

Appendix: 9

Evaluations by those who have worked with me

- Different decades: 20013 back to 1981
- Different formats: On-going group classes. Seminars. Weekend sports groups. Private sessions
- Different students: Children. Boomers keeping in shape, repairing their bodies. Elders regaining mobility. Accident/ trauma recovery.
- All want more: specialized DVDs. Classes by web. Updates and tips. A second book with the new information.

Evaluations of The Vance Stance ® *working with me*

"I was having migraine headaches nearly every day for about a year. I had tried all kinds of things that different doctors had recommended and nothing was helping. I was pretty miserable. I started Vance Stance and was going to class every week and sometimes twice a week. I kept a log of my headaches which started to decline over the next few months. **After putting in the time and believing in the work that Vance provides, my headaches just stopped!** It was wonderful. That was a couple years ago. Now if I start to feel a headache I know what to do to keep it away. The Vance stance has helped me tremendously and I highly recommend it!!" —Heather *Juhke*

"I am 66 yrs old and began my class with Vance in Dec. 2012. I did not have any severe pain at the time I started but lived with some chronic intermittent shoulder pain from having "tendonitis" in both shoulders many years ago. **I came into the class with knot knees and bunions surgically removed in both feet. What I discovered was that this was just symptoms stemming from incorrect posture my whole life beginning with my feet.** Last year I was in severe pain in my shoulders from doing the annual raking of pine needles necessary in Central Oregon. I could not have done the raking again this spring had I not been faithful to working with Vance this year. I also was able to hike for over two hours without my hips aching. This was huge. Taking this class has allowed me to "work and play" as I always had in my younger years. Thank you Vance." *JoAnn Roberts*

"It is with gratitude and great pleasure that I give this report of my experience in the Vance Stance Stretch Classes. This was one of the most valuable health enhancing therapies I have ever experienced. I have been a natural health practitioner for many years and entered Vance's classes at age 71. **This mode of working the body is gentle, involves the whole body, and feels so good after the work-out.** I so look forward to continued class experiences and believe that this has the power to change one's whole physical future and greatly enhance all aspects of health." —Karen Anderson

"I really enjoyed digging into the Vance Stance last year and know I will continue to incorporate the tools learned. The Vance Stance has helped me start to transform the patterns that kept me in strain and weakness rather than strength and flexibility. The tools are easy to use on my own and clearly offer a more balanced, stronger way to use my body. **My experience has included radical shifts in my awareness of my body, new strength and vitality, and a sense of self-empowerment upon understanding that I have the power to change how I feel.**" —Barrie Robbins

"Vance and her Stance helped me break through electric shooting pain in my legs due to what I was told was "bulging disks". I wanted to give one more noninvasive way a try, I had gone through, PT after multiple MRIs, stretching yoga classes, chiropractic work, acupuncture and large doses of anti inflamatories. One day while getting my hair done, I knew my hairdresser (Thu) had leg numbness issues and I asked her how she was doing, she told me she had been going to a back class and was loving it. We stopped everything and I had her write down Vance's number. It just so happened that a class was starting and I was able to slip in right away. The group I came in with, some of the stancers van had been doing these exercises with Vance for years! Vance was great, **I was able to learn to feel the energy that needed to be sent to parts of my body that needed to be released from bondage and pain.** I stuck with Vance and her wonderful hard working crew through the winter and my pain is history! I will be starting back up this fall and looking forward to Vance's workouts and taking in her deep knowledge of what the body wants and needs to stay healthy and strong." —Mahalo, *Muffer*

"I had been to physical therapy, yoga, doctors, and finally a pain specialist concerning bursitis in both hips. **The specialist told me that I had spinal stenosis and that there was nothing that could be done except to take pain medication. It was a pretty discouraging diagnosis; and then someone put in my hands the book VANCE STANCE.** I cried as I read it as I felt Dr. Bonner was writing my case history; for the first time I felt hope that just maybe there was something that could be done concerning my pain! I was sure I could not afford to see Dr. Bonner (I am a widow with no income). My friend and I called and much to our amazement found out that Dr. Bonner lived 30 minutes from us and only charged \$100 for ten sessions! (who does that!) I could hardly wait to get to the first class! I could only make one 2-hour session each week but as I continued going my pain began to subside for days at a time. **And here I am.....3 years later with NO pain.**"

