

-  okaa
-  home
-  FAQs
-  feature
-  members
-  meetings
-  Join the OKAA
-  Member login
-  contact

Minutes of meeting on December 12th of the Oklahoma Acupuncture Association.

[Upcoming Meetings and Events](#)

Present : Helen Zhou, president , Yvonne van Eijk, secretary/treasurer Jeff and Shirley Nicholson Dr. Xiaohai Li Amit Gumman Dr. John Yang, Quang VanTran, Minh Mark, Eldon St. Clair, Michelle Flannery, Mark Hovis, Sharon Brown, Debra Baker, Deborah Bright, Teresa Wilkinson David Zeliff

Business meeting called to order at 1:15pm by our president Helen Zhou. Yvonne shared a brief synopsis of the last meeting. Financial report was given. Yvonne asked Amit about process of Facebook page, he will revisit this with Richarita Gundhalapalli and Timothy Trujillo

Dues were collected for this calendar year of members who had not paid and were present.



Helen gave a report of her China Trip and the possibility of an educational trip next year to China with OKAA members. The trip would be a great opportunity for continuing education, and it will need a commitment of at least 8-10 people to pursue this. Suggested to make this trip in September 2011 Dr. Yang motioned to pursue this opportunity, Shirley 2nd motion, all in favor

 chinese acupuncture chart

Questions for the next meeting to be discussed and for members to think over

- 1. How long do we want to go? 10-14days?
- 2. Cost of trip 2-3K per person? This would include flight/hotel/food and sightseeing and education
- 3. How many teaching days a week?
- 4. What particular medical issues do we want to cover/ learn on how to treat
- 5. Which city, hotel?
- 6. Sightseeing?

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Dr. Yang covered the certification for Acupuncture doctors.

Proposal 1- to have a chronological year from January 1, to December 31st. registration to be before January 1 of each year. Dues for membership to be paid in September. Debra motioned/Eldon second motion, all voted in favor.

Proposal 2- If a member neglects to pay their dues, how many years are we allowing this to lapse if they want to stay a registered certified member of the OKAA? It was suggested to charge members a back pay for their registration if they have skipped to pay a years membership or more. This was voted against. Debra motioned to have members pay the initial registration fee of \$125.00 if member neglects to pay membership for 1-2 yrs. Vote was not taken, and it was decided to think this over and come with suggestions for at the next meeting. Shirly proposed to keep the guidelines of NCAA for registration fees and member guidelines. Vote will be taken at the next meeting.

Shirley Nicholson will teach at the next meeting on "**How to fill in insurance forms**" Any questions for her to be covered need to be submitted at least 1 month before the next meeting by email Her email sounds@intellex.com Next meeting is set to be in Oklahoma City (OKC) on March 6, 2011 at the New Healing Art center, which will be wonderful.

Address: 1012 NW 45th ST. OKC 73118. This is East of Western.

Quan Van Tran taught a wonderful class on **How to get well and maintain a good Health.**

Chew your drink, drink your food, meaning to chew your food a minimum of 50x, preferably 100x. This was/is a very important statement and one to be pondered. Topics covered within this teaching; Right body weight/ overweight/starving We are what we eat

How to keep the body from retaining toxins. * chewing * fasting * apple cider vinegar, barley, wheat grass juice * Exercising * 10 to 2 sleeping window * importance of the spine * spine

The meeting was adjourned at 4:30pm