



# The Thermometer Times

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

VOL. 26 NO. 11 Out of Darkness . . . November 2013

## Dates to Remember

\*\*\*\*\*  
Weekly Support Group Meetings  
No Cost

**Saturday 10:00 am - 12 noon**  
**November 2, 9, 16, 23 & 30**

Bring someone and come early for a snack. Bring a notepad and an attitude for pro-wellness, supportiveness, and open to shared ideas for coping.

See Page 9 for location & map

### Important Notice

Thanksgiving  
and  
Christmas  
cancelled at

Jo Ann Martin's Home  
Please see page 7 for details

### Web Site for DBSA, Riverside:

<http://DBSAtoday.com>

### E-mail for DBSA, Riverside:

[DBSAtoday@yahoo.com](mailto:DBSAtoday@yahoo.com)

### E-mail for DBSA, California:

[DBSAtoday@yahoo.com](mailto:DBSAtoday@yahoo.com)

Please include your phone #

### 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

## How To Lose Your Inner Critic

Gerti Schoen, MA, LP

It's bad enough feeling anxious or depressed. But what makes the emotional pain so much worse, is that we can't just accept what is going on inside our minds. We have to criticize ourselves for being afraid, angry, jealous and so on. That's what really brings us down: the inner critic.

Let's say something went wrong at work. One of your clients decided to go with another firm and you feel directly affected. It's one thing to get over the loss of business. It means loss of income, loss of contacts, loss of reputation.

It wouldn't be so bad to just let it go and be done with it.

But that's usually not the end of the story. We start to feel that we should've known they weren't happy; that it's something we did wrong, and it's solely our responsibility. We should've done *this* to prevent their leaving, and *that* to find a quick replacement.

We come down hard on ourselves and cannot possibly forgive that we can't read other people's minds, or potentially made a mistake. It's unacceptable that we're human, and humans can't always know.

### What's needed in order to silence the self-critical voices in our head is self-compassion.

We need to look at ourselves with the benevolence and understanding we'd offer a child or a good friend. "Don't worry so much", we could say to ourselves. "You did everything you could. You worked your butt off, talked to everyone you could and made a big effort to make the client happy. Sometimes we can't control all the factors, and I can't know all the ins and outs of why they left our company."

It's important to put yourself in the shoes of someone who will talk you down from your self-blame and relentless criticism.

And it's not just psychological strategy to get familiar with self-compassion; there are actual studies that have shown its positive affects.

New research concludes that self-compassion leads to "significant positive association with self-reported measures of happiness, optimism, positive affect, wisdom, personal initiative, curiosity and exploration, agreeableness, extroversion, and conscientiousness."

*Continued on page 2 ("Inner Critic")*

## A Note From the Editor

As always I invite you to submit your stories, poetry and/or drawings for review and possible publication in the newsletter. Your articles allow us to get to know you in greater depth and to learn of your accomplishments and your many talents, interests and assets. They also contribute to our readers' well being and recovery.

Your work may be submitted to Jo Ann, 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: joannmartin1@aol.com

FAX to: 951/780-5758

I look forward to your contribution. Share your wisdom and experience with your DBSA friends through *The Thermometer Times*.

Thank you.

Lynne Stewart, Sr. Ed.

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

## *The Thermometer Times* 16280 Whispering Spur Riverside, CA 92504

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**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.**

### **"Inner Critic"** (continued from page 1)

If we can leave ourselves alone, our whole self-image improves. We cut out stress and fear, we sleep better, have better relationships and so on.

Or, in scientific terms: "Self-compassion predicted significant variance in positive psychological health beyond that attributable to personality."

Source: [www.psychcentral.com](http://www.psychcentral.com)



## Healthy Anger

Bob Dillaber

As a very immature young eighteen year old, I took the University of Michigan admissions test. No problem, I naively thought. Afterwards, I met with an admissions counselor. With no preliminaries, he hit me with these

words: "Young man, you don't have the ability to go to the University of Michigan."