"**I, who once gave up hiking and climbing, have now hiked the 10,000ft. S. Sister FOUR times, hiked to the bottom of the Grand Canyon and now am making plans to back-pack the 420 miles across Oregon on the PCT! Because of what I learned in Dr. Bonner's class I am able to do all this.** When I do experience occasional bouts of pain I know exactly what to do to make it go away! I am so amazed by the technique that Dr. Bonner teaches us that I tell anyone I know who has pain to go to her classes and LEARN what is causing the pain! So many of my friends have also experienced total relief! I am so deeply grateful, blessed, thankful that Dr. Bonner is in my life and I so much want to get the word out that there is hope for those who have been told there is nothing else to do except take pain medication! It is not true! Learn the Vance Stance way and become pain free!" —B. Tadlock

"I took the Vance Stance course 5 years ago and still find myself using the correct posture stances as I go through my days. **Once you have them "driven" into your memory through Vance's successful class you just naturally strive to maintain the posture.** Recently, when experiencing toe problems, I remembered that we had exercises for the feet in my class. I pulled out my book and began implementing them to help me straighten bent toes. Thanks Vance for being relentless in your teaching." —Jonell Dubief

"As you know I called you a few months ago after witnessing some great postural changes in some of my friends. **Since I'm over 80 years old I was a bit skeptic about my abilities to reach some of my goals: ie: getting up off the floor easily and off a chair without using my hands or another object and avoiding " a dowager's hump."** Well....Hooray...3 of my 4 adult children, all over 50 noticed some positive changes without my prompting!!! And a daughter and a sister, both live out of state, have requested copies of your book. **"Vance Stance" is good medicine with no bitter taste.**"
Thank You and God Bless, —Helen Mackenstadt

"I started the Vance Stance classes due to neck and shoulder pain. **Within three sessions, my shoulder pain was gone.** Being able to understand and carry out the Vance Stance during my week, helped to strengthen the muscles that were not being used, while taking the tension off the muscles that had carried the burden too long!" —Lisa Woodworth

"**I came to the Vance Stance with friends looking for CECs for my aerobics certification and spent the next 13 years studying with her.** She has kept me running, golfing, hiking and skiing through her theories of "more length". I feel like I have improved my flexibility , posture and longevity with Vance." —Cindi Eielson

“For years, I've had questions about correct alignment and how the body's structure works. It seemed that something was "off," but I couldn't figure out what it was. **Vance has the answers! Turns out that aches and pains, which I'd assumed were due to aging, actually had their origin years ago, as my posture was askew. Even to the point of scoliosis.** Because Vance is always on the lookout for any body part that's not lined up correctly, **I find The Bonner System to be more effective than yoga, and it also feels a lot safer.** Continuing into my sixth year of exercise with Vance, I'm now much more confident and comfortable in my body, especially for activities of hiking, gardening and dance. And it keeps getting better!” —Kathleen A. Cooper

“**Vance’s approach has been more directly productive for me than yoga, tai chi, circuit training, or anything else I’ve tried.** Working with “the stance” was very quickly helpful in applying (on my own) appropriate and instantly productive practices to everyday posture and movements, including bending, turning, and lifting. I am grateful to have encountered Vance **in my later 50s, though I’ve seen it work equally well on people in their 20s and 80s. It can positively change your life.**”
—Sandra Thompson

Name
“When Carla and I first heard about the Stance we were both having hip, knee and shoulder pain. **After just a few sessions with Vance we were both greatly improved and have been improving ever since.** We have been attending for several years and consider the program a vital part of our continued health management program. And we have a lot of fun doing it. Dr. Vance Bonner is a most caring person and is always concerned about the total health and well being of all her students. We have and always will recommend The Vance Stance program to all our family and friends, and even anyone who will listen in the Costco line.” —Grateful Student, *Lewis Settle*

October 5, 2013

Hi Vance,

How have you helped me? Let me count the ways.....

