



# The Thermometer Times

Published by The Depression and Bipolar Support Alliance of Riverside, California

**VOL. 21 NO. 9**     *Out of darkness . . . September 2009*

### Dates to Remember

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### CARE & SHARE GROUPS

Clients, guests and professionals are invited to come and participate.  
Riverside County Mental Health Administration Building  
(see page 9 for address & map)

**Saturday 10:00 am -12 noon**  
**September 5, 12, 19 & 26**

Web Site for DBSA, Riverside:

**<http://californiadbbsa.org>**

E-mail for DBSA, Riverside:

**[dbbsaofriv1@aol.com](mailto:dbbsaofriv1@aol.com)**

E-mail for DBSA, California:

**[dbbsaofca1@aol.com](mailto:dbbsaofca1@aol.com)**



**Meetings start promptly at 10 am. Do yourself a good turn: Be on time...visit with friends before the meeting. If you come late, please enter quietly.**

### Directions to

#### Jo Ann Martin's Home

Exit 91 Frwy at Van Buren. Go south  
4.2 miles on Van Buren to  
Whispering Spur. Turn left.



2nd  
driveway  
on the right

16280 Whispering Spur  
Riverside, CA 92504  
951 / 780-3366

## US psychiatrist: Babies remember traumatic events for years

By Judy Siegel-Itzkovith

The prevailing view among parents, the general public and mental health professionals that infants as young as six months old “do not remember” traumatic events that happen to them or to their loved ones has recently been disproved, a professor of infant mental health said at a Jerusalem conference on Sunday.

Prof. Alicia Lieberman of the psychiatry department at the University of California at San Francisco told an audience of 300 that young children, even babies, “remember traumatic events in their bodies” with increases in stress hormones such as cortisol and that the event makes a distinct impression on them.

Most professionals and parents have poo-pooed this idea because infants and young toddlers do not have the verbal ability to describe the trauma, but it nevertheless is stored in their brains, she asserted.

The message was very relevant to an Israeli audience, as large numbers of infants have survived terrorist and missile attacks, family violence and other traumatic events, and most remain untreated.

Lieberman was speaking at the first session of the two-day International Conference on Trauma and Early Childhood, held at Truman Hall on the Hebrew University's Mount Scopus campus and organized by the capital's Herzog Hospital's Israel Center for the Treatment of Psychotrauma, the HU's Paul Baerwald School of Social Work, and the Jewish Family and Children's Services of San Francisco. It is being chaired by trauma expert and clinical psychologist Dr. Danny Brom, who heads Herzog's psychotrauma center.

The US psychiatrist said that infants who have been exposed to trauma - anything from witnessing or being hurt by a road accident and terrorist attacks and near drownings to seeing its mother murdered by its father - “always try to find the meaning of their experience and how to fit into the world.”

Lieberman, who was born in Paraguay and spent five years earning a degree at the HU, explained that the seat of verbalization in the brain is in the cortex, but the visceral responses to trauma are based elsewhere.

People are wrong to assume that when traumatized infants grow up and don't speak about it, they weren't influenced by it. Therapists often start their relationship with traumatized parents and children with mistaken idea that if the child did not



Professor Alicia Lieberman, UCSF

*Continued on Page 7 (Babies' Trauma)*

## a note from the Editors

We invite you to submit material for review and possible publication in the newsletter. Your articles allow us to get to know one another in greater depth and to learn of the many talents, interests and assets of our members.

Articles, poetry and/or drawings can be on anything pertaining to your personal experiences with depression and/or bipolar disorder; what it is to live and cope with it; what helps, what doesn't. You may write on any other mental health issue or problem that you are passionate about. You can tell us about yourself and how you spend your time and what's important to you. You may want to write a report on a mental health event you attended or a mental health book you have read. We would appreciate that, too.

Drawings should be black and white, line or half-tone.

Your work may be submitted to JoAnn, Leroy or Lynne at DBSA Riverside meetings.

