

Calendar of Free Events

July•August•September 2018

Educational Opportunities

Medical Marijuana & other Cannabinoid Products

Monday, July 9, 6:30 – 8:00 pm
Learn how to qualify for the medicinal use of cannabis and get answers to your questions. Presented by Gayle Michel & Liz McDuffie of Medical Cannabis Caregivers. The majority of patients who qualify for the medicinal use of cannabis have little or no knowledge regarding its use in treating a medical condition. This workshop will introduce various pharmaceutical grade products including but not limited to tinctures, salves, suppositories, pain patches, sublingual sprays, vapor pens, and more.

Free New App to Impact Treatment

Tuesday, July 10, 6:00 - 7:00 pm
Learn about a free new tool to help take control of your cancer journey. A virtual advocate, chemoWave empowers you to track symptoms, side effects, meds, moods, and appointments to be able to give a reliable account of your experience to your doctor. Created by patients for patients - to be better partners with their doctors.

Beginning Bead Weaving

Monday, July 16 & Aug. 20, 1:00 – 5:00 pm
Come and learn the technique of bead weaving, the art of creating jewelry using a needle and thread, from Mary Holley. Bring your reading glasses and some patience to create a beautiful piece of jewelry.
Pre-register as class size is limited.

Understanding All Those Tests

Tuesday, July 17, 6:30 – 8:00 pm
Join Dr. Ruby Kalra, MD as she guides you through which lab, pathology and radiology tests are important for your cancer diagnosis and for following throughout your treatment. We will look at common tests and how to interpret them and which ones to monitor.

Meditation for Those Who Can't Sit Still

Wednesday, July 18, 2:30 – 4:00 pm
Join Korie Beth Brown, Ph.D, RYT-200, for an exploration of rhythm, chanting, and light movement for meditation. No experience necessary! A short discussion will be followed by a hands-on workshop. Wear comfortable clothing and be ready to have fun learning!

Complementary and Natural Therapies

Thursdays, 5:30 - 6:45 pm
July 19, August 16, & September 20
Join Dr. Robert Chu, L.Ac and learn how acupuncture, nutrition and exercise can be integrated with standard medical protocols to help reduce the side effects of cancer treatment and improve overall health and vitality.

Herb Potting Class at Armstrong Garden Center, 352 E Glenarm Street

Wednesday, July 25, 3:00 – 4:30 pm
Join Armstrong Garden Centers Manager Jesse Bawsel for a 'Make and Take' workshop planting cool season herbs and vegetables into a decorative pot. We will discuss varieties, soils, sun tolerance, watering practices and more.
Pre-register as class size is limited.

Gut Health

Monday, July 30, 6:30 – 8:00 pm
Join Courtney Titus, Certified Holistic Health Coach to learn how to optimize your gut health to reduce inflammation, decrease bloating, and have great energy throughout the day.

Breast Reconstruction Options

Tuesday, July 31, 6:30 – 8:00 pm
Women with breast cancer and their caregivers are invited to a comprehensive empowerment program that streamlines information, options, and tools for decision-making around breast reconstruction. Presented by Dr. Nima Naghshineh, MD, MSc, plastic & reconstructive surgeon.

What side are you on?

New insights into Colorectal Cancer

Tuesday, August 7, 6:30 – 8:00 pm
Presented by Dr. Heinz-Josef Lenz, MD, FACP. Learn about the most current colorectal cancer treatments, side effect management strategies, social and emotional challenges of the diagnosis, and survivorship issues specific to colorectal cancer.



Our Mission

The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Educational Opportunities

Please call 626-796-1083 to register.

Become a Member

Orientation Meetings:
Every Tuesday 11 am
Every Thursday 6 pm

Learn about CSC services which include educational seminars, stress reduction classes and support groups.

No appointment is necessary to attend an orientation meeting.

