



Anchorage Unitarian Universalist Fellowship

The Log

November 2020

Anchorage Unitarian Universalist Fellowship
2824 E. 18th Avenue, Anchorage, Alaska
www.anchorageuuf.org

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VIRTUAL AUCTION November 14-22

Yes, we ARE going to have an AUUF auction this year. A Virtual Auction that is online for EIGHT DAYS. You can donate items or services now, and get a bid number soon. Carma, Cathy, Kalen, Peggy and Heather are working with dozens of people to make the Auction and Gathering happen. Members and friends have donated personal services, food from gardens and foraging, fish, photography, stamp collections, work by Alaskan artists. items for children and youth, ivory, jewelry and accessories, gift certificates from local establishments and other great deals.

A gaming permit will be obtained from the State of Alaska to provide games of chance. Peggy and Irene Kerita, AUUF Admin, did the application. Carma and Cathy will take the test to be qualified to run it. We will hold a raffle for the colorful quilt that Irene O'Brien made this year and donated to AUUF. She calls it "Stir Crazy" because it was made during the pandemic shelter in place time and it was made from pieces of cloth used to make masks. Are you feeling a little stir crazy from the "hunker down" time? We propose a cure.

VIRTUAL GATHERING NOV 22, 5-6:30pm: A Stir Crazy Cure

Final bidding excitement will happen. You can eat dinner before this event starts, or you may be eating dinner at your home while you are with us virtually. It will be like a ZOOM meeting but will be set up on the auction software we just got. We are planning live music by members and friends. We will find out who is our Volunteer of the Year. We will unmute and raise a glass of our favorite beverage to cheer for their service. And then we will find out who got the award for taking UU values into their community service. We will raise our glasses and cheer again. I want to raise my glass and cheer that Rev. Lise has agreed to be with us for another year. Hip, Hip, Hooray!

If the vote counting gets finished from Nov. 3rd, we should be able to toast that the 2020 Election is over. It will be a good time to gather.

Visit www.anchorageuuf.org/virtual-auction-virtual-gathering to stay updated.

From the Minister Rev. Lise Adams Sherry



Happy November! As I write this I'm looking out on a back porch that is covered in about an inch of snow. It's about 9:20 in the morning and the sky is finally starting to brighten up a bit. Alaskan life—I'm definitely enjoying it. I'm also enjoying my time with you as well. Hopefully you feel the same way about this partnership because the Board (per their authority to hire contract ministers—the entire congregation votes for a settled minister) has invited me to stay until July 2022. I have gratefully accepted. Please let me know if you have any questions, concerns or joys about this continued arrangement.

What will we be doing together? The Board and I have some ideas, and there's lots of room for others at AUUF to contribute their thoughts as well. One of the things the Board and I talked about when we were getting to know each other is that they didn't want my ministry with you to be another interim ministry—one where the focus is to do a lot of re-examining and experimenting, sometimes just for the sake of trying new things. There's not necessarily anything wrong with that, but we didn't think that's what AUUF needed, and from conversations I've had with many of you I think that's a consensus. This doesn't mean, however, that everything will remain the same. Because really, what ever remains the same?

At the moment, (because who knows what I'll be thinking next week?!) I'm thinking of my ministry with you all as a pastoral one, where we all can care for one another and bring healing to our world. And I do mean care for one another. The grace and kindness I've seen and received at AUUF has added healing balm to some past professional wounds, and I thank you for that. Unfortunately, as we've heard in some of our listening circles this month; there are a few in our midst who have felt more wounded from their time here. Where does this pain come from? These folks would have to answer more explicitly for themselves, but trends that I've seen point to not listening deeply enough, assuming that everyone is okay with a particular way of being, forgetting that there's lots of room for different views about what Unitarian Universalism can be, and learning to understand the difference between our intentions and our impact. So, in essence, we're really succeeding at being human!