I was blindsided, my world instantly shattered. This was a double whammy because my brother was already succeeding there. He was the White Knight of the family. I was the Black Sheep. He was great at academics. I struggled mightily, thoroughly

convinced I was stupid. My brother was superior at sports. I sucked. He, popular with many friends. I had few. He was 6 foot 2 and 175 pounds. I was 5 foot 10 and 130. Mom used to tell me I was too skinny. That hurt. Perfect storm for insecurity.

When that "counselor" rejected me, I instantly concluded my brother would succeed; I wouldn't. I walked back to my car in a depressed daze. Driving home, tears overwhelmed me. Even though most 18 year old boys would rather die than be caught crying, I didn't care.

Somehow, however, during that drive home, my thoughts began to rearrange themselves. My profound feeling of failure and doom began to be replaced by anger. How could this man, who knew nothing of me other than a bunch of numbers, know I didn't have the ability to succeed? Who appointed him God?

With that anger slowly came a resolve to prove him wrong. I thought back to the question I asked him after he rejected me: "What am I going to do now?" "Maybe you could go to a

*Continued on page 3 ("Healthy Anger")*

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## “Healthy Anger” (continued from page 2)

community college for a semester or two,” he said. When I got home, I had decided to do just that. Only, not just for a “semester or two.”

My first and second semesters at Henry Ford Community College went very well—all A’s and B’s. I now had a successful academic track record. I reapplied and was accepted this time. Guess what? For the next three and one half years, I earned mostly A’s and B’s. I was so very proud to cross that stage for my diploma. A BA degree in psychology; from the University of Michigan!

Earning that diploma was incredibly difficult. I suffered with depression, anxiety, bipolar symptoms, isolation, and substance abuse. In those days, there was no help for those of us who lived in the isolation on an emotional battleground. In spite of this, I went on to earn a master’s degree from Wayne State University. Healthy anger motivated me to prove that earlier prediction grossly inaccurate.

As I look back today, I have lived a lifetime of helping others who are challenged by trauma and/or mental illness. My degree from U of M gave me the skills, credentials, and confidence to do that. I sometimes fantasize about meeting up with that counselor. One glance at my resume would show him how wrong (and foolish?) he was. On the other hand, I would likely thank him for giving me the drive to accomplish much more than he predicted for me that morning. Probably, I would do both.

Three cheers for the human spirit! And, for healthy anger.

*Source: Metro Detroit DBSA Newsletter, AUG-SEP 2013*



John F. Greden, MD, has been practicing psychiatry for 35 years. His clinical specialties include treatment-resistant depression and maintenance of wellness. The Rachel Upjohn Professor of Psychiatry and Clinical Neurosciences at the University of Michigan Medical School, he is also the founder and executive director of the UM Comprehensive Depression

Center ([depressioncenter.org](http://depressioncenter.org)).

## Why is sleep so important?

Maintaining good habits for restful, effective sleep—sometimes called good sleep hygiene—is crucial for managing depression. Sleep helps restore brain and body, fight off diseases, promote brain development, regulate moods, and reduce stress.

It’s not surprising, then, that sleep disturbances and depression go hand in hand. When sleep troubles such as not sleeping enough (insomnia) or sleeping too much (hypersomnia) persist over time, these can signal underlying depression or anxiety. Conversely, unresolved sleep disturbances can increase one’s risk of depression.

As we learn more, the cause-and-effect relationships between sleep problems and depression are becoming quite clear: each can worsen the other if either is untreated.

While different people require different amounts of sleep to perform at their best, most of us probably need more and better sleep than we get. Here are some practical tips for maintaining good sleep hygiene that can also help improve your mood:

### Pay attention to daytime routines:

- Get physical activity, but try to avoid strenuous exercise or stressful activities late in the evening, as these can interfere with sleep.
- Avoid daytime naps, especially if longer than 20 minutes or after 2 p.m.; these also can interfere with sleep.
- Maintain a regular meal schedule.
- Limit caffeine. Don’t smoke or use tobacco.
- Spend time in the sunlight, especially in the morning.

