

# satir institute of the pacific

#### **Our Vision Statement**

We are a welcoming, intentional community committed to facilitating growth and transformation on a foundation of mutual respect and inclusivity. We are committed to personal responsibility, congruence, and integrity in the development of individual wisdom and leadership. We embody and promote these principles and concepts to achieve a world of harmony, peace and wholeness within, between and among all humanity.

### Wisdom Box

The Newsletter of the Satir Institute of the Pacific connecting members throughout the world

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### President's Message

Hello and Happy New Year Satir Institute of the Pacific members,

We will be coming together on March 3, 2018, to conduct our Annual General Meeting and celebrate our past year as human and spiritual beings. We invite you to attend and participate with us. Please come and connect with your Board of Directors. We will have a lovely presentation by Lyla Harman. We hope you will join us in person, and if not in person, perhaps in spirit, as we are beginning another year of learning and growing. Virginia Satir stated in her article, The Therapist Story, "One way to avoid 'burn out' is to keep growing and learning,.' She goes on to write, 'It is also important to model congruence. An over-simplified definition of congruence is that one looks like one feels, says what one feels and means and acts in accordance with what one says. Such congruence develops trust.' We have several director openings on the board. Are you interested in learning and growing along with us? Are you interested in how your unique life force energy can contribute and serve others? Nominate yourself! Nominate someone else!

This past year SIP bursaries has contributed to many people attending many SIP trainings. We want to thank each of you for your contribution to the SIP bursary fund. Perhaps you contributed or donated money to the SIP website, or maybe you contributed items for our intensive program auction nights. You are making it possible for others to learn and grow and to experience a deeper understanding of Use of Self. Thank you.

We continue to search for a Wisdom Box editor. If you are interested, please contact us. If you are interested in serving on one of our many committees, please contact us. There are many ways to contribute, serve and connect. We welcome you. And, another way to contribute is: Pay your yearly dues!

I have been honored to serve this past year as the SIP president. During the year, I have asked for help, and in return received help, insight, guidance, encouragement and reassurance. Reciprocity. Giving and receiving. Asking for what I need, and allowing myself to receive the gifts from others. Committing my time, and my life force energy to learning, growing, changing and experiencing deeper peace, and in return, I receive ten fold. I am compelled to contribute and serve. I reflect, contemplate and challenge you to do the same, how can you LIVE Virginia Satir's famous saying, Peace within, Peace Between, Peace Among? My contribution is living and supporting Peace. SIP provides trainings and workshops to promote Peace within, Peace between and Peace among. How are you contributing to Peace? Is Peace living in your heart? It seems many of us, perhaps all of us, are busy, maybe too busy. What are your priorities? How do you live Peace, and exude Peace in your busy life?



Sincerely,

Linda Lucas President Satir Institute of the Pacific

### **Letter From the Editor**

### Hello again.

I can't believe it has almost been a whole year since I have been Director of Membership and 3 editions of the Wisdom Box that I have created. WOW !!! Time flies so fast. It has been a busy year for myself personally and for the institute. Please join us at our AGM March 3 and find out more about what we have been up to and what some of our exciting ideas for the next year are.

If you are interested in being more connected or involved with our institute, the board, our many committees or various projects that we are creating (including editing this lovely newsletter) please do not hesitate to contact us at SIP through Cindi at 604-634-0572 or via our website contacts www.satirpacific.org.



Teresa McLellan

Director of Membership

"Temporary" Editor for the Wisdom Box newsletter
newsletter@satirpacific.org



"Peace Within, Peace Between, Peace Among" Virginia Satir

### Board Members 2017/18

President - Linda Lucas, MA, LCPC
Secretary - Denise Wynne, MSW, RSW
Treasurer - Tonda Chin, MS, LPC
Director of Training - Jennifer Nagel, MA, RCC
Director of Membership - Teresa McLellan, MAC, RCC
Director of Marketing - Corrinna Douglas, MCP, RCC
Past President - Michael Callaghan, RTC

### Directors at Large:

Madeleine DeLittle, RTC, MTC, RCS, Ph.D. Moira Haagen, M.Ed. RCC Lyla Harman, BSW, MSW, RSW