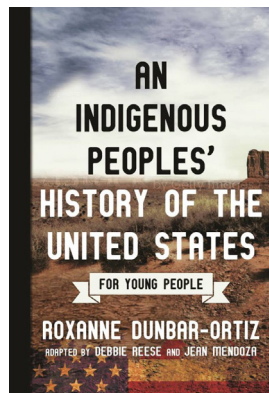
And I've also seen a great willingness at AUUF to try to address all these human characteristics with love, grace and humour. So we've got personal and the greater AUUF community relationships to tend to, and then there's healing in the rest of the world, as well. Hopefully, along the way, we'll have some fun and joyful times as well as dancing, laughing, eating good food—even if it's outside with a mask on or through the camera lenses on our computers.

I'm so glad to be with you.
Blessings and love,
Rev. Lise

From the Minister continued

UUA Common Read Discussions Coming Your Way Facilitated by Rev. Lise Adams Sherry

New Dates! Join us and pick up one or both of these books. Read it and come share your thoughts in these discussions. We will connect via Zoom. The link will be on the AUUF website calendar. If you have questions, please contact Rev. Lise.

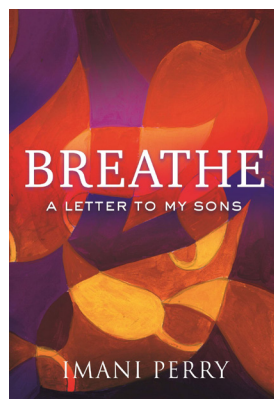


November 17, 7pm

An Indigenous Peoples' History of the United States

By Roxanne Dunbar- Ortiz

"In An Indigenous Peoples' History of the United States, Dunbar-Ortiz adroitly challenges the founding myth of the United States and shows how policy against the Indigenous peoples was colonialist and designed to seize the territories of the original inhabitants, displacing or eliminating them." Join us as we learn more deeply about our history and consider how we can work to rectify past harms.



Dec. 15, 7-8:30 pm

Breathe: A Letter to My Sons

By Imani Perry

"Breathe offers a broader meditation on race, gender, and the meaning of a life well lived and is also an unforgettable lesson in Black resistance and resilience." What can we learn from Imani's perspective? What hopes and dreams do we all share? How can we help to make sure all our children can dream and grow alike? These are just some of the questions we'll be considering together.

UUA Common Read Books For Purchase!

These books are available from <https://www.uuabookstore.org/> and local bookstores.

AUUF Admin Irene Kerita, has the following Common Read books for sale in the AUUF office. Irene says, "Please hurry as we only have 10 copies of each for the price listed below."

An Indigenous Peoples' History of the United States - \$16 & Breathe: A Letter to My Sons - \$18

Irene is in the office Monday -Friday from 10am-3pm. If you would like to purchase a book outside of these hours, please call Irene to make arrangements. Please note exact cash or check is accepted.

Thanks, Irene Kerita Congregational Administrator Phone: (907) 248-3737 ext. 1

Admin@anchorageuuf.org

Healing

This month's theme is Healing. Do you think theme planners for this month were thinking about the state of our country and Election Day? Perhaps, but the month of November has other events for which we also need to continue to do repair. The good news is that even with the pain, regrets and sorrow that are part of healing, there's also opportunity for new beginnings and finding joy once again.

11am November 1

Voting to Heal Our World With Rev. Lise Adams Shery

Voting is really only one part of helping to heal our world, but it's an important one. What else can we do? What else do we need to do?

11am November 8

All Soul's Sunday With Rev. Lise Adams Sherry and Ruth Greenwood

Join us as we remember our AUUF ancestors. We'll do our annual calling of names and reflect on the gifts and the challenges we've received from all who have come before.

11am November 15

Trauma and Transcendence With Rev. Lise Adams Sherry

This Sunday falls between Veteran's Day and Transgender Day of Remembrance, days that acknowledge the sacrifices and pain of people who can all be considered warriors. In many ways, we could all give ourselves that label because we all have challenges. How do we face those sometimes unsurmountable obstacles and still manage to move beyond?

