Stock**, "The Gift of Tongues"



A place to meet new people,  
learn and network

**See You At The Convention**

## Hypnosis Could Banish Hay-Fever

Article Published by BBC NEWS

A Swiss team at Basle University taught 66 people with hay-fever the art of hypnosis and found it helped them alleviate symptoms such as runny nose.

The volunteers also took their regular anti-hay-fever drugs, but the effect of hypnosis appeared to be additive and reduce the doses they needed to take.

The findings appear in the medical journal *Psychotherapy and Psychosomatics*.

### Self-Hypnosis

The study took place over two years and included two hay fever seasons.

During the first year, some of the volunteers with hay-fever were taught and asked to regularly practice hypnosis as well as take their usual allergy medicine.

The hypnosis training consisted of one two-hour session with an experienced trainer.

The remaining volunteers had no other treatment apart from their normal allergy medication.

After a year, the researchers found the volunteers who had been using self-hypnosis had reported fewer symptoms related to hay-fever than their fellow volunteers.

### Runny Noses

During the second year, the researchers taught the remaining "untrained" volunteers how to use hypnosis. By the end of this year, these volunteers also reported im-

provement in their hay-fever symptoms.

Although the improvement in symptoms was not statistically significant and, therefore, could have been down to chance alone, the researchers also found that the volunteers had cut down on the amount of hay-fever medication they used after learning self-hypnosis.

"While our findings are not a definite answer, this simple intervention is worth investigating further. Lead researcher Professor Wolf Langewitz."

Professor Wolf Langewitz and his team also tested the volunteers in the laboratory to see what effect the hypnosis was having on the body. Using a machine that measured how forcefully a person could exhale through their nose, the researchers found that the hypnosis was helping to improve nasal airflow, even when the volunteers were exposed to things that triggered their hay-fever, such as pollen and grass.

Professor Langewitz said: "While our findings are not a definite answer, this simple intervention is worth investigating further. "It is cheap and only takes a couple of hours to teach."

### How It Might Work

He suspects that hypnosis might work by altering blood flow and helping alleviate congestion in the nose that can occur with hay-fever.

Dr Peter Whorwell from Wythenshawe Hospital in Manchester, who uses hypnotherapy to treat people suffering from irritable bowel syndrome, said some of his own patients who also had hay-fever had commented to him that their noses were less runny after hypnotherapy sessions.

He said: "It is known that you can alter blood flow with hypnosis.

"Hypnosis has been used for a variety of medical conditions, including asthma, eczema and migraines.

"It's definitely an area that is worth researching."

A spokeswoman from Allergy UK said they had heard anecdotal reports of hay-fever sufferers using hypnotherapy. However, they said they were unable to recommend any approaches that had not been extensively investigated and backed by strong scientific evidence.

Dr Adrian Morris, a GP in Surrey with a special interest in allergic disorders, said although hypnotherapy might be useful, what was far more helpful to lessen hay-fever symptoms was gradual, graded exposure to the trigger to increase tolerance.



## *Hypnosis, Fertility and Stress*

*article from Steven Bloor, certified hypnotherapist*

According to the American Society of Reproductive Medicine, approximately 6.1 million American women and their partners experience infertility. This staggering figure leads about 20% to seek some form of fertility treatment, and 5% of those ultimately choose In Vitro Fertilization Treatment. Recent research indicates that fertility treatments can be successfully affected by mind-body therapies such as hypnosis.

There are a multitude of factors that can affect fertility in any couple's attempt to have a successful pregnancy. If all health factors have been successfully ruled out, stress can be the main contributor to an inability to conceive and have a successful birth.

### **How can stress affect conception?**

Stress and its relation to conception is still poorly understood; however, we do know that stress (any event that a person perceives as threatening, either consciously or unconsciously) creates a fight-flight response. The body will respond by triggering the hypothalamic-pituitary-adrenal system (HPA), which in turn releases a number of neurotransmitters, including the primary stress hormone Cortisol, upsetting the delicate hormonal balance needed for ovulation, fertilization and implantation of the fertile egg into the womb.

A cascade effect begins as the stress of "trying" to get pregnant builds on the pre-existing stress of not getting pregnant, often leading to guilt, self doubt and the inevitable negative self talk. For many women, the last desperate step is a visit to an Assisted Reproductive Technologies (ART) clinic, where they will spend thousands of dollars in an effort to conceive. This is not just a problem exclusive to the woman. The same stress can affect the man's sperm count and sperm mobility, as well as his self-value and desire, often leading to some level of sexual dysfunction.

