

# Chapel Hill Friends Meeting Newsletter

September, 2012



## Monthly Query:

*How do we encourage members and attenders to share in Meeting activities and to consider membership when they are ready?*

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## 2013 Directory

Please help the P&R Committee produce the 2013 Directory! Update or confirm your contact information. See the form on the last page of this newsletter.

## Upcoming Forum Schedule

- Sept. 2: Report on the Friends General Conference (FGC), Past and Present
- Sept. 9: no forum scheduled as of this time
- Sept. 23: The Quaker Tapestry - Commemorating Our Meeting's 75th Anniversary
- Sept. 30: personal sharing by Susan Inglis

## Monthly EnviroTip from the ECC

Don't check your emails more than once a day. Only turn on your computer when you need to. Plan your computer use ahead of time so that you can save your self time and not be a slave to technology. This will also save energy too of course.

What would you do if you were tech-free for a day?

## IFC Needs (generic) or other IFC News

The IFC collects items for its Pantry, the Community Kitchen, the Community House (men's residential facility), and Project Homestart (women's residential facility). For a complete list of items needed by each facility, visit the IFC website at [www.ifcweb.org/foodneeds.html](http://www.ifcweb.org/foodneeds.html).

The IFC can always use bags. Brown bags with handles are best, but they can use other types as well. Bring your extras to Meeting any Sunday.

Interested in volunteering? The Inter-Faith Council has volunteers at both the Main St. facility (pantry and community services) and Community House (kitchen and shelter). If you have some extra time, look at the information on their website. Fill out an application on-line or stop by 110 W. Main St. to pick up an application. Volunteers are the heart of the IFC; it could not run smoothly without them. <http://www.ifcweb.org/volunteer.html>

## CHFM Birding Outing

**September 22, 7:30am, meet at UNC Finley Golf Course parking lot**

As a part of our Meeting's 75th anniversary celebration, the Environmental Concerns Committee would like to invite Meeting members to commune with some of the more important and vulnerable members of our planetary community – our local birds. Loren Hintz, Carl Hintz, and Margaret Vimmerstedt will lead neophytes and experienced birders alike on a bird-walk at the Mason Farm Biological Reserve, <http://ncbg.unc.edu/mason-farm-biological-reserve/>. We'll meet in the parking lot of the UNC Finley Golf Club at 7:30am on September 22 – peak bird time – and end our walk at 9:00 with a little coffee, bagels, and conversation. Bring binoculars if you have them; Loren will provide some extras. RSVP to Tom Munk ([munk.tom@gmail.com](mailto:munk.tom@gmail.com)) so we can plan for numbers.

## Help Available for Yard Work

We now have Gregory (Greg) Rogers very recently re-entering our world and living in Chapel Hill. He can do any work needed. He can lay bricks, work with cement, and do any work around the garden or yard or inside the house. He is looking to supplement his pay; he now works at the new Carrboro hotel going up next to the Art Center. He found the job himself by walking around looking for any possibilities for work. Until we have contact information for Greg, please contact Maria Darlington, [mariadarling@indylink.org](mailto:mariadarling@indylink.org).

Also, both Jimmy Farris and Reggie Thomas would like to help with yard work, chores, or odd jobs. Both are settling into our community, you will know them from attending Meeting, and they would like an opportunity to help you and to supplement their income. You can contact them at the following: Reggie, (919) 360-2420; Jimmy, 919-525-4970. Reggie is available all day Monday/Tuesday and in the late afternoon/early evening; Jimmy is available on weekends. They need our help and are willing to work.

## **The Courage to Listen**

**Saturday, September 22, at The Abundance Foundation in Pittsboro**

*“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”—Winston Churchill*

Or

### **How to listen when you don't want to hear!**

“Compassionate Listening: Healing Our World from the Inside Out,” an experiential workshop: Saturday, September 22, 2012 in Pittsboro: <http://theabundancefoundation.org/diy-2012/listening-sep>

What does it take to sit down and listen to someone with whom we disagree, instead of dismissing them as an enemy or turning to violence? First we try to accept that they are imperfect human beings, just as we are. Second, we can understand that good people can hold different beliefs and opinions. We may find their views wrong or even abhorrent, but not equate that with believing they are evil.