11am November 22

Gratitude for All With Rev. Lise Adams Sherry and Rosene Beachy, DLRE

Join us for our multigenerational celebration of gratitude and thanksgiving. Be sure to watch TAYF for bread recipes that you can make for the shared communion we're planning as part of this service.

11am November 29

TBD The Worship Team. Whatever it is, it'll be great!

Virtual Forum



We can look forward to five excellent Forums in November. Ever wonder how the system of providing health care to Alaska Natives works? AUUF's own Dr. Doug Eby is Vice President for Medical Services at Southcentral Foundation. SCF is an important component—but only one piece—of the overall tribal health system, and Doug gave us an overview on Nov. 1 of how the pieces fit, how it's paid for, and how Native Alaskan families around the state depend upon it.

9am November 8, New York Times bestselling author Heather Lende from Haines will reprise her role as “The person who speaks to the Forum on the Sunday after the presidential election (taking no responsibility for the outcome).” She will talk about and read from her newest book, *Of Bears and Ballots*, subtitled “An Alaskan Adventure in Small-Town Politics,” which you still have time to read beforehand if you're quick about it. Anyone who is engaged in their community, or in this “small town” we call Alaska, will enjoy this Forum.

9am November 15, we will hear from whale researchers Olga von Ziegesar and Shelley Gill (yes, the one whose books you've read to your kids or grandkids) about their many years of work tracking whales—especially the “winged whales,” or humpbacks, in Prince William Sound.

9am November 22, Valerie Nurr'araaluk Davidson, Gov. Walker's Commissioner of Health and Social Services and then Lt. Governor, will tell us about her new position as President of Alaska Pacific University, and about APU's journey to becoming a Tribal University.

9am November 29, State Senator Elvi Gray-Jackson will brief us on a package of bills she will pre-file for the upcoming legislative session addressing police reform. In the wake of all that has happened around the nation this past year, she is focused on positive ways of “turning pain into progress.”

Notes from Religious Exploration November

By Rosene Beachy, DLRE



Our long and wonderful fall season has come to a close with a fun Halloween dance party on the basketball square with Megan spinning Halloween tunes. Our month of Fall Frolic Saturdays provided some “in person” experiences at the Fellowship and Zoom concerts enjoyed by all ages. Masks and physical distancing did not hinder the fun of making moon lanterns, showing off cool costumes or walking the “Trunk or Treat Trail” around the Fellowship! We want to thank everyone who sang, shared their talents, played, provided car trunks and candy and in many ways supported our families’ wishes for some in- person community experiences. And we want to thank everyone for following safety protocols!

As we continue with Covid restrictions, the RE team is committed to bringing interesting and fun programming and, when possible, in person activities to your family! RE kits for November Chalice Circle activities are being delivered – if you want to be added to a route, email Rosene. RE Library book bags also are available for families to borrow.

The CYRE Team will be planning outdoor activities for November and December, weather dependent. And, planning is happening now for the mitten tree, solstice and Christmas Eve. I’m sure some of you have cool ideas! Please share - talk to Rosene if there is something you would like to see happen. Stay tuned for future announcements.

OUR Programs

Here’s an update on what’s been happening in the Chalice Circles and Youth Zooms.

Chalice Circles in October went with the theme of “Deep Listening”.

Chickee and Bear puppets helped us explore listening with our hearts, listening to our feelings and making worry dolls. We listened to nature sounds with the help of crickets, made cricket sounds and kazoos with combs, and wrapped up the month with remembering the stories and wisdom we gain from listening to our elders and ancestors.

The **Youth** groups also explored the “Deep Listening” theme with the added twist of some super fun games and foodie activities.

Here is the recipe for making the chocolate mug cake which some folks have asked for. Give yourself a treat! <https://www.spicebangla.com/chocolate-mug-cake/>

Notes from Religious Exploration continued

-4 tbsp. all-purpose flour
-2 -3 tbsp. unsweetened cocoa powder
-1/4 tsp. baking powder
-2 tbsp. granulated sugar
-½ t. vanilla
- 3 tbsp. milk
-2 tbsp. vegetable oil & -pinch of salt Chocolate chips and nuts as desired!
Microwave 1 min. or up to 2 min if lower wattage than 1200w. Cool. Drizzle with frosting, chocolate syrup or whipped cream! Enjoy!