Wisdom Box Editor - TBA

### **News From the Board**

### SIP-AGM

Saturday March 3, 2018

3:30 pm

**Phoenix Center** 

13686-94A Avenue, Surrey, BC

Satir and Inviting Spirit with Lyla Harman

**Annual General Meeting** 

**Committee Reports** 

**Financial Reports** 

**Announcement of Directors** 

Come Join In and Connect With fellow members

# satir institute of the pacific

The board is still looking for Nominations

Check out our <u>events page</u> for Nomination forms

Nominate yourself or someone else

### **Training News**

#### A NOTE FROM YOUR DIRECTOR OF TRAINING JENNIFER NAGEL

2018 has proven to be off to a dynamic and busy start as we plan for an inspiring year of programs to deepen your personal and professional growth in the Satir Model.

I am excited to share what is in the works for this year:

### 2-Day Programs: Applications of Transformational Systemic Therapy

MARCH 17 - 18, 2018

### Satir and Neuroscience in the Sand Tray Part 2

Dr. Madeleine DeLittle will be presenting the second part of this program. If you have taken Part 1 from Madeleine in any other settings, this is an opportunity for you to deepen your practice of using the sand tray as a vehicle for transformational change.

APRIL 14 - 15, 2018

### Yoga, Trauma and the Satir Model

Trainers Danielle Braun-Kauffman and Carolyn Goossen will be presenting this NEW program for SIP and I am so excited for this opportunity to integrate these modalities together.

JUNE 9 - 10, 2018

### **Family Reconstruction**

Kathlyne Maki-Banmen will facilitate a 3-generational family reconstruction for the star to experience transformational change and let go of impacts from the past in order to live with more internal freedom and joy. This is an exciting opportunity that you will not want to miss as you will learn, in a very experiential way, about this process for bringing about change. More information will be coming soon.

### FALL PROGRAMS (DATES TO BE DETERMINED)

#### **Stress and Anxiety**

Dr. Carolyn Nesbitt will lead this program on applying Transformational Systemic Therapy to work with stress and anxiety. More information will be coming soon.

And more 2-day programs are in the process of being planned so be sure to check our website regularly for updates!

### LEVEL 1 AND LEVEL 2 TST PROGRAMS

#### 1. Level 1 in KAMLOOPS, BC

February 15 - 18, April 5 - 7, and June 21 - 23

Jennifer Nagel will be the trainer for this program. Please encourage any of your colleagues and friends in the helping profession who live in and around Kamloops to join us!

### **More Training News**

### 2. Level 2 in SURREY, BC

We have had several requests to resurrect the weekend Level 2 program. *You asked, we listened.* Here are the dates for the Level 2 program that will be led by Kathlyne Maki-Banmen at the Phoenix Centre:

April 27 - 29, May 25 - 27, and June 22 - 25

### 3. Level 1 Summer Residential 10-day Intensive at SFU in Burnaby, BC

July 24 - August 2

Trainer: Kathlyne Maki-Banmen

### 4. Fall Level 1 in SURREY, BC

Dates have been set for the 5-weekend course of the next Level 1 at Phoenix Centre: September 22-23, October 13-14, November 24-25, January 19-20, and February 16-17. Trainer(s): Jennifer Nagel and/or Linda Lucas

#### OTHER EXCITING PROGRAMS

#### **Master Class: THE FOURTH BIRTH**

Simon Fraser University, Burnaby Campus

July 2 - 9, 2018

Led by Dr. John Banmen, this 8 day intensive program will explore how Satir Transformational Systemic Therapy can be an effective approach to higher consciousness and spiritual growth.

### THIS PROGRAM IS FULL

### **USE OF SELF IN FAMILY THERAPY Bethlehem Retreat Centre in NANAIMO, BC**

November 12 - 17, 2018

This will be the 2nd year of this new program that is back at the enthusiastic request of those who attended last year. Anyone who has completed Level 1 or the equivalent is welcome to attend. Stay tuned for this year's roster of topics and presenters!

### TRAINING FOR TRAINERS

If you have a desire to teach, present, and share the Satir Model with others, come deepen your group facilitation skills, learn how to develop a curriculum, marketing your workshops, and finding your 'niche' of who you would like to present to.

Trainers: Linda Lucas and Jennifer Nagel (and possibly some special guest trainers too!)

Phase 1: September 25 - 29, 2018

Phase 2: April 12-17, 2019

Phase 3: October 9 - 13, 2019

Go to the website to check in for updates and sign up to receive new information about this program as it becomes available.

