

PEER VOICES NOW!

By Persons with Lived Mental Health Experience, for Our Community

Spring 2015

A Newsletter from the Consumer Relations Program in Sonoma County California



Consumer
Relations
Program



We Would Like to Hear from You!

~ Teresa Romero



Welcome to the Consumer Relations Program Newsletter! Much gratitude goes to everyone who participated by sending in submissions, typing, formatting, assisting with distribution, and providing input, opinions, and feedback.

I am the Consumer Affairs Coordinator in Sonoma County. I began working to improve mental health care back in the 1980's. In those days much of our focus was on working to improve the way we were being treated in "mental hospitals". Way back then, many of us who had experienced mental health care as "patients", would come together, support each other, and dream. We dreamed about a day when we would be "at the table" when decisions were being made and that we would have a "real role" in making mental health care better for all of us.

Today, many counties do not have a Consumer Relations Program. However, Sonoma County Behavioral Health values our voice enough to put resources into the Consumer Relations Program. My job includes "sitting at the table" and bringing the voices of those of us who have experienced mental health challenges to managers, administrators, and others, working to make mental health care better for all of us.

Please consider including your voice and joining us at our next Consumer Relations meeting. It is Friday, May 22, at 3:30pm at 625 Fifth Street, Santa Rosa 95404 or, contacting me at tromero@gire.org or 707-483-7413.

Peer Support Specialist Training Program

~ Kate Roberge



The ultimate goal of the program is to encourage and support people with mental health challenges to enter the mental health workforce, fostering a climate of mental health recovery in every place they are employed.



Part of the Consumer Relations Program's mandate is to develop recovery-oriented educational and employment opportunities for Sonoma County residents with mental health challenges.

One aspect of CRP is Peer Support Specialist Training, which helps prepare people with lived mental health experience to



Inevitably, one of the greatest gifts of this process is our growing ability to support others in their recovery journey to wellness. Developing this connection lessens the pain and struggle of our own experiences and provides life purpose in putting them to good use for the benefit of others.



become peer support specialists (also known as peer counselors, peer advocates, peer navigators, peer providers, etc.). Who better to support, assist, or advocate for a person with mental health challenges than another mental health peer?

The students in this program study peer counseling, mental health recovery, co-occurring disorders, group facilitation, crisis de-escalation, communication, trauma-informed care, emotional literacy, the Wellness Recovery Action Plan, suicide prevention, mindfulness, cultural responsiveness, boundaries and co-dependency, and much more.

After the training, interested graduates are assisted in attaining internships at various mental health agencies and self-help centers;

this is to further develop their skills, and give them first-hand experience in the mental health field.

The ultimate goal of the program is to encourage and support people with mental health challenges to enter the mental health workforce, fostering a climate of mental health recovery in every place they are employed.

The next Peer Support Specialist Training session will be in the summer of 2015; applications will be available in May. For more information, please call Kate Roberge, CRP Consumer Education Coordinator, at (707) 483-7425.

Peer Support Specialist Training Program Instruction

~ Stella Rijeka

In this class we will explore ways to transform your lived mental health experience into specific skills for supporting others with mental health challenges striving to maintain balance in their lives. We will gather new knowledge and deepen our understanding of our own experiences, consequently strengthening our recovery, while increasing our ability to support others.

Many students report being challenged by some of the course material. Yet, everyone has also reported their joy and excitement in learning more about themselves, developing ways to create improved connections with others, and acquiring specific tools for managing and enhancing their own wellbeing. I can truly say that each time I delve into the material we explore throughout this course, I learn from all of you, and continue to heal and grow in compassion and skill, as I imagine, will you.

Inevitably, one of the greatest gifts of this process is our growing ability to support others in their recovery journey to wellness. Developing this connection lessens the pain and struggle of our own experiences and provides life purpose in putting them to good use for the benefit of others.

This is an academically designed training class. It is intended to prepare you for an internship and certification to be able to work professionally as a Peer Support Specialist,



While I was clearly a valued member of the community, the words “You are a valued member of the community,” cannot buy someone a sandwich, let alone pay the rent for an apartment.



though that is not a necessary goal to take the class. So, there will be work to do: reading, writing, role-playing and journaling; as well as course reviews and an exam. Please note: course reviews are designed to confirm everyone is learning & understanding the invaluable role of the Peer Support Specialist in our community and health service systems – they are *not* graded and are intended only to identify areas requiring your focus. We will also, however, play games, have lively and deep discussions, and listen to music! So, *please*, fear NOT!!