Cancer Support Community Staff

Executive Director
Meg Symes

Director of Development
Patricia Ostiller, JD, CFRE

Program Director
Laura Wending, MA, LMFT

Program Manager
Rachel Koonse, MA, LMFT

Director of Events
Danielle Gay

Operations Manager
Julie Stevens

Office Manager
Richelle Mascaro

Educational Opportunities

Loving Your Skin

Monday, August 13, 6:30 – 8:00 pm
Sun lovers that slathered themselves in baby oil in the 1960's and 1970's, before SPF, are at great risk for developing skin cancer in their lifetime. Join Dr. Janice Da Volio, MD and learn how to reduce your risk of cancer even after the sun damage is done, what skin changes to look for, and when to see a dermatologist.

Taming the Tiger: Releasing Fear About Cancer

Monday, August 20, 6:30 – 8:00 pm
In this presentation, Dr. Shani Fox, ND reveals: Scientific evidence that mastering fear is essential to living well with or beyond cancer, the power over fear you didn't know you had, and the simple secret to mastering fear, so you can live with wellness and peace of mind.

The Law: End of Life Option Act

Tuesday, August 28, 6:30 – 8:00 pm
Karen Morin Green, RN, member of Compassion & Choices, will present the various choices for end-of-life and also the basic steps and requirements for utilizing the California law.

Quiet the Mind Meditation - 4 Week Series

Tues., September 4, 11, 18 & 25, 1:00 – 2:00 pm
Join Emily Gonzales, Chopra Center™ Certified Instructor to learn techniques for quieting the mind and shifting to a calm and balanced state of well being. Learn tools to develop your own personal meditation practice.

What's So Great About Stretching?

A Four-Part Series
Wed., September 5, 12, 19, & 26, 10:00 – 11:00 am
Learn about the importance of stretching as a practice and discipline with Dr. Catherine Budincich, D.C. This daily practice connects the mind and body, builds strength and helps joints articulate smoothly reducing pain. Wear comfortable clothing.

Glucose & Insulin – The Destructive Duo

Monday, September 10, 6:30 – 8:00 pm
Join Candice Rosen, RN & Certified Health Coach and author of The Pancreatic Oath, to learn about the negative effects of glucose and insulin on weight and overall health and what you can do.

Look Good, Feel Better

Tuesday, September 11, 10:00 am - 12:30 pm
Women in active cancer treatment learn to mitigate the appearance-related side effects of chemotherapy and radiation demonstrated by a licensed cosmetologist sponsored by the ACS.
Pre-register as class size is limited.

From Pain to Power

Monday, September 17, 7:00 – 8:30 pm
Join Dr. Drew Carr, PhD, Clinical Psychologist for a presentation about living well and meaningfully in the midst of pain as well as wholeness-based strategies to improve overall cognition and everyday functioning.

Healthy Lifestyle

Walking for Wellness

(at the Pasadena Rose Bowl)
Mondays & Fridays, 6:00 pm
Holly (626)319-9542 - CALL TO RSVP

Yoga

Mondays, 12:30-1:30 pm
Nicole Galli, Yoga Instructor
Tuesdays, 3:00-4:00 pm (Yin Yoga)
Veronica Lockett, Certified Yoga Instructor
Thursdays, 11:00 am-12:00 pm
Korie Beth Brown, Certified Yoga Instructor
Saturdays, 10:00-11:30 am (Gentle)
Arlene Vidor, Certified Yoga Instructor
Saturdays, Yoga En Espanol, 2:00-3:00 pm
Lluvia Higuera, Certified Yoga Instructor

Zumba Sentao®

Mondays 11:00 am - 12:00 pm
Adrienne Aguirre, Licensed Zumba Instructor

Guided Meditation

Mondays, 1:00-2:00 pm
Dr. Shirley Cox, PsyD

Feldenkrais

Mondays, 2:00-3:00 pm
Andrew Heffernan, GCFP

Crochettherapy & Knitintervention

Mondays, 4:00-6:00 pm
Maranda Ngue

Pilates at Noon

Tuesdays, 12:00-1:00 pm
Kelly Etter, Certified Pilates Instructor

Dynamic Strength Training

Tuesdays, 5:30-6:15 pm
Brandon Flowers and Rick Caputo, Certified Fitness Trainers

