The Wisdom Box Fall Issue

October, 2002

The Wisdom Box

The Official Newsletter of the Satir Institute of the Pacific

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Message from the President

The nights get longer and colder, the air feels crisp, and the leaves show us their annual colour parade. As nature prepares for her winter rest, our own Satir Institute of the Pacific is gearing up for a busy fall and winter after a summer that just wouldn't quit.

"Fireside chats" are being organized in Vancouver, the Fraser Valley, and the Interior to help Satir folks meet, connect, network, and share personal and/or professional successes. All members are welcome to attend whenever it is most convenient for you. There are lovely people in our Satir community who you might not have had the chance to meet yet.

We had several Satir Institute members meet our extended Satir community by attending the Avanta Advanced Residential week-long training program. There were people from nine countries in Asia, Europe, the Middle East, and North America represented. Our own BC contingent once again represented us with not only their therapeutic competency but also with their graciousness. I really want to appreciate Todd Clark who organized the welcoming committee who met and taxied our foreign visitors from the airport, bus station, and train station to the training venue in White Rock.

August also brought us the first phase of our second Training-for-Trainers program. The twelve participants showed us that there is a lot of talent and creativity among our membership, and that the future of Satir training is secure. It was also a wonderful

team building opportunity as members supported each other, worked together and laughed a lot. The second phase of the program will happen next August.

Fall is also a time of endings and new beginnings. Mary-Ann Reid has decided to resign from her capacity as editor of this newsletter, and I want to appreciate her for taking on the huge responsibility over the past year. I would like to welcome Pauline Mullaney as the new editor and her team of Dara Rosenzveig as desktop artist and Todd Clark and Bruce Cullen as logistical support.



I would also like to appreciate Todd Clark for doing the registration for the September, 2002, Level I training program. Todd's energy is taking him more into editing and producing educational videotapes of therapy demonstration sessions that John and I have done in the Avanta summer programs with participants. Our new Registrar is Linda Prochaska. It is wonderful to have you on board, Linda.

And now we have begun new Level I and Level II programs in the Lower Mainland and Level I program in Kamloops, and have plans for a January Level I in the Lower Mainland and a Spring Level II in Kamloops. Our community is alive and growing with excited, committed people using the Satir Model for their own lives and to help their clients.

Our most exciting endeavor is our search for our own training facility. Hopefully by the time this newsletter goes to press, we will have a home. It will also be possible for members to rent the facility for their own training programs, community programs, and group therapy sessions.

We are also anticipating more social events like the wonderful party that Pauline Mullaney organized for the membership. The organization is its people and we not only want to work together, but to play together. I hope you will consider joining us in some way. To keep up to date on activities, check out our website at

www.satirpacific.org. If there is anything you would like to have included on the website, pass it along to me and I will contact our webmaster.

Happy Autumn to all!

Kathlyne Maki-Banmen *President* Page 2 The Wisdom Box

News Around the Institute

Congratulations to John Banmen for receiving, from AVANTA: The Virginia Satir Network, the honour of being named a "Living Treasure." Several Satir Institute members, including Anne Morrison, Karin Tschanz, Pauline Mullaney, Don Potkins, Beth Lisson, John Riopka, and, of course, Kathlyne and 3 of their kids, attended the ceremony in Federal Way, Washington.

Todd Clark and Linda Prochaska have both bitten the bullet and returned to school to further their formal educations. You both have our support and admiration (and some jealousy, too, for being in that stimulating academic atmosphere).

Kathlyne Maki-Banmen ran into Timothy Koh in Singapore at the Singapore Social Work Association AGM in June. For those of you who remember, Timothy did Level I and Level II here in Vancouver a couple of years ago. His kids are teased at school for their "Canadian" accents.

Pauline Chan demonstrated, at the Training for Trainers program,

that if she ever gets tired of being a therapist, she has a promising career ahead of her as a stand-up comedienne. She kept everyone in stitches and **John Banmen** still doesn't have his Malaysian (Mandarin) newspaper back.

Karin Tschanz has received her Approved Supervisor designation from the American Association for Marriage and Family Therapy. Well done, Karin! The cadre of Satir supervisors in BC is growing by leaps and bounds. A special "thank you" to Linda Prochaska for taking pictures at the Avanta Advanced Residential Training, and for sending copies to everyone!