### Work to establish a sleeping schedule:

- Try to go to bed and wake up at similar times every day, even on weekends. If not possible, re-establish your usual schedule as soon as possible. (For example, travel across time zones often links to sleep difficulties.)
- Give yourself at least one hour to unwind before bed, and use dim light during your pre-bed routine. Turn off your TV, computer tablet, and smart-phone screens!
- Make adjustments to convert your late evening and nighttime lighting to orange-red color, the least disruptive to sleep cycles; use bulbs of this color or transparent plastic screens over your computer.
- Avoid alcohol, ideally at least four to five hours before going to bed.
- Avoid heavy meals, spicy food and, of course, caffeine before bedtime.

### Control your sleeping environment:

- Sleep only in the bedroom, not in other rooms in the house.
- Keep your bedroom quiet and dark, and make sure room temperature is cool and your mattress is comfortable.
- Keep TV, work, and other activities out of the bedroom, which should be reserved for sleep and sexual activity.
- As a bathroom nightlight, use a red- or orange-red-

*Continued on page 4 (“Why is sleep so important?”)*

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## “Why is sleep so important” (continued from page 3)

colored bulb. This may be especially useful when feeding infants.

- Consider a sleep mask, earplugs, or a “white noise” machine to block out noise.

### If you have trouble falling or staying asleep:

- Go to another room and do a quiet or boring activity until you feel very sleepy.

- Try a relaxation technique.

- If you're preoccupied with worries or thoughts from your day, jot them down so you give yourself permission to “park” your concerns until the next day.

- Consider the timing of any medications.

Using a sleep diary or sleep apps on your smartphone can help you monitor your sleep cycles and better understand your sleep patterns, sleep needs, and habits that may be making it more difficult for you to fall and stay asleep.

If following the guidelines above still doesn't help you get a good night's sleep, make sure to discuss your concerns with a doctor, especially if you're also managing depression or anxiety. It may be that you need additional treatment for sleep problems—which will likely improve both sleep and depression.

*Source: esperanza, Summer 2013*

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## Saving Andy, and taxpayers

Steve Lopez



There is little in Andy's appearance or manner that offers a clue as to what he's been through. The arrests, the jailhouse beatings, the commitments. He's soft-spoken and unassuming, so much so that the story of his life doesn't seem to go with the man who tells it.

I ask how many times he's been locked up, and now a hint of distress creeps into his eyes.

"Maybe 20," he shrugs, adding that he's been in mental institutions nearly as many times.

Andy emailed me after I wrote about a visit to L.A. County Jail, which houses about 3,200 inmates diagnosed with a mental illness. It's a barbaric system, with many of those inmates repeatedly filing through the turnstiles at great public cost, with little or no chance of getting help that might break the cycle.

"Before 2004, I had spent MANY a time in the L.A. County Jail." wrote Andy, explaining that he had been diagnosed with bipolar disease. "If you'd ever like some background on surviv-

ing ... the jails, I'm available. I've been stable and productive since 2004, and living in sunny Santa Monica."

Andy, now 63, grew up in Nebraska. He came west as a young man to attend UC Santa Barbara and later UC Berkeley, where he marched against war and majored in political science while thinking about a career in law or Eastern medicine. But then, when he was about 20, things began to go haywire.

"I would sort of lose my way," said Andy, who traveled between California and Nebraska without any particular purpose. Simple tasks became unbearable burdens. He couldn't manage money and felt detached from himself. His worried parents took him to a doctor.

"When I was 25, it was said to be manic depression. I was mostly depressed for five years ... then it changed into being characterized by mania."

Andy's rap sheet is 10 pages long. He has been accused of burglary, vandalism, trespassing, malicious mischief, arson and battery. Most of the charges were misdemeanors and there is no evidence Andy never used a weapon other than his fist or his foot, but there were some serious misdeeds that Andy now regrets. He's been sentenced to jail for as long as a year at a time and in several cases was declared mentally incompetent to stand trial.

In 1977, Andy was arrested in the U.S. Senate building in Washington, charged with arson and sent to a mental hospital for a year.

"I lit a rag and put it out," said Andy, "and it caused smoke and eventually someone came in and said, 'What are you doing here?'"