Consider calling *Kate Roberge, CRP* Consumer Education Coordinator, at (707) 483-7425 for an application for the next class or for more information.

~~~~~

## The Interrupted Journey

~ Anonymous

Recently I had the opportunity to get to know an individual who got a job in the peer community after going through the occupational training programs offered in this county. This was an experience that brought me back to an earlier time in my life. Over a 4 year period, my life was split between college and developing my skill set as a peer support worker. I paid money to go to college, and developed the fore mentioned skill set on a

volunteer basis. I was lucky that my state of affairs at this time allowed me to put my heart and soul into both endeavors. Then my luck changed and I abandoned both endeavors. I only recently have been able to honestly say that I have returned to my previous state. The reason for this had to do with a general sense of frustration that sunk in around September of 2007. Many of friends had jobs and did not go to school. I was living on government assistance and jealous in a way that is difficult to convey. I had been in school for 4 years, and my bachelor’s degree was still years away. While I was clearly a valued member of the community, the words “You are a valued member of the community,” cannot buy someone a sandwich, let alone pay the rent for an apartment.

I am older now, and a very different person then I was back in 2007. As a consumer, I understood back then that the world was not fair, but it took 7 years of isolation to learn just



And yet, if we all can work hard and maintain our values, all of us can make the life we want.



how unfair it could be, especially when I realized that I was the one who created the situation. I have also learned that everyone’s journey of recovery is different. Back then I understood that in a theoretical sense. Now I understand the reality.

Getting to know the previously mentioned individual reminds me why I embraced this career. There are lots of people, consumers and non- consumers both, who have trouble finding a career that utilizes the skills they have finessed over an extended period of time. There are also plenty of people who find themselves in college for the first time in their late 20s, facing years of school and feeling incredibly old when they are surrounded by excited, inspired youngsters on a college

campus. I would like to say that things of this nature should be approached as a journey towards recovery and not as a prison sentence, but this is not always realistic. And yet, if we all can work hard and maintain our values, all of us can make the life we want.

---

## Traveling Through the Journey

~ Claire Odie

The journey happens before you're diagnosed. Some disabilities are apparent through physical features and symptoms, but depression and PTSD don't show their ugly heads to the public. The objective in life is to be loved, love, and that includes self-love, which telling that to a narcissist can even be hard to understand because self-love doesn't include selfishness of hurting others. Ok there



... I awoke in a fish bowl of windows next to a nursing station...



are all types of individual journeys and even without a mental disability loving can be making difficult choices.

Having been diagnosed as depressed the first time in the 1980's as I awoke in a fish bowl of windows next to a nursing station gagging on a black substance that I later was told was charcoal, I didn't know there was a diagnosis for feeling numb, sad, and worthless. A couple of weeks in the ward where the highlight of my day were conversations with the wife of a Japanese-American who went from internment camp to Germany in WWII, to working hard and raising a family on 5 acres that he purchased as the last part of his family's generational farm. He was receiving electroshock therapy for his depression.

I feared I was in the cuckoo's nest like the movie. Films, books, and most media depicted

depression as a mental state of craziness. People would be shunned as outcast. I didn't feel I was worthy of life and



The objective in life is to be loved, love, and that includes self-love...



life was not worthy of my humanity due to reasons that I wasn't even aware of, I just felt the world was horrible. I had something in common with this man who was due to accept the highest medal bestowed on an American and it scared me to no end.

After some very strong medications and quick group therapy of character's drawn on a white board about how to respond to feelings (EST), I was just beginning to understand I had feelings, but still could not understand why those feelings were of extreme despair. I lived each day as a puppet of what I was suppose to do and act. There were many parts of my life where I could not function but I was very good at building defenses that would get me through.

The nightmares were still there at night



I am very fortunate to live in a community where there are resources beginning to open up as we work together to discover more about this journey of depression and PTSD.



reaching into emotions that were so deep that hiding with large hard sobs were a ritual. Now