Launching Our First "Fireside Chats"! — by Anne Morrison

Anne Morrison, Director of Membership Services, is proud to announce the Fall launch of the Institute's "Fireside Chats"—informal gatherings held within different members' homes for members to meet one another and share their personal and professional experiences with the Satir model.

We want to have these gatherings take place throughout different regions, so that members can find a place to drop by without a lengthy travel time.

The format will be very informal and include a welcoming, sharing time, and reflections together over tea/coffee and refreshments, within members' homes and living rooms. Hopefully the caption "Fireside Chats" evokes an image of warmth, good cheer, support, and nourish-

ment—which we know will occur through our gatherings together, whether or not members actually have a fireplace!

We plan to have these "fireside chats" about 3 times per year—Fall, Winter, and Spring. To sign up, simply give the Member Host(ess) a call or email—each Host or Hostess will decide how many members they can accommodate, so registration is "first come — first served."!

And, if you would also like to **host** a "fireside chat", please contact Anne Morrison so we can include you on our list. We are especially looking for hosts or hostesses for the Victoria/Vancouver Island areas.

Treat yourself to some fellowship and renewal this Fall; sign up now!

Fraser Valley Fireside Chat

Tuesday, November 19, 2002, 7-9PM 24502 – 52nd Avenue, Langley, BC

Hostess: Anne Morrison

@ (604) 856-8317 or annekm@telus.net

Vancouver Fireside Chat

Thursday, November 14, 2002, 7-9PM #20 – 721 Millyard Road, Vancouver, BC

Hostess: Linda Prochaska

@ (604) 879-6654 or lprochaska@hotmail.com

Okanagon Area Fireside Chat

Date and time in November - TBA #115 – 3105 – 31st Street, Vernon, BC

Hostess: Mary-Ann Reid

@ (250) 549-2664 or maryannr@shawbiz.ca

And: Wendy Lum @ (250) 491-3319 or welum@global.net



New Members

A warm welcome to the following new members of the *Satir Institute* of the *Pacific*:

Affiliate: Kathryn Cox

Professional: David Darwin

Clinical: Linda Fortune

Elizabeth Newman

Reminder to Professional and Clinical members:

You are required to show evidence of at least 60 hours of relevant continuing education over each three year period of membership. Reminders will be sent out shortly to applicable members.



For information and membership applications contact:

Tim Head Co-ordinator of Membership Services 604.535.6168 The Wisdom Box Page 3

Personal Reflections on a Day with Ken Cox — by Colleen Murphy and Rick Schneider

On June 8th, 2002, my husband and I attended the Satir Institute's Special Event—*Outer & Inner Space Explorations* with Dr. Ken Cox. For us, the day with Ken was all about journeys—within and without. On our own shared journey, it was the first time in over twenty years as a couple that we attended a "professional development" event together. You see, one of us works as a teacher/counsellor and the other as a computer systems architect. We

have often smiled at the differences in our *outside* lives. Yet, only after we had matured in our relationship did the interdependence of our *inside* lives become apparent to us both. We have since become conscious contributors to one another's growth.

The day was rich with stories that we could both relate to—because of our individual lives and because of the life we share together. Ken shared, so truth-

fully, the reality of his life's work as a manifestation of his inner world. It was fascinating to see that such a left-brain endeavour as work on the Apollo Mission was informed by holistic, right-brain perspectives of hope, care, and humour. Ken's message was that sometimes we can only understand what we are doing when we step back and reflect—as the astronauts did on their way home. It was then that they were able to see *one* world and *one* mission—to steward the one

world into the future. For us the central invitation of the day with Ken may have been to see, to reflect, to celebrate, and to commit to stewardship of our world through the expression of our Selves in our daily endeavours.

So, we came away smiling. We were inspired to continue to travel with trust in one another and faith in human kind, and we had renewed optimism for the future.

Singapore: Advanced Residential Training Program — by Wendy Lum

As I reflect on my trip to Singapore, I am filled with gratitude for the wonderful experience and opportunity to travel overseas with the Satir Model. Cecilia and Agnes Ee warmly welcomed me into their peaceful home prior to the training. So wonderful to reconnect with Susan Chia (training assistant) and Warren Tan. It was exciting to meet the 30 participants, 3 Singapore interns (Warren, Agnes, Gilbert Fan), and 2 members from the Singapore Institute. The group consisted of therapists, psychiatrists, psychologists, university professors, and social workers. They were from Singapore, Malaysia, Thailand, Korea, Hong Kong, Taiwan, USA, and Canada. Enthusiastic responses from the participants filtered throughout the room during the week. The days and evenings were filled with teachings, dyad sharing, triad practices, and group debriefings. I

found out that the three main models of therapy in Singapore are narrative, solution-focused, and Satir!