Journaling

Wednesdays, 11:00 am - 1:00 pm
Thursdays, 11:00 am-1:00 pm
Teri Poet

Foto Fun with your Smart Phone

Wednesdays, 2:00-3:00 pm
Catherine Bicknell

Focus on Fun: Photography

Wednesdays, 3:00-5:00 pm
Catherine Bicknell

Tai Chi

Wednesdays, 5:00-6:00 pm
John DiLullo

Watercolor Painting

Thursdays, 9:00 am - 12:00 pm
Richard Gutschow

Qi Gong

Thursdays, 12:30-1:30 pm
Robert Chu, L.Ac

Mindfulness For Health

Thursdays, 2:00-3:00 pm
Sylvia Holmes, Jo Anne Kindler, and Louise Wannier

The Resilience Toolkit

Thursdays, 5:00-6:00 pm
Cibele Sousa, Certified Facilitator

Special Programs

Return to Wellness - An ten-week recovery program for women who have completed treatment for breast cancer

Tuesdays and Thursdays,
September 4-November 8
5:30 - 7:30 pm

Yoga, strength training, survivorship education, and emotional support for women who currently have no evidence of disease and have completed active treatment.

Pre-registration and physician's consent required. Call Laura at (626)796-1083.

28th Anniversary Party

Honoring our Volunteers

Saturday, August 25
5:30 – 8:30 pm

Join with CSCP members and volunteers past and present to celebrate life. Bring the family and a dish to share. Please sign up so we know how many tables and chairs we need. Desserts and drinks provided.

An Evening of Music

Tuesday, August 14
6:30 – 8:00 pm

Join us for an evening of music with renowned local musician, singer, and songwriter Jack Symes for his unique indie-folk sound and his powerful storytelling that will have you laughing one minute and crying the next.

Love and Laughter

Tuesdays, July 24 and Sept. 25
6:30 – 8:30 pm

Join professional comedian, Jason Love and a couple of his closest friends, for laughter, joy, and a whole lotta fun in the CSCP Community Room! Enjoy and evening of PG-13 comedy for CSCP adult members. Each Love & Laughter features different, but equally hilarious, comedians.

El Poder de los Pensamientos
Sábados, 28 de Julio, 4 y 11 de Agosto, 10:30 am – 12:00 pm


Es importante ser conscientes de nuestros pensamientos porque tienen mucho poder en nuestra vida. Hipnoterapeuta Mikaila Henderson enseña como identificar estos pensamientos para usarlos hacia realizar el relajamiento y la salud. Esta clase también incluye un meditación guiada.

