The Wisdom Box

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The Official Newsletter of the Satir Institute of the Pacific

Spring 2009 Issue

Well Spring has sort of Sprung and the latest edition of the Wisdom Box has arrived along with the lambs and the daffodils and in British Columbia –the rain.

	The AGM is looming and we will be saying goodbye to some						
	of our board members.						
Board of Directors							
2008—2009	Angie Dairou is moving on. She has returned to Canada but						
President:	Toronto is too far to pop to Vancouver for a Board meeting. I personally want to thank Angie for her commitment to the						
Angie Dairou	position of Chair of the Satir Board during the past year . An-						
Past President:	gie has brought her incredible depth of knowledge of organ- izational development skills to the board meetings. This has						
Linda Lucas	helped us to always walk the Satir Walk and talk the Satir						
Secretary:	talk. In the centre of every board meetings Angie has inten-						
Teresa McLellan	tionally created a space to be mindful on how to become						
Treasurer:	fully human. Thank you so much Angie-I will miss you.						
Dr. Pindy Badyal	Pauline Chan is retiring from the board after serving for five years. A big thank you to						
Director of Training:	Pauline for her clear vision and loyalty to making Satir so present and accessible to all						
of her interns and colleagues. On a personal note I want to thank Pauline for							
Dr. John Banmen	mentorship during level one and for her loyalty to me.						
Director of Member- ship Services:Available	There are five nominations for the Satir board.						
Directors:	If you wish to nominate new board members please use the form on page 15						
Michael Callaghan	Please come and have your say on June 27th at 1.00 pm-5pm at the AGM at the Phoenix Centre. Shelley Jensen will be presenting before the AGM. She will present for an hour to an hour and a half on "Treating Clients with Eating Disorders.".						
Pauline Chan							
David Crumpton							
Madeleine DeLittle	Madeleine De little Self proclaimed , Editor in chief						
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The Satir Model in Indonesia by Sukirno Tarjadi

The History

On a practical level, the Satir Model came to Indonesia in 2002 when I began to conduct counselling sessions in Jakarta, Indonesia using the Satir Model. I had been going to Singapore to complete my Satir certificate and diploma course in Singapore from Warren Tan who had studied with Dr. John Banmen in Hong Kong and Singapore. I had made a promise to my sponsors who had paid for my training in Singapore that I would come back and share my learning to as many people as possible in Indonesia.

In 2003 I invited my supervisor and teacher Warren Tan from Singapore to come to Jakarta and conduct a class of basic training in the Satir Model. Warren trained two groups, totaling 48 people. The main weakness with the first two groups was that all the material and training was in English. We did not increase the length of training and therefore lost much time used in the translation. During the meeting with about 30 of the graduates we agreed that the next group should be done in the local language. I was the obvious choice to be the trainer, having translated for Warren Tan for the first two groups. In the meantime I also attended the workshops Dr. John Banmen did for Warren Tan in Singapore. I also attended the Satir Institute of the Pacific Summer Advanced Residential Program run by John Banmen and Kathlyne Maki-Banmen and also graduated from their Trainer-for-Trainer's program.

Developments

With this background I became the Satir Model trainer of Indonesia which has a population of over 220 million. The first two groups with Warren Tan were all Christian pastors and church workers. Now we have broadened out the training into the huge community. The Jakarta provincial narcotics board asked me to conduct Satir Model training for drug counsellors. This was followed by a Satir Model training of street children counsellors under the International Labour Organization (ILO) a support group after their training called the *Iceberg Community*. In 2007 I conducted a training program for 24 counsellors of the *Impact Counselling Services* in Yogyakarta, a city that was hit by a severe earthquake two years earlier.

I think the most interesting development of the Satir Model in Indonesia is its move into the business community. For example, training over 300 employees of the car tires manufacturer Multistrata Arah Sarana ranging from telephone operators to the company directors. We started with a 16 hour introductory workshop of the Satir Model in their factory.

Last November we started a diploma class/program in Jakarta with Warren Tan as the trainer. Early in 2009 I will start a certificate program with me as the trainer.

Overall, there are more than 1,000 people who have been significantly exposed to the Satir Model since 2003. Some basic tenets of the Satir Model (mainly the iceberg metaphor) have been used and incorporated into parenting classes, drug counselling, pre-marital counselling, marriage seminars and anger management workshops.

