



# The Kerr House

THOUGHTS

EDITION XXVI / 0705

Once upon a time, there was a **Beautiful House on a Hill in a Little Village** along the river. The **Beautiful House** was admired by *all who* saw it. It was majestic and unique and loved. As the years passed, the **Beautiful House** began to need loving care and it called for help, but no help came. Its beautiful porches began to sag, its windows, which were the eyes of the house, were broken, and the weeds grew high. The **Beautiful House** became very sad. Even in this state of disrepair, it was beautiful, and many people came to the door asking if they could buy it, but the **Beautiful House** would say sadly, "No, you aren't the one". The **Beautiful House** continued to deteriorate, and when it rained, it could shed the tears it felt so deeply. Those tears moved through the rooms and caused more damage in the **Beautiful House**.

One lovely summer day, a **Naive But Energetic Woman** came to **The Little Village** for lunch and the **Beautiful House** sensed her presence and sent a message, "Come find me, come love me". That day, after lunch, she took a different route home and saw the **Beautiful House** and fell in love with it. She went to the door and asked if she could buy it. The **Naive But Energetic Woman** loved her own home and didn't want another house, but she loved the **Beautiful House** and wanted to see it shine once again. The **Beautiful House** whispered, "Yes, yes, this is the one. This is the one who will restore my life, renew my spirit. This is the one who will share my beauty and soul with many." The **Beautiful House** was happy.

So, the **Naive But Energetic Woman** sought a **Wise Banker** who was a visionary and could see the possibilities of sharing the **Beautiful House** with many **Seekers** who wanted to improve their health and life, just as the **Beautiful House** wanted to improve its health and life.

Then a **Creative Interior Decorator/Architect** proceeded to find ways to restore and maintain the historic aspects of the **Beautiful House** while adding the modern technology needed. Wonderful **Talented Workmen** began the process of restoring the 98-year-old house. The **Beautiful House** hummed as the **Talented Workmen** began wielding hammers and saws, mending the porches, chimneys, roof, and all four floors of the **Beautiful House**. It felt loved and began to hope it might become majestic once again.

The **Beautiful House** wondered how its restoration would progress. Would miracles occur? Could it possibly become beautiful once again? As work began, miracles happened daily that amazed anyone who witnessed them. The **Naive But Energetic Woman** learned to have faith that when things weren't going as planned, a better way would appear. And it always did.

For two years, many **Creative Artisans** worked on the **Beautiful House**, too, bringing the marvelous carved woodwork back to its original beauty, mending stained glass windows, painting murals on walls, and transforming it into a haven to share with many **Seekers** who were desiring a healthier, happier life.

When the **Talented Workmen** and **Creative Artisans** completed their magic on the **Beautiful House**, it was ready for the **Seekers** to come. And they came. They found the **Beautiful House on the Hill in The Little Village**, felt the energy, absorbed the healing powers that transformed their lives, and they returned again and again.

And now, during the **twenty-five** years since the **Beautiful House** was transformed into a wonderful **Health Retreat/Spa**, many **Seekers** have come to the **Beautiful House on the Hill in The Little Village** from all over the world to renew their own spirits, rejuvenate their bodies, and restore their faith in themselves and in their fellow man. And they do.

The **Beautiful House** feels blessed and will exist happily forever after.



## Dear Friends,

The Kerr House has been open as a Health Retreat/Spa for **25 years**. Can you believe it? It has come almost as a shock because the time has flown by so quickly. But, it is true, and I am writing this letter to those of you who have been my guests at The Kerr House because I am so grateful you have been in my life. You have brought so much depth to my life. We have laughed heartily together. We have shed tears of sadness, tears of joy, and often tears of enlightenment. Our discussions have opened our minds.

Some of you have come for a vacation so you could return to life rejuvenated and full of energy. Some have had physical or emotional issues and were searching for answers. Many have wanted to become healthier so you could live a fuller life, and learn to enjoy each day. I like to feel that all of you reached your goals.

You have written the most beautiful letters of appreciation, and I treasure each one. I marvel at your creativity and brilliant expression of feelings in your letters. You speak from your heart. Thank you so much for each letter.



Many things have happened in these 25 years. Many of you had young children when we opened, and now you are grandparents. Many of you expanded to larger homes as your families grew, and now you are down-sizing to a condo or smaller home. Loved ones have been born and loved ones have passed away. Very successful careers may now be a pleasurable memory. Lives change dramatically in 25 years. Bodies change, health changes, families change, businesses change, careers change.

When I recall the time when I first became enthralled with The Kerr House, I remember knowing what a risk it would be to take on the cost of renovating such a dilapidated monster of a house. And, I was considering opening a Health Retreat at a time when anyone who cared about exercising or what they ate were sarcastically called "Health Nuts." Not only that, but this house was in a remote little village few people had heard of.

It truly was a risk. When my dear husband, Dave, and I talked seriously about it, we concluded, individually, if we took on this project and it failed, we could lose everything. And we had each come to the conclusion we could handle it because we had each other, which was all that really mattered. We could always start over.

I remember Dave, who hated owing money, holding his head in his hands early on and moaning, "We owe over a million dollars". And there I was, flailing my arms in the air as I danced around, chanting, "I, a woman, have borrowed a million dollars!"



It all depends on how you look at it!!

So many have raved about how brilliant I was to take on such a project, how ingenious! It always amuses me because there's such a fine line between genius and stupidity. Had the project failed, it would have been, "Why would she do anything so stupid? I knew it would never go!" Many early comments from magazines and authors were, "Why would you ever open a Health Retreat/Spa in the Midwest?" They couldn't imagine our success.

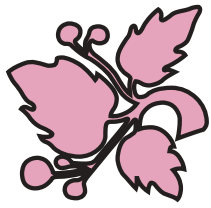
But The Kerr House was in the Midwest, and that was where the magic was, and still is. Some of your stories of what you went through to find us are amazing - I am so grateful you did.



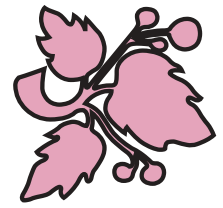
You, my dear friends, have enhanced my life by sharing yours with me, and I appreciate you with all my heart. To celebrate this momentous year, let me share a few stories of the history, the staff, the guests, the fun we've had. Please join me as we meander down Memory Lane.

*Fondly!*  
*Laurie*





# THE HISTORY OF THE KERR HOUSE



*Let's step back in time, 125 years ago, and imagine what life was like in 1880 when The Kerr House was being built. The Civil War was a recent memory. Kerosene lamps brightened homes. Outouses were near every residence. Animals were butchered by the family and the meat was packed in salt barrels for winter use. Fresh produce was only available when in season. Children could run free, sometimes exploring for the entire day and getting home in time for supper. School was held in one-room schoolhouses, and only went up to 9th grade. Women wore many layers of long skirts and petticoats. There were no sidewalks and only dirt roads. Transportation was open horse-drawn buggies. Washing clothes on scrub boards was a far cry from modern washing machines. Really clean families bathed on Saturday night. (Life was different back then).*

Now imagine a little village on the Maumee River where the barges on the Miami & Erie Canal, stage coaches, and a newfangled, noisy, and dirty railroad connected this little village with other villages and opened up a new world to the settlers. After serving three years in the Civil War, B.F. (Benjamin Franklin) Kerr returned to this little village of Giliad and became a partner in a General Store. He married Ann Pratt in 1867.

The name of the village was changed from Giliad to Grand Rapids in 1868. (Perhaps the mail got confused with Mt. Gilliad, another historic village in Ohio. And, since they did have rapids, why not exaggerate a bit and call them 'Grand' Rapids). It was in this village in 1880 that B.F. and Ann chose to build their new home, a beautiful Queen Ann Victorian manor.