For starters, I just came in from a lengthy session of weeding that left my back crunched into a pretzel. As is often the case at such times, a couple of goes at "The Hangover" put me right. I remember my first session with you many years ago, **unable to stand for more than a few minutes without having to sit down, due to a past compressed fracture of L4**. I was dreading the coming hour as I realized that there were no chairs in your living room, only mirrors and barres. To my amazement, as you demonstrated the basic concept of bending the knees and unfurling the spine, I was able to stand in comfort the whole time!

In the ensuing years **I credit the Vance Stance for not only being able to manage that back condition, but to enjoy competitive racewalking and running as well --** and to excel, thank you very much. The exercises I have incorporated have made me strong, and when I do suffer the occasional tweak I know what to do to eliminate it.

Even more meaningful for me, though, is that now when I see people who are bent and stooped over (and in this aging population it seems to happen more and more) I know that I **WON'T HAVE TO LOOK LIKE THAT**. Thanks to your particular gift for making postural principles come alive and become integrated into the cellular memory, I now have the weapons to fight back.

I have seen these principals touched on in several arenas -- yoga, pilates, tai chi, crossfit, etc., but none of them have the ability to make it sink in and become a part of everyday life like you do.

Here's hoping that you can find more exposure for your work and finally get the credit you so richly deserve.

Fondest regards,

Donna Cunningham

October 13, 2013

To Whom it may concern,

My first exposure to Dr. Vance Bonner and “The Bonner System of Structural Reprograming” was in the late 1990’s. I had accidentally stumbled on her recently published book of that time, “The Vance Stance” and was favorably impressed. Almost immediately I made long distance arrangements to attend one of her week long clinics in Malibu, CA.

My situation at that time was probably similar to many others. Having been active in many sports related activities over the years, strictly on a week end basis, **I had accumulated a number of physical injuries. A good many of these were only partially treated and restored. As a result I was forced to develop muscular compensations in the way I performed both sports and everyday activities.** I had a good deal of chronic pain in my back, shoulders and ankles. In addition, as I aged my posture was deteriorating.

I was surprised on the first day of that first clinic at how simple the exercises seemed to be. Yet by the end of the day I was equally surprised at how challenging they were for me. They proved to be difficult for me to do without cheating. And they made me much more aware of my everyday posture and movement flaws. I dutifully persisted not always sure of exactly where we were going, but by the end of the week, almost magically, I emerged with less chronic pain, and with a new way to walk, sit, and stand.

Today, 18 years later, at age 73, I still return to many of those same exercises. While I haven’t always been faithful to do them on a regular basis, I’ve used them in spurts when I’ve developed chronic pain or when recovering from injuries. **It’s amazing how over an 18 year period how beneficial they have been – with only minimal help from Vance in the way of refresher sessions.**

Recently, I have been working on the exercises with renewed energy. I have developed increased flexibility and strength in my feet and a greater sense of balance when walking and standing. All in all the exercises have improved my level of functional capability and overall vitality.

Sincerely,

Roger Knake

October 17, 2013

I am 22 years old and had a neck injury in a mixed martial arts class that caused migraine headaches for 8 months straight. I tried to control these headaches with medication and chiropractic work, but the headaches did not cease.

I started the Vance Stance in the summer of 2013 and continued on for a second session. The first few sessions increased my headaches as I knew they would because of my body fighting to remain in a position that protected my neck.

I can report that **within two months, I am virtually migraine headache free!** I have not had a migraine in over a month. Using the Vance Stance to learn how to stand, sit and walk in a healthy way has made all the difference to me!

Nathan Woodworth

October 18, 2013

I am thrilled with this opportunity to share the great benefit I have received from taking part in Dr. Vance Bonner's Vance Stance classes.