### Case Discussion with Linda Lucas about Unmet Expectation from Childhood By Hettie Tu

Hettie is a Satir program translator in mainland China working with John Banmen, Linda Lucas and Sandy Novok since 2009. She is a Satir counselling practitioner and a member of SIP.

**Hettie:** I have a question for you. When I deal with a case about unmet expectation from childhood. I was remembering that you asked the client to imagine that child part in front of her and see her child part. What is the key point of working with the client between adult part and child part?

**Linda:** Is the unmet expectation the child's or as an adult? The adult self can experience the child part with compassion and caring. We want to help them explore the impact of the unmet expectation and discover the yearning beneath the expectation and have the adult self meet the expectation for the child part.

**Hettie:** I find the adult held the unmet expectation from the childhood and I can't distinguish it from childhood or adulthood. Seemingly she was not able to get it when she was young and now she can get a little bit from her parent as an adult. I seem to follow your idea to handle it and it is not skillful. But it works.

**Linda:** Often the adult will have the child's expectation and we want to help them make a new decision as an adult. As an adult they can meet their own expectation, as a child they didn't know how and thought it was because they were unworthy. As an adult they need to "take care of themselves" in a way the parents were unable to care for them.

**Hettie:** I just don't know how to ask questions about the child part when she was sending the message to the child part. Does that mean the client role-play the child part inside and she roles play two roles? How did you handle this part? I am always confused about his part.

**Linda:** No role playing. Actually you can talk to the child part, and also talk to the adult part. We want to help the adult part give the child part what she wanted from the parents.

**Hettie:** But how can we know the child part get it or not?

**Linda:** The person can tell you and you can see how they are experiencing themselves.

**Hettie:** Could you tell me the questions you asked? For example, the child part yearned for recognition and protection from parents but she didn't get it.

**Linda:** Since it is a process I don't think I can give you a question. Maybe, does your child part believe you will protect her? Does your child part trust you? Have the adult self ask the child part. It is not the child self, I t is the child part that hasn't grown up. And ask the adult self, will you protect your child part? Will you love her and care for her the way she needs? We want the adult to become more responsible for her Self.

**Hettie:** I find that by asking questions we still work on the perception of the adult self. It is about you think your child part trust you? I will think more about it.

**Linda:** The adult Self has to decide to take care of and nurture and protect the child part. Often the adult Self still believes the child is unworthy or bad. Have to work with the adult self to begin to see or experience the child part a courageous, determined, wise and strong. The counselor had to share how they experience the child part for the adult part to have a new perceptive. The counselor had to share how the child was able to survive and grow up. Counselor had to help the adult to recognize and accept and experience the child's resources that are now available to the adult self.

**Hettie:** That make senses to me now. I got the point. Often the adult self still believes the child is unworthy or bad. That is the basic principle or assumption of work and why we ask those questions.

**Linda:** Yes. The adult self has believed the parents. We need to help them take responsibility for their own beliefs, and help them experience the lovely child part as good! All children disobedient sometimes. Or the child part has believed the parents and now make the beliefs part of their identity.

**Hettie:** You are very professional. Good conceptualization. with gratitude.

Linda: thank you. You are amazing!

### Case Discussion about Unmet Expectation from Childhood Continued ...

In discussion with Linda Lucas she especially mentioned that the focus/goal has to be helping the client to allow the child part to grow up so they no longer have the child part. This is after doing the work of helping the child part experience the adult self caring for them. The adult self will integrate the child part's resources.

This fits the idea of becoming a more fully human as Virginia Satir advocates.

I am wondering if I were working with John Banmen and watched how he worked with the client about unmet expectation from her childhood. What would he do?

He probably would lead the client go inside and close the eyes. He would probably guide a meditation and go into the yearning part and guide the client to let go of the pains from the past and meet her own yeaning right now as an adult. It would be a transformational change at that moment. Finally he will help the client to land on the SELF and anchor the SELF. Usually I could see the client work deeply inside herself with the guide from John Banmen.

Surely John always did things differently with different clients.

Earlier in 2009 it was very popular in mainland China that people use inner child in the self-growth program. I used to use this language of inner child in his class and asked about how to fix my inner child and he didn't agree with the concept of inner child.

