

The Vail Voice



Vail Place Hopkins

2022

August Newsletter

AUGUST CALENDAR HIGHLIGHTS



- Lunch is back! \$2 Mondays through Thursdays
- Cribbage tourney 3 pm on the 9th
- Dinner outing to Lion's Tap, 3:30 on the 16th
- -sign up at front desk
- Fishing trip the morning of the 17th-sign up at front desk
- Photo sharing social, 3 pm on the 23rd
- Patio Party with fresh sweet corn, 3 pm on the 25th
- Clubhouse Closed on Monday the 29th-Renovators at the State Fair!



MONDAY AFTERNOON ART COLLABORATION WITH JAY HAS BEEN A BLAST, SOME MIGHT SAY, STELLAR. NOT ONLY DO WE GET TO TAP INTO OUR COSMIC CREATIVE COLLECTIVE CONSCIOUSNESS, WE GET THE ADDED BENEFIT OF BEAUTIFYING OUR BELOVED CLUBHOUSE. THANKS TO JAY AND ALL WHO PLAYED ALONG!





21st ANNUAL Tour de Vail HYBRID

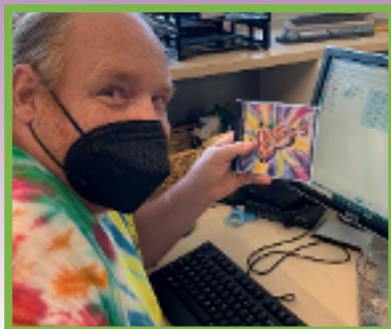
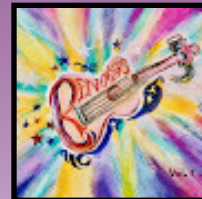
14 Miles for Mental Health

Taking Steps for Mental Health Recovery

July 13-17, 2022



Follow, Like and Subscribe to our new Renovators **YouTube** Channel!
The Renovators - Hopkins



Join **The Renovators** at the
MINNESOTA STATE FAIR
Monday August 29th
at Dan Patch Stage
11:30 am



Wag of the Week

by
Senior Reporter Zoe and
Pup Reporter Milan



Zoe: Hello everybody! After a month off, we're back, reporting from the NewsCouch at Channel K-9...

Milan:...and we have been busy, sniffing out stories. Can we tell them about how I've been fine-tuning my news-beats?

Zoe: That's not exactly news, pup, unless you tell us where those beats have taken you.

Milan: Well, I've been up and down the driveway, on the bus, to the park, and, especially to the great smelling taco restaurant. I sure do know where that place is! But... that isn't quite news, is it? I mean, the only thing hot about those stories is the blacktop. It's way too hot for my paws, so I've spent a lot of time here on the NewsCouch.

Zoe: Right! There was so much heat I had to stay home from work more than once 'cause it was too hot for me to walk on those hot pavements or wait long minutes at the bus-stop.

Milan: Your work! You took me to where you work at Target Field.

Zoe: Yes, that's right. I've taken you there twice now, and we are going again next month. What can you tell our readers about the ballpark?

Milan: It's big. Really big. Lots of people, lots of ramps and elevators. It's loud and when I see the little guys down below on the baseball field, hitting that little balls around with those sticks? Well, then it gets even louder! And it smells really good there! As I guide my human around all the peoples' moving legs? Wow! French fries and burgers and nachos and hot... Hey, Zoe?

Zoe: *(Tail tap, tap.)* What?

Milan: Do we smell especially good at the ballpark?

Zoe: I don't think we smell any different there than anywhere else, why do you ask?

Milan: Because I kept hearing people talking about how good the hot dogs smell and...

Zoe: Two years old! I've got to remember... this kid is only two years old! So, Milan, what else can you report about the ballpark?

Milan: Well, our humans brought our soft travel rugs so we didn't have to lay on the hard concrete all afternoon. My puppy raiser made mine for me. It has my name on it!

Zoe: One of my co-workers' mom made mine, and she put my name on it, too. Anything else?

Milan: I sniffed out our friend, Neon, who brought her human! But I wasn't able to find your office. Maybe you can show me next time, so I can report on that!