It may be mailed to: The Thermometer Times  
% Jo Ann Martin  
16280 Whispering Spur  
Riverside, CA 92504

E-mail it to: joanmartin1@aol.com

FAX to: 951/780-5758

Materials submitted may or may not be published, at the discretion of the editors, and may be edited for length.

Get your creative juices flowing and share your knowledge and experience with your DBSA friends through *The Thermometer Times*.

Thank you.  
The Editors

### **MOVIE NIGHT AT JO ANNS\***

2nd and 4th Tuesday of September

6:30 PM  
**Tuesday, September 8**  
**"The Soloist"**

Jamie Fox and Robert Downey Jr.  
A talented Street Violist and newspaper reporter make an interesting freindship.

Inspiring!

**Tuesday, September 22**  
**Last Chance Harvey**

Dustin Hoffman and Emma Thompson

Everything about love, last chances, and everything in between.

Enjoy pizza and friends!

\*See page one, left lower corner for directions to Jo Ann's home.

## ***The Thermometer Times*** ***16280 Whispering Spur*** ***Riverside, CA 92504*** ***(951) 780-3366***

### **Publisher & Editor in Chief**

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**and Neurology**

**Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.**

### **Riverside Suicide Crisis Help Line**

Call (951) 686-HELP [686-4357] if you need to talk to someone. It is available 24 hours - 7 days a week.

### **National Suicide Prevention Hotline**

Call 1-800-273-TALK (8255) if you need to talk to someone in any of 109 crisis centers in 42 states. The National Suicide Prevention Lifeline has just been launched by SAMHSA (Substance Abuse and Mental Health Services Administration) as part of the National Suicide Prevention Initiative (NSPI). In addition, a new Web-site has been established at

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

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# Cognitive Behavioral Therapy Helps Bi-Polar Patients

Dr. Antonius D. Brandon  
Riverside Psychiatric Group

Dr. Antonius D. Brandon from Riverside Psychiatric Group spoke to the DBSA Riverside care and share meeting on Saturday, June 20. Dr. Brandon explained Cognitive Behavioral Therapy, and Rational Emotive Behavioral Therapy, and why these therapies are so helpful to bi-polar patients.

Dr. Brandon has practiced psychology for over twenty-five years, and is the therapist of a number of our support group members (FYI, Riverside Psychiatric Group accepts Medicare insurance, but not Medi-Cal insurance). He is a former professor at Loma Linda University, where he trained new therapists. He specializes in Child, Adolescent and Adult Psychology, and Neuro-Psychology. His own father suffered from a bi-polar imbalance, and helping his father was Dr. Brandon's first opportunity to understand bi-polar illness.

Dr. Brandon explained that bi-polar illness is the result of a biochemical imbalance in the brain, and that the illness should be treated with a combination of medication and therapy. He explained why this is so, and the benefits of therapy.

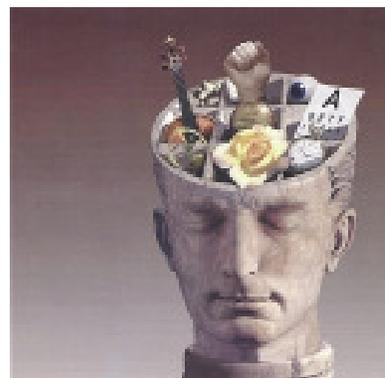
While medication helps to correct the brain's biochemical imbalance, Cognitive Behavioral Therapy (sometimes referred to as Rational Emotive Behavioral Therapy, and also known by the acronyms CBT or REBT) offers the patient skills to combat helplessness, hopelessness, and suicidal thinking. The therapy helps the patient cope with his or her stressors, and with the irrational beliefs, or incorrect thinking, that so often causes stress in the bi-polar patient.

During his talk, Dr. Brandon involved support group members by asking them to describe their bi-polar symptoms. He then explained that while we experience physical symptoms from our illness, it is our *thoughts* that actually cause our feelings and behaviors. This is the basic premise of Cognitive Behavioral Therapy. It follows that if we can change our thinking, we can change our feelings and behaviors.