I still remembered from John's class that he mentioned we only have one Self and those persons splitting inside would have an inner child.

He is strongly against the concept of inner Child as many participants were asking questions about her own inner child in the programs. He always joked about it and said in the classroom there are only two kinds of people who have inner child. One is from pregnant women in the class. Another is from him while he was pointing to his big belly.

I used to be puzzled about this inner child and now I seem to understand what he means.

I find the language of using the word of inner child, child part and child self is very tricky. Who is Self? Who is inner child? What is child part?

I become more skeptical about what I used to believe and more cautious about what I am doing with my client.

I believe every trainer and counselor has different way to handle the case and that is the uniqueness of every human beings. I feel privileged to watch different trainer to do the workshop differently and handle the case differently.

I wish my confusion and this kind of conversation and sharing and will be beneficial to our Satir World.

#### THANK YOU SO MUCH HETTIE!

This was a great conversation to capture with Linda.



Hettie Tu & LindaLucas. Photo taken on Dec of 2017 in Shenzhen, China

### MEMBERSHIP NEWS

Director of Membership: Teresa McLellan

Thanks to all of you who have already renewed your membership for 2018. If you haven't yet you will likely receive a reminder email shortly. We look forward to another great year together with ongoing opportunities for learning, connecting and growing.

### **Membership Rates:**

Clinical Members - \$75 per year
Professional Members—\$50.00 per year
Affiliate Members—\$25.00 per year

<u>www.satirpacific.org/membership</u> or contact Cindi Mueller at admin@satirpacific.org

I would **LOVE** to hear from you about what you would like to see happen with membership services this year. Please let us know if you are interested in helping us become a more vibrant, welcoming, intentional community committed to facilitating growth and transformation based on the foundation of respect and inclusivity

Sincerely

### Teresa McLellan MAC RCC

Director of Membership

Satir Institute of the Pacific

Office: 604-634-0572 Cell: 604-318-5309

membership@satirpacific.org www.satirpacific.orq

### FIRESIDE CHATS- Vancouver Island



The last Vancouver Island Fireside Chat was to be held in Cowichan at Lyla's in November but unfortunately had to be cancelled because of the snow.

### Stay tuned for the date of their next gathering

### FRASER VALLEY COMMUNITY OF PRACTICE

The Fraser Valley has met twice in Fort Langley since the last edition of the Wisdom Box came out: December 7 and January 11. Madeleine and Tricia had some great questions again for us to ponder and explore in the sand tray.

The next gathering is scheduled for Thursday March 1 from 7-9 pm.

Please contact Tricia Antoniuk at tricia@antoniukcounselling.ca for more information







If you are interested in joining any of our ongoing gatherings (Vancouver Island, Fraser Valley, Kamloops) or are interested in hosting your own, please contact Teresa McLellan, Director of Membership at membership@satirpacific.org or Cindi Mueller at satiradmin@satirpacific.org



Thanks to all those that joined us at Rusty's pub on Thursday January 25 for a night of fun, food, laughter and connection.



### INVITATION TO ALL SIP MEMBERS

Have you given Meditations at SIP Training Programs, SIP Approved Programs or other SIP events? If so, we would like to hear from you.

SIP is considering publishing a book, or a CD or both, of Meditations given by SIP members to celebrate SIP's upcoming 20<sup>th</sup> anniversary in the summer of 2018. This idea is part of SIP's effort to both add to our Satir resources and to showcase some of the talent of our members worldwide.

The first step is to find out if we would have sufficient material to make this project viable. Then the second step would be to form a small working group to look at the material, select what should be included, make recommendations to the Board and see the project through to fruition.

If you would like either to participate as a member of this working group or contribute ideas to the group, please email me michaeltc@shaw.ca

## BUILDING COMMUNITY THROUGH CONNECTION

Add your "gifts" to our treasure

Do you have the "spirit of service" or feel the passion to contribute?

Satir Institute of the Pacific is looking for individuals to support various projects

To explore how you can contribute to the growth of our community, please contact Corrinna Douglas:

email: satirmktg@gmail.com

Phone: 1-250-572-5568



### **INTERNATIONAL NEWS**



Sharon Loeschen, President of The Virginia Satir Global Network (VSGN), has invited us to sign up for, and send contributions (if you feel inspired to do so) for consideration of publication in VSGN's News Flashes. To get the News Flash, go to <a href="www.satirglobal.org">www.satirglobal.org</a> and on the Home page, right lower corner, and sign up for it. To submit contributions for consideration in the Newsflash please send them to Sharon Loeschen @ <sloeschen@gmail.com>

Sharon Loeschen President, Satir Global Network

### **DID YOU KNOW**

that with a VSGN membership you have access to treasured archives of documents and videos?