There is an openness that did not exist earlier in Indonesia for new ideas and things. Whenever and wherever we go and talk about the Satir Model and conduct introductory workshops, we find eagerness to learn more. Add to this the fact that Indonesian people, at least in the cities are more willing to come for counselling than in some other Asian countries, I see the opportunity for the Satir Model to grow and grow.

Yet, with all this enthusiastic development, we have many challenges to face. The most obvious is the lack of trainers. I am the only Indonesian who has gone through more than 400 hours of training in the Satir Model. Some people think the Satir Model is not compatible with Asian values. But then, why is the Model so popular in other Asian countries? Among some Christian churches, they want more Biblical backup to support the ideas and values. When I was in British Columbia, Canada training with Dr. John Banmen and Kathlyne Maki-Banmen, I learned from some people that the "Baptist" Trinity Western University encourages their students to study the Satir Model by attending programs offered by the Satir Institute of the Pacific. Some Christians accuse the Satir Model to be too "humanistic", not a favourable concept or word in their eyes.

Nevertheless, I'm also a pastor and have found the Satir Model has, a deep spiritual aspect, is a system to help people heal and become more responsible and helps build better relationships wherever people meet. I am so glad I discovered the Satir Model. Thanks to Warren Tan, Kathlyne, John and Virginia.

Sukirno Tarjadi

What I said I would tell you about in this edition

In the last edition I referred to a meeting where I had been asked to tell separated parents what they needed to do in order to get their children back from custody with the ministry. (they are in foster care with the maternal grandmother) I was really uncomfortable with going in and just lecturing on what the parents had done to harm the children and what they needed to do to repair the harm.

My question to myself in the last edition was' "What would Virginia Satir have done under these circumstances? "Well I know," I answered to myself, "She would have done something respectful and honouring"

So I went in with only that agenda. I had no notes, just a mantra of keeping it positively directional, experiential, respectful and honouring..

It was a very emotional event as it incorporated aboriginal rituals. It took three hours of smudging, eating, drumming, talking , before my turn was up. I had half an hour. During all the above I had made a little diagram of the stances and the strengths on a piece of damp Kleenex. As I listened to all those around the table my large sculpt immerged in my mind.

I had known this family for several years and as I listened to the wisdom around the table I also listened to my head and my heart. I brought the knowledge that I have been accumulating over the last few years with Satir ,and my love for the children and their family. I just did what I do best-show my truth as I see it, using as few words as possible.

I asked two people to be the parents, stood them on chairs and gestured for them to point blame at every one who came their way. I then intuitively picked three elders to be the children. I placed them in the stances of the children-irrelevant, placating, and super reasonable. Another elder was the grandmother holding all of the children and protecting them form the cross fire of blame.

Other people played the role of alcohol, anger, depression, placing themselves between the parents and children.

As the birth parents watched they were full of tears as they saw how their actions were directly impacting their children. I then asked them how they would like the scenario to be different. In each case they brought the 'stand in parents' down off the chairs the fingers stopped pointing and they placed the children in a circle with the parents. They cried deep y.

This is the readers digest version of the sculpt but the essence was portrayed to all the family and professionals present. Few words had been spoken. Afterwards the role players talked about how lost they felt just wandering around, how painful it was to always be on one knee trying to please every one and how lonely it felt(in a super reasonable stance.) The most telling came from the elder who played the Grandmother. She was crying and spontaneously she said.

"My arms were so heavy from all the responsibility. I really understood what it must be like for their real Grandmother to hold all of this responsibility for her own daughter and for her grand children"

The experience for the family members, playing the roles of the children and the tableau of impact of the Blaming stance on the children by the parents is still in the minds of all the participants and audience as the family continues to work to wards healing. For the first time the birth parents, relatives and Elders really understood the harm done to these children. In turn they experienced the yearnings of these children with no words. They now know experientially what these children need and what resources they have to heal the family

I only went to the meeting once, but the extended family continue to support the parents monthly. My work is done here. I appreciate that I was able to do bring about transformational change with respect, honouring the strengths of everyone, keeping it positively directional and experiential.

Madeleine De Little

Satir Model in Thailand

by

Dr. Nongpanga Limsuwan, M.D.

Introduction

Several people from North America came to Thailand doing some workshops teaching the Satir Model during the 1990's. During that time Dr. Somrak Choovanichvang, M.D. also traveled several times to Hong Kong to study with Dr. John Banmen. In the year 2000 she invited him to Thailand to offer a three day workshop for the Royal College of Psychiatry. The workshop impressed the Thai psychiatrists and other invited professionals. We could see how effective this model of psychotherapy was in helping people change and grow. In our old way of helping psychologically troubled people, we mainly focused on problem solving that focused changing the outside. The Satir Model showed us to help people change their inside.