I have been diagnosed as depressed and I am not sure what to accept, continue the uneducated denial and show the world I am not depressed, hide it, become more reclusive and an extrovert when it was important before I am put into the cuckoo's nest again.

Fortunately my husband had the same reaction that I had to the diagnosis and was willing to not speak about it. Of course my family would never speak of a mental illness and depression. Our abusive past had to be a secret and nothing can break it. This diagnosis was for me to hide at all costs.

The ways to hide depression and PTSD became real dramas for not just me, but my employers, legal issues, banking issues, yet I could earn a paycheck in interims. Once I used the excuse of having pneumonia for two months without even going to a doctor. I stayed in bed for 58 days straight. No one came to my rescue, my employer kept my job open because when I was performing, I was over performing and proved very valuable. If it wasn't for being in a relationship I would not have been able to support myself.

The journey begins before diagnosis and after diagnosis if you have support you can begin the journey of acceptance, maybe. I think acceptance has a large effect on treatment. Drugs and different treatments help, but there is no fix it from my experience. My now ex-husband went from denial to fix it mode. The amount of money from our insurance and our savings that went into therapies and hospital visits would make a very nice retirement.

Was my life worth saving, and that is the questions I still ask myself daily. Apparently this is a journey not just for myself, but for those that share in my journey and those who can be reached as I discover how to cope with the acceptance and new challenges faced as new treatments, on-going treatments, and self-discovery. I am very fortunate to live in a community where there are resources beginning to open up as we work together to discover more about this journey of depression and PTSD.



## A Memory of Wings

~ Annie O'Mallon

This broken heart tree  
its fruit apparent  
who knows  
what you can bare  
in its boughs  
these old branches  
a witness to history  
illustrated  
Annotated  
An Olden days Story  
Of a heart  
that's lived  
so long  
far away  
unable to discern  
the way home.  
A child then  
separate  
part of the fog  
surrounding her  
she spreads her wings  
remembering  
the faces  
the features  
of forgiveness  
and relinquishing  
the pain  
that supported her  
in the boughs  
of the broken heart tree.





## Mom Gone Missing

~ Gayle Pierce

Your nursing uniform is  
casually tossed  
across the chair.  
life in mid step

I want to tidy up  
but don't know where to start  
I don't know where to put the dirty dress

mom  
Where did you go?

I sift through your possessions  
looking for clues  
and find

saved baby teeth, locks of hair,  
our childhood poems, pictures we gave  
you,  
and a white notebook  
with your handwriting  
dated 1963

it says  
"We live on in the hearts of those we have  
loved."

Well.  
that's a small consolation mom

I lay across your bed  
aimless  
studying the stucco swirls  
on the ceiling

your favorite dress  
the one you wore to my wedding  
hangs on a wire hanger  
from the windowsill

They told us not to bring your shoes.

You just hated  
having to wear glasses but  
They ask us to bring your glasses.  
They wanted to make you recognizable

to us  
so we would accept the truth.

your purse is sitting on the table  
I pull out your wallet  
and feel  
guilty, guilty, guilty

somehow knowing  
at 23  
the inequity of being raised  
when a life cycle is broken  
and no way to repay you.

I am sitting in a church  
Why am I sitting in this church?  
when  
Your heart  
is buried in your garden  
with all the flower bulbs you planted

I want to go see those flowers  
each spring  
but dad has sold the house  
and moved away

They buried you with your glasses on  
You wouldn't have wanted that  
but you lost your voice

in the car crash  
May 24, 1993



## Untitled

~ Charles S.

Once I was a frog with a  
burned out mind  
but then I met God  
Each day sober gets a little  
brighter and brighter  
Maybe someday everyone  
will enjoy the solitude of  
sobriety



## Bad Trip (Man)

~ Charles S.

If you could look inside my head you  
would see my soul is dead.

What is the solution?

I need to feel loved and needed on this  
planet.

The way I do from time to time.

Until then, I'm going to have a long, long  
struggle with myself.

I need help from every one of you. And in  
return I will do my best to help all of you in  
anyway I can.

If one person refuses to help it's the same  
as if no one is helping each other at all.



## Heart

~ Clifton Dean Looney

Season of Time keepassing but with a  
chane.

That surrouands us in growing old reason  
as of why are

feding seen to clod and strangs

when soffy we hear the words

Not more than Just saying the words

We got to let it surrouand the sound of the  
hearteats.

Love has away send the heart dreaning  
bringing

back holding on in Time of life whispering  
words.

