

# AANR-NW Convention Seminars

Listed below are descriptions of the convention seminars and the biographies of the people who are presenting them. Have fun, learn a new skill or gain information.

## THURSDAY 3 JULY

9:30 am-12:00 noon

### **Child Abuse Policy and Education Workshop (CAPE)**

Stewards of Children, by Darkness to Light ([www.darkness2light.org](http://www.darkness2light.org)) is an empowering, evidence-based training program that provides adults with the personal tools and a common sense process to help them prevent, recognize, and respond appropriately to child sexual abuse.

12:00 pm-1:00 pm

### **GAT Day Lunch**

This is a networking lunch. Jason Barnhart, Chamber of Commerce membership director, has been invited to attend and speak. This will be a great opportunity for Club GAT chairs, Club Presidents, GAT DAY participants and others to network.

1:00 pm-2:30 pm

### **The Challenges of Development Sexuality in American Society**

#### **Dr. Mike Wilmington**

You might remember Dr Wilmington from the AANR convention. This must attend seminar will present how to support positive body image while promoting responsible and safe sexuality in children and youth. The last half hour will be for questions.

Dr. Wilmington joined Northwest Permanente in 1997 and is currently the lead pediatrician at the Salmon Creek Medical Office in Vancouver, Washington. He also serves on the Doernbecher's Children's Hospital inpatient team and is an Associate Professor of Pediatrics at the Oregon Health and Science University where he was awarded the Bilderback Community Teaching Award for pediatric resident education in 2003. He has become a lead educator in the field of Developmental Sexuality for physicians and parents' groups. In 2005, he was a YMCA Spirit of Health nominee for community education on child advocacy issues.

2:45 pm-3:30 pm

### **Where do we go from here?**

#### **AANR-NW Government Affairs Team**

AANR-NW interactive workshop. Meet Steve Hubbard, the new AANR-NW GAT Chair and participate in a workshop to create a game plan for AANR-NW GAT. This workshop, facilitated by Shirley Gauthier, depends on your participation for success.

3:45 pm-4:30 pm

### **Public Lands Partnerships for Nude Recreation**

#### **Mark Buchweitz**

Share time with "Friend of AANR" Mark Buchweitz who was instrumental in obtaining AANR adoptions through SOLV, Columbia Riverkeepers and Oregon State Park "Adopt a Park" partnerships. Mark is a dedicated AANR volunteer and visitor to both Collins Beach on Sauvie Island and Rooster Rock State Park clothing optional beach. AANR-NW GAT is fortunate that Mark chose to contribute his volunteer time and energy to AANR.

Mark will share his volunteer experiences and the value of nudists adopting a beach or stretch of river in their areas. Come see how building community partnerships is easy, valuable and contributes to promoting memberships at AANR clubs and resorts.

## FRIDAY 4 JULY

9:30 am-12:00 noon

### **The Naked Webmaster**

#### **Karen Lahey**

Karen has been developing software since 1972. She has run a web hosting business for over 5 years and is currently a developer for Amazon.com.

Get your questions answered about how to promote your club using the internet. What is a domain and why do I care? How do I publish information to my site? How does what I put onto my web page become what you see when you go to my site? What makes a good web site? What about email addresses, blogs, new lists, calendars...

This will be a hands-on seminar so please bring your laptop if you have one.

10:00 am-11:00 am

**Is Your Head On Straight? - Upper Cervical Corrective Health Care; The New Health Care Revolution**

**Dr. Carol J Stoutland**

Dr. Stoutland came to Eugene five years ago from Minnesota where she received a B.A. in Foods and Nutrition from St. Olaf College. For many years she trained as a dancer, but ultimately realized she had a greater passion for health and wellness. This led to the study of living foods and eventually Chiropractic

In her talk, Dr. Stoutland will discuss the difference between the medical and chiropractic approach to health; and how something as simple as keeping the head and neck in proper alignment can not only allow people to recover from health challenges, but can help us all achieve our optimum health potential.

Dr. Stoutland practices the NUCCA upper cervical technique – a gentle, yet powerful way to balance the body and remove stress from the nervous system. When she's not putting people's heads on straight, she enjoys growing sprouts, listening to music and doing improvisational dance.

Dr. Stoutland's practice, LifeGive Chiropractic, is located on Coburg Road in Eugene. Following her talk, Dr Stroutland has offered to screen people for possible spinal problems.

11:00 am-12:00 noon

**Hypnosis Today**

**Dan DeLuca, Consulting Hypnotist**

Learn how hypnosis is being used today to affect lasting changes in all areas of health and well-being. From weight issues and smoking cessation, to emotional release, changing unwanted habits, relieving stress, ending cravings, hypnosis is useful in all these areas and much more. Find out how it works, and why it is a great complement to whatever else you are doing to take care of yourself. This lecture will include group demonstration so that anyone who wishes to can experience hypnosis. There will also be a free raffle drawing for one free session and an audio CD.

Dan DeLuca, CH, is a Consulting Hypnotist, Trainer, Author, and Speaker in the fields of Personal Growth, Motivation and Communication. Since 2005, Dan has been practicing Neuro-Linguistic Programming, Hypnosis and other transformation modalities.

Dan is the President of World Tree, Incorporated, and is a member of the Association for Integrative Psychology, The National Guild of Hypnotists, and the American Board of Hypnotherapy. His website is [www.worldtreetraining.com](http://www.worldtreetraining.com)

Dan holds a Bachelor's degree in Electrical Engineering from the University of Illinois (Chicago). Dan was certified as a Trainer and Master Practitioner of NLP and Hypnosis by The Empowerment Partnership. Dan's additional trainings include work with Landmark Education Corporation, where he was a Level 3 Course Supervisor, and he is currently in the Quantum Leap training program offered by Peak Potentials Training.

1:00 pm-1:45 pm

**The Solar Man**

**Phil Wilcox**

Phil shares his experience and knowledge about solar for RVs. Phil will have his solar van and you will have the opportunity to see the components of his solar van.

2:00 pm at the Carnival

**Busy Woman's Fitness "We Make Fitness Fun"**

**Ken Harris**

Join Ken and experience the K-1 whole body vibration machine. Enjoy a 10-minute POWER workout equal to 90 minutes of grueling, sweaty and boring time in the gym. This workout is suitable for all ages and physical conditions, although some restriction apply for some medical conditions. A common condition known as a side-ache from laughing out loud is common among first time users.

This is your opportunity to shake, rattle, and win! Purchase raffle tickets that include minutes on the K-1, contribution to AANR-NW GAT, chance to win a fitness basket and a mini membership to Busy Woman's Fitness.

**SATURDAY 5 JULY**

10:00 am-12:00 pm

**Dermatological Screening**

**Dr. Gregory Richterich**

Dr. Richterich is a long-time friend of the Willamettans, doing dermatological screenings at conventions for over ten years. These screening are by appointment. Sign-up sheets are in the Office.

1:30 pm-2:30 pm

**Hot Springs and Hot Ponds of the Northwest and Midwest**

**Phil Wilcox**

Phil Wilcox is a contributing editor of both books and will be selling autographed copies at a huge discount to convention attendees.

2:00 pm-3:00 pm

**AANR-NW RAP Session**

This is an opportunity to ask questions and listen as northwest issues are discussed in an open forum.