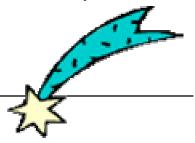
It was wonderful to have a totally Asian experience, having fluctuated throughout my life in experiencing myself as a Chinese Canadian—externally looking Asian and internally experiencing myself as Canadian. This trip helped me to continue exploring my Asian-ness inside and outside.

I had the pleasure to meet with Bee Lian Ang, the Director of the Rehabilitation and Protection Division in the Ministry of Community Development and Sports (MCDS). She observed a live therapy demonstration session between John and a mother and son, and was very enthusiastic about applications of the Satir Model. Also, I was able to teach Satir concepts in a one-day workshop to approximately 70-80 MCDS staff members: probation officers, social workers (child protection, family violence), residential group home workers, counsellors, and administrative staff. The response was very positive!

A truly touching event occurred when John was honored as our "Living Treasure"—an initiative from Avanta. Susan lead us through the ceremony, sharing words of warmth, reverence, and love. In the centre of the room was a large candle held up by three bowls of water. All the participants sat in a large circle surrounding the bowls. John was asked to light the center candle. Then, each participant lit a candle from the centre candle and placed it in one of the bowls. Fourteen candles represented the countries in the world that John has taught the Satir Model. Each

participant spoke one word (i.e., hope, freedom, peace, courage, etc.) and shared their personal impact of John's teachings. Songs were sung, transcribed with Satir wordshow clever of Anna Low! Also, a beautiful hand painted batik screen representing the "I Am" was unveiled for John, while a white pearl necklace was gifted to Kathlyne in appreciation for supporting John to teach throughout Asia. Appreciation, love, respect, and reverence filled the entire room. It was such a touching ceremony.

Before, I knew how fortunate we are to have John and Kathlyne here in Vancouver, but now I truly know.



A "Living Treasure" — by Beth Lisson and John Riopka

Surrounded by family, friends, and colleagues, John Banmen was celebrated as a "Living Treasure" by Avanta. As always, John's humble acceptance was coupled with an invitation to all those in attendance to continue to advance the Satir Model. John's inspiration, enthusiasm and commitment has

reverberated world wide, and it is exciting to see so many people embrace the teachings and reap the benefits both—personally and professionally. I treasure my valued connection with John. I send this greeting to him with warm regards and deep respect.

- Beth Lisson

It was wonderful to be present and witness the honouring of John Banmen in Federal Way, Washington by the Avanta organization. The many Kind words and reflections by people who have been impacted by John's teachings, kindness, and way of being showed me the depth of his contribution on a

local and international level. I also felt my own gratitude for this man who has been a mentor and teacher in my life. Thank you so much for everything John. I am grateful our paths have intersected.

- John Riopka

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Avanta Advanced Residential Training Program — by Linda Prochaska

The Avanta Advanced Residential week-long workshop—2002 was a rich and rewarding experience, more so because it was shared with so many people from around the world. The variety of professional backgrounds, levels of education, and life experiences added to the experience. There was laughter, tears, beautiful sunny weather, and great food served with friendly faces.

Instant connections were made. Just over an hour of picking

people up at the airport, another member and myself were sharing lunch from the same takeout food box on White Rock beach.

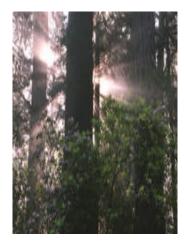
When the information says "intensive," believe it. We seemed to be going non-stop from early morning until late in the evening. Everyone worked so well together for the common purpose of perfecting their skills using the Satir model. I admired the courage and commitment of those who did not have English

as their first language, especially my triad members. Suggestions and comments from the supervisors were timely and helpful, and could be put into practice in the next triad session. Moving from group to group in the practice sessions enabled me to see various ways of using the Satir model. Coming together in the larger groups for feedback was especially beneficial. I was a bit intimidated at first to offer suggestions to those with superior qualifications, but realized we

were all there for the same purpose—to learn. I left much enriched.

Bonds of friendship were established that time and distance will not erase. I just hope some day to travel and visit all those who extended their welcome to their homes. Thanks everyone for allowing me to take pictures as memories of a wonderful experience. Until we meet again.