E. O. Fallis was the architect/builder for the Kerr's home. He built it to last. The footers are three feet thick. The basement walls are natural stone and are two feet thick. The outside walls are four brick thick: two bricks, an air space, and two bricks. The inside walls are three brick thick. All of the bricks were fired in a kiln built on the back of the property specifically for that purpose.

It took three years to build the house. Then a Master Craftsman from Pullman Cars moved into the house with his assistants. They lived in the house for a year while they hand-carved and hand-finished the magnificent white oak, red oak, cherry, butternut, hard rock maple, and ash wood-work throughout the house.

The 34 Christian doors on the first floor are a lovely feature of the house. Each door has a cross, and symbols of an open Bible, the Ten Commandments, the Trinity, and eternal life. When the doors are closed, each side of the door has the same wood as the room it faces. For instance, the dining room is red oak, so the doors are all red oak when closed, however the other side of each door has the wood of the room it faces.

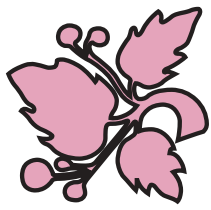
The fireplaces are all outstanding with deeply sculptured ceramic tiles, carvings, and mantles. The fireplaces in the Entry and Front Parlor have beautiful stained glass windows above them, which is a most unusual feature, as the flues were diverted to make it possible. Even though the house was built in 1880, it is filled with generous closets with built-in drawers and shelves. It also had two indoor bathrooms with marble sinks and copper bathtubs. Both marble sinks and one copper tub are still in use in The Kerr House.

The large Historical and Biographical Record of Wood County, Ohio, 1897, has almost two full pages on B.F. Kerr. It describes his home thus: "He has built one of the finest residences in this section of the country, a building so modern and complete it would be a credit to any city. Crowning a beautiful hill, it commands a grand view overlooking the river and charming Maumee Valley. Mr. Kerr possesses several fine farms in the vicinity. Verily, he is the architect of his own fortune."

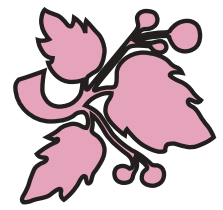
B.F. and Ann had seven children, five of whom survived babyhood. B.F. died in 1901, and Ann continued managing the store and grain elevators until their eldest son, Clifton Colfax Kerr, took over the businesses and home. Clifton and Zelda had four children, and their eldest son, Clifton (Red) Franklin Kerr, purchased the home from his father's estate and continued to live in it. Unfortunately, the family fortune was gone, so the home had little upkeep in the 1900's and had fallen into severe disrepair. When I found it, the original beauty was evident but had to be coaxed forth.

The Kerr family had owned and occupied the home for 100 years. I purchased it from Red in 1977, and it seemed logical to continue calling it 'The Kerr House'.  
*After all, it had been called  
The Kerr House for 100 years!*





# THE REBIRTH OF THE KERR HOUSE



Even though it is only 18 miles from my home, I didn't know about Grand Rapids, Ohio, until my dear friends, Mary and Frank Hoot, opened a restaurant, The Locks, in this tiny community. Then I started inviting friends to enjoy the beautiful drive along the river, to experience the quaint little village of Grand Rapids, and the delicious delicacies of The Locks.

One day, as I left the restaurant, rather than following my usual path I drove in the opposite direction. As I was turning a corner, I looked up and saw a gorgeous house on the hill. I stopped in the middle of the turn and stared at it. It looked like it was ready to fall down, but it was beautiful. I backed up, drove to the front of it and studied it. The wrap-around porch was falling apart. The steps were all askew. Weeds were overgrown. There were broken windows and some that had been open for years. The curtains at the windows were in shreds. It was obviously abandoned.

Then my car backed up and drove into the driveway. I got out and was walking toward the back porch (which was a mess), and thinking, "This is ridiculous. No one is here". I got to the back door and knocked. I heard a dog bark, and thought, "Oh, my gosh, a dog is trapped in the house!". Then the door squeaked open and a little man peeked out. A voice on the porch said, "Do you want to sell your house?" (It couldn't have been my voice because I didn't want a house. I had one I loved). The little man said, "I might consider it". So I asked if I could see the house. He said, "It's a mess". I said, "I don't care". We were both right. It was a mess and I didn't care.

He showed me through. It was big, dark, drafty, and cold, but it was still beautiful. He said people came to the door daily wanting to buy the house, but he wouldn't sell it. He was Clifton (Red) Kerr, B. F. Kerr's grandson, and had always lived in the house. He was nearing 70. I offered to clean the house out for him at no cost, but that didn't interest him. I started visiting Red and the house sometimes when I had lunch at The Locks, and eventually we talked more about my buying it. It was light talk, as I knew I wasn't going to move, but the wheels in my head started turning and imagining how I would use such a fantastic house. I really loved it and wanted to bring it back to life.

I don't remember the details of our reaching an agreement, but we did, and then it was as if I got on a Merry-Go-Round and couldn't get off. I thought I would use the

house for Yoga Classes and Yoga Retreats. When I learned that the population of Grand Rapids was only 750 people, I realized that number included the elderly, infants, and children, and I wasn't sure those in between were going to be interested in Yoga. So, I thought there were a lot of rooms, maybe we could have a beauty salon. Some time later, I thought we might have a room with natural foods. Still later, I thought about the one massage I had in my life, and I thought maybe we could get a 'masseur' to come in and give massages.

As ideas grew on how to use the house, it was as if they got into formation. I thought, "We can do it all. Guests can come and stay and eat natural foods, get facials and massages and practice Yoga". I had always treasured weekends with my family, so I thought guests could come in Sunday evening, after their weekend, and stay until Friday afternoon in order to be home for the next weekend with their families. I only thought of drawing local people from the Toledo area, and, I thought it was a very original idea.

I day-dreamed a lot about what could happen. I wanted a program that would be extremely beneficial to anyone who came. When they left, I imagined them feeling differently than any way they could ever remember feeling. It would be a feeling they couldn't put into words, but they felt deeply. I wanted a very special staff, outstandingly good at their specialty. I wanted all of us to enjoy being a part of a very unique and special program. And, it was very important for The Kerr House to be as healing to those who worked there as to those who came in for the program.

I had arranged for a General Contractor who'd be in charge of the renovation. I expressed frequently, "I'd never consider this project if it weren't for Bob". It took a year to clear the house title, so meanwhile Bob continued other work. When we suddenly closed on the house, he was in the middle of a project and would not be available until it was completed. I didn't know what to do. I couldn't wait, but how could I get someone good on a moments notice? I had to have someone who would sincerely appreciate the historic value of the house, someone who would hire good people and see to it that things were done right. They all had to love this project.

After much consideration, I decided that even though I didn't know anything about construction, I had a lot of common sense and I'd hire people who knew what they



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*The rebirth of The Kerr House was, and continues to be to this day,  
a journey about risking what you have, or have within yourself,  
in order to achieve a personal or life changing goal.*

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were doing. So, I acted as General Contractor, and that really broadened my horizons - fast! I started hiring people for the first time in my life, and I must say, I made excellent choices. They did a marvelous job. No one would give me a firm estimate, though. They had experience with old houses and knew that every task would take far more time than expected.

I was the first on the job each day, and the last to leave. I made decisions, decisions, decisions! Mending the chimneys and slate roof was a major undertaking. The heating system went from 6' radiators to a boiler and 3 heat pumps. The electrical system went from a cord with a light bulb in each ceiling to an up-to-date commercial system. The inside and outside buzzed with activity. The only conflict I saw was each of the workers had their own radio and played it loudly - on different stations.