In July of 2010, a friend, knowing I was suffering from an intensely painful case of plantar fasciitis in my right foot, told me about Dr. Bonner and loaned me a copy of her book, *The Vance Stance*. I was excited to read that Dr. Bonner lived in the same city as I, and I promptly wrote to her, asking if there was a possibility of my learning more about the Stance from her personally. Lo, and behold, she said she was beginning classes in September. I was there, along with a friend who had such severe hip pain that some days she despaired of being able to walk.

It did not take many classes for the plantar fasciitis to subside and my right foot to become pain free--and stay pain free. Next, we began focusing on my chronically painful shoulders and tight, sore hips. I began Vance Stance classes in September of 2010, at the age of 62. By May of 2013, at age 65, I was stronger, pain free, more graceful, could ski more easily, could get down and up from the ground with ease, and was a lot more flexible than I was at 62.

Vance works her students hard, which is why I like to go to her classes; I would not hold the many exercises she has me do nearly so long on my own! Very often, after her classes I feel as if I have had a deep massage.

Vance has an uncanny ability (I call it a gift--given to her--and she, in turn, gives it to her students) to keep track of each person in her class, note when they should press on harder or back off of the intensity and to know just what each individual body needs in order to come into structural alignment. I trust her judgement; after 9 weeks of immobility due to a leg/ankle injury, she gently monitored my ability to do each exercise and recover full mobility and strength in my weakened leg and ankle. Beside myofascial release for scar tissue healing, I needed no other physical therapy but Vance's class.

I have seen people with scoliosis become straight and pain free, a daily migraine sufferer become headache free, and oh, so grateful people with neck, shoulder, hip (my friend is now able to hike the Grand Canyon, the South Sisters Mountain in Central Oregon, and other trails in the Cascade Mts. pain free), and back pain find relief and the ability to maintain the pain free state by applying Vance's Stance on an ongoing basis. I am so thankful that I learned about Dr. Vance Bonner, and I highly recommend her to anyone with any type of pain.

Paula Johnson

October 22, 2013

Dear Vance,

I do need to send this, although I have been procrastinating, because what I learned in your classes has become a part of my daily life. (Like brushing my teeth and trying to eat right!) My reason for taking the class in 2003 was that over the years I had been having more frequent and worse back problems. Chiropractic and exercise helped but didn't keep the problems away. After taking the class I noticed great improvement. Now I seldom have problems with my back and they aren't as severe or prolonged when I do.

While taking the class I realized that my back wasn't an isolated problem, there were other areas I needed to work on, so I took the class again a couple of years later. I began to see how posture, strength and flexibility work together. I have never been athletic but I do enjoy walking. One day as I was out for a walk my knee was starting to hurt. I went through the Stance in my mind and made small adjustments to the way I was walking, by the time I finished the review my knee didn't hurt!

I am 61 years old and my work is cleaning houses for customers 5 days a week, so you know I have to be fairly strong and flexible to do that. I exercise each morning 6 days a week and have added many of your moves to my routine, and do others occasionally. Because of what I learned in your class I do all my exercises with more awareness of what they do for me rather than just mechanically by rote.

Rosie Wardell

October 22, 2013

Hi Vance,

I want to thank you for your heart, your caring and your tremendous skill in helping my body grow stronger and find permanent pain relief.

When I came to you last fall it hurt to walk because of sciatic nerve, hip, knee and foot pain; it hurt to ride my horse; it hurt to garden; it hurt to hold my grandbabies because of lower back pain. I actually hurt somewhere most of the time.

Up til the time I started your class, I had done Pilates, worked with a personal trainer to strengthen my back, and spent thousands of dollars at the physical therapist. The physical therapists said they couldn't help me anymore because my body wouldn't "hold" the maneuvers they did. The only help my medial doctor could give me was pain meds until I "was bad enough to need surgery." These were all very good people whom I respect and like but their methods just didn't get to what I really needed. I wasn't even aware of what my body really needed; I just wanted pain relief and to be able to walk around. I was only 59 years old - way too young to become crippled and inactive.