That heart rveals love will surrouands us  
in time.

We really care and believe that we can  
forever,

The season of time keepassing but with a  
changes

But rember heart of love From True is are  
Heart.



## Nursery Rhyme

~ Annie O'Mallon

Old Couully Withers

Centaur prance

They both rise up to dance

a minuet

an incongruent couplet

with the child bent

bowed

incorporeal

to accommodate the cinched girth

of the pompous buffoon elect

a kindred procession

a circus of stars

imbued with wide waters

convulsing upstream

in concurrence with

a strangled scream

bedrocked flanked

reduced

to a distant contracting moan

rendered mute

they sally home

the cowed child

straddling a horse's ass

with his mad mad laugh

clip-clop clip-clop clip-clop

nay nay nay . . .



## **Russian River Empowerment Center**

14520 Armstrong Woods Road  
Guerneville, CA 95446  
(707) 604-7264  
Tuesdays – Fridays  
12:00pm – 5:00pm

The “RREC” is a Peer-to-Peer support, member-driven center in Guerneville, CA.

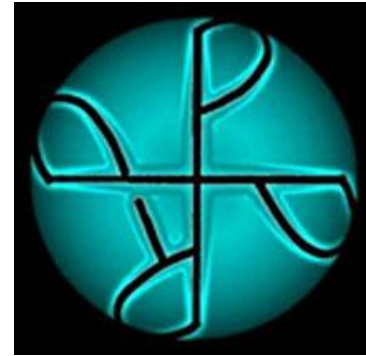
Recently we had an Open House, a fundraiser dinner and bake sale, an art show, many field trips, and have been providing a dinner at our local shelter. New groups have been introduced and we are now in the planning stages of creating a labyrinth in our courtyard.

We have had many guest speakers including from the Home Share program, the Peace and Justice Center, trained Yoga teachers and professional artists teaching our members.

Our Wednesday lunch group is a hit. Members who are trained and experienced chefs are putting out some great meals.

We have been focusing on art the past several weeks, and are busy creating pieces for future First Friday Art Walks with the help of local guest artists who teach classes on abstract painting and collage.

There is always a new experience and some help along the road to recovery! That’s what we are feeling and seeing happen at our center. Feel free to stop by and say hello!



## **Petaluma Peer Recovery Project**

1360 N. McDowell Blvd. Suite A  
Petaluma, CA 94954  
(707) 769-5299  
Mondays, Wednesdays, and  
Thursdays  
10:00 am – 3:00 pm

PPRP Center Update ~ There have been a lot of changes recently at PPRP. We have been transforming the Center, including our schedule, please come check us out!

We now have three staff and are proud to welcome Susana Carrillo and Lynda Yager to our PPRP family. We are offering peer support in Spanish and English and have brought back the Presenters Series here at PPRP. Jenn Peoples, Interlink’s dual diagnosis counselor, presented here in March and we have Susan Stone from the Mental Health Co-Op scheduled for April.

We have a newspaper subscription and serve refreshments including tea, hot chocolate and snacks. Our Art Cart is stocked, filled with everything from acrylic paints to jewelry making supplies. We also have a lot of games and more.

Our Spring schedule will be coming out soon with new activities and support groups. We’re planning a grand re-opening BBQ in May, Mental Health Month. Come and join the fun and escape stigma!

If you have any questions or would like to have schedules mailed or emailed to you, please call us at (707) 769-5299.







## What CCAN Has Been Up To

CCAN stands for Corinne Camp Action Network. We are people with lived experience of mental health challenges coming together to keep the client voice alive, to work for system change, and to promote our own empowerment and mental health recovery.

On October 23, 2014 we sponsored a forum for mental health clients to speak with Michael Kennedy, the director of Sonoma County Behavioral Health. The topics included seclusion and restraints in hospitals, the jail mental health program, and Board and Care home issues. Over 20 clients attended the meeting and spoke their concerns.

On January 27 CCAN had a special meeting to discuss the direction for the future. In that meeting it was decided to meet once a month on the fourth Tuesday. The quality of care at Board and Cares was a special concern. Suggestions included gathering food donations, facilitating groups there, and asking the operators how volunteers could help.

On February 24 CCAN met. The topics included a House of Representative resolution not to fully fund SSDI. We decided to sponsor a meeting with the Patient's Rights Advocate Tamara Weiner. Proposed topics include, her vision for patients in Sonoma County, a consumer advocate in her office, and participants' patients' rights concerns.

If you are interested in being involved in CCAN, you can email us at [ccansoco@sonic.net](mailto:ccansoco@sonic.net), or call Dan Lennox at 526-9154. You can also show up at one of our meetings the fourth Tuesday of each month from 3:30 pm to 5 pm, at the

Unitarian Universalist Congregation Santa Rosa, 547 Mendocino Ave.



---

## Stories of Hope and Transformation

*Stories of Hope and Transformation* provides an empowering opportunity for speakers and an enlightening experience for those who attend our workshops. They are a combination of interactive discussion about myths and facts of mental health challenges, perspectives on recovery and peer-led resources, with personal stories of individual journeys through mental health challenges and successes.