We had 8 to 25 men working daily for the next two years, and that didn't include the team working on cleaning, feeding, and polishing the vast amount of woodwork in the house, or all the friends and yoga students who gave their spare time to do odd jobs and help where needed. We spent thousands of hours on the wood, choosing not to refinish it but to restore it. We cleaned and renewed the original finish done by the Master Craftsmen from Pullman Cars, and it was well worth it.

One of the hardest things for an amateur was to find out what licenses were needed for this very unusual endeavor. It was such a unique business to everyone I consulted that I had difficulty getting help with this area. (Please keep in mind, this renovation was in the Midwest during the late 1970s.) I knew I could have problems if I didn't get the proper licensing or take care of the legalities, but no one seemed to know what I needed. The Kerr House was placed on the National Register of Historic Places in 1979. In 1982 the Ohio State Historical Board spent several days having meetings at The Kerr House. They said it was the best restoration they had seen.

My original loan was supposed to renovate the house, build a three-story barn into the back hill, and include a swimming pool and tennis court. It didn't begin to cover the house itself. During the entire two years of renovation, I kept hearing from the bank and others, "What is taking so long?" As soon as it was finished, I started hearing, "How did you do all that so quickly?"

As General Contractor, I decided where to put the kitchen, whirlpool, cafe, etc. Mike Barthold was fabulous as the decorator/architect. The Kerr House wouldn't be so grand without him, but the final decisions still rested on me. I purchased all the furnishings to fill the 10,000 square feet in the house. I would have loved to have attended Antique Auctions and Estate Sales, but time was of the essence, and I did my purchasing on Sundays at Antique Shows. (Dave used to say, "Laurie, when you walk into an Antique Show, everyone's eyes just light up!")

I had to plan a very unique business which could open as soon as the renovation was completed. In tandem, I hired and trained the staff so they'd be ready to go. The most important, but hardest responsibility, was keeping records, financing it all, and constantly needing more money.

We opened as a Health Retreat in 1980. I had, and continue to stretch the limits of my creativity, imagination, strength, balance, energy, and learning. How often do we stretch ourselves to such a degree? Are we likely to do so if we don't have a cause, an inspiration? I believe The Kerr House has provided a growing experience for all who have entered through its doors: my family, those who have worked here, and the guests who have come for the programs. There is something magical about the house that helps people relax and desire a better life.

There were many more day-dreams which have come true. But, never did I dream we would draw people from other countries, or that Good Morning America and so many TV shows, books, newspapers, and magazines would feature The Kerr House. We've not had a Public Relations Department, so word-of-mouth has been our true friend. Now the Internet is an excellent source for potential guests to learn about us.

*Twenty-five years later, we love The Kerr House as much as we did when we first opened. Guests continue to benefit from and enjoy our programs. What a glorious experience The Kerr House truly has been!*



**N**ow that you've read about the history and the rebirth of The Kerr House, let me tell you a little more of what has transpired since we opened as a Health Retreat/Spa in 1980. I have continued to feel grateful that Red Kerr sold the house to us because so many people have had the opportunity to enjoy it. Guests frequently tell me that The Kerr House is so much more than a beautiful house, it has a purpose. I think that purpose is for our guests to leave our programs knowing how extraordinary they are. What a gift that is.

In the following pages, I'll relay some stories about our staff and guests, short excerpts from books, and letters of appreciation from past guests. It was such fun to read your letters again. I wanted to print them all, but space doesn't allow that, so there are a few from the 80s, a few from the 90s, and some from the 2000s. Some of the letters were shortened, but not changed. Since some of them are not recent letters, names and cities may have changed.

When we opened in 1980, Massage Therapists were hard to find, and those wanting to be licensed by the state had to travel many miles for their schooling. Now we have three massage schools in our area that have waiting lists. Obviously, the benefits of massage are being embraced, at long last.

The Kerr House has always had outstanding Massage Therapists. Even though they have the same training by the state in Swedish Massage, they continue getting certification in other areas. For instance, our therapists also give Citrus Exfoliation Massage, Hot Stone Massage and LaStone Therapy, Repetitive Use Injury Muscular Release Massage, Lymphatic Drainage Massage, Deep Tissue Massage, Thai Yoga Massage, and Belavi Facelift Massage. Some perform or incorporate Polarity, Reflexology, Healing Touch, and Reiki into their treatments. Once they start learning healing techniques, they want to be able to help guests with as many problems as they possibly can.

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Even though other countries had long appreciated the benefits of massage, it was slow to be accepted in the United States. We had to be very careful how we answered questions on the phone. There were two kinds of callers, those who knew about spas and were delighted to have us in the Midwest, and those who were checking to see if we were legitimate, perhaps hoping we weren't. The word "massage" did raise many eyebrows. In 1980, the most common thought at the mention of massage was massage parlors of ill repute.

In 1981 we received frequent obscene phone calls. I took one of those calls and heard something very obscene. I said, "I'm sorry, but I can't hear you, could you speak up a bit?" He spoke up a bit, and I said, "I still can't understand what you are saying, you'll have to speak louder". He spoke louder, and I said, "I'm sorry, but I don't know what that means. Could you explain it to me?" And do you know what that rude man did? He slammed down the receiver! (I'll bet that's the first time an obscene phone caller hung up on his victim!) He never called back.

Our phone company called one day to solicit ads. They said we were given an extra listing the year before under "Massage", and were inquiring if we wanted **THAT** listing again? Then we finally began to understand why we had all the unwanted telephone calls.

Today that listing would not be a problem. Many Massage Therapists advertise regularly with no consequences. Knowledge has replaced the fear of the unknown.



Carol, Mary Ann, Dr. Bob, Judy, Annette, Laurie,  
Sue L., Cella, Sue H.

**M**any of us are celebrating our longevity at The Kerr House this year.

Mary Ann Krell, a favorite Speaker; Dr. Wollenschlager, DC and Applied Kinesiology; Sue Hedler, our Harpist; and our Fearless Leader, Laurie, have kept things running smoothly for 25 years.

Judy Cline, our invaluable Manager; and Sue Lovett, a favorite Speaker, have been here 19 years; and Carol Armstrong, Reflexologist; Annette Norwood, Cosmetologist; and Cella Weaver, Massage therapist, have worked at The Kerr House for 17 years.

Evelyn Box retired in her 70s after 16 years, and others have aged gracefully while working at The Kerr House.

***We appreciate their talents, loyalty,  
and longevity immensely.***



# THE KERR HOUSE LOOKS BACK AT THE 80's

**1980** was only 25 years ago, but if you are 24 you'll think it was a long time ago. Life was different then. The first space shuttle was launched. The AIDs virus was discovered. Michael Jackson's *Thriller* was a big hit. Diane and Charles had a memorable wedding. Eyebrows were raised at the mention of a Massage, and it was a new experience to most of our guests. Many people smoked - anywhere. Eating healthy was not 'in'. "No pain, No gain" was. Interest in Yoga slid in popularity from the 70's. The Kerr House was getting recognized in the Midwest.



**Some of the magazines during the first six months of 1983 which featured The Kerr House:**

Shape  
Working Women  
Dayton News  
(Sunday Magazine)  
The Spa Book  
(Crown Publication)  
Vegetarian Times  
Total Health  
St. Louis Magazine  
Robb Report  
Washington Post  
Chicago Sun Times  
Chicago Tribune  
Vogue  
Bend of The River  
U.S. News  
Good Housekeeping  
Ladies Home Journal

**And Television Shows:**

AM Saturday  
PM Magazine  
Week-End Magazine  
Satellite News Cable  
Morning Stretch

The Kerr House staff is very special, as many of you know. What you may not know is they enjoy their work and each other a lot. Their humor is tremendous. I thought I'd share a recent bit of it with you. I had seen different staff members open the two big refrigerator doors and stand and gaze (or talk) while allowing a total air exchange. So, I put a little note on the door which read: "THINK of what you want before opening these doors."