Avanta Advanced Residential Training Program — by Sue Taylor



Get thee to a nunnery! I, who am directionally challenged, managed to find my way to the "Rosemary Retreat" in Surrey. Mind you, my husband and I had made a dry run the week before.

When we entered the grounds from the very busy road in front of the retreat, there was an immediate sense of tranquillity and a sense of time stopping or slowing down, as we looked at the flowing green lawns which housed baby bunnies and the occasional deer.

Over the next week with John and Kathlyne's able leadership, we formed a diverse community which shared the Iceberg in each of us. We watched as John tranformed the "stars" and saw with awe the changes in both their mental and physical beings. There was an emphasis on "yearnings" at each part of the Iceberg. Kathleen expertly and patiently went through a "parts party" and "the ingredients of an interaction," showing us how powerful these tools can be.

We formed triads and practiced being the therapist, client, and observer. Our homework often lasted well into the night, and by the end of the week we were all glad to have a night off. Ten of us shared a wonderful seafood meal at a restaurant in White Rock. We were amazed that the owner was a German Jew, who, when he heard He-

brew being spoken, followed us out onto the sidewalk as we left and insisted on kissing as many of the women as possible!

At the closing ceremony, when we were presented with our certificates, we all said a few words. As my name starts with a T, I thought that I would have little left to say. I don't remember what I did say, but I do remember getting quite tearful. Goodbyes have always been difficult for me but I know that the new friends I made and the old friends I was reunited with will always be a part of the Satir family which I cherish.

Avanta Advanced Residential Training Program — by Kathy Wyse

This was the first residential Satir workshop that I have attended. It was an amazing experience for me! Much learning, growth, and love.

I had never had an opportunity to be with a group of people from such diverse cultures before. I believe that nine countries were represented. I certainly admired those participants for whom English was not their first language. They were very courageous.

What I now realize is that even though we come from such different cultures/countries, we are all the same! I believe that is what connects us at the level of our yearnings.

Through the loving support of my triad members, I learned not to be afraid of working with people as a counsellor.

I have deepened my understanding of the Satir Model and look forward to putting my new learnings into practice. "I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them. The greatest gift I can give is to see, hear, understand and to touch another person. When this is done I feel contact has been made."

- Virginia Satir, 1976

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Other News Around the Institute

Satir Institute of the Pacific Board of Directors Meetings

Members of the Satir Institute of the Pacific are invited to attend meetings of the Board of Directors as guests to observe the workings of your Board. The dates are:

December 1, 2002 12:00 noon—3 pm

February 3, 2003 6–9 pm April 3, 2003 6–9 pm

May 31, 2003 AGM (details TBA)

The location of the Board Meetings is subject to our success in finding our own facility. If you are interested in attending, you can contact any of the members of the Board of Directors listed on the website at www.satirpacific.org.

The Contemporary Family Therapy Journal

There is a limited supply of the **Contemporary Family Therapy Journal** (March, 2002), "**Satir Today**" special issue, containing 14 Satir related articles and guest edited by John Banmen. The cost is **\$30 Canadian**, **plus postage** (for single copies only) will be an additional \$5 to Canada or the US and an additional \$10 to other countries. To order, contact:

Tim Head, Ph.D.

timhead@telus.net

Research Chair, Satir Institute of the Pacific 2657–127 St. Surrey, BC V4A 5G9 (604) 535-6168

New Wisdom Box Committee

The Satir Institute of the Pacific has formed a *Wisdom Box* Committee. As of November 1, 2002, Pauline Mallaney will be the Editor and in charge of the committee, Dara Rozenveig will be the Desk-top publisher, and Bruce Cullen and Todd Clark will be responsible for printing, mailings, and postage.

Do you have articles, advertisements, quotes, inspiring thoughts to contribute?

Please forward any contributions by January 1, 2003 to the Editor:

Pauline Mullaney

8438 Wiltshire St. Vancouver, BC, V6P 5H7 (R) 604-263-8837 (w) 604-875-2653 Fax: 604-875-2099

Email: p.mullaney@shaw.ca

Research Opportunities — by Tim Head



The Satir Institute of the Pacific would like to support research based on the writings and theory of Virginia Satir. If you are a graduate student and would be interested in conducting a thesis or other research study pertaining to the use or evaluation of Satir

theory or therapy, we could assist you through the expertise of our board and other members. We are also willing to share our library of educational resources including both text and audio-visual resources. If you have any questions or would like to discuss

this further, please feel free to contact me:

Tim Head, Ph.D.
Research Chair
Satir Institute of the Pacific
2657—127 St.
Surrey, BC V4A 5G9
(604) 535-6168
timhead@telus.net

Resource Corner — by Mary-Ann Reid

Suhd, M., Dodson, L., & Gomori, M. (2000). Virginia Satir: Her life and circle of influence. Palo Alto, CA: Science and Behavior Books.