Trainings for new speakers involve a four-part process and take place several times a year. A foundation in a peer perspective, with guidance and opportunities for crafting your own story are highlights of the training. There are also possibilities for stipends for speakers when they share their story during a workshop.

Workshops are free for hosting sites and organizations, and generally last about an hour-and-a-half. They include informative handouts. Currently *Stories of Hope and Transformation* offers a monthly workshop at the Sam Jones shelter.

For more information, to book a workshop or to inquire about becoming a speaker, please email us at: [peerslives.sonoma@gmail.com](mailto:peerslives.sonoma@gmail.com).



---

## Transforming Peers' Lives

*Transforming Peers' Lives* (TPL) is an umbrella organization run collaboratively by peers to advance experiences of hope and transformation for Sonoma County's mental health community through support, consultation and services.

TPL is launching the “No Labels, No Limits” campaign starting in May 2015, Mental Health Month.

We believe: Labels take many forms. For people who have experienced mental health challenges, the labels are as stigmatizing as “dangerous”, “incompetent”, “freak”, “insane” and “crazy” to as seemingly benign as “schizophrenic”, “manic”, “borderline” or “multiple”. Rather than being seen as an individual with his or her own experiences and perceptions, we are often seen as a deviant other. In reality, many of us have worked and are working through our unique challenges, and have found ways to make meaningful contributions to our communities. This looks different for everyone. We embrace our potential, and see no limits.

There are several ways to get involved with this campaign. Look for tee shirts that proudly proclaim this slogan. We are also planning a Photovoice project, where participants can use digital cameras to take photos that symbolize what this slogan means to them and then have the photos be part of an exhibit at a community center. We will also be offering several theatre workshops in late summer to create pieces that express our feelings about what No Labels, No Limits means to participants that will be performed for the larger community.

Members of TPL are experienced presenters and have been offering trainings in recovery-oriented care to several classes of adults who are training to become mental health providers. You can contact us to arrange for trainings at your organization.

TPL also hosts social gatherings, often in partnership with other peer-led programs. Recently, we held a picnic in Franklin Park to celebrate the arrival of spring.

TPL wants to support members of the peer community in Sonoma County to dream big and is able to offer logistical support for projects you may be interested in realizing.

To contact the co-coordinators of *Transforming Peers’ Lives* email us at: [peerslives.sonoma@gmail.com](mailto:peerslives.sonoma@gmail.com) or check our facebook page to learn of upcoming activities: [www.facebook.com/PeersLivesSonoma](http://www.facebook.com/PeersLivesSonoma).

TPL is an independent peer voice in Sonoma County!



## Peer Warmline Connection of Sonoma County

Some of you are aware of the weekend peer support service now available. Those of you unfamiliar with *The Peer Warmline Connection* will easily become acquainted from this update. *The Peer Warmline Connection* has just finished its third month of service. Call volume has grown 85% since January 2nd! What does this mean? Awareness of the *Warmline* is increasing and the volunteers who answer calls are making a positive difference in our community. The *Warmline* is already beginning to meet its intended goal of providing non-judgmental and caring listening and resource referral during hours when other modalities of support are minimal or non-existent. More than a third of calls are regular (repeat) visitors to the *Warmline*.

The *Warmline* has been funded for another year and as we continue to anticipate community need, ongoing free volunteer training is offered one to two times per



Wish you had someone to  
talk with?

Do you need someone to  
listen?

Need help finding resources?

Peer Warmline Connection  
707-565-4466  
Friday-Sunday, 5:30-9:30 PM



quarter. The people who volunteer with the *Warmline* are generous, kind and skillful in providing a listening ear to others reaching out. They have recovery experience living with mental health challenges and are willing to participate in a training program and commit to a three month minimum of answering calls during the *Warmline* hours of operation (Friday-Sunday evenings, 5:30-9:30). Volunteers say they feel a sense of gratitude and satisfaction in being able to give back to community. I personally respect and enjoy getting to know each of them. If you think you might like to contribute to the support of our community and your own recovery please contact me to find out more and obtain a brief volunteer application. I look forward to hearing from you. Ann Tate, Program Coordinator - 707.565.7809 or 523-0550 or atate@gire.org