Zoe: Good thinking, kid. Your nose for news is coming along very well. But, your story about that may need to be on hold for a while.

Milan: *(Sniff? Wag?)* Oh? Why?

Zoe: I've been picking up something in the air about us going with our humans on a long car trip.

Milan: Long car trip? Where?

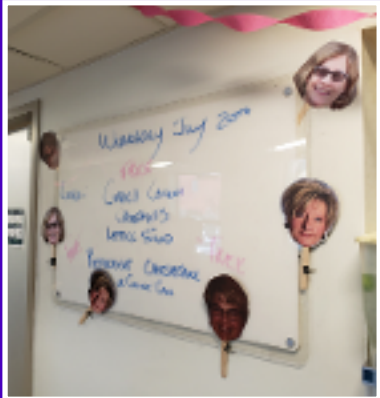
Zoe: Well, I've been in cars lots of times, but I never know where we'll end up until the doors open. I keep hearing the words "Duluth" and "Lake Superior" But I guess we'll just have to wait to find out! But, until then-

Milan: With all this heat, stay cool everybody! Drink lots of water, keep your paws off the hot pavements and-

Zoe: And keep wagging!

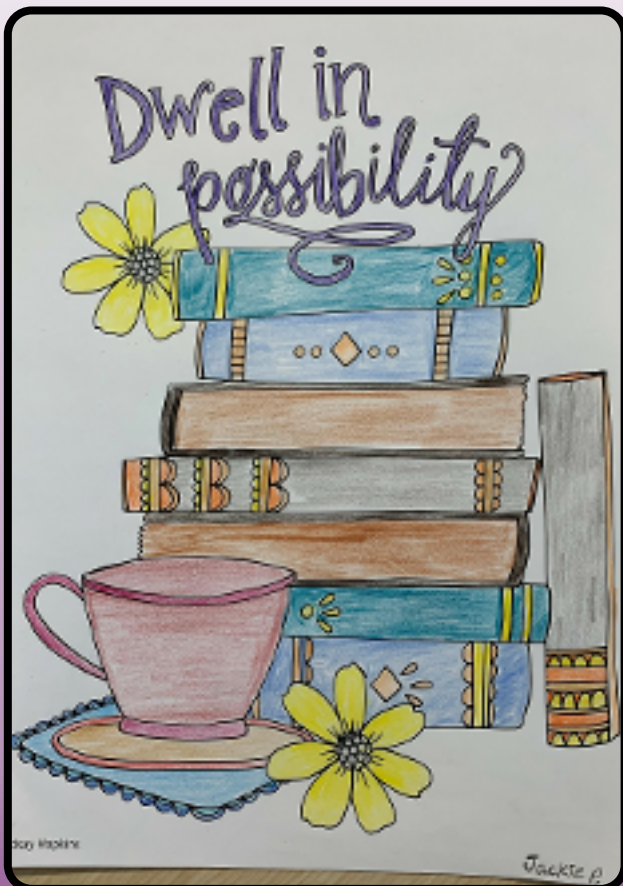
Clubhouse Happenings

We had a lovely retirement party send-off for Vicky, Shelly, and Sandy. A tasty meal was followed by fun, games, and cakes!



July's Patio Party was a sweet-smelling success! Just ask Barry the dog. In fact, it was so much fun, we're doing it again on August 25th at 3 pm- join us for camaraderie and sweet corn!





Coloring Creation by Jackie P.

Nature's Gifts

On curled bark peeled from
decaying birch tree

Is placed.....

A **STONE** worn smoothly by the
perpetual pummeling of waves
on Lake Superior's western shore

Dropped.....

A **CONE** which from towering
Pine Tree perched above the
Cascade River flowing alongside
Scenic Highway 61

SEEDS gleaned from a variety of
tall grasses while walking a vast
field of colorful wildflowers

Dried **MOSS** once hanging from
Decomposed tree limb that
Resembles a long wispy beard
of green

And finally.....

A small sharp-edged rock split
apart from massive boulder made
slippery by mist descending from
High Falls on the Pigeon River

These are Nature's Gifts
Thanks to the Creator for Nature's Gifts

Poem and photos by Marianne M.

