

HT CA 2017 CHANGES ON THE BOARD OF DIRECTORS



This is the official Healing Touch California Leadership wand. It was created by member Gail Watanabe for Anne Day, when she served as President in 2011. Since then, it has been passed to each new incoming President. Exiting President, Michele Bernhardt will be passing it on to Donna Cahill as she assumes the role for 2017.

As with any organization we are fortunate to have those who volunteer to take on the leadership roles on the Board of Directors, they plan, manage, grow the organization, and hold the vision that has guided Healing Touch California over the years. Board member terms are typically for two years, but many stay on for several terms. We are grateful for the legacy of those who have completed their service. Those who take on additional responsibilities, step up to serve as officers. We would like to introduce our officers for 2017:

President: Donna Cahill

Vice President: Maddie Ferbal

Treasurer: Dona Thompson

Secretary: Cathy McJannet

Chief Administrative Officer: Loree Oberle-Edwards

There are common threads that are shared by those that have chosen to serve as our new officers. Each expressed a dedicated commitment to spreading the word about Healing Touch to both the HT community and to those outside of the community. They are also all dedicated to bringing all four of the California Healing Touch organizations together for a common mission and vision and to blurring the boundaries that separate these entities. Each expressed appreciation for how everyone on the board works from a place of heart-centeredness. "When you do that, you are never really disappointed," said Donna Cahill. They also have a shared interest in continuing to see HT CA grow and to be a part of that growth. Most importantly, they all believe, wholeheartedly, in what the organization is about and educating people about how much energy medicine can help people and our communities.

It will be their responsibility to not only guide the organization, but to plan and facilitate the Annual Regional Symposium, the only fundraising event for HT CA.

About Your Officers



Donna Cahill, President

Donna originally joined the Board in 2014 and represents Southern California — San Diego specifically. She served as Vice President in 2015 and 2016. Her purpose in joining the Board was to find ways to bring HT out into the world and make more people aware of how effective it is, especially to those in the medical community. She also felt that her background in conference planning would be a useful skill for organizing the annual Symposium. In 2015, after being selected as Vice President, she became the point person for the event, which was held in San Diego that year. "As the

VP, it is really your role to make sure the Symposium is managed," she noted, adding that the symposium has grown quite a bit since she took office. "It went from just a couple of workshops on Saturday to offering six this year." Donna explained that the symposium supports all of the organizations activities: scholarships, community programs, and seed money for the next year's event. "We don't receive funds in any other way," she mentioned. She is most proud that the 2015 Symposium was extremely successful. "It was really well attended and we had great speakers," she said. She hinted that the 2017 Symposium will be another world class event with notable speakers like Dr Mimi Guarneri and outstanding workshop opportunities. As incoming President, Donna feels it is important to be willing to serve when you take a leadership role. She feels communication skills are key, as is being open and willing to change and accepting good feedback. She calls it working from the heart. During her term, she wants to continue focusing on innovative ways to spread the word about Healing Touch. A wish list for the future is to develop an avenue for supporting small grants for research within the California HT community. She will also focus her attention to helping to recruit for vacant Board

positions. There are currently three unfilled positions. “We have lost quite a few and I know that several other people are looking to step off,” she said. “It is going to be a year of recruitment.” In addition to her Board responsibilities, Donna is a full-time Advanced Practice Nurse for the Palliative Care Consult service at Scripps Mercy in Chula Vista. She brings compassion and heart-centeredness to patients and families who have just received either news of life limiting illnesses. She specializes in symptom management. It requires her to be very organized and diplomatic as she works at determining the patient’s wishes and figuring out how the family and physician group can honor and respect those decisions. These are skills that will be helpful as she assumes her new role. On a personal note, Donna has been married for 42 years. They have no children, but she does have a very pampered Labrador Retriever. She has lived in San Diego since 1988. She and her husband traveled a lot when he was in the Navy, but are now settled in Southern California. She loves to do yoga, walk on the beach, read and crochet. Donna has been part of the HT community since 2002 and truly believes it is a wonderful adjunct to traditional medicine. “As Janet always said, every family should have someone in their family that can provide HT. I really believe this,” she stated. “It’s just a great group healers who volunteer their time, energy, and heart-centeredness to help spread the word of Healing Touch,” her main goal.