We can also understand that listening isn't the same as agreeing. We can listen to the perspective, history, and motivations of others without abandoning our own beliefs. We can embrace their humanity and acknowledge what we have in common even when we disagree. Instead of demonizing them as the enemy, we try to find a way to open our hearts and spirits to a bigger reality holding multiple truths.

Compassionate Listening is under the care of the Care and Counsel Committee.  
Facilitated by Jan Hutton, CHFM member

## **“Forgotten Issues, Unheard Voices” Exhibit**

“Forgotten Issues, Unheard Voices” presents exhibits and presentations on key war/peace issues often overlooked by our political leaders. It is sponsored by Quaker House of Fayetteville, a frontline peace project, near Fort Bragg, supporting the troops by working for peace since 1969. The exhibit opened on September 1 at Sky Way Gallery, in Spirit Square, 345 North College Street, Charlotte. The exhibit runs from September 2 to 8. Hours are 9am to 6pm (Monday through Saturday) and 1 to 5pm (Sunday). Seminars will be held daily at 2pm.

# **Quaker House Action Alert**

## **Wounded Soldiers at Ft. Bragg Unfairly Accused of Faking Injuries From Lenore Yarger and Steve Woolford of Quaker House**

Dear Friends,

THE GI RIGHTS HOTLINE NEEDS YOUR HELP. We at Quaker House are writing today to ask you for a different kind of support, specifically to take the time to contact Senators Kay Hagan and Richard Burr and Ft. Bragg Commanding General Dan Allyn about the following issue.

In early May, the Fayetteville Observer reported that a number of soldiers stationed at Ft. Bragg, who are suffering from post-traumatic stress disorder (PTSD) and traumatic brain injuries (TBI) as a direct result of deployments overseas, are being accused of faking or exaggerating their service-related ailments. Many soldiers in similar situations have been pushed out of the military under adverse discharges, which deprive them of compensation for the ongoing injuries as well as other benefits.

These accusations have largely been based on a series of psychological tests given to the soldiers that the Army Office of the Surgeon General has discredited in a new policy statement. The Surgeon General found that incidents of faking or exaggerating symptoms occurs in less than 1 percent of all TBI and PTSD cases. In the spring, Ft. Bragg conducted an evaluation of the Warrior Transition Unit at Womack Medical Center but made no mention of those soldiers facing charges. Since then, some of those treated at Womack have also complained about being over-medicated, another issue addressed in the surgeon general's report. You can read the Fayetteville Observer article in full here: <http://m.fayobserver.com/articles/2012/05/05/1174876?sac=fo.military%20%5Ct%20bnnpopup201205061042231521321518>.

A Google search reveals similar charges of abuse and punitive discharges in units at other bases as well, including Ft. Lewis and Ft. Drum.

Unfortunately, the surgeon general's statement has yet to directly impact the situation at Ft. Bragg. (In the past month), we received a call on the GI Rights Hotline from one of the soldiers who is facing criminal charges for supposedly exaggerating his symptoms, despite the fact that prior to the charges, two sets of doctors had affirmed his diagnoses of TBI and PTSD.

This soldier and others like him at Ft. Bragg are suffering the direct results of going to war, which has taken an enormous toll on their physical and psychological well being. They are victims of war much the same as those US service members, Afghans, and Iraqis who have died from war. And now the US military, rather than caring for those they sent into combat, is trying to abdicate responsibility for their wounds and take away their benefits, including much needed health care. In the process, these wounded soldiers are stigmatized and isolated, as if they were themselves to blame.

You can help by contacting Senators Kay Hagan and Richard Burr and Lt. Gen. Dan Allyn, Commanding General of Ft. Bragg, asking that in light of the recent news article, they

thoroughly investigate the situation at Ft. Bragg. Below are some talking points you can use, followed by their contact information. Please feel free to forward this to anyone else (Quaker or not) who might be willing to help, and please share with us any response that you receive. Doing so will help us in our efforts to confront this problem.

We are grateful for the ongoing support of Friends' Meetings in the South. Among other things, Quaker House relies on your generous donations to continue the important work of living out the Quaker peace testimony in Fayetteville, at the heart of one of the largest military installations in the country. Thank you very much for your time and support of this special effort. Your participation will help Quaker House "support the troops, not the war" in a very special and meaningful way.