The next time I saw it, notes were attached, condensed as follows:

*"I want to be rich and famous some day and have lots of kids."*

*"I want to own a Mercedes Benz."*

*"Peace on earth."*

*"I just WANT! - I think?? Or maybe I think I want - who knows what I think, or want - I might just open the door & find out - "*

*"I want to open this door and find..."*

**EXCEPTIONALLY WONDERFUL LEFTOVERS..."**

*"Today expectations run high - I want to find something sinfully delicious - a real fantasy come true! The optimist in me says, - 'Go for it - open the door, find something scrumptious left over from dinner last night. OPEN the door!' The pessimist says 'You'll find something old, shriveled up.' I think I'll come back later!!!"*

**See what I mean? I've got it tough, dealing with these people.**



*"To Laurie with love and appreciation. Thanks for giving the world of super spas the real thing."*

*Note from  
Emily Wilkins, Author  
Super Spas & More  
and  
Secrets from the  
Super Spas*



**Dear Laurie,**

*Being a professional dancer is more demanding than being a professional athlete. A dancer is training every day, not just in season. I thought my body was in optimum shape. I was amazed at how much you taught me through yoga exercises, breathing, and attitude. I have incorporated these into my training program now.*

*Also, I was pleased to see I lost a few pounds eating delicious food (and even enjoying seconds).*

*Laurie, I have travelled all over the world as a member of the Twyla Tharp Dance Company, been entertained in the finest of homes, even performed at the White House twice, but the warmth and beauty of The Kerr House stands out in my mind as truly special.*

*I am planning to visit The Kerr House again. Give my regards to your wonderful staff.*

**Raymond Kurschels - New York, New York**



## Author of The Spa Book - Revisited!

Judy Babcock, the author of The Spa Book, revisited The Kerr House in November of '83. Judy is a delightful woman. Can you imagine writing a book on Spas and having to research each one? She and Judy Kennedy traveled 100,000 miles visiting 26 spas, and she maintained The Kerr House was one of her favorites.

In The Spa Book she closed our article with, ***"The food is superb, the Yoga based exercise program produces soaring energy, and the staff will charm your socks off. This may not be heaven, but it's very close."***



# Celebrating 100 Years!

A journal excerpt from Susan VanHorn, N.Y.C.

I arrived the Saturday night before the 100th Birthday Party for The Kerr House, was greeted by a van filled with balloons, and spent a luxurious night in a Victorian furnished bedroom.

I awoke expecting rain as predicted, but apparently Laurie has her way with such things.

The sun smiled down as perky workers tied bundles of balloons to the eaves, decorated the tent in the side yard, set tables with fine china, and sliced chopped, and simmered in the kitchen - in short, did everything needed for the success of a seven-course progressive dinner.

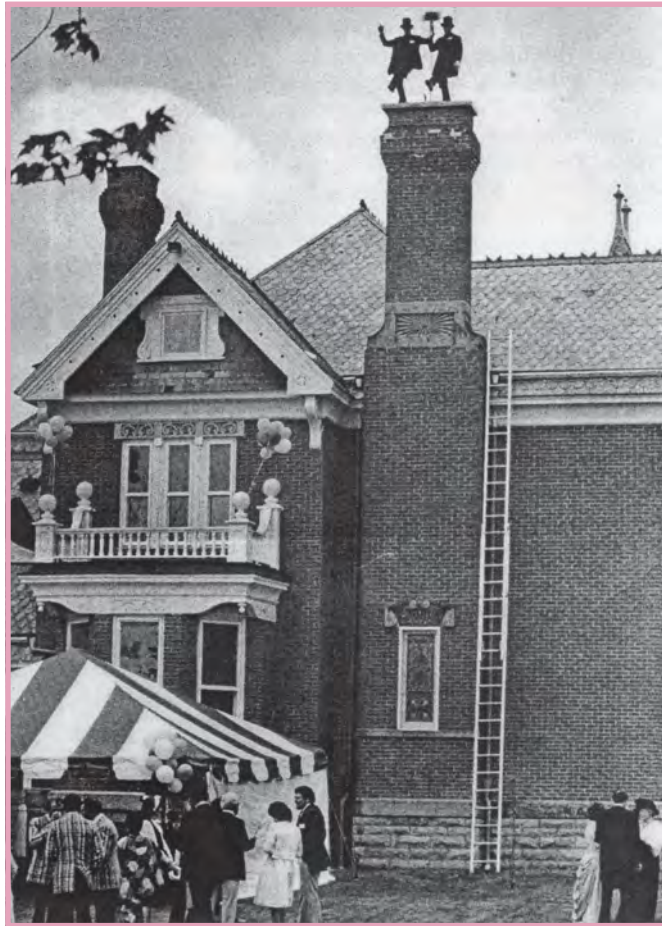
Everyone gathered under the festive tent beside the house at 2:00 on Sunday, April 28, to enjoy hors d'oeuvres that were so beautiful we had to be convinced they were not decorations carved from fruit. They were prepared by Chef Buché, the head chef at Jean's Cafe Cabaret. We were

entertained by a dapper barbershop quartet, four lawyers who call themselves the Brothers-in-law. Two chimney sweeps, Dan and Adam, attired in tails and top hats, danced on top of the chimney.

Some of the guests came from New York, Massachusetts, Illinois, Indiana, Michigan and Pennsylvania.

Stunning Victorian gowns, hats and parasols studded the scene, complemented by gents in tails. White-gloved chefs, maitre d', as well as servers in Victorian dresses and uniforms completed the feeling of Victoriana. Laurie was the perfect hostess in a lavender silk brocade Victorian gown, custom designed and made by Sally Newstead of Australia.

My group of fifteen (there were five groups for the next five courses) met in front of the beautiful oak-carved entrance and made our way to the colorful cafe where we enjoyed white vegetable soup as we rocked to raucous, rollicking ragtime tunes played by Dennis James, an internationally known



concert pianist. Guests who have never been patrons of The Kerr House strolled about the treatment areas enthralled with the mixture of beauty and versatility. Our next course was in the heavenly loft featuring celestial salad by former restaurant owner Mary Hoot from Cincinnati, and the angelic voice and presence of Jean Holden and Woody Brubaker. Here, as throughout the entire house and grounds, flower arrangements generously graced each table, subtly suited to the decor and spirit of each room, conceived and designed by Keith Brooks, a genius in his own right.

Every detail was so perfect, so smooth. Even the men who cleaned up wore knickers, argyle socks and arm bands.

With a nod from Ron Walls, the coordinator of The Kerr House event, our happy group strolled down to the second floor knowing by now we could not possibly

guess what wonders would await. Seated at lovely tables placed in the bedrooms, we were serenaded by Willie Rough and his magic banjo while being treated to tomatoes stuffed with broccoli, a special Kerr House recipe served by Sue Hendricks. The next course was in the front parlor where we were served aromatic "seafood in parchment" by Bill Kolhoff of the Boody House and treated to a rambunctious performance by opera singer Antoinette Willey. Our sixth course was served in the stately dining room where we feasted on Chef Buché's flaming chicken and thrilled to Sue Hedler's harp. We finished on a wild note on the side lawn, listening to Louis and Wes Linenkugel on the guitar and hammered dulcimer, and eating The Kerr House birthday carrot cake by Nancy Seeburger. Coffee was served in tasteful Kerr House mugs which were ours to keep.