Development

Since the year 2000 until the end of 2008, John Banmen and Kathlyne Maki-Banmen have come separately to help Thailand to train more and more psychiatrists and nurses, hospital social workers and psychologists. Not only did they offer training for the professionals in using the Satir Model, they also trained ten trainers.

The training program consists of 30 days over 3 years run by either John Banmen or Kathlyne Maki-Banmen. In between each phase of 5 days each, the participants work in triads practicing with each other and also working with their patients using the Satir Model at their work.

In 2002 John Banmen started our training-for-trainers program. We now have trained 10 Thai trainers. These trainers have trained more than 1,500 Thai psychia-trists, nurses and counsellors with a 3 ¹/₂ days basic Satir Model program. Every time John Banmen or Kathlyne Maki-Banmen come to Thailand, they spend extra time with our local trainers providing us with new learnings and supervision.

Most training programs are supported by the Department of Mental Health's Ministry of Public Health and the Royal College of Psychiatrists of Thailand.

During 2008, the Thai trainers have started to run a new $3^{1/2}$ day "Advanced Satir Model – Level I" program to give the professionals who completed the $3^{1/2}$ day program more skills in dealing more effectively with their difficult patients.

Numerous psychiatrists have also been able to attend the Satir Institute of the Pacific's Summer Advanced Intensive Residential program in Canada during the last few years. It, unfortunately, requires our psychiatrists to know English. Usually we are offered three to six places in the program so that we can do our triad practices in our own language. It has been a great help to deepening our understanding and improving our therapeutic skills.

Cultural Perspective

We have found the Satir Model works well in our culture. We see no conflict between the beliefs and ways of life of the Satir Model and our cultural views. More than 90% of the Thai population is Buddhist. We find that our Buddhist teachings help us understand and integrate the Satir Model rather easily. In fact, we humourously say that Virginia Satir must have been a Buddhist.

At the beginning of our training we had some difficulty translating accurately some of the Satir Model words and concepts into the Thai language. We feel we have been very successful over time in doing so. We are now busy translating some of the Satir Model books as other countries have done.

We continue to find that the Satir Model really works well with the Thai people. The Satir Model has received such acceptance all over the country that it has become a "fashion" that if therapists have not learned the Satir Model, they feel they are not up to date any more. So many professionals want to learn this therapeutic modality.

One struggle we constantly face is the cost of bringing the professionals together for lengthy training programs. A newly graduate physician will start work at less than \$300.00 US a month. We are very blessed that the Mental Health Department has sponsored much of the programs to enable participants to attend from all over the country. John Banmen and Kathlyne Maki-Banmen have also been generous with their time.

We also need more trainers. Our ten trainers cannot leave their regular work often enough to meet the demand of now doing up to seven days of the two levels of training.

The Thai psychiatrists and counsellors really appreciate the Satir Model. They feel grateful to Virginia Satir, John Banmen and Kathlyne Maki-Banmen. We have just been informed that the Government of Thailand, Ministry of Health has funded the next 3 year program to start in May 2009 with Dr. John Banmen and Kathlyne Maki-Banmen taking turns in coming to Thailand for another three years.

Dr. Nongpanga Limsuwan, M.D., President

Royal College of Psychiatrists of Thailand

Satir in Corporate China

How do we navigate the global economic crisis? Business school did not prepare me for this!

In November 2008, I spent over 30 days teaching Senior Managers, HR professionals, entrepreneurs and trainers The Satir Model. My first project was an in house corporate program for a Fortune 500 company. The company flew in their senior managers from Japan, Denmark, Panama and from various cities in China. I also taught a leadership program which was open to the public in Beijing. The next week was spent coaching and doing organizational development work with one of the training organizations in Beijing after which I flew to Shanghai to continue with my in-house corporate training work.

Teaching business people The Satir Model is vastly different from teaching therapists. It is easy for therapists to see how the model fits into the context of their profession, aside from a philosophy, it is a clearly defined technique for helping clients to change. Most Senior managers of corporations are trained in finance, strategy, operations, marketing and some human resources concepts. Psychology and the behavioral sciences usually take a back seat to their technical toolboxes.