November Chalice Circles and Youth programs will explore the theme of Healing – through gratitude, compassion and perspective activities. Announcements are sent out by Icon class emails, posted on the RE Facebook group and by “Remind”. Email Rosene if you are not getting notices.

Chalice Circles are 10:15 – 10:45am Sunday morning. The link is on the AUUF website. Jr and Sr Youth meet -ups are closed. Links are sent to youth who are registered in the RE 11:00am Service.

Does your family wish to light the chalice at the beginning of the service? We would love to have some family participants in the 11:00 service light our chalice from the comfort of your home each week! Let Lise or Rosene know and we can make it happen. We are also looking for children’s artwork to showcase in online announcements, etc. email or text to Rosene or Lise.

OUR SUNDAY ZOOM Groups

- **RE Groups meet weekly via Zoom.** The links will be emailed to the group, or will be on the Remind app or RE Facebook group. To keep up to date on what’s happening, if you are a registered family, make sure you are added to these lists. Send a request to Rosene.
- **RE Chalice Circle on Sunday mornings from 10:15 – 10:45.** Join Rosene and Bev to sing songs, hear a story on our monthly theme and participate in other interesting activities.
- **Coming of Age Mentor/Mentee circles** – 1:00 -2:30 twice a month on Zoom or the AUUF
- **Jr Youth Meet Up** – 6:30 – 7:30 Check in with your RE friends, Play games, participate in a discussion or other activities.
- **Sr Youth Hang Out** - day and time change in the works. Looking for youth to help with programming ideas.

Various Updates

Adult RE Opportunity with Fairbanks UUF

9am Sundays on Zoom

Meeting Dates: November 15, November 29

You're cordially invited to join resident heretics Rev. Leslie and Mike Walleri as we ask challenging questions about the multifaceted and often misunderstood ancient scriptures of the Jewish and Christian faiths. In this discussion group, we hope to challenge your assumptions about the Bible and offer you new vantage points from which to consider this rich wisdom text.

Zoom link: <https://us02web.zoom.us/j/84436679610>

Join by Phone: +1 253 215 8782

Meeting ID: 844 3667 9610

Conflicts with AUUF's weekly Forum.

New Tool to Submit Your Article to AUUF Publications & Request Zoom Meetings

Greetings AUUF,

Kelly Spring here, Communications Specialist. I have created these simple forms for submitting your content to AUUF publications.

www.anchorageuuf.org/communications

In the past, perhaps, The Log & Today at Your Fellowship were the main two avenues of communication outside of Sunday services. Now we have more options, including the AUUF website www.anchorageuuf.org, Facebook and Instagram.

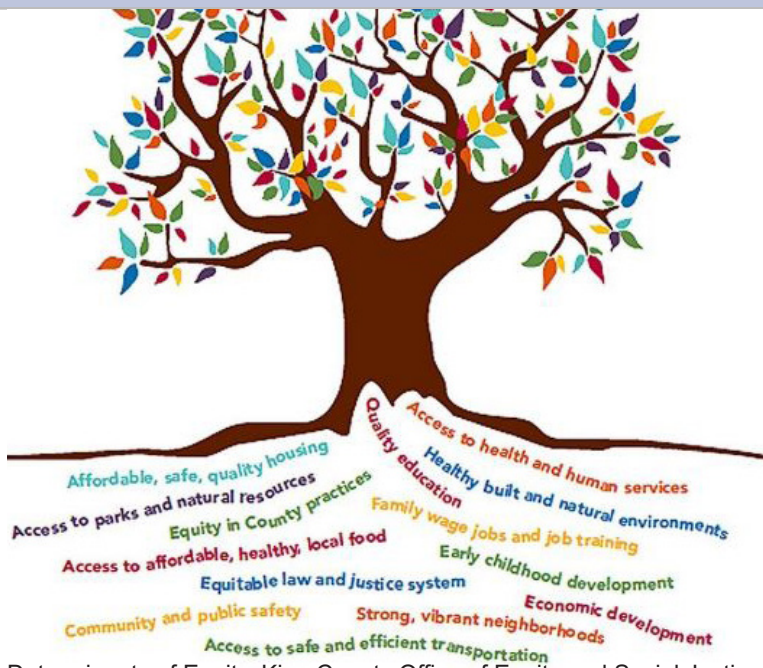
By using the form, you can specify when and where you'd like your article published, which will help you get your team's message out more effectively.