**A tangible joy seared through a chatting, sated crowd as the sun set in a red transparent glow.**

## Dear Laurie and Staff,

Thank you for helping me find "ME". Your kindness, wisdom, and intellect have touched my heart. I shall treasure my stay in this wonderful house. If things get rough sometimes, I'll pause and recall your words of wisdom. Thank you for helping my daughter and me make up for some lost years and to rediscover each other. You are a beacon of light. May you shine always. Thank you and bless you and yours always.

Connie Owens - Jacksonville, Florida



*Liesa, one of our estheticians who may have given you a European facial or put on your make-up, enjoys doing theatrical make-up also. A client came to The Kerr House to be made up for a big Halloween party. She won the prize, so she had Liesa make her up for the Joan Rivers Look-Alike Contest. She won again, and they were both flown out to California for the finals. Liesa had a wonderful time!*



**Indra Devi, The First Lady of Yoga,**

came to The Kerr House soon after we opened and gave

a large Yoga workshop that drew students from great distances. She earned her title of "The First Lady of Yoga" throughout the world because she was the first woman to teach and lecture on Yoga, starting in the 1930's. She had spent 4 years in bed with a serious heart condition. When she started Yoga her health improved drastically. She felt Yoga had saved her life, so she

dedicated her life to Yoga. Indra Devi wrote five books on the subject and was widely recognized for spreading Yoga outside India. She loved The Kerr House and my family, and we loved her.

In 1983 she invited my daughter, Sally, and me to go to Egypt and Rome with her and 17 other teachers she had certified. Indra Devi (we called her Mataji) was 83 and kept our fast pace, plus taught yoga classes and lecturing. She was an absolute delight to be around. She died in 2002 at 102, leaving the world a better place because she lived in it.



**Soon after a paragraph about The Kerr House appeared on the front page of USA Today, we received a call asking if we would consider doing a Spa Program at Tom Monahan's Lodge on Drummond Island, near the Canadian border.**

They sent a small plane down to take me to the Island to see if it was a possibility to do a spa in the Lodge. Once we decided we could do it, we started preparations. Two months later, they sent a larger plane down for massage tables, all of our equipment, food for 35 to 40 people for 5 days, and 15 staff members.

Accommodations were in Frank Lloyd Wright homes. When not giving treatments, we were cross country skiing, ice skating, tobogganing, snowmobiling, and playing in the snow, then hopping into the outside jacuzzi. We went on a delightful horse-drawn hayride, and on another night a caravan of snowmobiles took us over the frozen lake to another island to sing and snack around a big bonfire. It was great fun!

**My dearest Laurie,**

*Well, I've been home 3 weeks, trying to maintain everything you introduced to me...I want you to know The Kerr House has turned me around. I know I told you I was searching for something because I was literally dying, and something had to happen. You gave me my life back...*



*I've been eating a lot of things I've never eaten before...lettuce, broccoli, celery, CARROTS, (I hated carrots) and fruit - WOW - all the things I've been avoiding for the last 20 years. For a strictly meat and potatoes man, that's really good. I'm getting so healthy I can hardly stand it...*

*Even my sweet Carol (my daughter) is exercising with me. She gets such terrible headaches and I showed her the breathing and stretching exercises and her headaches are gone! She's impressed...*

*I want both Carol and Donna (my wife) to share in your program. Donna wants to quit smoking. Since I stopped so easily at The Kerr House, it should work for her.*

*I'm your greatest fan, by the way, so send me some brochures. I am hoping to have some of my personal friends go to your Spa. The price is sure less and more enjoyable than a triple by-pass. My God, I feel great! I could just fly. You know, I peaked out Wednesday, just 3 days after arriving at The Kerr House. I hadn't felt so good in years.*

*I told our group to plan on a reunion. I know you have compatible groups, but ours had to be one of the best. Tell everyone to stay sweet as they are.*

**Bob Schneider - Houston, Texas**



**IT'S A SMALL WORLD**

*We had two recent occurrences we thought were interesting.*

Maria Perez an M.D. from **Florida** arrived on Sunday afternoon and settled in for the week. When her roommate Sally Christianson, arrived from **Washington, D.C.**, they felt as though they had already met. They soon realized they had both been in **Greece** at the same time, and their paths had crossed several times. They were on different cruise ships and, though they had not communicated, they had noticed each other on different island excursions, and remembered. Now, they met in **Grand Rapids, Ohio** at **The Kerr House** and were roommates, yet. What would the odds be...**Florida, Washington D.C., Greece, The Kerr House,** roommates?

Rick and Fiona Hayward, from **England**, were enjoying their week at **The Kerr House**, as was Neith Costa from **Brazil**, and others. After their last meal, Fiona said to Neith, "You said you have an apartment in **New York City** for when you visit the states, where is it?" When given the address, she exclaimed, "We have an apartment in the same building when we're in the U.S.!"

**Perhaps the shortest distance between two points is The Kerr House.**



# THE KERR HOUSE LOOKS BACK AT THE 90's

Stepping back into the **1990s** is not such a big step, but big changes were taking place. The Soviet Union ended. Smoking was banned on Domestic Flights. Johnny Carson retired, as did Margaret Thatcher. O.J. got attention. The most photographed ladies, Jackie Kennedy and Princess Diana passed away. Dolly, the sheep, was cloned. Pokemon fever gripped the country. The pendulum was swinging from health awareness growing rapidly to more junk foods being created and consumed. Anorexia was more common. Massage Therapy became a vocation in demand. Jogging was 'in'. Yoga was gaining in popularity again. Day Spas became big business. The Kerr House was doing well, and was featured on "Good Morning America".



Many of you met Nick Labino and his wife, Libbey, at his glass studio while visiting The Kerr House, and may even have a piece or two of his glass. It was such fun to visit them, as Nick often blew glass for us and entertained us with his story telling. Libbey gave us tours and played the Armonica (like Benjamin Franklin's) which Nick had built. What you might not know is Nick was an inventor as well as a world-renowned glass blower.

Nick had hundreds of patents, one of which was for the tiles on the space shuttles, and his glass is displayed in hundreds of museums. Articles were written about him in many textbooks, in Smithsonian Magazine, Reader's Digest, and a piece of his glass was on the cover of National Geographic. Nick would never reveal any of that. We still go to his lab sometimes to see Baker O'Brian, his only protege, who blows beautiful glass and makes great jewelry. Little Grand Rapids is full of surprises.

**Dear Laurie,**

*Coming back to The Kerr House is just like coming home. Thank you for a most satisfying and wonderful time. I've dropped additional pounds and have a positive attitude about my body.*

*I have devised a visualization to maintain The Kerr House experience in my consciousness. I drive up in the limo - walk up the path - in the door - peep into the office and say hello - then through the house - (each room reminding me of the feelings, smells and sounds I've had there) the lounge - the treatment room - I exchange my outside clothes for a soft white terry robe and bound up the stairs (running my hands over the polished wood) glancing into the antique filled rooms, wink at the teddy bears - then up to the heavenly blue loft where I observe Laurie leading the relaxation. I drop my cares in the box and slip into the tower where I breathe deeply and let go...*

*The Kerr House experience was so meaningful to me that once a year just isn't enough. So now I can call on the memories to bring back the warm and comforting feelings I experienced there. It is like slipping into a warm safe cocoon. Being loved and pampered, delighted and quieted by smiling hands and faces. It is a tonic to mind, body and spirit. New people and ideas are stimulating and old ideas which you knew all along are brought to the surface once again. One is cleansed inside and out. I come back to California glowing, relaxed and joyful! Laurie, through your guidance and direction, each member of the staff imparts a special feeling of welcome to each guest. Thank God for you!*