Therefore, when teaching senior level business people (which is different from non-profit and small business staff), I find that I have to "sell" the context for the model. To those of us in the human services professions, it's easy to see how interpersonal patterns affect productivity. For someone who is paying attention to the vast technical challenges in business, it can be difficult to see how improving communication and congruence can vastly improve technical tasks as well.

I shared with the Senior managers that the future of management would involve using both right and left-brain resources. That is, they would have to add on the ability to make contact with their subordinates as well as their



bosses. Gaining self-awareness about their own coping would help them to take stock and make intrapersonal changes within their iceberg before they took action. This not only improves relationships as work, but also leads to corporate cultures with higher levels of trust.

For a therapist, self-reflection is something that is encouraged early on and throughout our careers. Often for high-level business people, self-reflection is equated with emotionality and emotionality is equated with inefficiency. A paradigm shift is needed in order to show business people that when human yearnings are met in the workplace, commitment increases and productivity soars.

In my experience, the richest learning in our therapy training programs often comes from the students' experience of

Satir in Corporate China continued from page 17

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One of the greatest challenges of leading leaders and facilitating the Satir model is making contact. Often I find that my business students have a "prove it to me" attitude. They are used to being placated and can out argue any fact placed before them. I have worked very hard on my own congruence to develop the self-confidence and boundaries needed to have an authentic relationship with them. During one class in China in April of 2008, the energy of the students created an environment of complaining and criticism. I told them (through translation) that I was happy to hear their concerns with the purpose of working through them, but if the energy didn't change, we would not be able to create the conditions necessary for learning. If they didn't prioritize learning over "being right", I was heading for the airport. The good news is, setting the boundary worked. The students were brave enough to voice their concerns with me, with the training company sponsoring the event, and with one another. By the last day of training, a deep bond had been created between the participants. One banker reported in November of 2008 that her department's productivity had increased by 500% following her participation in the Satir Leadership class.

Applying the Satir Model to business and leadership has a bright future in China and elsewhere. I'll be returning to China for most of the month of March to work with a large pharmaceutical company. Here in the United States, the economic crisis is making the business community stop and think about what led to such an abrupt and dangerous down turn. I believe that the global economic systems are re-organizing to a higher level and The Satir Model will be a vital part in bringing back human values to the workplace.

Angie Dairou M.A.

Satir 2008

From Satir BeiJng Team

Meeting Satir

It is a destiny in our life. The Satir concept is immersed in Chinese culture. I believe Satir can help the people have a better life. So it is mission for our team to broadcast this model. Our goal is to improve self value. So we are working hard for making people have better choice, more responsible, much more congruence. We take the human-oriented, and work systemic, internal and completely with all love.

Our team

With the common belief and value, we set up a Satir team. Under the leader of Jessica (Director), we set up professional department, marketing department and service club. Professional department is in charge of editing workshops' handouts, teaching materials and professional books. Also this department do some consult for the clients. While marketing department is responsible for collecting and analyzing the needs in the market to ensure its strategy. Now we has developed the Satir in Beijing, Tianjing, Shenyang. Taiyang, Changchun and Panyang etc places which have a good effect. The service club is in charge of organizing a series activities to serve the participants who attend our workshops before and the one who love Satir. Under this club surrounding, they have a better growth and change. The main content of the club activities are Satir, meanwhile we added some Chinese traditional factors in it.

I believe in case we have the common belief and value,. we can go further.

The workshops and the activities in 2008

During 2008, we hold the Growth workshop for Monita, Parent workshop for Sandy, Novak, the workshop for Stephen Buckcbee and the workshops for John Banmen. We are so glad to see the development of Satir in China has a big advantage and more people changed due to Satir. So we have more confident for this enterprise. The unforgettable issue in China 2008 is the earthquake in Sichun province in May. Thousands of lives disappeared in few minutes. Though the invitation from he Chinese Academy of Sciences Psychological Center, our center attend the task of rebuilding the psychological health

The unforgettable issue in China 2008 is the earthquake in Sichun province in May. Thousands of lives disappeared in few minutes. Through the invitation from he Chinese Academy of Sciences Psychological Center, our center attend the task of rebuilding the psychology to the disaster area people. During the consulting, Satir shows a great energy.

In August, the Chinese Psychological conference hold in Beijng. And our center invited to attend it. We were honored in the conference for what we have done in the disaster area. Monita had a workshop titled "How family figure the human been" and a Satir presentation. This marked that Satir came into the mainstream psychological circle in China.