Think of the model A-B-C. A = Activating Event; A is followed by B, our Beliefs. Then we come to C — Consequences. A-B-C. The model works like this: We experience an event (an event can be a physical symptom, a conversation, etc.). We then activate our beliefs, and judge, or evaluate the event. The problem in our thinking can be that many times our beliefs are irrational, or incorrect. When our belief about a particular event is irrational or incorrect, it causes us stress or conflict and can activate stress and symptoms.

The following is a more specific example of how cognitive behavioral therapy can work: A — Activating Event (Let's say a friend or family member criticizes us); B — Belief (We happen to *erroneously*, or *wrongly* believe that we need love and approval from those around us, and from the criticizing person in particular); C — Consequence (We are upset because we have not received the love and approval from the person criticizing us). Being upset increases our stress, and triggers uncomfortable symptoms, and negative behaviors may be triggered. In this example, it is our *belief* about the event that triggers our feelings and subsequent experience and behavior. According to cognitive behavioral therapy, we can change our belief about the event — change our thinking about it — and therefore reduce stress and symptoms. Cognitive behavioral therapy can empower us to have a positive impact on our lives. It can increase our peace of mind.

Dr. Brandon cited a list of fourteen basic irrational, or incorrect beliefs in his outline of Cognitive Behavioral Therapy (known as Ellis' list, for the founder of CBT). Above is one example — “We need love and approval from those around us” (incorrect!). Other examples are “I must avoid disapproval from any source,” and “To be worthwhile as a person I must achieve success at whatever I do” (again, these are examples of incorrect thinking). The bi-polar patient can significantly reduce stress, and impact symptoms and behavior by spotting incorrect beliefs in our thinking, and then *reframing* the Activating Event. Using the example above, (Activating Event - Friend/Family member criticizes us), if we throw away the belief that we need love and approval from those around us and *reframe* this event — for example, we reframe by thinking “This person is in a bad mood,” or “This person has



Continued on Page 4 (CBT)

**CBT** (Cont'd from pg. 3)

a very critical personality,” or “This person lacks understanding of my illness and that is unfortunate, but this is not the end of my world -” if we throw away the irrational/incorrect belief and reframe the Activating Event, our stress is reduced, and we no longer are dependent on the criticizing person for love and approval! The simple spotting of an incorrect/irrational thought/belief, and then the reframing of the Activating Event can lead to reduced stresses, reduced symptoms, and greater peace of mind for the bi-polar patient.

Dr. Brandon helpfully pictured all of us as having been born with a kind of backpack. Everyone has a backpack. Our parents help us put tools for living in our backpack, and others who love us add good tools for us to use as we go through life with our backpacks. Teachers and friends also add tools for us. The good tools are love and support, and positive experiences and life skills. However, sometimes, according to Dr. Brandon, people put rubbish, or trash into our backpacks — and we carry it around with us, mixed in with our good tools. Guess what Dr. Brandon says about this? Clear out the backpack! Keep the good tools, and clear out the rubbish. Cleaning out our “backpacks” is another example of the process, and subsequent benefits of Cognitive Behavioral Therapy.

Dr. Brandon stressed the importance of the collaborative effort between the patient, or client, and the therapist. The client’s role is to define goals, to express concerns, and to implement what he/she learns from the therapist. Among the therapist’s roles in Cognitive Behavioral Therapy is guide the patient or client. Part of guiding is to start from what Dr. Brandon calls the “high ground.” This means taking a positive approach, and focusing on the positive. The therapist can accompany the client into what Dr. Brandon calls the “swamps,” where there are “nightmares and crocodiles,” but the therapist teaches the client to return to the high ground, and to be able to go back and forth between these two internal places, or experiences. The goal is to learn to primarily focus on, and stay in the positive.

Dr. Brandon told our audience on Saturday that the best results from Cognitive Behavioral Therapy can usually be achieved in as little as thirty-four visits. The first 8 visits deliver the most positive and effective change to the patient. During the next 26 visits, the patient continues to benefit, just at a slightly slower rate. After this, therapy sessions usually focus on maintenance. This is apparently why insurance companies sometimes allow limited numbers of visits; it is because 34 visits can be highly effective, and sometimes adequate for the patient.

