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Thank You



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Announcement

Have you said **"Hello"** to our new Management Company? Kathy Velasco and V2 Marketing Communications

220 East State St., Floor G
Rockford, IL 61104
kathy@aath.org

Letter From the President

Hi Everyone,

There are many reasons to look forward to this time of year. We wave good-bye to winter as signs of spring arrive. Flowers are blooming, the weather is getting increasingly warmer, the sun is coming out of hiding, and instead of winter gloves and snow shovels, Wal-Mart is stocking its shelves with pool toys and sun screen. Hooray!

In addition, spring is the time of year that I look forward to attending our AATH annual conference. Here I have found the ideal atmosphere in which to network with people who share my interest in humor and laughter. The Philadelphia conference will once again provide quality speakers who will share their expertise in the field of brain research and therapeutic humor. April is National Humor Month. What can you do to promote healthy humor? Join me in Philadelphia for a weekend of laughter and learning!

My two year term as AATH President is coming to an end so this will be my last letter to you in the Humor Connection. I would like to thank all of the AATH Board members, Committee Chairs, and Committee Members who have worked so diligently with me these past two years. You have enriched my life and I will be forever grateful. It has been a privilege serving all of the AATH members.

Hope to see you all in Philadelphia!!!

Love Laughter PEACE Blessings,

JILL KNOX
AATH President

Greetings

ANNUAL CONFERENCE
"Stayin' Alive: Keeping Your Brain Healthy & Active With Humor."
Brains, giggles and disco music. Now that's a party!

[Register Now!](#)

Association News

AATH MEMBER DIRECTORY: We now have our own **[AATH membership directory](#)**. Please log in and update your picture and profile. If you cannot find yourself, you may want to check with the office to make sure your membership dues are up to date.

SOCIAL MEDIA: Keep the

Our new phone number is: **815-708-6587**

Pineapple Tidbits

"Coffee is not my cup of tea."

"Imagine if there were no hypothetical situations..."

"Velcro is a rip-off."

"What was the best thing before sliced bread?"



CTCA Staff!



Katherine Puckett is National Director of Mind-Body Medicine at Cancer Treatment Centers of America.



OPPORTUNITY!

Most major companies realize that humor captures attention and helps people remember an advertising message. Companies spend MILLIONS of dollars on advertisements. For significantly less money, YOU can share information about you and your business.

For \$1500, you can be a sponsor for one of our amazing 2015 conference keynote speakers with the opportunity to introduce that speaker. Support AATH and advertise. Win-win! Information on the many ways you can be a sponsor are detailed [here](#).

Member News

Congratulations to MASAKO KUSAKARI! Winner of Toastmasters International for her speech in both English and Japanese! Masako will be a Humor Academy grad this year!

BARB BEST was a semifinalist in the Robert Benchley Society Humor Writing Contest. Congrats, Barb!

AATH members and World Smile Day Ambassadors **BARBARA GRAPSTEIN** and **BARB BEST** have published "a short and sweet picture book of smiles from around the world." Proceeds from the ebook go to humor and health-related non-profits [RxLaughter](#) and [AATH](#)! Only \$0.99 at Amazon. Makes a great gift too.

LUNDEE AMOS writes: "Danny and I will not be able to attend AATH this

conversation going on Facebook! [AATH and Healthy Humor](#) and twitter!

DONATIONS TO AATH ARE TAX DEDUCTIBLE: Thank you for your continued support of AATH!

You can write a check to AATH and send to the office or you can:

1. **AATH 2015 CONFERENCE SPONSORSHIP:** There are many ways that you can be a sponsor for our AATH conference for as little as \$50.

2. **AMAZON SMILE:** Did you know that every time you order from Amazon a percentage of your order can be allocated to AATH? The reminder will come up automatically once you sign up! So easy!

3. **UNITED WAY:** AATH has been vetted as an approved organization by UNITED WAY. If you or anyone you know makes donations through United Way, please designate a portion of your generous gift to AATH. This can be done at your local level.

4. **SCHOLARSHIP DONATION:** You can designate your gift to the Patty Wooten or Ed Dunkelblau scholarship fund.