And how did he answer?

"I didn't even know I was there."

Andy was put on lithium at the hospital, which helped stabilize him. But there were many times when he refused the medication, lost control and landed back in jail.

"Jail was the worst place ever. It made him worse," said Andy's sister Jann. She visited him there on many occasions, often waiting hours for a two-minute chance to let her brother know she loved and supported him. But she was often horrified by his appearance after jailhouse fights.

"He was black and blue all over, with blood on him. He had swastikas written on him with ink pens, all over his skin and

*Continued on page 5 (“Saving Andy”)*

“Saving Andy” (continued from page 4)

uniform.”

Then in 2004, after more than 25 years of struggles, a social worker in the L.A. County Jail tapped Andy on the shoulder.

“She said there was a program called Step Up on Second.”

Andy got into a van, and that short drive from downtown to Santa Monica was the beginning of his dramatic recovery. His treatment at the nonprofit Step Up was made possible by AB 2034, legislation that recognized the connection between mental illness, homelessness and incarceration, and provided funding for full-service therapy, job training and housing.

The intervention made financial sense, too. A year in a California prison costs an estimated \$47,000 per inmate. A program like the one Andy entered costs about \$17,500 a year, and the evidence of reduced incarceration is irrefutable. But even now, with epidemic prison overcrowding and a staggering number of inmates serving time for crimes related to untreated mental illness, there's a tragic shortage of slots for programs like the one that helped rescue Andy.

At Step Up, which serves hundreds of clients, Andy got counseling, he switched to a more effective medication and worked as a chef after culinary training. He also moved in with his girlfriend, social worker and therapist Kathy McTaggart. Without McTaggart and Step Up, Andy told me, he might still be in jail or worse.

“I might be dead.”

Andy cared for McTaggart as she battled the cancer that eventually took her life last November. And though he was rocked by the loss, his recovery has continued. He works as a receptionist at Step Up, a job that involves more than a little mentoring and social work, as clients with stories similar to Andy's call and drop by in need of help.

Andy asked me not to use his last name because he's worried

that his history could be a problem when he looks for another job or applies for housing. But he wanted to tell a story of what's possible when, rather than punishing people with a mental illness, we help them.



Source:  
steve.lopez@latimes.com

## Nurture Over Nature: Mental Illness and Traumatic Life Events

Gina Putt



The influence of nature in the form of genetics and nurture, or life events, on mental illness is more important than environmental events; or is it? Research by Dr. Peter Kinderman, Professor of Clinical Psychology at the University of Liverpool, and colleagues find that traumatic life events have more impact on the likelihood of an individual being diagnosed with a mental health problem than a family history of mental illness.

Depression Diagnosis: The Research

Kinderman et al. set out to conduct “the first empirical, multivariate, test of the relationships between the key elements of the biospsychosocial model of mental ill-health.” According to the authors, “biomedical approaches suggest that biological factors have a dominant position in the cause of mental health problems and thus they are the direct result of genes or gene-environment interactions.” 32,827 adult respondents answered an online questionnaire. The results seem to turn

conventional ideas about mental illness upside down.



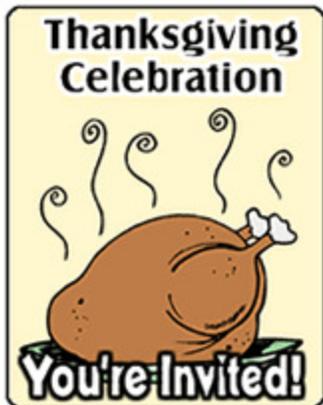
Participants, aged 18 to 85, volunteered to take an online questionnaire about their mental health and traumatic life events such as experiencing sexual abuse, physical abuse, and being bullied at school. In an exclusive interview with Decoded Science, Kinderman stated that they also studied other factors “like burglaries and divorce.”

The researchers did not examine some traumas, such as experiencing disasters like fires or major storms, currently listed in the *Adult Needs and Strengths Assessment*, the screening used by the states of Indiana and Texas and the City of San Francisco. The researchers collected demographic and social inclusion data along with information about mental health diagnoses and trauma.