This is a deeply moving book about the life of Virginia Satir and the impact of her life and work throughout the world. It is the first volume of a series to be published, and is written by 10 of Satir's close colleagues. Satir helped to pioneer the field of family therapy. She was also an educator and a visionary and influenced many sectors of society, including government. Each chapter of this book is written by one or more authors, and expresses who Satir was as a person and as a professional. I find myself wanting to recommend this book to everyone. The authors have given their audience a gift; this book is yet one more of Satir's vehicles for change.

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Singapore: Advanced Residential Training Program — by Sandy Ang

From July 1–7, 2002, I attended the Advanced Residential Training Program offered by the Singapore Satir Centre. I joined over thirty professionals from Singapore, Korea, Taiwan, Malaysia, Hong Kong, Thailand, USA, and Canada in shared learning, laughter, challenges, and ideas. As well, it was a chance to get together with old friends and to meet many new and inspiring colleagues.

I was initially anxious about the week-long event coming at a time of low energy for me. It required lengthy flights, and experience told me that Satir residential trainings were not to be confused with holidays. My concerns were quickly a laid. The conference, held at the Salvation Army Conference Center Singapore, was a beautifully organized event. Starting with the Satir Singapore member who picked me up at Changi airport, the organization committee worked very hard to ensure that our needs (and many of our wants) were taken care of. Attention to detail was obvious. We were nurtured with food (many new and exciting tastes), Tai Chi in the morning by the pool, Chi machines delivered to our rooms, music and singing, and even a late night fortune telling by a Catholic Nun using Angel cards. Yes we did work hard. Yes we put in long hours. Yet the hard work and long hours

were balanced by the excitement of connecting with such amazingly diverse and talented individuals, and finding that we had so many similarities.



The creativity in how the Satir Model was being integrated in a variety of work settings was inspiring, as was the attendance of senior government and ministry officials at John's family therapy demonstration. The Satir Model is clearly receiving recognition and is being embraced in the Asian countries represented at the conference.

I especially enjoyed the use of metaphor throughout the program, from the opening ceremony's *yarn mandala* (symbolizing connectedness), the candle lighting ceremony at **John's** "Living Treasure" Celebration, to our closing event in which we gathered our growth seeds.

A special highlight of my week was being hosted by Gilbert of the Satir Institute of Singpore to a tour of Singapore's Chinatown and Little India. We began by going to the top of "Bukit Timah" for a view of this ultra modern, ultra organized, lushly tropical city. We visited Chinatown for shopping and a delicious traditional "herbal" meal, then on to Little India for more shopping and eating.

The energy, thoughtfulness and commitment to the Satir Model demonstrated by our hosts, the Singapore Satir Centre, and the participants of July's weeklong residential was contagious. I was reminded why these opportunities for training are so important to me for rejuvenation, inspiration, and deepening my learning. Thank you to John and Kathlyne for all your hard work in offering the training. Thank you to the Satir Institute of Singapore for the tremendously well organized event, and thank you to the Satir Institute of the Pacific for the bursary that helped me to attend.

Family Constellation Workshop — by Karin Tschanz

Family Constellation Workshop with Gabrielle Borkan Featuring the Family Constellation Work as developed by Bert Hellinger

November 8–10th, 2002 Friday–6-10 pm, Saturday–9 am–6 pm, Sunday–9 am–6 pm

> Abercorn Inn 9260 Bridgeport Rd. Richmond, BC

Tuition: \$300 for people who want a constellation of their own family.

- Couples: \$500.

\$180 for people who are observing participants.

- Couples \$260.

Special convention rate: \$79 per room, single or double occupancy, and appies. To book a room call (604) 270-7576.

Deposit: \$100. Refund of the full tuition is available until 10 days prior to the workshop, less a \$50 processing fee.

This workshop is designed for individuals and couples who are seeking ways of working with difficulties in their lives, whether manifest in physical illness or in disruptive life patterns, as well as therapists and health care practitioners who are looking to expand the way they work with their clients. Anyone can benefit.