They also have online education classes on Satir Fundamentals and Satir Process. Check it out!



### Virginia Satir's IHLRN is Coming to Canada

October 14-21, 2018 Coast Victoria Hotel Victoria, B.C., Canada

You are invited to join IHLRN's community for fellowship, fun, good food and drink, intellectual stimulation, good connections, warm hugs, and conversation with the exceptional people (once called the "Virginia Satir's Beautiful People") who attend the International Human Learning Resource Network's annual conference: this year in Victoria, B.C., Canada.

Imagine a week immersed in the practice of Virginia Satir's teachings, led by therapists who have used them in their professional work for many years. And many presenters knew Virginia personally and trained with her.

This is what IHLRN, Virginia Satir's International Human Learning Resources Network, has been doing one week each year for 49 years. This fall IHLRN is coming to Canada, to the port city of Victoria on beautiful Vancouver Island.

IHLRN is much more than a Satir learning experience. Don't miss this amazing opportunity to learn and live it up *right in your own back yard!* 

The Coast Victoria Hotel, <a href="https://www.coasthotels.com/hotels/bc/victoria/coast-victoria-hotel-and-marina/">https://www.coasthotels.com/hotels/bc/victoria/coast-victoria-hotel-and-marina/</a>, is right on the waterfront between Fisherman's Wharf and the beautiful inner harbour. It is the new urban style hotel concept with all the modern amenities and easy walking access to Victoria.

The conference is from October 14 to 21, 2018. To register and get more information, go to <a href="https://www.ihlrn.org">www.ihlrn.org</a>.

We hope to see you there.



### IT'S A WIN WIN!!!

Satir Institute of the Pacific is the perfect registered charity, not for profit organization to receive a tax receipt for your donation. Your financial contribution will support the sustainability of the Institute and be used towards resources, training materials and/or bursary program.

To make your donation and receive your receipt in time for your tax return, go to <a href="www.satirpacific.org">www.satirpacific.org</a> and click on "Donation" at the bottom of the page.

Your generous donation (minimum \$25.00) is greatly appreciated and will benefit the continued knowledge and growth of Virginia Satir's

### **LET YOUR LIGHT SHINE**

We want to illuminate the world with the transformational impacts of Virginia Satir's work

If you are sharing your work and wisdom with the use of the Satir Model in any conference, and you are a member of Satir Institute of the Pacific we want to hear from you!

Learn how we can support your presentation by contacting Corrinna Douglas satirmktg@gmail.com



### RESOURCES

The Satir International Journal, Satir's Annotated Bibliography, & Blog

Have you signed up to receive the latest issue of the Satir International Journal?

### IF YOU HAVEN'T, REGISTER NOW! IT'S FREE

#### Go to: https://journals.uvic.ca/index.php/satir

On the opening page, you will see a place to register (**USER**) to the right of your screen. Sign in there. When you register, you will be notified when a new issue is published on-line. We publish yearly in the Fall. In the meantime, you can browse around and take a look at back issues. You are free to print any articles you choose and as long as you site the journal as its source, you can use the articles in teaching, with clients and colleagues, or any way you choose.

#### HAVE A MANUSCRIPTYOU'D LIKE TO SUBMIT?

Go to: <a href="https://journals.uvic.ca/index.php/satir">https://journals.uvic.ca/index.php/satir</a> and click on ABOUT tab at the top of the page, scroll down to Submissions section, and click Author Guidelines. Submit to Jesse Carlock,

Ph.D.: satir@uvic.ca

#### HAVE YOU ALREADY SIGNED UP BUT MISSED THE LAST ISSUE?

If you haven't already done so, I would like to recommend that you go to <a href="http://journals.uvic.ca/">http://journals.uvic.ca/</a> index.php/satir/ as many of our members have written fabulous articles

#### Dear Satir Members,

You can access the updated Satir Annotated Bibliography on our website at:

http://satirpacific.org/wp-content/uploads/2016/06/2016-05-Annotated-Bibliography-Web-V3.pdf

This Bibliography may be reproduced, quoted or otherwise used in whole or in part, as long as it is accompanied by the following statement: "This bibliography was produced by the Satir Institute of the Pacific (<a href="https://www.satirpacific.org">www.satirpacific.org</a>)".