\*Talking Points:\*

\* We are deeply concerned about combat veterans and want to be assured that they are being cared for in a manner equivalent to the sacrifice required of them when they were sent into combat. We are especially concerned about the findings of the recent policy document from the Army Office of the Surgeon General, which says that PTSD is currently under-diagnosed among combat veterans.

\* We are concerned that wounded soldiers, upon return from deployments, are often viewed as weak and stigmatized by members of their command as well as the health care system.

\* We are concerned about the group of soldiers written about in the Fayetteville Observer ("Army Surgeon General's Office questions use of tests to decide PTSD diagnosis," May 5, 2012), who suffer from TBI and PTSD and are being charged with malingering or falsifying and exaggerating their conditions.

\* We request that you investigate the situation of those soldiers at Ft. Bragg who have been diagnosed with TBI and PTSD, particularly those currently facing such charges. We ask that Ft. Bragg commanders re-evaluate these soldiers' charges in light of the April policy statement from the surgeon general, which discredits the use of psychological testing to detect malingering.

\* We request assurance that the Womack Medical Center adopt the policy recommendations of the surgeon general's April report regarding the disuse of psychological testing in diagnosing TBI/PTSD, as well as the recommendations regarding the medications used to treat PTSD.

Senator Kay Hagan

<http://www.hagan.senate.gov/contact/> <cid:part1.07050508.00020108@gmail.com>

(includes phone, email, and snail mail options)

Senator Richard Burr

<http://burr.senate.gov/public/index.cfm?FuseAction=Contact.Home> (includes phone, email,

and snail mail options)

Lt. Gen. Dan Allyn

Commanding General, XVIII Airborne Corps and Ft. Bragg, Office of the Commanding General, Building 1-1326, Macomb and Armistead Sts., Ft. Bragg, NC 28310-5000  
phone: 910-396-3111, (no email provided)

## **Book Review**

**The Great Disruption: Why the Climate Crisis Will Bring On the End of Shopping and the Birth of a New World by Paul Gilding**

**Submitted by Ruth Hamilton**

Paul Gilding's book assesses the disruption in socio-economic and environmental systems that is coming with climate change. He offers future scenarios that are valuable for strategy planning in businesses and communities alike. This is an excellent book to support learning and action, as it provides not only a forecast of the future, but ideas of how we must behave to succeed in the coming brave new world. It offers an overview of the climate science while he argues that climate change is no longer just about the environment but is now about the impacts on the economy.

This book is not just doom and gloom, it is a menu of innovative businesses and technologies that will change our economies. Gilding suggests that voters and consumers will increasingly demand a better planet and better economy and so business and governments, acting in their own self-interest, will respond.

I like Gilding's humorous writing style and his practical and optimistic suggestions for living with the changes inherent with climate change. This book is available in the Chapel Hill Friends Meeting library and has been put there by the Environmental Concern Committee. This is also a book that may be used for book discussion sessions and one that was used by Durham Friends Meeting for book sessions.

## **News of Muslim Friends**

**Submitted by Nancy Milio**

One of the leaders in developing the Muslim Jumaah prayers at our meetinghouse, Rose Aslan, has been invited to become a blogger on Huffington Post. A link to her first blog is below.

[http://www.huffingtonpost.com/rose-aslan/overcoming-sectarian-divides-among-muslims\\_b\\_1734741.html?utm\\_hp\\_ref=fb&src=sp&comm\\_ref=false](http://www.huffingtonpost.com/rose-aslan/overcoming-sectarian-divides-among-muslims_b_1734741.html?utm_hp_ref=fb&src=sp&comm_ref=false)

## **Update from Tristan Green**

Tristan Green is fund-raising for his next trip to Guatemala. To donate or keep abreast of events, contact Tristan. Here's what he has to say about his travels:

Dear Quakers,

In the spring of 2009 the Chapel Hill Friends Meeting supported me in traveling down to Guatemala and volunteering with an NGO Safe Passage for 3 months. Since then I have gotten certified to teach English and last summer returned to Guatemala as an English and Guitar teacher for 3 months. I could not have done these things without the love, care, and support of this meeting. The time that I have spent in Guatemala has been life changing and I always am thinking about what my next trip down to Guatemala will entail. That's where I came up with the idea of combining my passion for the sport of Ultimate Frisbee with Safe Passage in Guatemala. At the end of this coming school year I will be leading a service trip with UNC's Men's and Women's Ultimate Frisbee teams down to Guatemala to volunteer with Safe Passage. While there we will focus on introducing Ultimate Frisbee to Guatemalan children as part of the Safe Passage sports program.