"Hellinger talks about fate and how events percolate through family systems for many generations. . . He discourages cathartic parent-blaming or even much personal detail in the family constellations he creates. . . . In Hellinger's hands what comes across is the commonality of universal experience. The need for accountability shifts from the distant and unreachable past to the vibrant, living present, where the client can see clearly and make real choices in his life today."

Gabrielle Borkan was born and raised in Germany, where she obtained her social work degree (MSW) and psychotherapy license. For the past 19 years she has lived in the US. A clinical hypno-therapist, NLP Master Practitioner, and international workshop leader for 25 years, she spent 3 years back in Germany to study closely with Bert Hellinger. She has been conducting Family Constellation workshops extensively throughout Europe and the US since 1995.

To register, please contact:

Karin L. Tschanz 3166 St. Georges Ave. North Vancouver, BC V7N 1V2 (604) 987-8282 Fax: 604 985-7667 E-mail: karintschanz@shaw.ca The Wisdom Box Page 7

Training Programs

Satir's Systemic Brief Therapy Program – Level I Lower Mainland (venue TBA) Dr. John Banmen & Kathlyne Maki-Banmen Assisted by Anne Morrison

January 25 & 26; February 22 & 23; March 15 & 16; and May 3 & 4, 2003 To register, contact Linda Prochaska: (604) 879-6654

Satir's Systemic Brief Therapy Program – Level II Kamloops, BC (venue TBA) Kathlyne Maki-Banmen

March 21, 22, & 23; April 25, 26, & 27; and May 23, 24, & 25, 2003 Plus, one video day (TBA).

To register, contact Kathy Wyse: (250) 374-8542

Family Reconstruction Using the Satir Model Kathlyne Maki-Banmen

February 1, 2003 Location TBA

For more information, contact Linda Prochaska: (604) 875-6654

Certificates

For Level I & Level II

People who have not completed their homework assignments and, therefore, not received a certificate from the Satir Institute can still do so now. Please send your assignment by December 20th, 2002 to:

Dr. John Banmen 11213 Canyon Crescent Delta, BC V4E 2R6

Please indicate the dates you attended the program.

Visit Our Website: www.satirpacific.org



Supervision Sessions With Dr. John Banmen

Group Supervision:

The main goal of supervision is to improve the therapeutic competence of the therapist working on change therapy. Case presentations will be the main avenue of learning. Therapeutic issues will be covered as they arise (eg: handling depression, resistance, anger, ethics, etc.). Audio and video tapes will be used for detailed process study. Also, group members will be required to meet for 2 hours in dyads between group sessions. Groups consist of six or fewer members. The cost of group supervision is \$200 for 4 sessions of 3 hours each.

Individual Supervision:

Dr. Banmen will also provide individual supervision hours this fall. Two people in supervision together is considered to be individual supervision by AAMFT. The cost is \$80 per hour; if two people attend, they share the cost. Most dyads sign up for 2 hour sessions monthly.

To register for group or individual supervision, contact:

Dr. John Banmen Tel: 604-591-9269 Fax: 604-591-9260

E-mail: training@satirpacific.org

Advertising and Classified Ads in *The Wisdom Box*

The Wisdom Box is now accepting classified ads and regular advertising. Here is our policy:

Advertising is welcome. Send all copies, payments, and inquires to the Editor. A cheque payable to the *Satir Institute of the Pacific* must accompany your copy. The *Satir Institute of the Pacific* reserves the right to reject advertisements which do not meet the general purpose of the organization.

Display advertising rates:

Full page— \$50

Half page— \$25

Quarter page— \$12

Classified advertising:

The cost for professional related items such as office rentals, items for sale, equipment needs, supervision, etc. for up to 3 lines are free for members and \$1 per line for others.

If possible, please forward articles and advertisements via e-

mail attachment (in Word for Windows format) and /or computer disc, camera ready, for the Editor at the address listed below.

Attention Advertisers:

The Wisdom Box is published four times per year. Summer, Fall, Winter, and Spring. The next deadline for submission is January 1st, 2003.

Please submit any articles, ideas, gossip, poems or anything else to the Editor:



Making contact.

Pauline Mullaney 8438 Wiltshire St. Vancouver, BC, V6P 5H7 (R) 604-263-8837 (w) 604-875-2653 Fax: 604-875-2099 Email: p.mullaney@shaw.ca