**Bebe Fendel**

**Beverly Hills, California**

**Dear Laurie,**

*Heartfelt thanks to you and your superlative staff for the most delightfully sybaritic experience of my life! Last week was a peaceful time, with much learning and laughter.*



*What you do so gracefully is like a pebble in the pond. My husband, family, and friends will all be touched by the ripples from the experience. I can't wait to share the wonderful recipes with them, as well as so many other ideas and thoughts.*

*The house itself is magnificent and exudes warmth and welcome, as do you. I believe all paths cross for a reason, and I am grateful ours have intersected.*

*Wishing you much love and light.*

**Susan Fagan - Westerville, Ohio**



**An unsolicited letter from a staff member:**

Dear Laurie, How truly blessed I am with my occupation. I am touching many people's lives, leaving my fingerprints and hopefully the best impression with them. I am so grateful with what you have created with The Kerr House. It is far more than a space for me to work in. It offers me the opportunity to share my healing gifts with the guests. You offer me the chance to fulfill my contract with the universe, to walk my path, and ultimately feed my soul. Thank you for making a difference in my life, and helping me to do the same for other people.

**Love, Wren (Shiatsu and Massage Therapist)**



We received a call from a woman in New York who said, "I just saw a woman in a store who was so radiant I could hardly take my eyes off her. I found myself following her around the store until I was embarrassed at my behavior. I finally approached her and said, 'Excuse me. I've been watching you and you are so radiant, you just glow. I have to know what you do for yourself.' "

She smiled and said, 'I've just come from The Kerr House in Grand Rapids, Ohio, and I feel radiant.' She gave me your number and I'm calling because I want to be radiant, too."



**Dear Laurie and all the marvelous staff at The Kerr House,**

Here I am back in the busy work-a-day world, and at times it seems my stay with you was just a beautiful dream. I think of all of you so often. When I find myself harassed and hurried, with the world too much for me. I hear Laurie saying, "Breathe out tension, breathe in energy." At times I fear I get it backwards and breathe in tension, breathe out energy - but I'm working on it.

Thinking back over this blissful interlude, all the body pampering was sheer joy, of course. But what I liked most was what you did for my mind and spirit. I feel more at home in this world, more confident and serene! I like me! Isn't that wonderful?

**Gertrude Dunham  
Toledo, Ohio**



**Eight Picks to Bliss**

Kiplinger's Magazine has an article on "Eight Picks to Bliss," profiling eight of the top spas in the United States.

**The Kerr House is happy to be one of those 'picks'!**

*"What a dear special place," Says Pam Martin Sarnoff, author of The Ultimate Spa Book. She rates The Kerr House as having one of the best psychologically-focused programs in the country and rated it in the top ten for having the most delicious spa food.*



We have had three memorable weddings at The Kerr House. Heather Hoot, of Cincinnati, and Trevor Jones, of Dover, England, had a wonderful wedding here. It was a wedding to remember. Sue Kerr, Red's daughter, was married in The Kerr House, the home of her great-grandparents. Many of her relatives enjoyed seeing the house as it is now. And, my daughter, Susan, married Jamie Maxwell in a beautiful ceremony and reception. Each wedding was unique, yet so beautiful, with the brides in their gorgeous gowns, descending our hand carved staircase, and the ceremony performed in the second parlor, amidst many flowers and much beauty.



**Dear Laurie,**

So many of the experiences I shared and lessons I learned at The Kerr House are always with me. Laurie said to us, "You get back what you give...you become a 'receptor' of sorts, open to receive all the positive energy that surrounds you." Even in this cold, manipulative city (New York City), that's true.

I think The Kerr House becomes a reflection of what you feel you deserve. Being in such a wonderful, supportive atmosphere for a week's time, you begin to think you deserve the best in life. What The Kerr House is about seems to be mostly an attitude and life-style. The attitude is what you think you deserve is what you get - optimum spiritual and physical well-being. The life-style is integrating these into your life for a permanent change. The Kerr House acts as a springboard, catapulting you towards a more self-satisfying and self-fulfilling future. If you don't take the leap, you'll never get off the ground! My love to all!

**Leslie Reichert - New York, New York**



**Every business has some...  
but nobody likes them.**



Emergencies can raise your blood pressure in seconds! We haven't had too many that involve our guests, but one night in January of 1992, it was raining when we went to bed. During the night it started freezing, and then it snowed heavily. All traffic was stopped. Trucks were jack-knifed all along the highways. We had a full house and bare cupboards, as we have fresh food daily, no frozen, no canned.

The husband of one of my staff braved it all in his truck to find and deliver food. We sent snowmobiles and 4 wheel drive vehicles after staff members who could be reached. Schedules were a little askew, but we got everything in.

Judy lined up snowmobiles and drivers and they took our guests through snow covered foliage that looked like a fairyland - **it was so beautiful.** We were snow-bound for 3 days and we had such a grand time.

Dear Laurie,

Just wanted to let you know how much I enjoyed my stay at The Kerr House. I knew when I planned my visit it would be a relaxing time. But, on the drive back to Chicago, I thought of all I had experienced: Not only was it the spa treatments, but the energy I felt instantly when I walked in the door.



**You have so much positivity it is hard not to leave without a change of heart and mind.**

One thing in particular that hit home for me was your comment about giving someone our happiness when we become angry. That shed a whole new light on the #1 issue I have been dealing with. **Thank you for just being you and taking time to share yourself with others. I'll be back!**

*Priscilla Leiter - Chicago, Illinois*



Dear Laurie:

Although I've returned every year for the past 20 years, I'm still happily surprised and always rewarded by your program. For me, the key is "**no decisions**"

You and your staff think of and do everything to make my stay as stress free and relaxing as possible, from the moment I step off the plane into your awaiting limo to the moment, five days later, when the limo arrives to take me back to the airport.

As always, the highlights are the wonderful breakfasts in bed, the tailor made yoga instructions, the relaxing, yet pampering massages and treatments, the healthful meals, the harpist in the evenings, and certainly your thoughtful and attentive staff. I am looking forward to my next visit.

Love to all,  
*Laura Falb, New York City.*

**...the transformations which may occur are more impressive than mere magic. A week at The Kerr House can change your shape and your state of mind.**

**-OHIO MAGAZINE**

*Interesting Tid Bits!*

**THE ROBB REPORT - 1991**

"As lovely as The Kerr House is, a health retreat is more than rooms and furniture. The program is what brings the guests back time and again. This outstanding program is conducted by an expert and caring staff in luxurious surroundings. You'll return home with a new zest for life."

The European daily newspaper, **THE INTERNATIONAL HERALD-TRIBUNE** ran an article titled "Spas With Personality." The article included four spas in Europe, five spas in Asia, and only one in the U.S. - The Kerr House in Grand Rapids, Ohio - which received high marks.

The Kerr House has twice been honored by **TRAVEL AND LEISURE MAGAZINE**, once for being among the top 5 spas, and more recently for being one of the Top Ten Getaways in the United States.



# THE KERR HOUSE LOOKS BACK AT THE 2000's

Now we step into a new century, the **2000s**, 9-11 shocked our nation and caused changes in our attitudes and security. Wars in Afghanistan and Iraq have taken many lives, and the world's attitude changed. One in four American adults hold college degrees. 85% of our households own VCRs. Harry Potter books are best sellers. 9 of 10 American school children have access to computers. Botox and plastic surgery are all the rage. Organic farms are multiplying while the franchises and cola drink companies are controlling food and drinks in many schools. Books on diets sell well. Pilates and Yoga classes fill fast. Good health is on everyone's lips and hips. Spas are everywhere, even in remote Grand Rapids, Ohio.