21st ANNUAL Tour de Vail HYBRID

14 Miles for Mental Health

Taking Steps for Mental Health Recovery

July 13-17, 2022

Tour de Vail is now in the books for 2022. The event ended on Sunday July 17th with a gathering in the parking lot. Fun was had by all who attended, with ice cream and The Renovator's performing. This year we raised \$46,803 which translates to \$656,000 of community impact! Thanks to everyone who took part!

RAGNAR



AUGUST 12

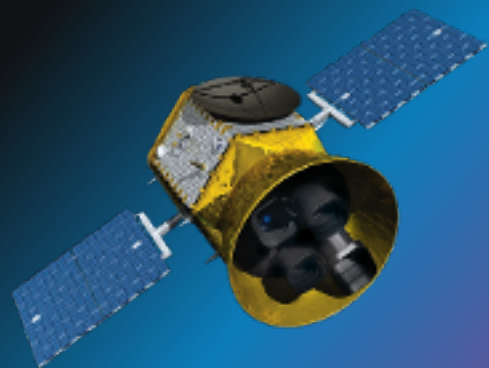
This year, Ragnar will look a little different for Vail Place! Rather than running the whole 36 hour journey, we will be providing volunteer support on August 12 to other teams. This will include a variety of tasks, like handing out gear, timing other runners and of course, cheering on any and all runners participating in this unique challenge. Please let Lilly or Chad know if you can help out!

Star Wars Quiz

By Beth B.

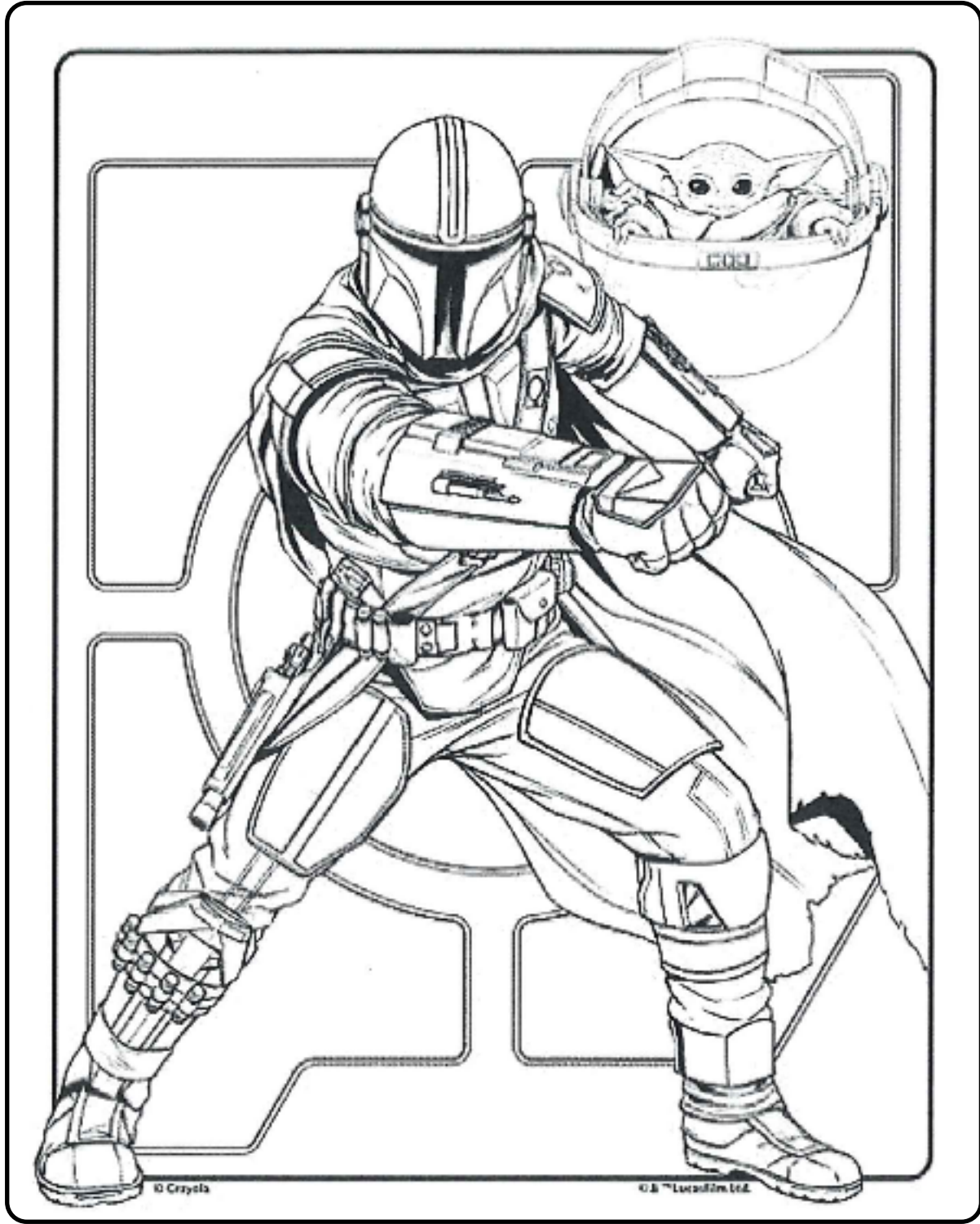
Finish the Star Wars Quote (answers on p. 16)