Madeleine Ferbal, Vice President

Madeleine, aka Maddie, joined the HT CA Board in 2014 to be a bigger voice for the Healing Touch for Animals® organization. “I want people to understand that we can make such a difference in the world through working with our animals,” she said. Another of her goals in joining the Board was to spread word about the impact that HT can make not only individually, but to the world. “I want to help educate people about that and be a supporter and fan for the work — all the work, be it for humans or animals,” she stated. “I want to make the world and our community a better place,” she continued. She wants to target that message to both people who are already in

the HT community and those that are not. Maddie is unique in that she is affiliated with three of the four organizations that HT CA supports. Originally her main job on the Board was to be a liaison between all four HT organizations. She assumes she will continue that responsibility for now as she steps into the Vice President role. As VP, Maddie will be responsible for organizing the Symposiums for the next couple of years. A job that traditionally falls to the VP. In assuming that responsibility, she said she would like to increase the number of Symposium attendees. She said she would be very proud if there were a record number of people attending the upcoming symposium. One idea she proposes for increasing attendance is to invite other healers and people on the path of energy, spirituality and personal growth to attend the symposium. “I don’t know how much we have focused on people outside our HT community, but I’d really like to spread the word about it to those that are not currently a part of it.” she said. The end result she hopes will lead some of them to eventually become part of our community. By going beyond the HT community, she reasons, she will also be helping spread the word about HT and energy work as well. Another of her VP goals is to increase our scholarship opportunities. To reach this goal, she wants to make potential donors aware of the fund’s existence and invite them to donate in support of it. Maddie too is interested in recruiting additional Board members. Traditionally Board members have come mainly from Healing Touch Program and Healing Beyond Borders with representatives from mostly southern or northern California. She would like to see that representation expand to all areas of California and have increased representation from Healing Touch for Animals® and Healing Touch Spiritual Ministry. As VP, Maddie says she looks forward to being able to connect with people from all different walks of life. She also envisions being a conduit for them to explore our work, our organization and to make a connection with us. Maddie’s long term vision is to help take HT CA to another level of recognition and to expand what the organization does. She has not conceptualized how to make that come about, but she has it percolating in her mind. As she assumes her leadership role, Maddie stated that it is important to be open to new ideas, to support all voices and to support already established HT CA goals. She wants to be a leader that listens, is open to the perspective of others and someone who leads with a compassionate heart. It is also important, she said, to be a great representative of what our organization is all about. Maddie is a native Californian, born and raised in San Diego. She earned her Masters Degree in Spanish from the University of Virginia and taught Spanish before joining the Navy. Maddie currently is an administrative security officer for the Department of the Navy and a Healing Touch for Animals® Instructor. She got married a few years ago. She and her spouse are proud parents to their two dogs, Liberty and Justice.

In addition to her family, Maddie has a lot of loves: “I love being outdoors. I love animals. I love camping. I love photography. I love traveling. I love learning,” she said. Mostly, she says, “I love the people I meet through the work that I do in the HT world.” She extends a personal invitation to the HT community to attend the symposium and/or to donate to our scholarship fund. She also sends an enthusiastic invite to all to help spread the word on HT and Janet’s vision, and to become part of the Board. She looks forward to meeting each and every one of you, especially scholarship recipients. She wants to hear your stories as to how your Level 1 HT class, whatever the organization, has changed your lives.