Since I have worked with you, my joints have all opened up. I can stand straight and breathe more fully. My balance has improved and my legs are becoming straighter - less knock kneed - and much stronger. My feet are more firmly attached to the ground and less crooked and bunion prone. Best of all..... the sciatic pain is completely gone and most of my lower back pain is gone! It no longer hurts to ride my horse because I'm able to sit on the correct part of my seat because my hip joints are more open and flexible. And, I walked 5 miles the other day pain free!

The bottom line is that your program really works and your training methods - understanding the requirements of time, working on the "first thing first", teaching us to accept where we are and trust the process-are the most effective I've ever experienced.

Your eager and grateful student,
Sheryl Lillegard

October 12, 2013

I am a Vance Stance® addict! My class is a Tuesday evening advanced group and I have participated over 9+ years. The best way to describe my thoughts for the Vance Stance® is

“I wouldn’t miss it for the world”

We have seen great changes in our bodies and enjoy every week of our stretching routine.

I work full time at a computer-sitting most of the day-thus causing shoulder, neck and back issues. I’m an athlete, or a weekend athlete-playing golf 3 or more times a week from April-October, walking the golf course (5miles) and pushing a 3 wheel cart-causing tight hamstrings, lower back, and shoulder issues. I walk (3+miles) after work with my girl friends at least once a week-again tight hamstring and hip flexors.

My work with The Vance Stance® has allowed me to enjoy all activities pain free and given me the tools to stretch before or while I’m golfing, walking, and working!

For me The Vance Stance® is a way of life!

Debbi Smith



: "Christine Huyke" <cah8511@lauds.k12.ca.us>
 : <vancebonner@juno.com>
 : Hello
 : Wed, Jan 17, 2007 11:13 AM

Hi Vance,

This is Christine Huyke. You worked with me many years ago when you were living in Malibu. After about 6 ses alleviated my knee pain, neck pain, back pain, twisted arms etc. You worked wonders and I have never forgotten still practice your "vance stance" and showed it to my children and now my grandchildren. I also have your book

I am writing to you because I have many times referred you to friends and family but then have to tell them that y to Oregon. At one point you told me, after you moved, that you had trained someone down here in LA to do wha Is that still true and are they still practicing? If so, would it be possible to get the name, phone number and addr that person or persons? I would so appreciate it. Not only for my friends; but also for me for a little tune up.

I hope everything is wonderful with you and that you are extremely happy in Oregon. Again thank you for everytl did for me.

Sincerely,

Christine Huyke

6243 Peach Ave

Van Nuys, CA 91411

818 968-8959

chuyke@aol.com

May 22, 2005

American Massage Therapy Association
Re: Conference Speaker

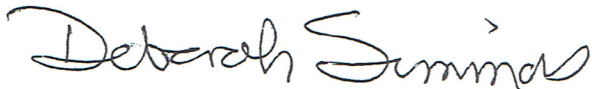
To Whom It May Concern:

This is a testimonial for the value of the work of Vance Bonner, PHD and her revolutionary work called "Structural Reprograming". I am a Massage Therapist and also a member of AMTA. I have been using the principles that she teaches for several years and have had profound results in resolving chronic back and neck pain.

While I was in Massage School I was dismayed at the lack of teaching good body mechanics and self help techniques to minimize physical pain for the therapist. The program that Vance Bonner teaches is life changing and a number of massage therapists have taken her classes. I encourage you to seriously consider her as a speaker for massage therapist as well as for the teachers of massage schools.

Vance Bonner has a wonderful teaching style and makes learning fun. She is able to explain difficult concepts in easy to understand language.

Sincerely,



Deborah S Simmons
AMTA member #140956

Dear Nancy

2198

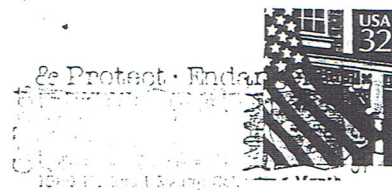
Thank you for the workshop.
It was everything I'd hoped for
and more. I am daily, feeling
more confidence to work
with and through my stuck,
weak areas.

