



# THE VIDEO PROJECT

The Trager Institute

July 1983

## ★ ★ ★ ★ ★ FUNDRAISING RAFFLE ★ ★ ★ ★ ★

Think of what Trager has done for your life and decide if you want to share it with the vast numbers of people television can reach. The Video Project is a grass roots effort to raise money and to produce a library of professional quality videotapes of Dr. Milton Trager and his work. The tapes will be used for Institute sponsored trainings and for publicity about The Trager Approach in local communities and hopefully on national TV. These tapes can be a tool for letting the world know who Milton is, what Trager Psychophysical Integration and Mentastics are, and how hook-up feels. They will be available to Institute members as well.

The co-producers of the project are Lynette Brannon and Bill Scholl. The first phase of the project is a shooting of two tapes which are described elsewhere in this section. Future tapes will include Milton teaching Mentastics, tapes on the Resistance Work, etc. Can you imagine Milton's presence and hook-up being as popular and widespread in American homes as the Jane Fonda workout is now? What could be more beautiful?

Jo Edna Boldin will be the director of the tapes we are producing this fall. She is a top flight professional television director who has produced national television commercials and done studio work with Lily Tomlin and other media personalities. Jo Edna is offering us her work for a remarkably low fee because she is familiar with Trager and loves the work. She spent time at our Conference and in working with Milton, the Instructors and Institute members so that she can better convey the essence of The Trager Approach through the medium of video tape. The tapes will be made and edited in professional studios and will be network broadcast ready.

### The Importance of the Video Project

What is the value of having people in your community know what the Trager Approach is?

How much freer would your life be if instead of people saying "What is Trager anyway?" they were to say "I think Trager would make a big difference in my life. I want to try it!"?

Is it important to you and to future Trager students that we have a library of quality video tape of Milton working and teaching and giving us the essence of the work?

The Video Project belongs to all of us. It is critical that we all support it to the best of our abilities.

### What Can I Do To Support The Video Project?

As of June 30, we have raised \$6,200 toward our budget of \$20,000.

Each of us needs to make a financial commitment to support the project. There are several ways to do so:

- 1) Send a tax-deductible donation to The Trager Institute, footnoted on the check "Video Project".
- 2) Tithe sessions this summer toward the project. Can you tithe a session a month and send it to the Institute? If **each of us** were to do so in June, July and August we would have all of the funds necessary to complete the project.
- 3) Raffle tickets — read the section in this mailing about the raffle. **Grand prize** - a trip to Hawaii and a Trager from Milton in his studio.

4) Network your local Trager community. Can you commit to contacting five Trager people and picking up a check from each of them and sending them on to the Institute?

5) **DO SOMETHING!!** There is a pledge card attached to this newsletter. Please take a few minutes and fill it out and send it in. We need to know if you think the Video Project is as important as we think it is. **Please Do It NOW.** What can you do to support the Video Project?

### Some Terrific, Brilliant, Delightful, Marvelous, and Easy Fund-Raising Ideas

- 1) Jackson Friedman has told his Massachusetts Trager family that he will match whatever they will donate to the project.
- 2) Gwen Crowell in Washington is having a Trager Video Project Day in July. Practitioners in the area (approximately 10 so far) schedule their clients' appointments for that day at Gwen's office. They will all give their sessions in concert. It'll be like the Great Trager Trade, only for money. Clients will make their checks out to The Trager Institute footnoted the Video Project. Estimated funds to be raised: \$500.
- 3) We are planning a benefit entertainment and dance in Austin. We are using a local promoter, club and band — a great way to raise funds and publicize the work in Austin!
- 4) Amanda Hartsong tithed 10% of her last year's Trager income to the Video Project - Thanks, Amanda!
- 5) Your idea!

Many people have expressed their good intentions, their excitement about, and their support of the project. **NOW** is the time to follow through and send money in to The Trager Institute. Do not procrastinate! Take action now! Video is forever.

**Traduction en Francais: a voir page 3**

# THE VIDEO PROJECT RAFFLE

## Our Tickets To Success

Laura Waldman, Chairwoman

We are pleased to announce a raffle to raise money for the Video Project. Without further ado, here are the prizes:

### GRAND PRIZE:

- A Trager Session from Milton Trager, M.D.
- A round-trip ticket from San Francisco or Los Angeles to Honolulu
- Three nights accommodation in a Waikiki hotel.