Dona Thompson, Treasurer

New to the Board, Dona became a member in October, 2016. One of Dona’s main reasons for joining the Board is because she believes in its mission. Though she has been a part of HT CA for several years, Dona felt now was a good time for her to become an even bigger part. She felt her accounting background would be a good way to start, and stepped in to be the Treasurer. In her new position, Dona will not only be managing the cash flow and financial records, she will be providing the Board with her extensive experience as a financial advisor. This will allow the Board to maximize interest earning opportunities with available funds. Looking at the financial trends and analyzing them will be another area where Dona’s expertise will be

beneficial. Her reports will help the Board make decisions on evidence based information, looking back historically on workshop and conference attendee preferences, which will help guide future planning. Dona is vigilant when it comes to accurate record keeping. According to her, the integrity of the figures she presents is critical, because she knows the Board is relying on the information she provides. Though record keeping will be her main priority, Dona has another goal as one of our leaders. It is important to her to see HT CA grow in members. “I would like to be a part of supporting that growth,” she said. To do that, Donna shared her ripple effect theory. “I have three new people just from my little circle that have joined,” she said about some recent connections she made in the San Clemente area where she lives. “If we [as members] could exponentially move that out, we would get more people involved in HT CA,” she continued. Dona currently runs a small financial services business that she established in 1988 called A Better Bottom Line. She also has an extensive background in a variety of other small businesses. Safe Haven Wellness Center represents Dona’s holistic side — a journey she started in 1995. Not only is she certified in Healing Touch, she also holds certificates in Feng Shui, Pranic Healing, Reiki, Hypnosis and Massage Therapy. She is also a certified Esthetician. “I love to learn,” she said as we reviewed her certifications list. She mentioned that she has also worked in the medical managed care field as a Director of Managed Care, and at a hospital in quality management. Dona has been married for 28 years. She and her husband, Tom, live in San Clemente. They have no children and no pets. Together they enjoy road trips with their San Diego Miata Club. To relax, she focuses on what she truly loves to do, which happens to be whatever she is doing at the moment. “If I’m doing accounting, I love, love, love accounting,” she said. “When I am doing an energy treatment, I love it as well,” she also mentioned. She ended with “When it stops being my love, I will cease doing it.” She does actually take time out though to hike, walk on the beach and garden. She is extremely proud to be of service to HT CA. “I think the founders that we are following are very amazing and progressive people, and I am blessed to be following in their footsteps. I pray I serve them well,” she said. Dona feels blessed by the people that initiated the HT CA foundation and is ready to continue their legacy.



Cathy McJannet, Secretary

Cathy McJannet, who joined the Board in 2014, is finishing her last year as Secretary in 2017. It was Roberta Davis who asked Cathy to join the Board to fill a vacancy. “She knows that I am really committed to Healing Touch,” said Cathy. “So she called, and I answered the call.” There is a core principle to Cathy’s participation on the Board. “It all relates to coming back as one,” said Cathy. “It’s my big thing and it is why I do the work. I want everyone feel they can belong to HT CA and that there are no boundaries to hold them back, no matter which organization they belong to. That is why I am on the Board and that is why I work hard in my role as secretary and also for the symposium — to try to bring all people together as one. I do think we are on the

path to that, and that makes me very proud,” she continued. When she joined the Board the imminent need was for someone to be the secretary. She had a lot of experience on other Boards in that position, so that was the role she agreed to fill. “I kind of just fit into what the needs were,” she indicated. Her responsibilities include managing all the meeting minutes and contact information. I am the resource for all that the Board does,” she stated. Organization and listening are key attributes for Cathy to function in her role. It is a challenge sometimes during discussions to note what a speaker means and not put her own spin on it. Cathy represents Southern California, and also chimes in about the need to recruit new Board members. “I have to tell you, it is a work commitment,” she mentioned, noting that all Board members pitch in to organize the Symposium. This event represents Cathy’s ideal HT gathering and is the reason she works so hard as Secretary. When asked about being in a leadership role, Cathy said the most important thing is to have the ability to listen. She also mentioned that HT CA leaders must be able to set the standards for professionalism and commitment to HT, which they definitely do. Cathy juggles her HT CA responsibilities with her full time job, though she is looking forward to retirement, but for a different reason than you would expect. Once Cathy retires, she wants to start a volunteer HT program at Sharp Coronado Hospital. “They are waiting for me to retire so I can start that,” she said. Until then, Cathy currently works as Director for eight different nursing and health occupation programs. Her focus in life has always been on mentoring young women, and in April, she will be honored by the Soroptimist International Club for those endeavors. Cathy has been married for 37 years and has one son. She taught both her son and husband how to do the Pain Drain technique. “They have never taken the course, but they are very good at doing the work on me,” she said. She and her family are Canadians. They came to California because her husband was posted to Coronado through the Canadian military. Once that ended, he was offered a job with the Canadian Consulate and the family was able to stay in California. Cathy has been a nursing educator for many years and says teaching is one of her passions. Though she is very type “A,” she does allow herself downtime. She gets regular massages and HT sessions and considers a pedicure absolute, relaxation that is mandatory in her life. Because she is so busy, time with her family is focused on quality, not quantity. She acknowledges how supportive her family has been with all of her endeavors.