At the beginning of his talk, Dr. Brandon played part of a taped interview with Terry Cheney, author of Manic: A Memoir. Cheney has suffered from bi-polar illness her whole life, and she wrote her book in part to give other bi-polar sufferers words to articulate their illness. Cheney is an attorney who has suffered her entire life, and tried to take her own life at the tender age of seven. While she was hospitalized in 1998 for



depression, when she was 21 years old, she saw that patients were not getting better, and she determined to write her book to describe what bi-polar is from the inside out. Her book was published in 2008, and is available on Amazon.com for as little as \$4.33 for a used copy.

Bi-polar patients may also wish to explore a free support group called Recovery ([www.recovery-inc.org](http://www.recovery-inc.org)). Recovery is a self-help support group that uses the tools of psychiatrist Abraham Low to cope with anxiety symptoms and practice

reframing irrational/incorrect thinking. (A caveat for bi-polar patients who chose to participate in the Recovery self-help support group: Listen to your doctor first, stay on your medications, and use the recovery tools that make sense for YOU. One of Recovery’s tools says that “Symptoms are distressing but not dangerous.” This particular Recovery tool needs to be appropriately modified for the bi-polar patient, for whom symptoms may require immediate attention. Again, participate in a Recovery self-help group with appropriate advice from your doctor FIRST.)

## Ten Daily Stress Reduction Tips

1. Be present with whatever you are doing and whoever you are with.
2. Add something beautiful to your life on a daily basis (e.g., flowers).
3. Do some enjoyable activities whenever possible.
4. Walk, work, and eat at a relaxed pace.
5. Take a short break after meals to relax.
6. If possible, go outside at least once per day and notice the simple things such as the weather, scenery, etc.
7. During the day, whenever you remember, notice and relax tension in your body (jaw, neck, diaphragm, shoulders, etc.). Breathe deeply and gently stretch and relax any tense areas.
8. If you notice your mind racing or worryIng about the past or future, take a minute to breathe deeply and gently focus on something in the moment such as your breath, scenery, birds. Try an emotional shift.
9. Wear comfortable and loose clothing when possible. Take off your shoes when you can.
10. Avoid holding in feelings day after day, but instead, find a safe place to feel, express and embrace them.