### SECOND PRIZE:

- A Trager Session from Milton Trager, M.D.
- A tuition-free Intermediate Training with Milton Trager, M.D. (a prize winner not eligible to take a workshop with Milton under Institute rules may transfer this part of the prize to any qualified Trager Practitioner Candidate or Practitioner).

### THIRD PRIZES:

- A Trager Session from an Instructor or Instructor Candidate.

### FOURTH PRIZES:

- Trager Institute T-Shirts

1 Grand Prize, 1 Second Prize, 14 Third Prizes and 24 Fourth Prizes will be awarded. So you have 40 CHANCES TO BE A WINNER! Can you believe how fabulous this contest is?

The price for each raffle ticket is only **\$10.00**. Checks must be payable to The Trager Institute and mailed to The Trager Institute, 300 Poplar Ave., #5, Mill Valley, CA 94941.

The deadline date for entering the raffle is September 5, 1983. Please send a self-addressed stamped envelope with your order. Outside the U.S.A. send International Money Orders in U.S. currency.

Note that raffle tickets are not a tax-deductible donation under I.R.S. rules. If you wish for your contribution to the Video Project to be tax deductible, send it directly to The Trager Institute in Mill Valley, CA.

The drawing will be held on September 5, 1983.

**If You Want To Sell Tickets** in your community, you may get tickets in blocks of ten or twenty by writing to The Trager Institute. You do not have to advance the money to get tickets to sell, but please commit yourself to sell every ticket you order. You will be responsible for returning all checks, ticket stubs, and unsold tickets by the deadline date (Sept. 5).

This is your chance to contribute your personal effort to the Video Project. These tickets are **easy** to sell. Even people who have never received a Trager session are interested when you tell them the purpose of the raffle and what the prizes are. Let's get out and hustle, friends!

I look forward to hearing from all of you and hope to be overwhelmed with ticket orders and checks. September 5th comes very soon.

A thousand people receive this mailing. If each person buys or sells 3 tickets (\$30.00 worth) we will have more than enough money to complete Phase I of the project. If only three hundred people raise \$100.00 each, we will be over our quota. We can easily raise thousands of dollars if everyone does even a small part.

### Official Contest Rules

1. Tickets for the raffle will cost \$10.00 each. All checks are to be made payable to The Trager Institute. Tickets must be ordered from The Trager Video Project Raffle, 300 Poplar Ave., #5, Mill Valley, CA 94941. Tickets ordered from outside the U.S. must be purchased with International Money Orders in U.S. currency. All proceeds will go toward The Trager Institute Video Project.
2. The deadline for entering the contest is Sept. 5, 1983. The drawing will be held on Sept. 5, 1983, in Mill Valley, CA. Winners will be notified by mail and the names of winners will be published in Trager Family News, the membership newsletter of The Trager Institute.
3. Any individual may buy as many tickets as he or she wants. Donations to the Raffle are not tax-deductible.
4. Members or dues paying Friends of The Trager Institute may sell tickets to any interested person. The sellers are responsible for returning all ticket stubs, checks, and unsold tickets to the Raffle Office by the deadline date.
5. 1 Grand Prize, 1 Second Prize, 14 Third Prizes and 24 Fourth Prizes will be awarded. Prize winners are eligible to win only one prize. The Grand Prize winner will be drawn first, followed by the other prizes in consecutive numerical order.
6. If the winner of the Second Prize is not qualified by The Trager Institute rules to attend an Intermediate Workshop with Dr. Trager, that portion of the prize may be transferred to any qualified Practitioner Candidate or Practitioner the winner chooses. The session from Dr. Trager awarded as Second Prize may take place as a public demonstration or a demonstration before a class or conference.
7. Second or Third Prize winners are responsible for transporting themselves to Dr. Trager or to the Instructors to receive their sessions. Geographical location and Institute traveling schedules will be taken into consideration so that winners may be assigned to an instructor who will be traveling to their area, if possible.
8. Winners have a twelve-month time period in which to collect their session.
9. The co-producers of The Trager Video Project, the Raffle Chairperson and their immediate families are not eligible to win.
10. The value of prizes won is taxable.