Thank You for Your Service – We are Grateful

It is with enthusiasm that we welcome the new officers for 2017, but with sadness, great gratitude and respect for their commitment, that we say goodbye to those that are stepping down. Completing their terms at the end of 2016 are Leslie Elmore who served as Treasurer and Michele Bernhardt, our exiting President.



Michele Bernhardt

Michele began her Board activities in 2012, and within her first year was named as Vice President. She was selected to serve as President in 2015. She joined the Board in response to HT CA’s founding purpose of bringing together people from Healing Touch Program and

Healing Beyond Borders after the two organizations split. When she initially joined the Board, Michele was attracted to the idea of using her professional marketing and public relations skills to support the community and help build HT CA’s membership base. She

had previous experience working on the Communications Committee at Healing Beyond Borders, and felt that refocusing her energy on HT CA would be a more effective way for her to better serve the whole HT community. The first place she thought she could be most effective was working on the website since she had spent her entire career as a communications executive, including managing the development of several corporate websites. “Before taking early retirement to focus on HT, I had worked for both non-profit and technology companies, and was comfortable with technology,” she said. She offered to redo the website, and the other Board members accepted her offer. That was the first thing that she got very involved in, and remained committed to managing the website right up to her departure. Bent on improving communications, Michele then made other suggestions like creating an e-newsletter and a Facebook page, and obtained a grant from Google that provided HT CA with free online advertisements. She was responsible for developing all three of those communication vehicles. They proved to be valuable tools that brought more interest into the organization through technology. “I was just spreading the word and spreading the light,” she quipped. Eventually, she steered the formation of a Communications Committee to share the growing workload. As Vice President, it was also her responsibility to chair the Symposium Planning Committee. It was a big job.