A woman may be doing everything in her power to keep her body free of toxins and limit the exposure to any harmful elements, yet she still allows destructive habits and thoughts to inhibit her ability to conceive. Many times the treatments alone create an emotional ordeal, never mind the invasiveness of the procedure. The impact on feelings of well being and the negative impact on the relationship with one's partner is virtually universal.

### **Hypnosis and IVF Treatments**

According to a recent Israeli study presented to the European Society of Human Reproduction and Embryology conference in Berlin in July of 2004, hypnosis can effectively double the success of IVF treatments.

The study was conducted by Professor Eliahu Levitas and his team at Soroka Hospital in Beersheva to determine if hypnosis could improve the success of the embryo transfers stage of IVF. The study of 185 women found that 28% of the women who were hypnotized for the IVF treatment became pregnant, compared to 14% of the women in the control group. Professor Levitas studied the effects of hypnosis for the IVF treatment and embryo transfer only, because prior studies that demonstrated the stress of the procedure created small contractions of the uterus that prevented the successful implantation of the fertilized egg. The professor indicated that tranquilizers had been used in prior studies, but nothing worked as well as hypnosis.

"Performing embryo transfer under hypnosis may significantly contribute to an increased clinical pregnancy rate," Professor Levitas told the conference in Berlin. He also hopes that this study will spark continued investigation into the use of hypnosis as an adjunct to fertility treatments. "The bottom line is I think it's a good thing, it will work. Patients should be given the option if facilities are available".



## Talk to any member at the meetings to hear more about this convention

### BRIDGE TO EXCELLENCE...

National Guild of Hypnotists Convention  
August 10, 11, 12th

Learn to adapt and contribute to the ever-changing hypnotism profession.

Evolve with the latest technologies for the management of your hypnotism practice.

Acquire a wide range of expertise through 119 workshops and 164 seminars - Your educational resource base.

Reap the benefits of how-to workshops, case studies, business and marketing seminars, and research updates.

Network to gain new insights, techniques and practical applications in hypnotism.

### DIRECTIONS

**PARKWAY:** get off at exit 138 (Gallop Hill Road). Travel 1/4 mile on Gallop Hill Road towards Union. (908) 686-2683. **ROUTE 22:** Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make right on Salem Road and go to the end. **STATEN ISLAND OR LONG ISLAND:** Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, make a left turn on Salem Road and go to the end.

**TOPIC:** What is a Metaphor

**Presenter:** Pat Crilly

**Question:** *What's a Metaphor?*

**Answer:** It's for helping you find out what is really going on with your client.

Practitioners improve their listening skills in order to really hear what the client is saying about their situation and how they are, truly, feeling about it. The attendees will learn how to sift through what the client says to find the hidden metaphors that help to get to their core issues quickly and easily. Pointing out to the client their use of metaphorical language helps to break down their resistance to change.

#### Patricia French Crilly, RN

Patricia French Crilly has been a Registered Nurse for more than 30 years. She has integrated complementary and alternative modalities with nursing to bring a unique skill set to her current practice as a Personal Success Coach. In addition to coaching, Nurse Crilly is the author of *Tap It and Zap It! A Grownup's Guide to EFT for Kids* and has recently completed the first season as host of her own radio show,

*"B-Positive with Nurse Crilly."*

Nurse Crilly is certified in Advanced Clinical Hypnotherapy, a Certified Stress Management Consultant and an Approved EFT Practitioner and Teacher. As a Certified Smoking Cessation Specialist, she is passionate about helping people stop smoking and is especially dedicated to teen smoking cessation and prevention. Nurse Crilly addressed the students the effects of smoking on health and employment at the Job Corps Leadership Launch 2005 in Washington, DC during the 40<sup>th</sup> Anniversary Grand Finale Conference.

She designs and conducts informative and motivational workshops and seminars on a variety of holistic and self help topics. A dynamic speaker, Nurse Crilly brings equal doses of humor and compassion to her audience. Nurse Crilly is good for what ails.

**Networking at 7PM.** This is our time to talk to our colleagues about any questions you have pertaining to marketing, enhancing your client base, how to get on TV/radio shows, brochures/ business cards, or just questions about a particular client your working with and need some help. Don't be shy, that's why we are all here at the meeting, to network and help each other. Be on time for this, you can get a lot of information in 30 minutes.

#### 2007 Meeting Dates

February, 21st.....March, 21st.....April, 18th  
May, 16th.....June, 20th.....September.....19th

October, 17th.....November, 21st

No meetings

July & August

December and January

#### Mark Your Appointment Book



#### Next 2007 Meeting

**Wednesday:** May 16th 2007

**Networking:** 7:00 PM

**Dinner:** 7:30 PM

**Meeting Place:** Gallop Hill Inn

Union, NJ