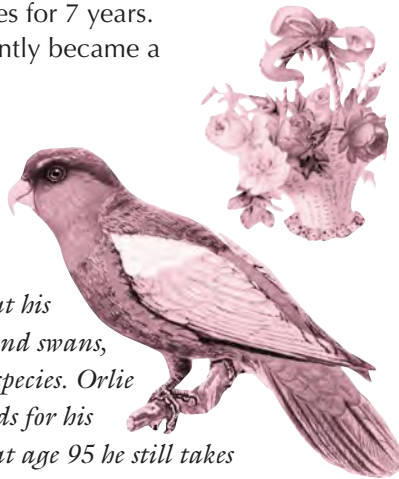
We have always been blessed with a wonderful staff. In looking back through the years, we realized we have had many staff members from other countries. **Dianne Schmidt** and **Helen Logos** came from Australia to help with the renovation of The Kerr House. Dianne returned to work after we opened, and she is responsible for our 'porridge' that gets great raves. **Sally Newstead** and **Stephen Schmidt** were other Aussies who lent their talents and skills to The Kerr House.

**Tulip Hong Huynh**, was part of our cosmetology staff for 12 years, after coming to the U.S. from Vietnam. Tulip's specialty was 'threading', removing facial hair with thread. **Jasmin Ashakih**, was born in Eritea and grew up in Ethiopia. She spent 7 years giving fabulous massages at The Kerr House.

**Xue Wei Wu** came from China and brought a special flavor to our housekeeping staff. Wu had a PhD and gave slide lectures on China and the Xi'an Dynasty. **Marilyn DeBon** was our Chef for 4 years. She came from France and gave our cuisine a French flare, minus the rich sauces, of course. Marilyn also spoke 4 languages. And, **Wren Willow**, from Germany, gave great Shiatsu treatments and massages for 7 years. We were proud when she recently became a Doctor of Oriental Medicine.

*For 15 years, we'd take our guests for walks to Orlie Weaver's waterfowl farm.*

*Orlie would take us around his ponds and cages and tell us about his phenomenal rare ducks, geese, and swans, some of which were endangered species. Orlie received many honors and awards for his birds. Orlie has downsized, but at age 95 he still takes total care of his fascinating birds.*



*We have enjoyed the beautiful Maumee River through the years. We used to charter an old-fashioned Paddleboat and take our guests on an afternoon peaceful, scenic ride down the river. One time we rented it for a staff party in the evening. Sue Hedler took her harp on the boat, some took guitars and other instruments, and they serenaded us as we dined in the twilight and enjoyed the sunset.*

*The Paddleboat is no longer available, so now we take a mule-drawn barge on a restored section of the historic Miami-Erie Canal. We go through one of the original locks from 1845. It's a very calming and interesting experience, as they take us back to 1876. You leave amazed at our country's past, and grateful for our modern conveniences.*

Members of The Kerr House staff often plan little outings and trips together and we've had some great times. We have gone tobogganing at Pokagon State Park in Indiana, to Shippshewana in Indiana annually, shopping in other cities, to the theater, etc.

Recently, I took them on a "Mystery Trip". No one knew what to expect, but 24 (out of 30) curious souls took their life in their hands and signed up to go on the trip. We went first class in very long limousines, and spent the day going to unusual, wonderful places before having a late dinner and returning to The Kerr House.

We have found taking time away gives us the opportunity to see the fun side of each other and view work from a different perspective. We put our responsibilities and duties aside and connect with ourselves and one another. We become light of heart, stress free, and filled with laughter and fun. It feeds our souls, and we all need that.



**My dear Laurie,**

Once again we have returned home, and everyone in our group is saying they feel as though they've had a months vacation. I can't think how many years our group has been meeting at The Kerr House, but it gets better every time.

We are more inspired each visit. We eat better, exercise more, and think in such a way that we stay healthy and enjoy life. Your words echo in our heads (we talk about you a lot). After each visit we kind of coach each other (via phone) with 'Laurieisms', so we continue to improve. It is so special having the house all to ourselves. We like being 'together alone' (?), and not having to worry about disturbing anyone with our giggling and gales of laughter.

**It is well worth all our travel to escape from reality into pure bliss. We'll set our next date soon so the house can be ours.**

**Thanks for being there for us. We love all of you.**

**Name withheld**



*"A true treat for body and spirit, and it makes me feel better just knowing The Kerr House is there waiting for my next visit."*

*Sue Goldstein, Author  
Underground Shoppers Guide to Health & Fitness*

## IN MEMORIAM

*One of my biggest challenges occurred three years after The Kerr House opened. My husband, Dave, was diagnosed with lung cancer and passed on six months later. It was a tremendous shock, as he was full of life. Dave was a liberated man who enjoyed my independence and encouraged my creativity. He was so wise, lots of fun, and always boosted my self esteem. He gave me confidence to tackle outlandish things. Most of all, he was my soulmate.*

*Two years after Dave's passing, my son, Dean, was diagnosed with a brain tumor. Dean was my Chef and right arm at The Kerr House. He created many of our wonderful recipes that are still requested. His presentation of the food was outstanding, while his enthusiasm and humor were contagious - always keeping everyone's spirits high. Dean enjoyed life and brought that joy into The Kerr House. Guests and staff alike loved him. After exhausting all available options in the medical and alternative fields, he passed on five years later. He left many loving memories and two precious sons. Dustin and Sam both have Dean's contagious wide smile and calm, loving ways, and they take very good care of their grandmother.*

*The lives of these men are a major part of The Kerr House, as were their deaths. We pay tribute to them, knowing without their wisdom, labor, and support, The Kerr House would not be what it is today. Their spirit and love will live in our hearts forever. We were blessed to have them in our lives.*

**Dear Laurie,**

Five days of pampering (beyond my wildest dreams) also became five days of contemplation, healing, surging, shedding tears of sadness and happiness. I've had a great revelation that there is a lot of life to be lived, and there are now ways to live it well.

Bruce and I were both functioning on empty in mind, body, and spirit when we came to The Kerr House, but with your guidance, counseling, knowledge, and wisdom, we are leaving full in all three. Thank you for this tremendous gift. Love to you all.

*Joyce and Bruce - Dublin, Ohio*



**Dear Laurie,**

I had a splendid time at The Kerr House - it should be renamed "The Care House". Not since I was a baby have I felt so nurtured, nourished, and totally taken care of. My time went by in such a pleasant, dreamlike state.

Starting with my first treatment, there was not one moment I did not enjoy myself immensely. You certainly have a fantastic place, and your entire staff is wonderful!!!

*Much love, Gwen Haggerty - Delaware, Ohio*



The Kerr House is a member of the Destination Spa Group, an organization comprised of owners or their representatives, of spas whose sole purpose is to provide guests with life-style

improvement and health enhancement through professionally administered spa services, physical fitness, education, spa cuisine, and on-site accommodations. We have Conferences three times a year and publish a beautiful magazine describing each member. There are 25 destination spas in our group.

**BASIC**

**YOGA**



**WITH  
LAURIE**

## Basic Yoga With Laurie

is a 50 page book with a simple guided exercise plan and a CD that walks you through the exercises as though you were in class.

Laurie's soothing voice will make you think you are in the heavenly loft of The Kerr House.

The cost of the set, the book and CD, is \$25.00 plus tax and Shipping and handling.