1. Let's blow this _____ and go home. (said by Han Solo)
2. You were my _____, Anakin. (said by Obi Wan Kenobi)
3. You failed, your _____. (said by Luke Skywalker)
4. We're _____. There'll be no escape for the princess this time. (said by C-3 PO)
5. The circle is now _____. (said by Darth Vader)
6. Judge me by my _____, do you? (said by Yoda)
7. The ability to _____ does not make you intelligent. (said by Qui-Gon Jinn)
8. Taking one last look, sir, at my _____. (said by C-3 PO)
9. I'd just as soon kiss a _____. (said by Leia)



**Coloring Creations
Continue!**

Get out your markers, pens, glitter, crayons, quills, or whatever else you may have and let yourself go with the flow of this lovely coloring sheet submitted by Beth B. If you don't have a printer, we will print some up in the clubhouse for you. Enjoy!



© Crayola

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Perseid Meteor Shower

August is often a wonderful month for star gazing! It's the month of the Perseid meteor shower, which is one of the most prolific showers because it has the brightest and numerous meteors. The showers are active from July to September. In 2022, they will be at max strength from midnight August 11 to dawn August 13.

There is another astrological wonder this month that is happening at this very same time – the last supermoon of 2022. The August Full Moon, known as the Sturgeon Moon. This full moon could unfortunately cause a challenge in seeing the full effects of the showers. The August Full Moon could wash out much of the sky as it rises at 8:49 pm on August 11 and sets at 5:10 am on August 12.

The Perseids are particles released from comet 109P/Swift-Tuttle that is located near the Perseus Constellation, which is where they got their name. Earth passes thru this Swift-Tuttle July – August annually. In 2022, the earth will pass thru the densest and dustiest area in mid-August. We could be able to see up to 50 meteors/hour. The Swift-Tuttle is approximately 16 miles wide at the nucleus and twice the size of the object hypothesized to have crashed to earth and killed the dinosaurs.

Best chance to see the Perseid Meteor Showers:

- Midnight on August 12 to before dawn August 12 would be optimal viewing time
- Avoid city light pollution
- Gaze at whatever part of the sky is dark.
- Face away from the moon
- You'll need 20 minutes for your eyes to adapt to the darker skies – so get there early
- Bring a chaise/lounge chair to avoid a stiff neck

Get ready for meteors!

6 meteor showers will likely offer better views than the Perseids this summer

Alpha Capricornids

This meteor shower extends from July 10 to Aug. 15.

Piscis Austrinids

This meteor shower extends from July 15 to Aug. 10

Delta Aquarids

This one extends from July 12 to Aug. 23.

Alpha Capricornids


Another weak shower from Capricornus, which began about July 3 - Aug. 15.

Iota Aquarids

This is the last minor shower before the Perseids from July 15 to Aug. 25.