To make a tax-deductible gift to AATH, you may send check donations to the AATH office at: *220 East State St., Floor G Rockford, IL 61104*

MEMBER ASSISTANCE: If you need help with renewing your membership, or registering for the Conference, or if you forget your member website log-in information, reach out to Michele St. Clair and her team at **815-708-6587**.

HUMOR ACADEMY
Registration is filling up fast. Check out the details on our Graduate and Certificate programs at

year. It is our first missed conference since we began 10 years ago. We are going to Russia! Have a great conference. I will miss my friends and all the fun. Keep smiling! Love & laughter!"

BOB NOZIK shares, "Now that I have broken the 80 barrier, I am revving down my traveling. I continue to do lots of happiness teaching and I now run 3 happiness clubs. Good luck with the conference!"

KELLY EPPERSON celebrated the 5 year anniversary of her Happiness Club in Loves Park on April 1, and will celebrate the 4 year anniversary of her marriage to her Prince Charming James Simmons this May 1. Kelly also has opportunities for you to become an author at www.howtowriteabookwithkelly.com.

ELLIE MAREK, a long time AATH member, passed on March 16, 2015.

Allen Klein shared this from Facebook that her family wrote:

A few years ago she wrote something for her children to remember her by, in the event of her passing: "Here are some of the important lessons I have learned that I want to pass on to you – not necessarily in order of importance:

Illness and death, especially tragic ones, may bring a few ugly people out of the woodwork, but they bring out far, far more kind and generous people.

There are no riches in the world like loving and being loved. I have known both the love of a good man and fine children, so I am very rich.

We can always choose where we want to focus our thoughts and feelings. Sometimes it's very hard to dump the negative, but we can do it if we work hard enough.

When the big picture is dark, we learn to grab precious moments and just

<http://www.aath.org/humor-academy> Register early as there is a limit of 30 for enrollment in Level I this year. Contact [Mary Kay Morrison](#) or [Kay Caskey](#) for more details.

Book Review

Thank you, *DIANE ROOSTH*, for the Book Reviews every month!!

Just Kidding: Using Humor Effectively

by Louis R. Franzini

Emeritus professor of psychology at San Diego State University Louis Franzini teaches that "We are not born with a good, bad or absent sense of humor. Being funny and appreciating humor is learned."

This volume provides a guidebook on how others have attempted to be funny and how we each can find our own sense of humor and how to make others laugh.

Past president of Laughmasters Toastmasters in San Diego, he understands the power of words. As author of many books and articles, including *Kids Who Laugh*, he writes about the dangers of practical jokes, pranks and teasing as approaches that may be hurtful to others. Franzini shares how to increase chances your humor may succeed through a conscious use of self and the fundamental principle of KYA (knowing your audience).

This book is endorsed on the cover by fellow humor professionals Allen Klein, Willibald Ruch, PhD, Steve Wilson, and Karyn Buxman, RN. Our author closes with "We all know that laughter feels good. Laughter is contagious, and no one wants science to discover any immunization or cure for it."

Members who would like their book

have fun.

There is never a time when there is nothing to laugh at – even if it is ourselves or our troubles.

Ice cream and a bit of booze are very comforting.”

One of Ellie’s favorite proverbs was the question that the Egyptian God Isis asks of the dead: “Did you find joy? Did you bring joy?”
In her lifetime, she did both.

SEND IN YOUR MEMBER NEWS TO

kelly@kellyeperson.com

to be considered for an upcoming Humor Connection book review, contact info@aath.org. Please use “Book Review Submission” in the subject line.

2015 INTERNATIONAL HUMOR CONFERENCE

After you come home from the Annual Conference in May all jazzed up from connecting with your peers, you might want to consider extending the fun at the 2015 International Humor Conference. The conference is organized by the International Society for Humor Studies and has twelve participating organizations including AATH.

The conference is being held from June 28-July 3, 2015 in Oakland, California. You can learn more at www.humorstudies.org.

REMINDER: AATH is officially recognized as a 501c3 and has been vetted by UNITED WAY. If you or anyone you know makes donations through United Way, please consider designating a portion of your generous gift to AATH and please let others know of this opportunity.