Source: *Life in Balance*

# The 12 Most Annoying Habits of Therapists

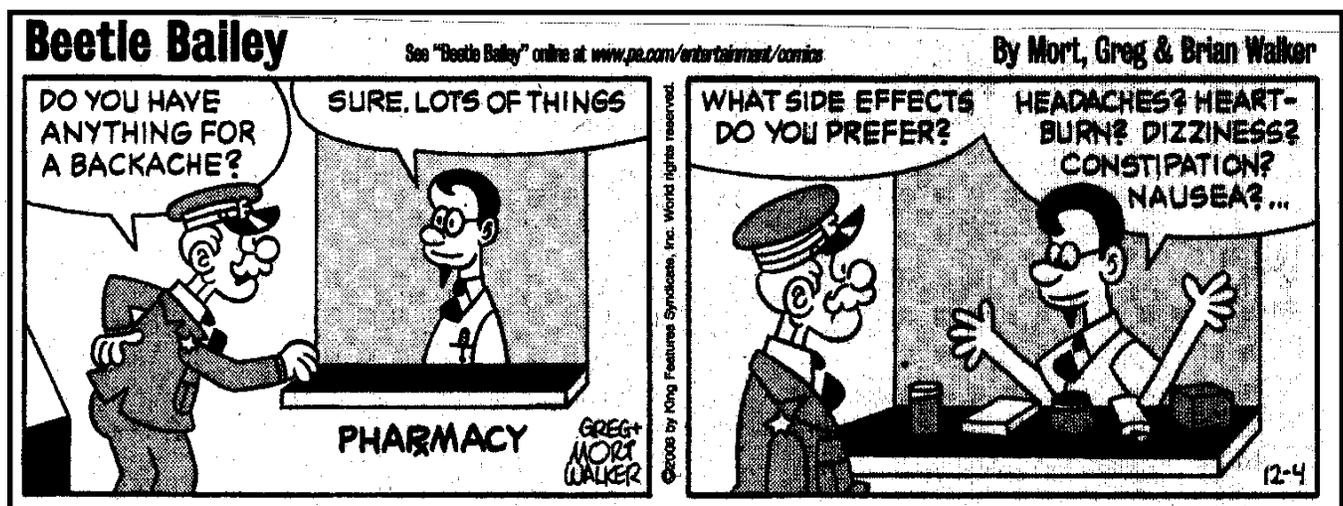
By Tara Parker-Pope March 13, 2009

The mental health website PsychCentral notes that we all have bad habits. But when the person with the bad habit is your therapist, it has “the very real potential of interfering with the psychotherapy process.”

Here, according to PsychCentral founder John M. Grohol, are the 12 most annoying habits patients complain about and some additional thoughts from readers.

1. **Showing up late for the appointment:** Some therapists consistently show up late for their appointments with their clients anywhere from five minutes to even two hours.
2. **Eating in front of the client:** Asking, “Do you mind if I finish my lunch while we get started?” is inappropriate.
3. **Yawning during a session:** Believe it or not, there are therapists who fall asleep during a session.
4. **Too Much Information:** It’s the client’s therapy, not the therapist’s. Therapists should not talk about themselves.
5. **Being impossible to reach by phone or e-mail:** Waiting a week for a return phone call is unacceptable in virtually any profession, including psychotherapy.
6. **Becoming distracted by a phone, cell phone or computer:** Therapists should never accept any phone calls while in session (except for true emergencies), and they should turn away from any other distractions, such as a computer screen.
7. **Expressing racial, sexual, musical, lifestyle and religious preferences:** A therapist who spends time discussing favorite musicians is not likely helping the client.
8. **Pets:** Pets wandering around the office are generally not an appropriate part of psychotherapy.
9. **Hugging and physical contact:** Some clients are disturbed by touching or hugging, and want no part of it.
10. **Inappropriate displays of wealth or dress:** Too much jewelry or skin can be off-putting.
11. **Clock watching:** The therapist who hasn’t learned how to tell the time without checking the clock every five minutes is going to be noticed by the client.
12. **Excessive note-taking:** Taking notes, if necessary, should be discreet. Constant note-taking is a distraction for most clients.

Source: *The New York Times*  
As seen in: *Life in Balance*  
June 2009



# DBSA

## California

*Depression & Bipolar Support Alliance*

### 19th Annual Conference



## Rivers of Change



We've Been There.  
We Can Help.

DBSA California  
16280 Whispering Spur  
Riverside, California 92504  
Phone: 951-780-3366  
Fax: 951-780-5758  
Email: [dbsaofca@aol.com](mailto:dbsaofca@aol.com)

[www.californiadbsa.org](http://www.californiadbsa.org)

**October 16-17, 2009  
(Friday and Saturday)**

**Radisson Hotel Sacramento  
500 Leisure Lane  
Sacramento, CA 95815  
Telephone: (916) 922-2020**

**For More Information:  
(951) 780-3366 or Marilyn Hillerman (916) 684-1358**

*To improve the lives of people  
living with mood disorders*

*The National Mental Health Consumers' Self-Help Clearinghouse*

announces

## **Alternatives 2009**

the 23rd national mental health conference  
organized by and for mental health  
consumers/survivors

**Hilton Omaha, Nebraska  
October 28 — November 1, 2009.**

“Uniting Our Movement for Change”

Although our movement can encompass a wide array of philosophies, we can unite around common goals: to guarantee that individuals diagnosed with mental illnesses have all the opportunities, rights and responsibilities available to everyone else, including the right to pursue a meaningful life and, to echo Nebraska’s state motto, “equality before the law.”