Learn more about Safe Passage at [www.safepassage.org](http://www.safepassage.org).

## **School of the Spirit Retreat**

**September 27 to 30, Transfiguration Spiritual Center, Cincinnati, Ohio**

"A Silent Retreat in the Manner of Friends: A Ministry of Prayer and Learning devoted to the School of the Spirit" is being held this fall in Ohio. For more details and to register go online to <http://schoolofthespirit.org/retreats/>.

Facilitators are Linda Chidsey (Housatonic, New York YM) and Carolyn Moon (Gwynedd, Philadelphia YM). Mentees are Roger Hansen (Milwaukee, Northern YM) and Franchot Ballinger (Eastern Hills, Ohio Valley YM and Wilmington YM). Come and simply be with God and attend to the divine stirrings of the soul.

Other important dates from School of the Spirit:

Nov. 5: application first review for Mentoring Program at the Powell House Silent Retreat

January 18-21, 2013: Silent Retreat, Powell House, NY

September 27-30, 2013: Silent Retreat, Haverford, PA

November 14-17, 2013: Spiritual Renewal Retreat, Durham, NC

## **Directory Updates**

New email for Dorothy (Dottie) Heninger: [dottieheninger@gmail.com](mailto:dottieheninger@gmail.com)

**Chapel Hill Monthly Meeting of the Religious Society of Friends**  
**Meeting for Worship with Attention to Business**  
**Carolyn White, Clerk; Robin Harper, Recording Clerk**  
**Aug 19, 2012**

**Worship and query:** How does Spirit lead our actions in the Meeting? One member spoke about how the spirit leads to love—of both oneself and others—and to a sense of calmness and centering. This Friend hoped to extend that sense of love to the natural world as well. Another Friend asked “Am I paying attention? Am I discerning the leadings around me?”

**1. Welcome, recognition of first time attenders, review of agenda**

There were no new attenders.

**2. Review of minutes for June Meeting for Worship with Attention to Business**

Approved.

**3. The Meeting is now incorporated! Also, thanks for donations and new treasurer needed—Matt Drake**

Chapel Hill Friends Meeting received the articles of incorporation from Elaine Marshall, Secretary of the State of NC, dated June 22, 2012. Our incorporation number is C201217200111. The articles are now in the possession of our Clerk and will be kept in our lockbox. Our legal name is now Chapel Hill Friends Meeting, Inc.

Finance Committee expresses appreciation to those who have already contributed. Judy Purvis, our Treasurer, will be stepping down at the end of this fiscal year. If there is someone who feels led to step into that role, please let Finance Committee know.

**4. Death of Paul Bless**

Paul Bless, husband of Nancy Bless, died on August 1, 2012. A memorial service was held on August 8 at Carol Woods. If anyone has a program, please pass it along to Julia Cleaver, Meeting Recorder.

**5. Request for membership of Ed Bowen**

His name has been submitted to Ministry & Worship. A discernment committee is being formed.

**6. Appreciation for Paul Price memorial**

In July, our Meetinghouse was opened for the use of a memorial service for this non-member. Carolyn received a letter, which she shared with the Meeting, from **Holly Riddle**, thanking us for all of the support that CHFYM offered (attached). Carolyn added her own thanks to the many people within the Meeting for pulling this together so quickly (within a week).

## **7. Peace and Social Concerns Committee recommendation—Hank Elkins**

P&SC recommends that CHFM co-sponsor with Church of Reconciliation an ad in CH buses that reads: “Join with us, Build Peace with Justice and Equality, End US Military Aid to Israel, See our story at [TwoPeoplesOneFuture.org](http://TwoPeoplesOneFuture.org).”