Kappa Cygnids the limits for this shower run from Aug. 3 to 25.

August
PERIDOT
 &
SARDONYX



Strength, integrity and loyalty.

Peridot, known as the Stone of the Sun, is the national stone of Egypt and was a favourite of Cleopatra's

A woman who owns sardonyx jewellery but neglects to wear it will forever be lonely. Wear sardonyx regularly to ensure conjugal bliss!

Stringing peridot on donkey hair and wearing it around your left wrist can ward off evil spirits.

In the times of the European plagues, sardonyx was placed under children's beds to protect them from disease.

Allyson Jewellery

August Birthstones

The Peridot symbolizes strength and healing power, protecting its wearer and ensuring harmony and happiness.

Peridot is green, sometimes tinged with brown or yellow, and called the "evening emerald." This gem is formed deep inside the earth's mantle and is brought to the surface by volcanoes.

A previous birthstone for August was sardonyx, usually reddish and white and thought to bring courage, happiness, and eloquence.

Legend says that Queen Elizabeth I once gave the Earl of Essex a ring made sardonyx, pledging her aid if he was ever in need. Later on, when accused of treason and scheduled for execution, he tried to send the ring to her but an enemy intercepted it. The queen learned years too late of his demise.



Virgo Zodiac
 (August 23–September 22)

Leo Zodiac
 (July 23–August 22)

August Zodiac's

This Month in Astrology

This Month in Astrology



August was named to honor the first Roman Emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14)



The gladiolus represents strength, sincerity, and generosity.

THE OLD FARMER'S ALMANAC

AUGUST BIRTH FLOWERS:
 Poppy & Gladiolus

The poppy represents eternal sleep, oblivion, and imagination.

Book Club Goes 21st Century!

We are turning into “Pod People”!

Is this a Movie? Is it Science Fiction? No! It's Vail Place.

In August, our Friday morning book club will be on summer break. But we'll be back in September... with a difference! Instead of spending several weeks sharing a single audio-book, at each of our “Pod Chat” meetings, we will be exploring a different Podcast, focusing on a variety of general topic, like self-help, current happenings and issues, science or history. In September, the podcasts files we will be pulling episodes from include:

**Brene Brown with Unlocking Us
Stuff You Missed in History Class
Getting Curious with Jonathan Van Ness
Science Rules! with Bill Nye**

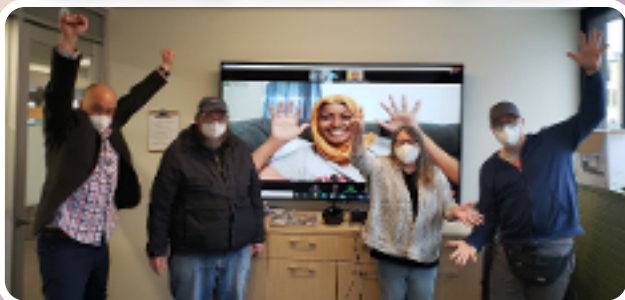
The last Friday of each month (in this case, September 30th) the whole hour will be reserved for book sharing time, where anybody can talk about what they have been reading. Folks can sign up for a fifteen-to-twenty minute “guest slot” for a more in-depth discussion of a book they would recommend, or just drop in to pass along a quick comment, book title or author.

[Check out each Friday's e-mail blast or look in on Vail's Facebook page to learn more.](#)



Article and Artwork by
Robin H.

Advisory Council Update



Hello Vail Place members, do you know what the Advisory Council is doing these days? Well, it turns out that we have been working on a Charter. That is a document that outlines our plans and activities and a structure for how the Advisory Council operates. This is a very important document and we have agreed to a Charter at the last meeting.

Richard W.

Standards Corner



HEY VAIL MEMBERS DO YOU KNOW OUR STANDARDS ARE A "BILL OF RIGHTS" FOR MEMBERS?

THAT SAID, LET US MOVE ON TO STANDARD 2 WHICH STATES THAT:

"THE CLUBHOUSE HAS CONTROL OVER ITS ACCEPTANCE OF NEW MEMBERS. MEMBERSHIP IS OPEN TO ANYONE WITH A HISTORY OF MENTAL ILLNESS UNLESS THAT PERSON POSES A SIGNIFICANT AND CURRENT THREAT TO THE GENERAL SAFETY OF THE CLUBHOUSE COMMUNITY.