Please let us know of any
future workshops you're planning.
As I mentioned last time we
talked, we'd be happy to host a
workshop at our house here in
San Diego. Also, you're welcome
to stay in our guest room. In
short, you can count on us as
loyal and devoted fans. Best of
luck in Bend.

Happy Days,

Jay & Mary

Jay Sleigh / Mary Buchanan
5999 Cozzens St.
San Diego, CA 92122



Vance Bonner

70418 Whistle Punk Road

DEAR VANCE,

5/21/92

JUST WANTED TO SHARE WITH YOU HOW DELIGHTED DIDI & I ARE AT HER PROGRESS. AS I REMEMBER HOW SERIOUS HER SCOLIOSIS & BUNIONS WERE, & HOW MUCH HER SELF-IMAGE SUFFERED AS A RESULT, I WANT TO EXPRESS MY HAPPINESS & GRATITUDE FOR YOUR WORK. CLEARLY YOUR METHODOLOGY ACCOMPLISHES WHAT OTHERS COULDN'T & DIDN'T. YOUR SYSTEM IS TO ME ALL THE MORE REMARKABLE SINCE SO MUCH OF DIDI'S PROGRESS OVER THE PAST YEAR WAS ACCOMPLISHED BY HER WORKING ON HER OWN.

SINCERELY,

Michael Horn

[father of
Didi, Age 13

→]

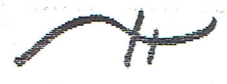
DEAR VANCE,

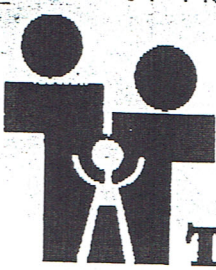
ABOUT A YEAR AGO I HAD A CURVE IN MY SPINE, KNOCK KNEES, BUNIONS, AND SWAY BACK, BUT NOW W/ YOUR HELP THOSE THINGS HAVE VANISHED. THANKS TO YOUR HARD WORK I AM FINALLY ABLE TO STAND STRAIGHT ON MY OWN. AFTER TRYING EVERYTHING UNDER THE SUN I FINALLY FOUND THE RIGHT PLACE. WITH A LITTLE COURAGE + ENCOURAGEMENT WE WERE ABLE TO CURE ME FOREVER!

I LOVE YOU!

♡ DEE

[Age 13]





3184398512 P.01

The Parent Connection, Inc.

12479 Walsh Avenue • Los Angeles, California 90066 • (810) 828-7846

June 22, 1992

Dear Vance,

This is an enthusiastic THANK YOU! for all of the hard work you have done to make me stand up straighter, not to lock my knees, to open my racoon eyes, keep my pail of water from tipping. There are all manner of other images that are forever imbedded in my brain about how to have the optimim posture.

Sparky enabled me to have a dream come true. That is the opportunity to work closely with you and to better understand the structural concerns that I have had and most of all what to do about it.

While I finbd that I do not practice like I was, I do notice that I am more flexible and self-correct my posture while walking up the stairs or when looking in a picture window and seeing my shoulders UP! God forbid!

You are truly an outstanding teacher. I love your imagery. You are also very patient, but persistent with your students. I liked it that you "noticed" when I took short cuts.

One of the greatest benefits is that knowing the "Bonner Method" is information that will last a life time. It is like typing or learning to ride a bicycle. We may get rusty but the knowledge never goes away.

I am encouraging anyone who expresses any interest at all to go to you. I'm glad that you are able to expand to new teachers. I think that they will do well.

Please let me know if there is anything that you need from me. I've enclosed the benefit literature that Marilyn Hess is doing on July 27th for The Parent Connection. I hope to see you there.