The above ads were placed in CH buses this week, and will remain through the end of 2012, at a cost of \$1300/year. P&SC would like to contribute \$50 toward that cost. The U.S. currently gives \$3 billion/year to Israel, most of which is for military use. The committee met with Congressmen David Price and Brad Miller two years ago, to express opposition to this spending. On August 7 Congressman Price wrote to Secretary of State Clinton, stating his belief that aid should not be given to countries that violate human rights, and citing reports of human rights abuse in Israel. The Church of Reconciliation has asked people to express their views via the media.

Friends united around the following minute:

P&SC recommended contributing \$50 from their budget, and asked that the Meeting consider co-sponsoring with Church of Reconciliation an ad in CH buses: “Join with us, Build Peace with Justice and Equality, End US Military Aid to Israel, See our story at [TwoPeoplesOneFuture.org](http://TwoPeoplesOneFuture.org).” After discussion, Friends agreed to consider the matter again in September, providing an opportunity to visit the website, with hope that we can support this financially as a Meeting, rather than only as a committee (P&SC).

## **8. Messages and Announcements:**

- a. First Day School teachers needed for fall: contact Kathleen McNeil.
- b. Environmental Concerns Committee sponsors a bird walk at Mason Farm, Saturday, Sept. 22, 7:30 to 9:00am.
- c. Peace & Social Concerns meeting today at rise of meeting. Issues to be discussed include building affordable housing in North Korea and Rogers-Eubanks Neighborhood Association concerns.
- d. Dwight Cooley is in the health center in Carol Woods and is failing. Visitors are requested.
- e. Environmental Concerns Committee meets next week, Aug. 26, at the rise of Meeting. All are welcome.
- f. Meeting on the issue of the Rogers Road Community Center on Wednesday, August 22nd, 4:30pm, at the Solid Waste Administration Building on Eubanks Road. See the CHFM listserv for more information.
- g. Orange County Correctional Center is now accepting applications for new volunteers. Volunteers are needed for Yoke Fellows and for tutoring.
- h. Request from Publications & Records: Now that the new committee year has begun, please send the names of new committee clerks to [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org), so that they can be added to the clerks' listserv.

## **Worship and greeting**

**Attending:** Bill Flash, Maggie Flash, Marilyn A. Dyer, Ruth Zalph, Ann Kessemeier, Kitty Bergel, Dottie Heninger, Jennifer Leeman, Ken Grogan, Thomas Jones, Ryan Jarrell, Bettie Flash, Anne Smith, Deborah Gibbs, Nancy Elkins, Hank Elkins, Judy Purvis, Matt Drake, Lynn Drake, Carolyn Stuart, Richard Miller, Tom Munk, Roy Gilliam, Yiu K. Ng, Paul Munk, Joyce Munk, Michael Soots, Barbara Williamson

### **Letter from Holly Riddle**

I wondered if you would give warm thanks to the many members of the Meeting who assisted us in arranging for and hosting the memorial service and reception for Paul. If you could forward this note to each of them, Virginia and I would be most appreciative. So many of the members of Buildings and Grounds lent a hand. Linda Drake stepped in to help me identify members of the committee who could assist in your absence. She was also kind enough to send me the rental agreement and suggestions for the service. Dave generously offered to meet me, Virginia Chambers and our friend Wes Lachot at the Meeting to go over the facilities' use prior to the memorial and reception. Later on, he returned to open the buildings and helped with the clean-up, which was greatly appreciated. I know I was worn out at that point. Jeff and Kathy Brown were on site when we arrived and were of much assistance in the set-up. They know the place inside out and it showed. Stuart was there throughout. This was touching, since Paul was an acquaintance of hers; her efforts, though, were commensurate with those of a dear friend. Thank you also for your help in locating everyone and with the rental agreement. What an incredible group! Virginia and I were truly blessed. I know that Paul's siblings feel the same way.

Warmly, Holly Riddle

**Chapel Hill Friends Meeting**  
**Chapel Hill Monthly Meeting of the Religious Society of Friends**  
531 Raleigh Road, Chapel Hill, NC 27514 (919) 929-5377

Meetings for Worship at 8:30 and 11:00am  
Forum at 9:45am; Child Care from 9:30am-12:15pm  
First Day School from 11:15am-12:00pm  
Clerk of the Meeting: Carolyn White (919) 967-4926  
Resident: John Hite (919) 929-5377

- This newsletter is published every first Sunday under the care of the Publications and Records Committee. The deadline for submissions is 10pm on the last Sunday of the month. Email submissions to [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org) or call Emily Buehler, (919) 475-5756.
- To send news on the Meeting Listserv or as an In The Light announcement, contact [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org).
- Subscribe to our listserv at [www.chapelhillfriends.org/contact.html](http://www.chapelhillfriends.org/contact.html).
- PDFs of all newsletters are available online at [www.chapelhillfriends.org](http://www.chapelhillfriends.org).
- To get items posted on our website, send them to [news@chapelhillfriends.org](mailto:news@chapelhillfriends.org).