One that needed to be done every year and required every Board member to be involved. Though she enjoyed organizing the Symposiums, it was revamping the communications tools that she enjoyed the most. "That was a really big deal, and it was something I enjoyed doing," she said. Seeing it grow and seeing all the support it had from the Board members she found very rewarding. She continued looking for improvement opportunities, and eventually streamlined their rudimentary registration into an online registration process that the Board could control without technical help. Michele served three years as Vice President and two years as President. She considered it an honor to be selected as President. "I never expected to be President of anything," she commented. "I am always an active member of the organizations that I join," she stated, "but not running them. It was a nice surprise." When she took over the Presidency from Roberta Davis, it was a continuation of everything she had been doing; just part of the constant growing of the organization, she noted. Roberta had a robust organizational structure in place, with designated committees and organizational responsibilities. Michele says she just continued to work within that structure. The advice she leaves behind for her successor is to keep focused on our true mission, which is to bring together the members of all the organizations in sacred community. "Anne Day always talked a lot about the idea of sacred communities. She called it the *Communitas*," mentioned Michele. "I just hope that the next and all future presidents will continue to keep it the heart of HT CA." Michele considers continuing to grow the *Communitas* aspect of the Symposium to be more important than the money it raises or the number of CEs it offers. "To me, the Symposium is a way to bring together new and existing students and practitioners from all four organizations to honor our common HT roots," she said. The other thing she would like to see continued is the balance that has been reached with the Board regarding representatives from each of the four organizations and the different regions in California. What she will miss most now that her term of service is over, is the camaraderie and being part of a statewide group that is devoted to HT. Her new focus will be on expanding the small San Francisco HT community and looking for more volunteer opportunities for the HT practitioners and students there. "As large as it is, the city of San Francisco itself offers few truly localized volunteer activities," Michele noted. An active volunteer at Hospice By The Bay, Michele is currently working with the Veteran's Administration Hospital in San Francisco, hoping to establish an HT volunteer program there. Michele plans to be an active HT CA community member and to continue to support the organization where opportunities fit. For Michele, her best HT CA memory is the day the new website she created was released. The website was originally built on a hodgepodge of old technology and applications, and difficult to edit without technical assistance. When she rebuilt the website, she moved it to a technology that automatically translated "plain English" into HTML, making it easy for anyone who used a PC or laptop to edit the pages. She said it was the first time she built a website from scratch. She relished strategizing how to make it into a really good resource for the community. "It was really fun figuring out the navigation and the content and putting it all together," she said. Bolstering the HT CA communications is what she says she would like to be remembered for most. "I think that is where I gave the most and did the most," she stated. The other achievement during her term that she is happy about is formalizing the scholarship program. "We had been giving out scholarships on an ad hoc basis, but did not have a formal application and award process," she said. "I'm really happy that we were able to create a simple to use online registration process and that other Board members stepped up to serve on the Scholarship Committee." Her parting thoughts for the HT CA community are "to just really honor the mission and the reason for existing and continue growing because it is such an important resource to students and practitioners all across the state."



Leslie Elmore

Leslie Elmore also joined the Board around 2012. She served in various positions during her years of service. She started as a Director, then became Secretary and spent her final term as Treasurer. She joined the HT CA Board because she loves spreading the word about HT and being a part of a loving community that benefits people. She liked the idea of everybody coming together. "That appealed to me," she stated. "I think when one is advanced in years and has time to give back, energy work that improves others' lives a really good choice," she noted. Leslie calls her time as a Director as her learning curve.

Most of her tasks were centered on helping plan the Symposium and being on hand to help during the event. She organized the vendors during that time and kept that responsibility when she took on the Secretary role. That role was short lived because HT CA were really in need of a Treasurer, so Leslie stepped up to the challenge. Her only bookkeeping experience at the time was a class she took her first year in college. "Fifty years ago I took an accounting class," she said laughing, "who knew it would pay off." Her goal was to expand

her skill set in order to be of service in a greater capacity. Being a quick learner, it didn't take long for Leslie to get up to speed on maintaining the accounts. What Leslie liked most about being a Board member was bringing people together and promoting the value of HT. "I believe in getting together with like-minded people and supporting each other in all that we were doing," she said. "I like to do things that are meaningful," she added. The most rewarding aspect of HT CA for Leslie was when she took over the finances. She found a way to get support on operating the financial program when she needed it, and became an expert in providing the Board what they needed. The advice she would give to her successor is to know something about accounting. Fortunately Dona, the new treasurer, has that expertise. When asked what she will miss most, Leslie's thoughts turned to the Symposium. "This may sound weird, but even though the weekend of the event keeps you are running on adrenalin and you don't get any sleep, it is a total high," she stated. It was knowing what had actually been accomplished that she relished — knowing that she did something worthwhile and that the hard work and sacrifices paid off in the end. She will miss the moments of saying, "Wow, that really went well." Leslie, who represented Northern California, plans to stay active in the HT CA community. For Leslie, the best part of being on the Board was the collaboration, knowing what she was working on was good for the community and helping spread the benefits of HT. She liked the ripple effect that created: You help one person, who helps another, who helps another and so on. That aligned with her values. She stated, "My values are always to be a kind person". Leslie shared "The time I served on the Board was extremely rewarding. I couldn't have worked with more wonderful people."