For more information go to: [www.alternatives2009.org](http://www.alternatives2009.org)  
or phone: 1-888-776-1286 x 103

# **DBSA**

## **National Conference**

September 10 - September 13, 2009

Indianapolis, Indiana  
Hyatt Regency Indianapolis

## **PEER CONNECTIONS**

A PEER-CENTERED  
MENTAL HEALTH CONFERENCE  
FOR  
CONSUMERS, FAMILY MEMBERS, AND  
PROVIDERS

For more information go to:  
[www.DBSAAlliance.org/Conference2009](http://www.DBSAAlliance.org/Conference2009)  
or Phone: (800) 826-3632

### **BABIES' TRAUMA** (*Cont'd from pg. 1*)

discuss it, they should not bring it up, the California psychiatrist said.

“Basic research shows that young babies even five months old can remember that a stranger came into room and scared them three weeks before. Even though the babies were pre-verbal, they can later remember traumatic events that occurred to them,” said Lieberman.

One case was a girl named “Rachel, who around her first birthday was held by her mother when her angry and abusive father pushed his way through the door in their apartment and shot the mother. The father was jailed for life, and her grandmother raised her, but Rachel had serious behavior problems. One day, when she was four years old, the grandmother noted that she reacted badly to the noise of firecrackers.” The preschooler said: “Don’t kill me!”

Then, at the age of nine, she asked her grandmother how her mother died. The grandmother replied: “She fell off the roof.”

But, unsatisfied, the girl demanded to know “how my mother really died.”

That, said Lieberman, was “the last time she discussed”

her memory of the traumatic event.

Among the negative behaviors caused by traumatic events in children are temper tantrums, developmental delays, regression, unsociability and violence. However, the good news is that post-traumatic stress symptoms can be treated by talk therapy, cognitive behavioral therapy and other means with help from a trained therapist, said Lieberman, and doing so as early as possible after the child is able to speak is best.

*Source: JERUSALEM POST  
June 29, 2009*

*It's never too late to be who you might have been.*

GEORGE ELIOT (1819-1880)  
Writer

I have found that if you love life, life will love you back.

ARTHUR RUBINSTEIN (1887-1982)  
Musician



## Join Your DBSA Friends

at Jo Ann Martin's home  
for our annual

# Labor Day Picnic

**Monday**  
**September 7, 2009**  
**at 12:00 noon**

Swimming, badminton, spa, food  
and more...

Bring a salad, main dish,  
or dessert.

If you can't bring a dish,  
come anyway.

Meat & beverage will be  
furnished.

See page 1, lower left column of this newsletter  
for directions to Jo Ann's

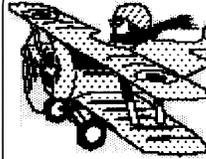
### Phone Friends

If you need someone to talk with:

**Leroy**  
6 a.m. to 9 p.m. 951 / 686-5047

**Roger and Lorraine**  
daytime 909 / 399 - 5759

**Andie (Amanda)**  
9:30 a.m. to 7:30 p.m. 909 / 824 - 5385



## ANNOUNCEMENTS

### TEMECULA DMDA

Mark Monroe  
951/926-8393

### UPLAND DMDA

Meet 1st and 3rd Wed.s  
Call David or Samantha Johns  
909/944-1964 OR  
e-Mail dmjbf@aol.com

### DBSA - Rancho Cucamonga

Roger or Lorraine  
909/980-3692

### DBSA - Loma Linda

909/528-9438

### HEMET SUPPORT GROUP

Hemet Support group meets at  
Trinity Lutheran Church  
Tuesdays, 7 to 9 pm. Fridays,  
1:30 to 3:30 pm  
Please call 951/658-0181 (Lyla)

### THE UPLIFTERS

(Christian emphasis) meets at  
The Grove Community Church  
19900 Grove Community Drive  
(off Trautwein) Riv. 92508  
- meets 1st & 3rd Saturday,  
Room # D-4.  
Contact Sheri 951/565-8131  
sheri.matsumoto@gmail.com

### For Support People:

**NAMI** - Riverside Mental Health Administration Building  
4095 County Circle Dr. (off Hole Ave. near Magnolia)  
7:00 pm, 1st Monday each month 951/369-1913 - Rosanna

## Calling all interested consumers!

*NAMI—In Our Own Voice:*

We are looking for consumers who are interested in sharing their personal recovery stories. In Our Own Voice: Living With Mental Illness (IOOV) is a recovery-education program conducted by trained presenters for other consumers, family members, friends, and professional and lay audiences. Individuals need not be active in mental health advocacy at this time, but

- ▶ They have "been there."
- ▶ They are able to present professionally.
- ▶ They are in recovery.
- ▶ They have the time to be trained.
- ▶ They believe in treatment, with medication as a component for recovery.
- ▶ They periodically present at 1 1/2-2 hour workshops, during working hrs.