July 2018



76 East Del Mar Boulevard, 2nd Floor
Pasadena, California 91105

www.cscpasadena.org
626.796.1083

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 11:00 ^{am} Support Groups 6:00 ^{pm} MML Group 6:30 ^{pm} Bereavement	3 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga	CLOSED for Independence Day 	5 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -12 ^{pm} Yoga 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 2-3 ^{pm} Mindfulness 5-6 ^{pm} Resilience Toolkit 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	7 10:00-11:30 ^{am} Gentle Yoga 12-2 ^{pm} Grupo Fuerza Y Esperanza 2-3 ^{pm} Yoga En Espanol
9 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 6:30-8 ^{pm} Medical Marijuana/Cannabis 11:00 ^{am} Support Groups 6:00 ^{pm} Men's Group 6:30 ^{pm} Bereavement	10 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga 5:30-6:15 ^{pm} Dynamic Strength Training 6:00-7:00 ^{pm} Free App to Impact Treatment	11 11 ^{am} -1 ^{pm} Journaling 2-3 ^{pm} Foto Fun 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	12 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -12 ^{pm} Yoga 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 2-3 ^{pm} Mindfulness 5-6 ^{pm} Resilience Toolkit 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	14 10:00-11:30 ^{am} Gentle Yoga 12-2 ^{pm} Grupo Fuerza Y Esperanza 2-3 ^{pm} Yoga En Espanol
16 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-5 ^{pm} Beg Beadweaving 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 11:00 ^{am} Support Groups 6:00 ^{pm} Young Adults 6:30 ^{pm} Bereavement	17 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8 ^{pm} Understanding Those Tests	18 11 ^{am} -1 ^{pm} Journaling 2-3 ^{pm} Foto Fun 2:30-4 ^{pm} Meditation for Those Who Can't Sit Still 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	19 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -12 ^{pm} Yoga 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 2-3 ^{pm} Mindfulness 5-6 ^{pm} Resilience Toolkit 5:30-6:45 ^{pm} Dr. Chu 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	21 10:00-11:30 ^{am} Gentle Yoga 12-2 ^{pm} Grupo Fuerza Y Esperanza 2-3 ^{pm} Yoga En Espanol
23 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 11:00 ^{am} Support Groups 6:00 ^{pm} Survivorship 6:30 ^{pm} Bereavement	24 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8:30 ^{pm} Love and Laughter	25 11 ^{am} -1 ^{pm} Journaling 2-3 ^{pm} Foto Fun 3-4:30 ^{pm} Herb Potting Class at Armstrong Garden Center 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	26 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -12 ^{pm} Yoga 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 2-3 ^{pm} Mindfulness 5-6 ^{pm} Resilience Toolkit 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	28 10:00-11:30 ^{am} Gentle Yoga 10:30 ^{am} -12 ^{pm} El Poder de los Pensamientos 12-2 ^{pm} Grupo Fuerza Y Esperanza 2-3 ^{pm} Yoga En Espanol
30 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 6:30-8 ^{pm} Gut Health 11:00 ^{am} Support Groups 6:30 ^{pm} Bereavement	31 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8:00 ^{pm} Breast Reconstruction Options	Cancer Support Community Pasadena cares about the health of its employees, volunteers, its members, and the community. It is CSC's policy to follow the protocol of the Centers for Disease Control which states that people with influenza-like illness should remain at home until at least 24 hours after they are free of fever (100 degrees F) or signs of fever without the use of fever-reducing medications. Employees or volunteers who report to work ill will be sent home in accordance with this policy and the CDC health guidelines. Symptoms include fever, cough, runny or stuffy nose, body aches, headache, chills, unusual fatigue, diarrhea or vomiting.			


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August 2018



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	6 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 11:00 ^{am} Support Groups 6:00 ^{pm} MML Group 6:30 ^{pm} Bereavement	7 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8 ^{pm} What Side Are You On? Insights on Colorectal Cancer	8 11 ^{am} -1 ^{pm} Journaling 2-3 ^{pm} Foto Fun 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	9 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -12 ^{pm} Yoga 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 2-3 ^{pm} Mindfulness 5-6 ^{pm} Resilience Toolkit 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED
13 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 6:30-8 ^{pm} Loving Your Skin 11:00 ^{am} Support Groups 6:00 ^{pm} Men's Group 6:30 ^{pm} Bereavement	14 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8 ^{pm} An Evening of Music with Jack Symes	15 11 ^{am} -1 ^{pm} Journaling 2-3 ^{pm} Foto Fun 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	16 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -12 ^{pm} Yoga 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 2-3 ^{pm} Mindfulness 5-6 ^{pm} Resilience Toolkit 5:30-6:45 ^{pm} Dr. Chu 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	18 10:00-11:30 ^{am} Gentle Yoga 12-2 ^{pm} Grupo Fuerza Y Esperanza 2-3 ^{pm} Yoga En Espanol
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27 11 ^{am} -12 ^{pm} Zumba 12:30-1:30 ^{pm} Yoga 1-2 ^{pm} Guided Meditation 2-3 ^{pm} Feldenkrais 4-6 ^{pm} Crochetherapy 11:00 ^{am} Support Groups 6:00 ^{pm} Survivorship 6:30 ^{pm} Bereavement	28 11 ^{am} -1 ^{pm} Orientation 12-1 ^{pm} Pilates 3-4 ^{pm} Yin Yoga 5:30-6:15 ^{pm} Dynamic Strength Training 6:30-8:00 ^{pm} The Law: End of Life Option Act	29 11 ^{am} -1 ^{pm} Journaling 2-3 ^{pm} Foto Fun 3-5 ^{pm} Photography 5-6 ^{pm} Tai Chi 6 ^{pm} Support Groups Children's Corner	30 9 ^{am} -12 ^{pm} Watercolor 11 ^{am} -12 ^{pm} Yoga 11 ^{am} -1 ^{pm} Journaling 12:30-1:30 ^{pm} Qi Gong 2-3 ^{pm} Mindfulness 5-6 ^{pm} Resilience Toolkit 6-8 ^{pm} Orientation 11:30 ^{am} Lunch Bunch 7:00 ^{pm} Support Groups	CLOSED	Want to Show Support by Making a Donation? Text CSCP to (619)870-1680 