Also in recent months we have made an effort to establish the AUUF website as a steady news source. The tab labeled WHAT'S HAPPENING is updated often with various virtual happenings. As always Zoom links to public meetings are located on the Calendar on the website or can be accessed using the bright colorful boxes on the left side of the website. Follow us on Facebook for more interesting UU content!

<https://www.facebook.com/anchorageuu>

Questions? Feel free to reach out! communications@anchorageuuf.org

Our Board President's Message from Sid McCausland



Determinants of Equity, King County Office of Equity and Social Justice
Courtesy King County, WA

AUUF's Goals and Objectives: We hope you will share your hopes for the year ahead.

AUUF's Strategic Objectives

2020 has been like no other in our lifetimes. This is the moment we need to “hear” your thoughts on how AUUF can best rise to the challenges of serving your needs and those of our wider community. Please take the time to write down / journal / record / unburden your heart.

Take a deep breath and then forward your ideas for next steps to me, president@anchorageuuf.org. Ideas received before November 15 will be shared with the Board as we adopt our goals and strategic objectives for the year ahead.

Our Unitarian Universalist Mission and Goals are embedded within [Our Seven UU Principles](#). But goals are seldom achieved in the absence of discrete real steps that can be completed in real time here in Anchorage and beyond. Planners frequently call these steps Strategic Objectives. Strategic Objectives can be broken down into a series of manageable tasks with outcomes that can be defined. The tasks are assigned and carried out by groups of people with the skill sets best suited to the task. We have more than twenty AUUF Teams and Committees with charters intended to focus on the things they can do to help us aspire to our Seven UU Principles both within our Fellowship and the community at large. And ad hoc teams assemble frequently to host events like the fabulous parking lot Halloween evening.

Help us shape our plans for the year ahead. Please, please, find a team or committee where your talents can be appreciated. Engaging with others in constructive work can be the best medicine in the worst of times.

Our Board President's Message from Sid McCausland continued

AUUF's Virtual Connections

This has been a year when it's difficult to recall anything that was or is the way we always thought it was or is supposed to be. I have found it emotionally / spiritually comforting to surrender and just accept the absence of the energy exchange of physical presence while embracing the virtual opportunity to work and play with others in the ubiquitous electric cloud.

But a few of you old AUUF regulars have not checked in lately. We know that some of you just don't get a charge out of online worship, while some of you just spend way too many hours online and need a break. We're continuing to explore the possibility of coupling small gatherings that require registration with virtual activities. Let us know what might work for you? How can AUUF help you flourish in the midst of tumult? As our song says, "We hold you in our hearts as you go, as you go."



Zoom, Monica Tiulescu 2020/ Fine Arts Museums of San Francisco

QANON QRAZINESS

“Pagan opponents claimed that Christians engaged in ritual incest (sexual acts between brothers and sisters), infanticide (killing the Son) and cannibalism (eating his flesh and drinking his blood). These charges may seem incredible today, but in a society that respected decency and openness, they were widely accepted. Christians were perceived as a nefarious lot.”

- Bart D. Ehrmann, New Testament scholar

Conspiracy theories demonizing specific groups and accusing them of horrific acts have been with us for ages. Latest is QAnon which alleges that a cabal of Satanist pedophiles run a global child sex trafficking ring through their control of the levers of governmental power. Adherents believe that Donald Trump is leading a secret war against this evil and will bring about “a day of reckoning” with a mass arrest of the evildoers. And who are the evildoers? Obviously, any Trump opponent. Journalists, Democrats, anti Trump Republicans, Hollywood stars, social justice advocates.

