

# IPA “Freedom Press” eZine

## **DEAR MEMBERS & FRIENDS:**

Welcome to our supplemental Fall 2009 edition of the IPA "Freedom Press" eZine. We hope to publish it on a regular basis each quarter this year. As usual, if you do not want to continue to get this electronic newsletter, just let us know and we'll promptly take you off this list!

In order to join or renew, please go to <http://www.paruresis.org/ccdonate.htm>.

## **2010 FUNDRAISING DRIVE HAS BEGUN – 1/10<sup>th</sup> OF THE WAY THERE!**

We have just begun our 2010 fundraising effort. Last year, despite the economy, we raised the most funds ever for IPA, which certainly was unusual for nonprofits during the downturn. It shows how loyal and committed our members are to keeping the organization running strong.

Now, we have a new challenge – to finally raise \$100,000 for the organization in 2010. We are already off to a good start, with about \$10,000 raised through Sept. 30. *However, I am concerned that we have less than 5% of our members renewed at this point.* See my fundraising appeal at

<http://paruresis.org/phpBB3/viewtopic.php?f=2&t=6381&p=27222#p27222>

We have just begun our 2010 fundraising effort. Last year, despite the economy, we raised the most funds ever for IPA, which certainly was unusual for nonprofits during the downturn. It shows how loyal and committed our members are to keeping the organization running strong.

Now, we have a new challenge – to finally raise \$100,000 for the organization in 2010. We are already off to a good start, with about \$10,000 raised through Sept. 30. *However, I am concerned that we have less than 5% of our members renewed at this point.* I am asking everyone receiving this newsletter to contribute early and as much as possible. The stock market had a record past quarter, there are signs the economy is beginning to turn around, and we need to use this as a springboard for a *great* fundraising drive for next year. I'd like to see 100 members renew this month, whether for \$5, \$50, \$500, \$5,000, or \$50,000! So, please contribute as soon as you can! Go to <http://www.paruresis.org/ccdonate.htm>.

## ***UNBELIEVABLE CLIP FROM SAT. NIGHT LIVE PREMIERE - OPENING COMMERCIAL ON SHY BLADDER!***

<http://www.nbc.com/saturday-night-live/video/clips/bladdivan/1161213/>

The absolutely amazing thing about this, which was completely unsolicited, is that literally the week before I was thinking about how to create that "magical pill" using a combination of meds as shown during the mock commercial. Uncanny, or what?!

### ***2009 REMAINING FALL & WINTER WORKSHOP SCHEDULE***

10/30-11/1	Chicago	IL
11/13-11/15	Los Angeles	CA
12/18-12/20	Miami	FL

To sign up, go to <http://www.shybladder.org/workshops.php>

Folks in Chicago and LA should sign up now for those workshops; we don't want the same problem we are having with Toronto (which happened) and Dallas where we have to make last minute decisions. Chicago is a definite (men only, but women can sign up☺), and almost full. LA is looking real iffy. Would need four more in the next 10 days.

The 2010 workshop schedule is very unclear at this point, so I would suggest signing up now for one in 2009 to avoid disappointment.

### ***URINE DRUG TESTING IN THE WORKPLACE***

Late breaking news – our president and vice-president (by phone), and I in person met with some key staff people for a U.S. Senator this past Friday. I can't go into details, but we are feeling more optimistic than ever that something might finally be done to address this hugely important and key issue for us in the near future. Stay tuned!

## ***SBC INTENSIVES***

Many continue to call or write to ask when our one-day intensives are in Baltimore.

We are NOT doing the one-day intensives, but rather ONE-ON-ONE work out of the Baltimore office, done with Dr. Soifer, co-founder and CEO of IPA.

What we have found to work best for those from out of town is to work two 4-hour blocks of time: Friday afternoon and Saturday morning (times can be flexible). This is the equivalent of EIGHT individual sessions. A lot of progress can be made in this format. We can schedule only one or at most two a month, and are usually booked a month or two in advance. For those closer to Baltimore, we can do less intensive (meaning more like regular “therapy”) kinds of sessions.

Email: [info@paruresis.org](mailto:info@paruresis.org) or call the office at 800-247-3864 for more info.