BUT WHAT DOES THIS MEAN? WELL FOR ONE THING IT MEANS THAT PEOPLE OUTSIDE OUR COMMUNITY CAN'T TELL US TO ACCEPT NEW MEMBERS. AND FURTHER THAT MEMBERSHIP IS OPEN TO ANYONE WITH A HISTORY OF MENTAL ILLNESS, UNLESS THEY POSE A RISK OR THREAT TO THE GENERAL SAFETY OF THE CLUBHOUSE COMMUNITY. VAIL PLACE IS A SAFE PLACE TO COME! SO THINK ABOUT THIS THE NEXT TIME YOU COME TO VAIL OR ARE JUST SITTING AROUND AT HOME.

RICHARD W.

Member Spotlight: Joe T. by Teal G.



TG: So, Joe, tell me, when is your birthday?

T:J 8-27-60

TG: And when did you first hear about the clubhouse?

JT: I don't know...um, somebody told me about it but I can't remember when that was, maybe 4.5 years ago.

TG: You have a pet cat or two, do you want to tell us about them?

JT: Sure, I have two cats, one Siamese and one a domestic short hair. The Siamese is big and her name is "Sky" and the short hair is small and her name is "Lucy." They're always going at, wrestling match at least once or twice a day. I'm afraid they're gonna hurt themselves.

TG: Tell me about your motorcycle.

JT: Well, I've been riding since I got back from the Marine Corp in 1982. When I got discharged, I bought a motorcycle right away.

TG: If money was no concern, what kind of cycle would buy?

JT: I think I would go for a BMW. I had one once before but it was too big for me, really heavy. I rode that to New Orleans and I stopped in every state on the way down there to rest.

TG: Do you have any stories about your tattoos?

JT: Sure, my favorite is my Phoenix on my left forearm, Phoenix rising from the ashes. I also like my yin yang tattoo. The tiger represents speed and power that I would like to have. On my elbow is a web, reminds me of the hook of mental illness. The spider is a focal point when things were bad but the web held me together. I got the Star of David on my right forearm.

TG: Very cool. Tell me about some of your favorite restaurants.

JT: I don't go out too often, but I like the Falafel King. I like their Jerusalem plate. It has hummus, chick pea balls, shawarma with cucumber sauce,

baklava, and these spinach wrapped figs.

TG: Do you like to watch tv?

JT: Yes, I watched entire 4th season of "NYPD Blue." I do have a soft spot. If there are a number of seasons, I have to get them all...even if I don't watch em, I gotta have em. Another favorite is "The Wonder Years" and the movies, "Stand by Me" and "Sandbox." I also like to watch the Smithsonian channel, Court Cam, National Geographic, HBO, Showtime, Amazon Prime.

TG: Who would you say is your favorite actor?

JT: Mark Wahlberg

TG: Do you like music or have a favorite band or musician?

JT: I like Jim Croce, Eric Clapton, The Beatles. My favorite band is probably the Allman Brothers.

TG: What are some of your favorite things to do here at the Clubhouse?

JT: I like the meetings and the restaurant outings. I like figuring out where to go eat. And I like the meditation class that Jonathan puts on.

TG: What is something about you that you'd like the members to know?

JT: I have a strange sense of humor and I can lift heavy things. I also really enjoyed my skydiving experience.



What I Thought Up While on "Break"

by Jeff H.

Nobody wants to go on a psychotic break—it's not the sort of "break" we like. In fact, I can't even stand the expression. I prefer "prolonged delusional episode." But we need to take what we're given.

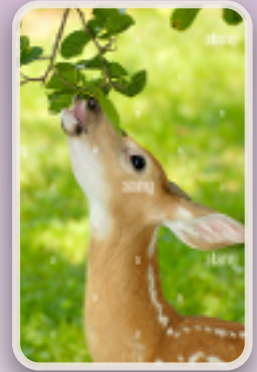
During such an episode you get fixated on a few unquestioned and unquestionable beliefs that don't accord with the reality those around you take for granted. For instance, during an episode I just recently got out of, I believed I needed to smoke cigarettes to stay healthy: orange pack to avoid cerebral palsy, yellow to avoid anxiety, blue to avoid Alzheimer's. It was quite a system.