How far can QAnon spread? Consider the millions who still believe Barack Obama was an illegitimate president because he was born in Kenya. It is a baby step for those millions to believe in QAnon. As the conspiracy spreads and gains support, even in the mainstream of politics, its targets will also grow. As soon as one denounces the conspiracy or its White House hero, one risks being accused of being in league with the imaginary Satanist pedophiles. As much as we may want to laugh about this insanity, we have to be as deadly serious as the QAnon supporters.

What can be done to combat QAnon? Not direct confrontation with believers. That only gears up lines of defense. Lecturing can be counterproductive. A better strategy may be to share your own experience of belief in something that turned out to be false. Just telling your own story may be enough to open up some minds. Another avenue is to share the history of similar conspiracy theories. How pagans in ancient Rome had beliefs about Christians similar to QAnon. How Jews and Roma (known derogatorily as Gypsies) were accused in the past by Christians of horrible crimes against children along the same lines. Just taking people out of the granite box of their present thinking into a different context can work. This is what it means to educate. To generate light, not heat. Something that holding up a chalice can do.



Identity Alaska's mission is to advance Alaska's LGBTQ+ community through advocacy, education and connectivity. They sponsor Alaska PRIDE WEEK and host the PRIDE PARADE in downtown Anchorage and PRIDE FEST on the Park Strip in Anchorage.

Anchorage UU Fellowship has participated in the Pride Parade for many years. One year we won the award for the most people in one group. AUUF has had a booth at Pride Fest for many years. In 2019 we had a table with art supplies for children to use while we talk with their parents. We had electric plug-ins for anyone to use to charge their phone or other electronic device.

Identity supports several groups who now meet online. SAGE Alaska provides services and advocacy to LGBTQ+ elders. Q-Club is a social and educational group open to all LGBTQ+ teens and allies ages 13-18 in Alaska. Generation Q is an accessible, substance free, social and support group for LGBTQ+ young adults in Alaska. PFLAG Board meets every two months. The national organization is for LGBTQ+ people, their parents and families, and allies. There are over 400 chapters nationally. There is a Veteran's Wellness Support Group that meets monthly at Alaska VA.

We have supported Identity with Half-Portion funds for several years. They continue to evolve the services they provide and are a statewide organization.

November Board of Directors Update

AUUF Board of Directors Update

Here's the key things your Board accomplished during our October virtual meeting:

- Extended Rev. Lise Adams Sherry's contract for a second year to July 2022 per Bylaw 8.8. This early renewal eliminates the need for Rev. Lise to enter UUA's search process this December and allows AUUF to regroup before commencing a new search for a Settled Minister.
- Elected Berta Gardner to complete Jenna Way's term which ends June 30, 2021 per Bylaw 5.4(a). Jenna and Terry, two active AUUF volunteers, are moving to Miami to accept Terry's promotion.
- Elected Kathy Lucich Board Vice President to fill the vacancy following Jenna's departure.
- Extended limited access to AUUF's building through December 31 st to small groups that have used our space previously and agree to adhere to our COVID-19 Protocols. The Board reviews this 90-day limited use forecast monthly.
- Adopted a new Board Covenant that includes a commitment to say "Ouch" when hurt and to deal with it in the moment as part of our ongoing effort to foster open, honest, respectful, and inclusive relationships.
- Received an update on the exciting plans for AUUF's first virtual auction & dinner. These upside-down times require improvisation and innovation!
- Approved the selection of the recipients of this year's Volunteer & Fred Hillman awards, which will be announced during the virtual dinner at the conclusion of the online auction.
- Created an ad hoc committee to propose additional ways AUUF can honor members who have made extraordinary contributions to our Fellowship. Your suggestions are invited.
- Discussed the challenges and issues posed by the bid for completion of Phase 3 of AUUF's building renovation. The Board will meet again when research into several matters are complete, such as the renovations expenditure authority previously granted to the Board by the Membership, total expenditures to date, and an independent evaluation of the bid submitted by the contractor.
- Suspended AUUF's Mama Lake property listing until Spring. If you are interested in a remote cabin site, please let us know.