Depression Study: The Results

The results found “life events (childhood abuse and bullying, and stressful life events in adulthood) were the strongest direct predictors of mental health problems (depression and anxiety).”

Continued on page 7 (“Nurture Over Nature”)



# **Cancelled**

## **Thanksgiving & Christmas**

**at**

**Jo Ann Martin's**

**Please be courteous and do not disturb the occupants at  
Jo Ann Martin's, 16280 Whispering Spur, Riverside, CA 92504  
on these holidays.**

**Thank you in advance for your consideration.**

**“Nurture Over Nature”** (continued from page 5)

A family history of mental illness came in second, but as the researchers point out, families transmit a culture as well as genetics. Additionally demographic and “social inclusion” factors also contributed to mental illness.

Dr. Kinderman and associates reported that the results supported what he hypothesized, that “individual differences in biology probably explain less than do different life experiences.” Or, in the development of a mental illness, nurture trumps nature.

**Potential Confounding Issues**

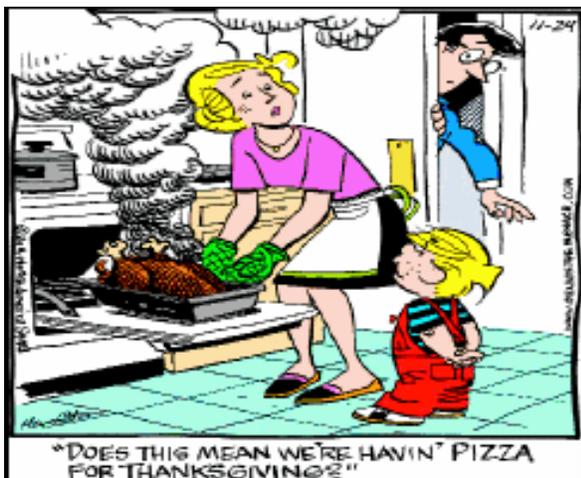
As Kinderman noted in his interview with Decoded Science, the self-selection of the participants led to fewer very poor individuals participating. He stated, “The survey participants were slightly skewed to wealthier and better educated, but not significantly.” Those with the most severe mental illness, such as psychotic disorders, would probably be less likely to participate as well.

**Depression Diagnosis: Understanding The Implications**

The finding of the study has wide implications for the way in which funds could be best allocated to combat mental illness. If biological factors were paramount, spending money on drug research could be said to be the most important. If, as this research indicates, social factors such as physical, emotional, and sexual abuse are top contributors to mental health problems, then it makes more fiscal and practical sense to address these issues.

In fact, Kinderman is on record in, “The Role of the Psychologist in Social Change” advocating education about the importance of social factors in mental health. He writes, “We should acknowledge and help others understand the social determinants of human behaviour – how people’s behaviour is (at least in large part) shaped by social factors.” Drug companies may not agree.

Source: *decodedScience*, October 2013



**THANKSGIVING SONG**

Grateful for each hand we hold  
Gathered round this table.  
From far and near we travel home,  
Blessed that we are able.

Grateful for this sheltered place  
With light in every window,  
Saying welcome, welcome, share this feast  
Come in away from sorrow.

Father, mother, daughter, son,  
Neighbor, friend and friendless;  
All together everyone in the gift of loving-kindness.

Grateful for what’s understood,  
And all that is forgiven;  
We try so hard to be good,  
To lead a life worth living.

Father, mother, daughter, son,  
Neighbor, friend, and friendless;  
All together everyone, let grateful days be endless.

Grateful for each hand we hold  
Gathered round this table.

lyrics by: Mary Chapin Carpenter

*The Bipolar Express*

Mania



DEPRESSION



“Gratitude unlocks the fullness of life. It turns what we have into enough, and more... It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” Melody Beattie



## Family/Friends Support Groups

Riverside County Dept. of Mental Health  
Offers Support groups for families and friends  
of people with severe  
and persistent mental illness.  
These Support Groups are offered  
throughout the County of Riverside.