BLUE = Support Groups; RED = Special Programs; GREEN = Healthy Lifestyle; PURPLE = Ages 5-17

September 2018



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CSC Helpline English & Spanish (888)793-9355</p> <p>facebook. </p>				<p>CLOSED</p>	<p>1 10 :00-11:30^{am} Gentle Yoga</p> <p>12-2^{pm} Grupo Fuerza Y Esperanza</p> <p>2-3^{pm} Yoga En Espanol</p>
<p>CLOSED for Labor Day</p> <p>HAPPY LABOR DAY</p>	<p>4 11^{am}-1^{pm} Orientation 12-1^{pm} Pilates 1-2^{pm} Meditation 3-4^{pm} Yin Yoga</p>	<p>5 10-11^{am} Stretching 11^{am}-1^{pm} Journaling 2-3^{pm} Foto Fun 3-5^{pm} Photography 5-6^{pm} Tai Chi 6^{pm} Support Groups Children's Corner</p>	<p>6 9^{am}-12^{pm} Watercolor 11^{am}-12^{pm} Yoga 11^{am}-1^{pm} Journaling 12:30-1:30^{pm} Qi Gong 2-3^{pm} Mindfulness 5-6^{pm} Resilience Toolkit 6-8^{pm} Orientation 11:30^{am} Lunch Bunch 7:00^{pm} Support Groups</p>	<p>CLOSED</p>	<p>8 10 :00-11:30^{am} Gentle Yoga</p> <p>12-2^{pm} Grupo Fuerza Y Esperanza</p> <p>2-3^{pm} Yoga En Espanol</p>
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BLUE = Support Groups; RED = Special Programs; GREEN = Healthy Lifestyle; PURPLE = Ages 5-17

Calendar of Free Events

July•August•September 2018

Weekly Support Groups

Those wishing to participate in a weekly support group must attend an orientation meeting and have a brief interview prior to being assigned to a support group.

Mondays: 11 am–12:30 pm - Patient Groups
6:30–8 pm - Bereavement Group *

Wednesdays: 6–7:30 pm - Patient Groups
6–7:30 pm - Family & Friends Group
6–7:30 pm - Children’s Corner

Thursdays: 11:30 am-1 pm - Breast Cancer Group
7–8:30 pm - Patient Group
7–8:30 pm - Family & Friends Group

*This group is for those who have lost a loved one to cancer. Orientation not required. Call for interview.

Networking Groups

The following groups do not require reservations or attendance at an orientation:

Grupo Fuerza Y Esperanza
Todos los Sábados 12-2pm
Grupo de apoyo semanal para pacientes y sus familiares.

Men’s Group
2nd Monday of each month, 6-7:30 pm
Patients and survivors welcome.

Young Adults Group
3rd Monday of each month, 6-7:30 pm
For individuals diagnosed in their 20s and 30s.

Survivorship Group
4th Monday of each month, 6-7:30 pm
For individuals who have completed treatment and have ongoing cancer related issues.

2018 Benefactors Society

Benefactors

Anonymous
Ellen and Harvey Knell
Terri and Jerry Kohl
Julie and Scott Nesbit
RBC Wealth Management
Rusnak Auto Group

Patrons

Melissa Alcorn/Anderson & Murison
Rosemari Annear
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