### Video Project Update

The dates are set! The Video Project has been scheduled for the week of September 26 through 29. A meeting of the Video Project committee and Milton, Emily, Betty, Carol, Sheila Merle, Jo Edna and Page was held June 1st and 2nd in Mill Valley. We developed several new concepts in format. We expanded the interview tape with Milton to a 30-minute, television ready documentary. It includes the interview with Milton by Betty, brief segments of Milton working, Mentastics and hook-up. All of these elements blend so that, for example, as Milton talks about a problem shoulder the video will fade to him working at the table and then to teaching the client Mentastics to maintain the freedom and relaxation in his shoulder.

The tape will be available to any Trager Institute member who wants to own a copy.

The tape of Milton doing a full body demo and the Mentastics tape will continue as planned.

# La Loterie du Projet Video.

Laura Waldman - Directeur

Pensez a ce que Trager a fait pour vous, et decidez si vous voulez en partager les bienfaits avec le grand nombre de gens a portee de la television. Le Projet Video est une tentative de base a but de procurer de l'argent et ensuite de realiser une bibliotheque de bandes professionnelles de video de Milton Trager et son oeuvre. On emploiera les bandes pour l'instruction patronnee par l'Institut et aussi pour rendre publique la methode de Trager dans les communautes locales, et, on espere, pour la television internationale.

Ces bandes pourraient devenir un outil qui fera savoir au monde la renommee de Milton et la signification de termes de l'Integration psychophysique, des "Mentastics", et du "hook-up." Ces bandes seront disponibles aux membres de l'Institut aussi.

Les realisateurs du Projet sont Lynette Brannon et Bill Scholl. La premiere phase du projet est de tourner un film documentaire sur le Trager destine a la publique. Des bandes a l'avenir comprendront M. Milton enseignant "Mentastics," le travail de resistance, etc.

Qu'est-ce qui serait etre plus chouette?

Jo Edna Boldin sera le metteur en scene des bandes que nous realiserons cette automne. Elle est une metteur en scene du premier ordre en television. Elle a realise de annonces de television et elle a travaille en studio avec Lily Tomlin et d'autres personnalites du media. Jo Edna nous offre ses services de bon marche, parce qu'elle connait bien la methode de Trager et fait grand cas de son oeuvre.

Elle a passe du temps a notre conference, et a travaille avec Milton, avec les instructeurs et avec les membres de l'Institut pour pouvoir mieux communiquer l'essence de la methode de Trager au moyen du bande de magnetoscope.

Les bandes seront filmes et montes dans des studios professionnels et apretes pour la diffusion de chaine.

Nous sommes heureux d'annoncer une loterie a but de procurer de l'argent pour le Projet Video. Sans plus de ceremonies, voici les prix.

## GRAND PRIX:

Une seance de Trager de Milton Trager, M.D.

Un voyage aller et retour de San Francisco ou de Los Angeles a Honolulu.

Logement pour 3 nuits dans un hotel a Waikiki.

## DEUXIEME PRIX:

Une seance de Trager donne par Milton Trager, M.D.

Un cours intermediaire (gratuit) avec Milton Trager. (Un gagnant qui n'a pas le droit de suivre un cours avec Milton selon le reglement de l'Institut peut transfere cette partie du prix a n'importe quel praticien-candidat de Trager ou a un praticien tout simple.)

## TROISIEME PRIX:

Une seance privee d'un instructeur ou d'un instructeur candidat.

## QUATRIEME PRIX:

Des T-Shirts de l'Institut de Trager.

1 grand prix, 1 deuxieme prix, 14 troisieme prix, et 24 quatrieme prix seront presentes. Vous aurez donc 40 possibilites de gagner.

Chaque billet de loterie ne coute que \$10.00. Les cheques doivent etre payables a l'Institut de Trager et postees a l'Institut Trager, 300 Poplar, Suite 5, Mill Valley, CA 94941, U.S.A. La date limite pour les recevoir 5 Septembre, 1983. Veuillez inclure un envelope de retour avec votre adresse dessus avec votre demande.