Our next regular meeting will be held on November 18th .

Farewell and Welcome—AUUF Board Roster Update

Please let Jenna Way know how deeply we have appreciated her contributions to our Fellowship as we extend best wishes to Jenna and Terry as they head to Miami to accept Terry's latest promotion. Jenna has played a vital role at AUUF since Terry transferred here from Hawaii. Her service on our Board, mostly recently as Vice President; contributions to our Finance Committee as it threaded its way through challenging budget cycles; and participation on our Board's ad hoc Contract Minister Selection Committee reflect her deep commitment to Unitarian Universalism's call to service.

Kathleen Lucich has accepted the Board's invitation to complete Jenna's term as Board Vice President.

And sad as we are to say goodbye to Jenna and Terry...

Berta Gardner has accepted the Board's invitation to complete Jenna's term, which end June 30, 2021, per AUUF Bylaw 5.4(a). Berta's long relationship with the Fellowship, combined with her deep connections within Anchorage and with Alaskans everywhere, adds a new dimension to our multifaceted Board of Directors.

Thank you, Jenna, Kathleen, and Berta for your dedicated service to AUUF past, present, and future.

--Sid McCausland, Board President



Progress toward AIM Certification By Kalen Saxton

Emails between Cari Sayer, AIM (Accessibility and Inclusion Ministry) Certification Team* and Elayne Hunter, CYRE

Cari wrote to Elayne:“The committee is tasked with looking at all sorts of accessibility issues – physical, visual, auditory, as well as things like sensitivity to scents/chemicals and, especially for kiddos, attention issues. As a former Special Ed teacher, I made all sorts of changes, big and little, to help my kids learn, so I understand the complexity of this request. Children in RE come and go, grow up and change. Many accommodations are temporary. For now, let’s keep it simple/basic. Start with citing a few examples of things that have been done and see where to go from here. Thanks again. Cari “

Elayne emailed back, RE accommodations:

I’ve worked for the ASD on the elementary level so I’m familiar with typical accommodations. Our teachers are volunteers. We work to train them and support them. We have a full-time director of the program who is a professionally trained teacher with 17 years of experience in our program. We have physical accommodations with a ramp as well as a lift and our building is being renovated further now to address physical handicap accessibility. We adjust snacks regarding allergies. We do our best to accommodate the cognitive and emotional challenges kids may have and enlist the help of parents when it is beyond the capacity of our volunteer based program. We work hard to have a positive and supportive atmosphere during our RE programs reinforcing positive relationship qualities, supporting individuality maintaining appropriate boundaries for safety while having fun and learning.

-Elayne Hunter

*AIM Team Working for UUA Certification of our Accessibility and Inclusion at the Fellowship

Prevention will save lives

“Prevention works and saves lives,” said Alaska’s Chief Medical Officer Dr. Anne Zink. “With most regions in Alaska now at the high alert level, or red zone, for the 14-day daily case average, we all must step up our prevention efforts. Let’s protect vulnerable groups and continue to keep our hospitalizations and deaths low.”

All Alaskans should continue practicing these important prevention measures.

- Keep close interactions to a very small group of people, ideally just within your household.
- Stay 6 feet away from others.
- Mask up in public places.
- Avoid gatherings. Find creative ways to be social that keep people six feet apart. Being outdoors around others is safer than being indoors.
- Wash hands often. Clean and disinfect commonly touched surfaces and objects.
- Stay home if you feel sick.
- Get tested for COVID-19 even if you have one symptom, or mild symptoms.
- Keep track of your contacts and contact them immediately if you test positive for COVID.
- Answer the call if a public health contact tracer calls you and follow their guidelines.

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Megan Webb, Music Director, auufmusic@gmail.com

Office Hours – By Appointment Only