Our willingness

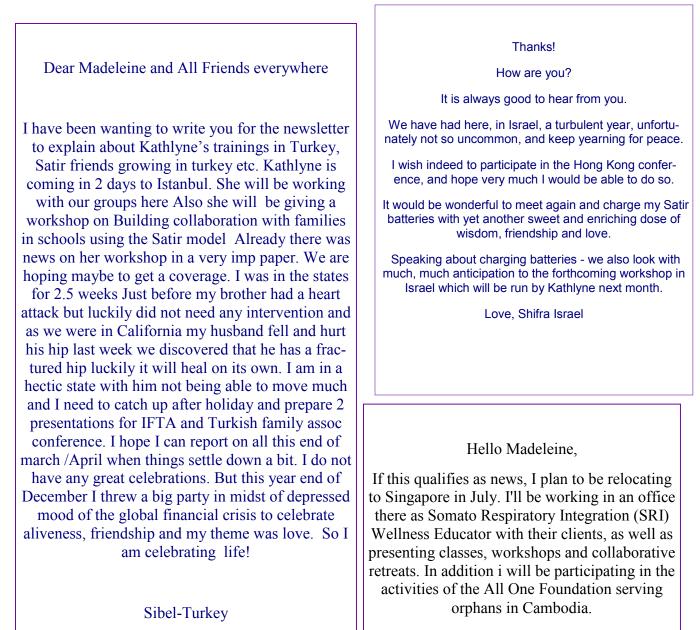
After our hard working, our team has became regular, and we have a clear aim for our center. Besides, the reputation for our center outside is improved. We wish our center can be the institute to broadcast Satir after our effort. Meanwhile, we will take Satir into the individuals, family and enterprise to ensure their spirit remains healthy.

2008 Satir Party:

Thank you to Christine from China for writing and translating this article so that we could all share it



Celebrations and news from Satir friends around the world



I am quite excited to be moving to Asia, having never traveled there before. A new world awaits me.

Much love to all of you,

Anastacia-USA

Remembering Judy Ferris

Judy Ferris, long time friend, member and mentor in the Satir Community passed away unexpectedly on Jan 31, 2009.

Anne Morrison, friend and colleague shared her love and respect for Judy with the following words:

Judy was so generous with her love. It was as if she made a point of discovering who might be the most misunderstood, or feel the most alone, and then, quietly, behind the scenes, Judy would find all kinds of creative, private ways to make genuine contact with them, and lovingly welcome them into community. She helped children find their gifts; parents to reconnect from love, and professionals to find new callings when they faced workplace transitions.

Here are some of the other places where I personally witnessed some of Judy's community footprints:

- as a gifted Hospice volunteer trainer, mentor, children and parents bereavement group leader, and Board member, Judy was a leader in the field; her cutting edge bereavement work reached right across Canada;
- as a beautiful healing group facilitator for women who suffered sexual abuse;

as a hardworking volunteer Board member for numerous community groups, including Douglas Park Community School;

as a devoted Seniors peer counsellor;

- as a gifted Langley Family Services training co facilitator, for staffs, clients, and volunteers;
- as a wonderful supervisor to young people completing graduate work in various fields;
- as a beautiful angel who facilitated special summer retreats for people suffering from Aids and their families;
- as the creator of memorable summer bereavement camps for children;
- as an enthusiastic co creator of the Langley Women's Wellness Conferences.

and the list goes on.

Judy will be truly missed by all of us who had the pleasure of knowing her personally and professionally. We celebrate her life which was well lived in service and dedication to a more congruent world.

Satir Training Programs

Satir Institute of the Pacific Special Event

(Also applicable to STST Level III)

Premarital and Remarital Counselling with Dr. William J. Hiebert, D. Min., Licensed Marriage and Family Therapist,, Rock Island, Illinois, USA

May 30th and 31st, 2009 9 am – 5 pm **NOW REGISTERING**

All Satir and non-Satir helping professionals are welcome!