Regards, Cindi Administrator, admin@satirpacific.org

### **APPRECIATIONS**

### Thank you Virginia!





### **Attention Members:**

We will be revising how often the Wisdom Box is published but please continue to submit any news, pictures, articles, stories, ideas, queries, poems, or anything else you think would interest the membership to the Editor <a href="mailto:newsletter@satirpacific.org">newsletter@satirpacific.org</a> We would love to hear from you.

**DID YOU KNOW** that members can advertise in this newsletter.

2018 - The Wisdom Box is now accepting regular display advertising for Members Only. Here is our policy. 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. Forward articles, classifieds and display advertising via e-mail attachment (in Word for Windows format) to the Editor at newsletter@satirpacific.org

Display advertising rates: Full page — \$50, Half page — \$25, Quarter page — \$12 Classifieds FREE for SIP Members: The cost for professional related items such as office rentals, items for sale, equipment needs, supervision etc.

**Bianca Rucker, PhD** is an experienced approved AAMFT supervisor offering supervision for therapists wishing to become clinical members of AAMFT or BCACC. Supervision and consultation is also provided for therapists who would like to improve their effectiveness. Special expertise is offered in the area of sexual and relationship therapy. Fee is \$150/hour for supervision. Inquire about reduced fees for certain circumstances. Supervision available at Cambie and Broadway, and also at Boundary Road and Marine Drive. Contact Bianca Rucker at: Bianca Rucker and Associates Inc., #400, 601 W. Broadway, Vancouver, BC V5Z 4C2 Tel: 604-731-4466 Email: <a href="mailto:br@biancarucker.com">br@biancarucker.com</a> or visit www.biancarucker.com

**Wendy Lum, MA,** Registered Clinical Counsellor and Registered Marriage and Family Therapist is an approved AAMFT Supervisor. She is offering supervision for therapists and counsellors. She has been a practicum supervisor for UVic Counselling Services practicum counselling program since 2007. Wendy's focus is on use of self and increasing personal presence and congruence in order for greater impact on Client's growth and change. Location: Victoria, BC. Tel: 250-920-9228 Email: innerchange@shaw.ca or visit www.innerchange.ca

### NEXT ISSUE

We invite you to submit Letters to the Editor, Questions, News, Appreciations, or Feedback. We want to hear from you: about past articles, future features you would like to see, or simply sharing your thoughts and feelings with the rest of us. The value of the Wisdom Box is more than sharing information it is a forum for discourse among dedicated professionals. We Want Your Wisdom!!! This is your newsletter so PLEASE let us know what you think and what else you would like to see in the Wisdom Box that could enrich your reading experience, expand your knowledge, connect you with other members and most importantly, impact you positively!

Members connecting with members are an important mandate of the Wisdom Box so please feel free to submit any personal or professional news, e.g., weddings, births, anniversaries, pictures, conferences, presentations, articles, new business ventures, etc to Cindi Mueller@ <a href="mailto:admin@satirpacific.org">admin@satirpacific.org</a> until such time as the new Editor is announced.

We are also very pleased to pass along news of goings on in your region so don't forget to let us know what is happening in your area. News from the various SIP regions, any research or application of the Satir Model and other people's research that support the Satir model will be gratefully welcomed. Please send to Cindi Mueller@ <a href="mailto:admin@satirpacific.org">admin@satirpacific.org</a> or <a href="mailto:newlsletter@satirpacific.org">newlsletter@satirpacific.org</a> until such time as the new Editor is announced.

If you are interested or know anybody that may be interested in helping us publish our quarterly newsletter, the Wisdom Box, please let us know..

"We never come to the end of anything. We come to pauses which enable new things to happen..." Virginia Satir

### **Sincerely**

The Wisdom Box Production Team:

"Temporary" Editor: - Teresa McLellan, Director of Membership newsletter@satirpacific.org

**Distribution:** Cindi Mueller, Administrative Assistant <u>admin@satirpacific.org</u>

**SEEYOU NEXT TIME**