Stipends will be paid for presentations.



**For more information, or to be put on a waiting list, please call:**

**Angela Sandoval, IOOV Coordinator**  
**(951)686-5484, ext. 120**

A collaborative effort brought to you by:  
—The Riverside County Mental Health Department—  
—NAMI, Western Riverside County—  
—Jefferson Transitional Programs—

**DBSA- Riverside**

Map Legend

★ Meeting Location

TTTT = Parking

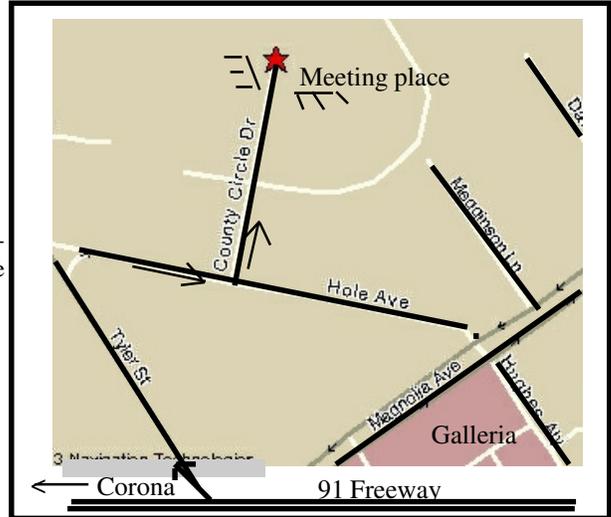
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For meeting-day

route times, please call RTA at 800/266-6883 toll free. If you qualify for Dial-a-Ride, a door-to-door service for the handicapped, info is available at the same phone number. \* as well as other parts of Riverside.

## About DBSA-Riverside

**DBSA of Riverside** is a support group for people who have depression or bipolar (manic-depressive) disorder and who have sought or are seeking treatment for their illness. DBSA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time

is held at the home of JoAnn Martin on the Saturday afternoon following the last sharing meeting of each month to assemble the newsletter for mailing. Directions are printed on the lower left corner of the front page of this newsletter. You may reach JoAnn or Leroy at 951/ 780-3366. **Our sharing meetings are held every Saturday of each week from 10:00 a.m. to 12:00 noon at the Riverside Mental Health Administration Building, 4095 County Circle Drive (off Hole Avenue near Magnolia), Room A.** We welcome professional care providers and adult family members and friends. Please note our new area code - 951, effective on July 17, 2004.



✂

### MEMBERSHIP INFORMATION

Individual membership for the Depression and Bipolar Support Alliance of Riverside is \$20.00 per year. This helps defray the cost of the monthly newsletter and helps pay for the cost of our meetings. Subscription to the newsletter is \$10.00 per year. If you are unable to help financially, the newsletter may be sent upon request. Volunteers are always needed.

If you would like to volunteer, please indicate below.



Mail to DBSA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE \_\_\_\_\_ **Please Print**     New     Renewal

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

Please check one of the following:

I have:  Bipolar Disorder (Manic-Depression)  Depression

I am a  Family Member  Professional

None of the above

Birth Date (Optional) : Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Enclosed is my payment for DBSA Membership \_\_\_\_\_ \$20.00 (includes newsletter).

Enclosed is my donation of \$ \_\_\_\_\_ to help others receive the newsletter.

I would like a subscription to the newsletter only. \_\_\_\_\_ \$10.00 (12 issues per year).

I would like to volunteer my time and talent to help.