Fondly,

Jayne

Dear Vance,

5/19/92

Imagine ~~after~~ a lifetime
of ~~round shoulders!~~ After
one-5 hour workshop, I
have a straight back!
My Co-workers and
regular gym teachers
all remark "You're standing
up straight!" My shoulders
are down where they
belong and my head is
erect. I feel wonderful!
Thanks Estelle Harwin, O.D.
at Dr. So I never bought it (Optometrist)



ALEC V. FERRADAS, D.D.S.

WADE J. SAYDEH, D.D.S.

3/31/92

Dear Mr. Bonner,

I would like to write this letter to thank you for bringing new awareness in myself for my body. Like many men out there I was very physically active in my teens and up to the age of 30. After 30 I began taking on the responsibility of life and began to forget about my body. At the age of 36 I was beginning to feel sluggish and aches and pains began to settle into my joints, my back and my feet. To most of us this is considered part of aging. The fact of the matter is what I've learned from you is that although we cannot stop the aging process, we sure can change the way we feel and look.

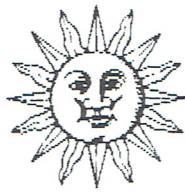
There are very few teachers that have the art of knowledge transfer, but you have a good method of bringing awareness to your students. I realize I am only a babe who's just learning to crawl when it comes to these exercises but I sure feel

3104590512 P. 8
very good about myself and the way my body
has been feeling.

Being a dentist puts a lot of stress
on your muscles, especially the shoulders,
in the middle of the back, and in the lower
of the back. The exercises have helped me
learn how to counteract this stress
and actually feel stronger and healthier.
I look forward to making a life-time commitment
to feeling good.

Sincerely,

Wade Smith DDS



Sun Valley

Dear Dr. Bonner,

I must admit to you that before classes started, I was a little skeptical. After all, what good would it do for someone who thought he was already in great shape. But boy!, am I ever so glad I took the sessions and followed up on the exercises you taught us.

For the first time ever in my skating, I realized how much my shoulders and neck were tensing and how it was getting in the way of further progress. I've learned how to relax my back and shoulders and more importantly, realize when this happens and how to eliminate it.

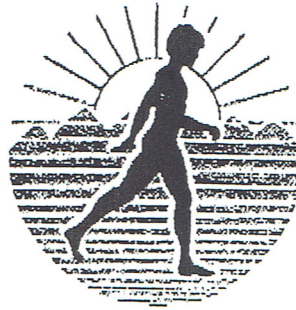
My back was sore for a couple of days, but it felt good at the same time. I even noticed a small set back in my jumping ability for a day or two. But by the end of the first week, I had learned how to relax during spinning and jumping. My jumps feel so easy, light, and higher now; I find my "center" more easily too.

Thanks for helping me find those spots that needed the most work. I now have the tools to work further on my own and I can now see ^{by taking your workshop} I've gained a competitive advantage.
I. Amantora. | America's First and Finest All Seasons Resort
Sun Valley Company / Sun Valley, Idaho 83353-0010 / Telephone: 208-622-4111 | Linda's News. | Thank

Jan 31 - 97

P. 02

June 1, 1988



SUN VALLEY
TREKKING
C. O. M. P. A. N. Y

Ms. Vance Bonner
Box 1103
Ketchum, ID 83343

Dear Vance:

Myself and the gang truly enjoyed our pre-trek fitness sessions with you. On behalf of all fifteen participants in the Sawtooth Haute Route ski film venture, I extend my thanks. We are confident the film will be excellent...a new genre ski film. Your contribution to its success was valuable and most appreciated.

While afield we practiced the particular exercises you prescribed for our trek. In ten days of donning heavy packs, "gripping" descents and "grunting" ascents we experienced no physical injury or duress. Certainly, we perfected the Vance Bonner approved pack lift and each of us "grew a little longer" relative to our new awareness of correct postural alignment.

I believe in the validity of your system, especially its application and acceptance at the individual level. Given Sun Valley Trekking's strong interest in the development of quality fitness programs that can be integrated with our various adventure recreation activities, I propose your association with Sun Valley Trekking this coming summer.

Your teachings will enhance the experience we provide our guest. Your vivaciousness and obvious dedication to your work attract and provide the class Sun Valley Trekking exemplifies.