~~~~~

Interlink Self-Help Center

1033 Fourth Street
Santa Rosa, CA 95404
(707) 546-4481

<http://www.interlinkselfhelpcenter.org>
Mondays - Saturdays 10:00am - 3:00pm
Thursdays 10:00am - 2:00pm



Interlink's Activities Program ~ Upcoming Events, etc... ~ Now that the weather is nicer we are planning to go to Howarth Park and do more outdoor activities, such as the Sonoma County Fair. We are also planning the Memorial Day BBQ for members of Interlink. We continue our weekly walks around the

neighborhood, music group, games, birthdays and holiday celebrations.

We have had a Spanish / English walking group and plan to do more. We are looking for more Spanish speaking members to join in. During our Friday morning walks we do some stretching beforehand and provide water to walkers. The walks usually last for about a half hour. The bilingual walks have been about identifying objects on the walk, whether it is at the grocery store or foliage along the walk.

Our Wednesday festivities include, celebrating the volunteers, games (Pictionary, Charades, Board games, cards, and other games like storytelling from pictures...), monthly Interlink member Birthday celebrations, and music group (a free-style music jam). We are also in the planning stages for Interlink's 19th birthday/anniversary celebration. We will be having a party during the day for members and an open house in the afternoon. We'll be making a piñata for the party, and plan to have member artwork displayed, and some performances such as music and poetry reading during the open house time.

If you have any questions or interest, please call Claire at 546-4481 x204 at Interlink Self-Help Center.

~~~~~

## Wellness and Advocacy Center

3400 Chanate Road  
Santa Rosa, 95404  
(707) 565-7800

<http://wellnessandadvocacy.org/>  
Mondays - Fridays 10am - 2pm  
Wednesdays 11am - 3pm



Our center is a non-profit Mental Health consumer-operated self-help center

The Wellness and Advocacy Center is a self-help drop-in mental health center, run by peers for peers. Our mission is: "Together, we

are working toward mental health recovery in a safe, non-judgmental peer community.” All services are free, and all member information is confidential.

**WHO WE ARE:** Anyone who identifies as having had mental or emotional issues that have impacted their lives are welcome to come in anytime we’re open. No referral is necessary and Members may choose to participate in scheduled activities to any degree they wish. If you need practical assistance such as housing, jobs, food, or financial assistance we’re here to give you a hand. If you need an advocate, we can help you find your voice. If you need an accepting, respectful, safe place to hang out, we are here. If you need someone to talk to who has “been there,” that’s our specialty!

**WHAT WE OFFER:** Members are free to participate in our many support & educational groups. Some of our groups are the Peer Support Group, the Recovery from Depression Group, a “Quarterlife” Group for Young Adults (18-25), an Empowerment Group to discover and move toward your goals, a Garden Group to coordinate our Spring planting, and a Smoking Cessation group. We have a Career/Computer Lab to help you learn computer skills, put together resumes and search for jobs. In the lab you can email, surf the net or use social media.

**NEW GROUPS** coming up in May: an educational group Effects of Sugar on Mental Health and also an Exploring Spirituality group.

For recreation activities, we have sports equipment, a full-band Music Jam, Open Mic, an Arts & Crafts group, and a monthly Poetry Group (at which you may read your own poetry or someone else’s or just listen and enjoy.) You may also visit the Art Program, which is a peaceful place to paint, color, make jewelry, or investigate other creative media (like soldering). We also facilitate community art sales and shows of members’ art.

When you arrive, please sign in at the front desk and let the receptionist know you’re “new,” and we’ll be happy to give you a tour of the program!

~~~~~



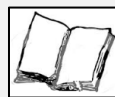
Be part of our next issue!

OUR NEWSLETTER

NEEDS submissions, volunteer editorial staff members, volunteers to assist with collating and distribution.

Share your thoughts

Submit articles, poetry, essays, pictures of artwork, movie reviews, book reviews...



For submissions, or if you would just like to hear more about the newsletter, please contact

Teresa Romero
(707) 483-7413 or
tromero@gire.org



Much gratitude to everyone who contributed to this newsletter!