### TO ORDER

call 419-832-1733

OR

email us today at:

[info@TheKerrHouse.com](mailto:info@TheKerrHouse.com)

### COMING SOON:

LAURIE'S RELAXATION CD  
LAURIE'S VISUALIZATION CD

*Call or Email to Add  
Your Name to the Wait List!*

# YOGA EXERCISES

Hatha Yoga has been around for thousands of years. It has survived because it is so effective.

The exercises work by getting every part of the body to function as nature intended. Yoga stimulates and cleanses the lymphatics, energizes and balances the glandular and all systems of the body.

As circulation improves, many ailments fall by the wayside. Learning to relax releases tension.

Deep breathing nourishes cells, increases energy, and stills the mind as it unifies consciousness.

Flexibility is fun and also means blockages are cleared.

Yoga strengthens organs and muscles, improving balance mentally, physically, and spiritually.

## EAT WELL, FEEL WELL

Good food has been a symbol of love since the beginning of time. We can show love for ourselves and our loved ones by eating and serving foods filled with nutrition.

Energy and good health depend largely on the choice of food selected and how it is prepared. Natural foods (free of additives, preservatives, synthetics, dyes, and minimally processed) are burned as fuel to give your body energy. Your brain depends on good nutrition to function well, as does the rest of your body.

You are totally responsible for how you nourish and exercise your mind and body. No one can do it for you, and no one can keep you from it.

**Life is so much more fun when you feel good and have energy.**



Breakfast in bed and beautiful candlelight dinners are the settings for the delicious, gourmet food that is featured in this book. The Kerr House serves natural, wholesome foods, so our menus have always been low calorie, low cholesterol, and low fat. The recipes included in this treasury will enhance your meals — and your life as well.

# A Treasury of RECIPES for Mind, Body & Soul

offered by  
*The Kerr House*

Over 350 easy-to-prepare recipes emphasizing unprocessed, natural ingredients are included in this 288 page book. The hard cover has a convenient, spiral binding for easy use in the kitchen.

Nurturing the mind and soul are not overlooked. The themes of "Living life to the fullest" and "Improving with age" are

explored along with many examples of how to incorporate them into your everyday life.

The cost of the book is \$29.95 plus tax and shipping.

To order this great cookbook, call **419-832-1733** or email: [info@TheKerrHouse.com](mailto:info@TheKerrHouse.com)

# The Kerr House

## WOMEN

The majority of our weeks are for women, and are very successful. We have a high rate of return, many of them bringing family and friends back with them. Since we only accommodate six to eight guests at a time, that "personal touch" is guaranteed, as we have a large caring staff.

## MEN

Men are enjoying the program at The Kerr House more than ever before. Men need R&R, healthier bodies, better health & stress management habits, pampering, and an exercise regimen, too. Since good health is "in", men are coming to understand that they accomplish more when they have energy, and enjoy life more when they are healthy.

## INCREASE PRODUCTIVITY

Companies, too, are facing the fact health plays a major role in productivity, creativity, and availability. Absenteeism, poor health and attitude cost a company a great deal in many

ways. Using The Kerr House for R&R, as an incentive program, as a bonus, as birthday, Christmas, or Secretaries' Day gifts is a win-win situation. Everybody benefits. Our program can be combined with business meetings also.

## PRIVACY

If you want privacy plus rejuvenating treatments and exercise classes in the warm atmosphere of a luxurious 1880's manor, reserve The Kerr House for yourself, your family, repertoire, or a group of friends. Enjoy being close to those you care for as you improve your health.

## GIFT CERTIFICATES

Gift certificates are available for all our programs. 5 night, 3 night, weekend, day, or individual treatments (massage, facial, nails, wraps, exfoliation, reflexology, etc.). The recipient can set the date, depending on availability, of course, and enjoy the privacy and serenity of this luxurious, friendly atmosphere. What a marvelous gift!

## WHY DO PEOPLE COME TO THE KERR HOUSE?

Everyone comes for a different reason - some don't know the reason until they leave, but each guest feels an inner peace and knows their life is enhanced.

Some come to make a decision: whether to get married, have a baby, get divorced, change jobs, buy or sell a house, how to handle an illness (their own or a relative's).

Some come to get started "living" again after suffering a loss. Others plan reunions so they can visit while they renew. Sometimes their doctors have sent them, as their schedules are so intense that they must learn stress management to continue at the present pace. (Many doctors come for that same reason).

Many come regularly just because they want to stay on the healthy road and return home enthusiastic, energized, yet relaxed, in addition to being toned and feeling lighter.

Money can buy the use of The Kerr House and programs, but there is no way to measure the value received in a week at The Kerr House.

If you are interested in any of our programs, contact us by:

Phone: 419-832-1733

Email: [info@TheKerrHouse.com](mailto:info@TheKerrHouse.com)

Web: [www.TheKerrHouse.com](http://www.TheKerrHouse.com)

Fax: 419-832-4303

Since 1980, The Kerr House has been a haven for many who have wished to improve their lives. They receive breakfast in bed, yoga classes, many wonderful treatments, and candlelight dinners. It is very personalized, only 6 to 8 guests at a time. We have a variety of programs:

	Semi-Private	Private
5 nights	\$2350	\$2750
3 nights	\$1275	\$1475
Weekend	\$ 695	\$ 795

We set aside some weeks and weekends for Day Programs, as they are a very popular gift item.

Day Program \$295

[www.TheKerrHouse.com](http://www.TheKerrHouse.com)

419/832-1733

Grand Rapids, Ohio 43522

P.O. Box 363

# The Kerr House



## Be Someone's Angel

Be an angel by writing a letter telling us why someone dear to you, or a worthy person you know (and maybe that's you), needs the 'personal touch' of The Kerr House.

A 3 Night Gift Certificate will be presented to the lucky person selected. That's a \$1475 value, so get busy and write your letter.

Please submit only one letter, 250 words or less, before September 15, 2005.

**Be An Angel** to someone who needs some tender, loving care.

### Send letters to:

"Be an Angel" Contest  
The Kerr House  
P.O. Box 363  
Grand Rapids, Ohio 43522

**For Questions, Call**  
419-832-1733

### Rules for Contests:

Submit letters by September 15, 2005, following the theme of the contest.

Include your full name, street address, email, and phone number.

All contest decisions are made by a selected committee. All decisions are final.

Winners will be notified via phone on September 30, 2005, and posted on our website: [www.TheKerrHouse.com](http://www.TheKerrHouse.com).

All letters submitted will become the property of The Kerr House.

**We are excited about our 25th Anniversary,  
and want to share our excitement with you.  
We are offering you a gift for this occasion.**

We are giving you a 5% credit for what you paid for each program you participated in at The Kerr House since we opened in 1980\*.

We have accurate records, so you can check with us to see what that would amount to. Some of you will have earned a free trip to The Kerr House, and we think you deserve it.

*If you have come for 5 programs, you will get 5% of what you paid for each program. There will be some who will receive 100% credit and have a balance toward a second visit. How about that?!*

*The Kerr House*

*This offer expires December 31, 2005*



**For All Questions Call**  
**419/832-1733**

*If a friend joins you who is a newcomer, they will receive a 10% discount!*

*You can come anytime between this moment and the end of 2005, or you can confirm a reservation with a deposit by that time and come before June 30, 2006.*

*\*This will not apply to programs we have donated.*



## Remember When...

### In celebration of our 25th Anniversary

We invite our loyal guests to participate in The Kerr House

#### "Do You Remember When..." Contest

Send your favorite memory, funny story, incident, or coincidence from your stay at The Kerr House

**Have your letters in by September 15th. We'll select TWO winners who will receive a Gift Certificate for a 3 Night Program.**



Send letters to:  
The Kerr House  
"Do You Remember When"  
P.O. Box 363  
Grand Rapids, OH 43552