Please call me at your convenience. Again our thanks and appreciation.

Sincerely,

Robert Jonas
President

Sun Valley Trekking

Kenwood
 Convent of the Sacred Heart
 Albany New York
 12202

Sister M. L. Carmody
 Development

12:11:83

Dear dear Vance:

Once again I wish to say how very very much all here love you and appreciate all that you gave them during those memorable three days at Kenwood.

For days after your departure, "all that Vance gave us" was the subject of conversation at all the tables in the big dining room and, I am sure, in the dining rooms of all the small communities as well. You have given many a new lease on life. There was something wonderfully stimulating to them for a dear "old child" to love them enough to come back to give them such practical and skillful help. Your advice lives on and is evident even to the untrained eye as one watches people who formerly walked with quite a stoop now walk along, heads up and body in apparent good alignment!

Sister Nancy Boyle sat right down and wrote an article about your contribution with the suggestion that I add anything I felt appropriate. So, on the enclosed article already sent to the RSCJ Newsletter, I added most of the beginning which was culled from your own letter to me. Nancy would not have had access to that and I think that, from a PR-for-Vance-point-of-view it adds to one's understanding of what you are all about. Harriot Benoit only had a chance to take about three pictures and they were in color. The two best(not done justice on the attached Xerox copy)are of you and Sister Betty Hunter, R.N., who came with all her Basset Street community. Everyone in the U.S. province(almost)knows and respects Betty Hunter so to see her participating on a one-to-one with you will carry a lot of weight.

Here's hoping the article and pictures will be accepted - and for the January RSCJ Newsletter. If it is already too late for that it will probably appear in the February issue. You may be sure that I'll do my best to get several copies to you if we break into print!

Sister McAgnon, Superior of the Pax Christi community was not able to participate but she was thrilled to hear all the help and joy you brought to so many and hopes that we may invite you back, maybe in May, "on more professional terms," meaning that we could pay you a decent fee. This is written in great haste but I wanted to get it off to you before a host of interruptions prevented me from writing at all. God bless you, dear Vance. You are very very special and we love you.

M. L. Carmody

P.O. Box 888
Sun Valley, Idaho 83353

September 15, 1982

Vance Bonner
P.O. Box 1103
Ketchum, Idaho 83340

Dear Vance:

Just thought I'd share some feedback with you after the summer.

The other skating pros and myself have found Structural Reprograming to be quite effective. Skaters see immediate results in facilitating timing, in quicker rotation, in higher lifts. They seem to be discovering another connection with their bodies, that of the mind. Their new flexibility adds to their strength.

Structural Reprograming is a valuable tool for all ages. Older skaters find they can suddenly get off a plateau they've been stuck on for years, easily! The potential is incredible!

I was pleased to see the added pleasure your work brought to their skating. Personal satisfaction counts for so much.

I look forward to the coming year.

Sincerely,



Herman Maricich, Director
Sun Valley Skating School

HM:jac

Dear Vance:

1981

Just a note to thank you for the time you spent with members of my hockey team this winter. Some of them came away with some good ideas and good exercises for future use in their hockey careers. More importantly, your classes made them aware of their weaknesses -- where their bodies were inflexible and therefore injury-prone. This was a tough group to communicate with because of their age and accompanying feelings of infallibility.

I think your classes are particularly adaptable to many other sports. People who play golf, for instance, could be helped a great deal. Also, golfers as a group would be more willing to listen and really pay attention than were my youthful hockey players. Bad lower back is a chronic problem among golfers. Hitting the ball correctly requires an unusual and abrupt twisting and stretching motion of the back in particular and the whole body in general. A healthy back is a must to be able to play the game naturally and swing at the ball correctly. I think golfers, because of their average age and the injuries and maladies that go along with advancing years, would be a very receptive audience to your program. I also feel that you could really help these athletes.

Thanks again,

John Weekes
Assistant Golf Pro
Elkhorn Club Pro Shop