Hors des Etat-Unis, envoyer des mandats internationaux en argent americain.

Noter que les billets de loterie ne sont pas exempt d'impots selon regles des I.R.S. Si vous desirez faire une contribution deductible au Projet Video, veuillez l'envoyer directement a l'Institut de Trager a Mill Valley, La date limite pour le concours est le 5 Septembre, 1983. Le tirage aura lieu le 5 Septembre, 1983.

Une millier de personnes recoivront ce bulletin d'information. Si chaque personne achete 3 billets (pour \$30.00), nous aurons assez d'argent (et de reserve meme) pour achever la premiere phase du Projet. Si seulement 300 personnes se procurent \$100.00 chacun, nous aurons atteint notre but. Il sera facile de se procurer des milliers de dollars si tout le monde y prend part.

## Les regles officielles

1. Les billets pour la loterie couteront \$10.00 chacun. Tous les cheques seront payables a l'Institut de Trager. On doit demander les billets du Trager Video Projet Raffle, 300 Poplar, #5, Mill Valley, CA 94941 U.S.A. Les billets demandes d'outre mer doivent etre payes avec les mandats internationaux en argent des Etats Unit.
2. La date limite pour l'inscription au concours est le 5 Septembre, 1983. Le tirage aura lieu le 5 Septembre, 1983 a Mill Valley, CA. Les gagnants seront

avises par le poste, et leur noms seront publies dans le Trager Family News, le bulletin d'information de la societe de l'Institut de Trager.

3. Chaque individu peut acheter autant de billets qu'il desire. Les contributions a la loterie ne sont pas deductibles d'impots.
4. Les membres ou les Amis abonnees de l'Institut de Trager peuvent vendre des billets a n'importe qui. Les vendeurs seront responsables de rendre tous les talons de billets, les cheques, et les billets non-vendus au Raffle Office avant la date limite.
5. 1 Grand prix, 1 deuxieme prix, 14 troisieme prix, et 24 quatrieme prix seront donnees. Les gagnants seront eligibles de ne gagner qu'un prix. Le gagnant du grand prix sera tire premierement, suivi par les autres prix en ordre numerique.
6. Si le gagnant du deuxieme prix n'est pas qualifie d'assister a un "Workshop" intermediaire avec Dr. Trager, il peut transfere cette partie du prix a n'importe quel praticien ou candidat praticien qualifie choisi par le gagnant. La seance par Dr. Trager donnee comme deuxieme prix peut avoir lieu comme une demonstration publique ou comme que demonstration devant une classe ou une conference.
7. Les gagnants des deuxieme et troisieme prix tiendront la responsabilite de se transporter chez Dr. Trager ou chez les instructeurs pour recevoir leur seances. On tiendra compte des emplacements geographiques et des horaires de voyage de l'Institut pour qu'on affecte les gagnants a un instructeur qui soit aux environs, si possible.
8. Les gagnants tiennent une limite de 12 mois d'assister a leur seance.
9. Ni les co-realisateur du Trager Projet Video ni leur familles immediates n'ont pas le droit de gagner.
10. Les prix ne sont pas exempt d'impots.

## PLEDGE CARD

**Deadline!** All projects must be complete and funds in to The Trager Institute by September 5, 1983.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_

I pledge to do the following to support the Video Project:

1. I will send a donation of \$ \_\_\_\_\_ by \_\_\_\_\_, 1983.
2. I have ordered my raffle tickets!  
\_\_\_\_\_ for myself  
\_\_\_\_\_ to sell
3. I will tithe \_\_\_\_\_ sessions this summer and send the funds in by \_\_\_\_\_, 1983.
4. I will network my local Trager family and will have the checks to you by \_\_\_\_\_.
5. I have my own idea. Here it is \_\_\_\_\_

Send to: The Trager Institute  
300 Poplar Ave., Suite 5  
Mill Valley, CA 94941  
Attention: Video Project

DETACH AND MAIL



THE TRAGER INSTITUTE  
300 Poplar Ave., Suite 5  
Mill Valley, CA 94941  
(415) 388-2688



**FIRST CLASS**

**PLEASE FORWARD**

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