### The County also offers the **NAMI Family-to-Family Education Program**

This program is a 12-week series of  
educational meetings for  
family members.

**There is NO COST TO YOU.**

For information on dates, times and location,  
Please contact:

Riverside Co. Dept. of Mental Health  
The Family Advocate Program  
951 358-4987/1-800-330-4522

## Phone Phriends

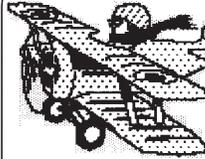
If you need someone to talk with:

### Leroy

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

### Ms. Carly Jenkins

951 / 522 - 3500  
10 am to 8 pm



## ANNOUNCEMENTS

### **DBSA Temecula**

Mike Clark @ 951 / 551-1186

### **Rancho Cucamonga DBSA**

Meets Thursdays  
Contact: Gena Fulmer  
909 / 367 - 8944 OR  
e-mail: genafulmer@yahoo.com

### **DBSA Hemet**

Trinity Lutheran Church  
Mondays, 5 to 7 pm.  
Lyla @ 951 / 658 - 0181

### **NAMI Recovery Support Group**

(Various Mental Illnesses)  
951/361-2721

### **Rialto SPPT GR**

Keith Vaughn  
909 / 820-4944

### **Stigma Reduction and Suicide Prevention**

AdEase/Riv.Cou.Mental Health:  
Julia Sullivan 619 / 243 - 2290  
www.adeaseonline.com

### **DBSA Riverside (Uplifters)**

Grove Community Church  
Mon 7:00 pm. Room B8  
951/571-9090

### **For Family Support People: NAMI**

Riverside County Mental Health Administration Building  
4095 County Circle Dr. (off Hole Ave. near Magnolia)  
7:00 pm, 1st Monday each month  
800 / 330 - 4522 (se habla espanol)  
951/369-2721

## RECOVERY INNOVATIONS

Invites you to

# AFTER WORKS!

**AFTER WORKS** is a FREE art social event that takes place at Art Works Gallery on Fridays from 5-7 PM. The goal of the program is to bring local professionals, artists, peers and families together in a relaxing environment to create and to learn a new arts skill. Past programming included artist and exhibition receptions, poetry readings, as well as workshops such as mixed media collage, zine-making, and drumming. No experience required!

For more information, visit  
[www.jtpfriends.org](http://www.jtpfriends.org) or call Art  
Works at (951) 683-1279.

Art Works Gallery  
3741 Sixth Street  
Riverside, CA 92501



## DBSA - Riverside

Map Legend

★ Meeting Location

TTTT = Parking

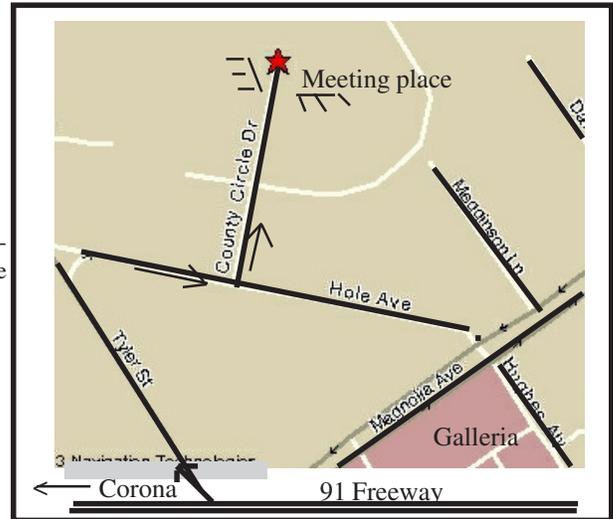
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For 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. Zip: 92503** We welcome professional care providers and adult family members and friends.



### 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.

DBSA OF RIVERSIDE  
16280 Whispering Spur  
Riverside, CA 92504

HELP US KEEP COSTS DOWN

We're using a computer mailing list

Please help us keep costs down by

making sure your name and address  
are correct. If there is an error or if

you are receiving more than one  
newsletter, please let us know.

Print legibly so that mistakes can be  
avoided.

Your help and patience are greatly  
appreciated.