Satir Transformational Systemic Therapy Level I-8 Day Residential Summer Intensive Training

July 13 – July 20, 2009 Rosemary Heights Retreat Centre, South Surrey, B.C., Canada

With Kathlyne Maki-Banmen & Anne Morrison

Satir Transformational Systemic Therapy Level II with Kathlyne Maki-Banmen, Guest faculty: Dr. John Banmen

September 19 & 20; October 24 & 25; November 21 & 22, 2009; January 9 & 10; February 6 & 7, 2010

Location: 13686 – 94A Street, Surrey, BC

NOW REGISTERING

NOW REGISTERING

Satir Transformational Systemic Therapy Level I with Kathlyne Maki-Banmen & Linda Lucas; Guest Faculty: Dr. John Banmen

September 26 & 27; October 31 & November 1; November 28 & 29, 2009; January 16 & 17; February 13 & 14, 2010

Location: 13686 – 94A Street, Surrey, BC **NOW REGISTERING**

For program information, contact Cindi Mueller, Administrative Assistant, at

604-634-0572 or admin@satirpacific.org or check the SIP website at www.satirpacific.org

Shelley Jensen will be our Speaker at the AGM on Saturday July 27th 1-5pm



Shelley has integrated her Satir Family therapy training with her personal and professional journey

Shelley Jensen is the founder and president of Shelley's Angels Society and "S" Team Counselling Services. She is a Professional Counsellor and Nutritional Consultant specializing in the treatment of disordered eating.

Over the past 19 years Shelley has dedicated her career to researching, learning and loving the compulsive eater. Childhood obesity sparked the beginning of a struggle with episodes of bulimia, and binge eating disorder that went well into her 20's.

After seeking therapy, she has experienced the joy of recovery for over 22 years and founded Shelley's Angels Society a non-profit organization providing bursaries for those unable to afford private counselling and treatment.

After working in the weight loss industry for many years, she watched as it added fuel to the fire of Eating Disorders and dreamed of a time when she could share her passion to empower women to reconnect with their bodies and their innate wisdom.

She has been instrumental in local elementary and high schools and body image campaigns, raising funds and awareness for eating disorders. Shelley was a recipient of the Women of Distinctions award in 2004 and continues to make headlines in such articles featured in Flare and Readers Digest.

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SATIR INSITUTE OF THE PACIFIC
Satir AGM 1.00-5pm June 27th at the Phoenix Centre
Nomination Form for the Board of Directors
Your name (please print)
Your membership
Clinical member (in good standing)
Professional member (in good standing)
Affiliate member (in good standing)
Name of nominee
Address of nominee
Nominee's phone number
Here you verified this nerven's willingness to be permineted?
Have you verified this person's willingness to be nominated?
Yes (If not, please do so before submitting this form)
Please e-mail your nomination form to:
Teresa McLellan
secretary@satirpacific.org
or
Fax it to 604-634-0572

Discovering Life:

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Healing the Impacts of

Childhood Sexual Abuse

Using Satir

Transformational Systemic

Therapy

with

Anne Morrison, MSW, RSW, RMFT

Individual, Couple and Family Therapist

and

Dr. John Banmen, RPsych, RMFT

Psychologist and Family Therapist

January 31 & February 1, 2009

9am - 5pm

sponsored by:

Satir Institute of the Pacific

Dr. John Banmen, Director of Training

The Satir Institute of the Pacific Clinical Evenings

Clinical members of the Satir Institute of the Pacific are invited to attend the clinical evenings beginning this fall.

These are important for the continued growth and development of Satir clinical members.

Presenters will share their knowledge of their respective fields.

Sessions will be held at the Satir Institute of the Pacific 13686 94A Avenue, Surrey, BC.

If you have any questions please contact Linda Prochaska at lprochaska@shaw.ca or (604) 879-6654.

To register: send your name, address, telephone number and e-mail along with \$10. 00 per evening to

Cindi Mueller, Admin. Assistant

Satir Institute of the Pacific

13686 94A Ave. Surrey, BC V3V 1N1

Future sessions: tentative dates June 18, 2009

In Progress

Postponed-until September 26th-27th September 2009

Advertising and Classified Ads in The Wisdom

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

W	Full page —	\$50				
w	Half page —	\$25				
w	Quarter page — \$12					

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

Display advertising rates:

w	w Quarter page — \$12											
Classified advertising:												
Th	le	cost	for	r	ore	ofe	ess	ic	n	al	1	re

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 will be

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

Wisdom Box Production Team

Madeleine De Little Editor

mdelittle@shaw.ca

Cindi Mueller, Distribution

It is time to renew your Membership

\$50 membership

\$50 for four Satir journal editions.

http://www.satirpacific.org/membership/documents/Membership

Address Change ??

If you have changed or are about to

change your address or e-mail

Don't forget our website!!!

www.satirpacific.org