# Calendar

*(All events at Meetinghouse unless otherwise indicated.)*

<b>Sun. 9/2</b>	8:30am	Meeting for Worship (Early)
	9:45am	Forum: Report on the FGC, Past and Present
	11am	Meeting for Worship (Late)
	11am	Meeting for Worship - Carol Woods
	12:30pm	Potluck & IFC donations
Tue. 9/4	7-8pm	Yoke Fellows Prison Visitation - Call Hank Elkins
Fri. 9/7	5-6pm	Vigil for Peace & Justice - E. Franklin & Elliot Rd
Sat. 9/8		Last day of Quaker House exhibit (see page 3)
<b>Sun. 9/9</b>	8:30am	Meeting for Worship (Early)
	9:45am	Forum: none scheduled at this time
	11am	Meeting for Worship (Late)
	11am	Meeting for Worship - Carol Woods
Tue. 9/11	7-8pm	Yoke Fellows Prison Visitation - Call Hank Elkins
Fri. 9/14	5-6pm	Vigil for Peace & Justice - E. Franklin & Elliot Rd
<b>Sun. 9/16</b>	8am	Meetinghouse open for worship
	8:30am	Meeting for Worship (Early)
	<b>9:00am</b>	<b>Meeting for Worship w/Attention to Business</b>
	11am	Meeting for Worship (Late)
	11am	Meeting for Worship - Carol Woods
Tue. 9/18	7-8pm	Yoke Fellows Prison Visitation - Call Hank Elkins
Fri. 9/21	5-6pm	Vigil for Peace & Justice - E. Franklin & Elliot Rd
Sat. 9/22	7:30am	Birding Outing (see page 2)
	all day	The Courage to Listen (see page 3)
<b>Sun. 9/23</b>	8:30am	Meeting for Worship (Early)
	9:45am	Forum: The Quaker Tapestry
	11am	Meeting for Worship (Late)
	11am	Meeting for Worship - Carol Woods
	12:30pm	Environmental Concerns Com. - Schoolhouse
Thurs. 9/27 - 9/30		School of the Spirit Retreat (see page 7)
Fri. 9/28	5-6pm	Vigil for Peace & Justice - E. Franklin & Elliot Rd
<b>Sun. 9/30</b>	8:30am	Meeting for Worship (Early)
	9:45am	Forum: personal sharing by Susan Inglis
	11am	Meeting for Worship (Late)
	11am	Meeting for Worship - Carol Woods
	12:30pm	Potluck & IFC donations – Schoolhouse
	10pm	Deadline To Turn In Items For Newsletter!
Tue. 10/2	7-8pm	Yoke Fellows Prison Visitation - Call Hank Elkins
Thur. 10/4	9am-1pm	CHFM Serves Lunch at Interfaith Shelter
Fri. 10/5	5-6pm	Vigil for Peace & Justice - E. Franklin & Elliot Rd

## Help Update the Directory!

The Publications and Records Committee wants your current address, phone number, and email. Contact us with changes or to **verify that your information is still accurate**. If you don't, we will have to call you. The deadline is November 1st to be included in the 2013 directory.

Please let us know if there are changes in the names you'd like listed (e.g., children who now prefer their own listing, YA Friends who are now adults.)

Here are the ways to submit information:

1. Send us an email at [directory@chapelhillfriends.org](mailto:directory@chapelhillfriends.org).
2. Fill in the form (next page) and leave it in the P&R mailbox.
3. Call Emily Buehler at 919 475 5756.

Thanks for your help getting the directory out on time!

Name: \_\_\_\_\_

My information is correct.

My information has changed:

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Other changes: \_\_\_\_\_

(Fill out this form, detach, and place in the P&R mailbox.)