This was only part of what I believed. I also thought I was part of a small group of people working successfully to rid the world of nuclear weapons and global warming. My small part in this effort was to run down computer systems by getting through bizarre lists quickly. These lists had to do with such things as eating at certain restaurants during an allotted time, all while thinking some people there were trying to poison me. It was exciting, but it did get old. And none of this was true.

During this episode I also had to think up new ideas and write them down. Some, I think, apply to the wider world and cannot be dismissed merely as the musings of a crazy person.

I considered the behavior of herbivores—animals that eat plants. I wondered at how such animals, such as deer, do not systematically eat leaves off a tree, slowly munching straight up a branch, getting all the leaves. Instead, they eat a little here, wander off, eat a little at a tree a little further down, and so on. I knew that one of the reasons for this is trees alert their brethren, through communication in the roots with the aid of fungi, that an herbivore is nearby eating. To protect their leaves, the neighboring trees secrete some stuff into them to make them taste bad. All of this is accepted biology. But my next idea was beyond what is accepted.

I considered that perhaps the trees were not just defending their leaves; perhaps they were guiding the herbivores towards leaves that needed pruning. Perhaps the trees made leaves they wanted to keep taste badly, while helping to ripen leaves that needed pruning. After all, our houseplants need pruning. Why don't wild plants? And who better to prune them but herbivores who need the leaves to eat? **I began to see the feeding of herbivores as a dance between the plants and the animals**, the plants providing food and guidance, and the herbivores providing necessary pruning.



Then I thought of carnivores, meat eaters. Carnivores are famous for hunting the weak—the old, the infirm, the sick. Perhaps this, too, is a type of pruning. I know some indigenous people feel that, in the hunt, animals give themselves up to the hunter. Does this happen with all carnivores? Are the old, infirm, and weak like those ripe leaves the herbivores eat? Do carnivores help the hunted through a needed and timely death? Is hunting and eating killed prey also a kind dance? I thought so when "suffering" psychosis, and I still think so now.

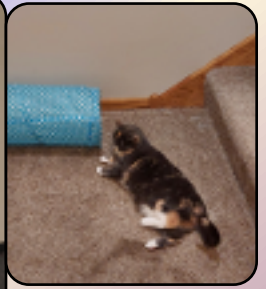
Ecosystems are so complex and the interrelationships are so textured.

What do these thoughts say about "psychosis"—if I can use that word? It's not a wholly useless state. We schizophrenics have wild and floral ideas, much of them way off base and annoying to those around us. But some of our ideas are original, insightful, and right on. I believe that schizophrenia can loosen our thinking to help us hypothesize in positive and useful directions.

Because of my "psychosis," I will never think of nature the same way again. If I had my druthers, I wouldn't go through the pain of psychosis to get to these ideas. They would just come during the normal course of a normal day. But maybe normality doesn't birth such thoughts.

The Adventures of Kuda the Cat

by Kuda



Kuda and her human, Hassan A.

Reminiscent.

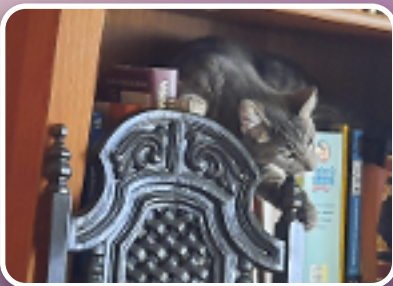
Living with others and being loved by 12 human beings is a turbulent journey for me or any other cat. In that same token, I am aware that other people succeeded domesticating the other four legged animal called dogs, but for me as Kuda, one of 450 million cat members, I am aware that we were never domesticated like dogs. Instead we struck a partnership with humans 4000 years ago in Egypt.

We were excellent hunters and scavengers day and night and when human existence was threatened by plagues we were able to kill the rodents and rats that carried the fleas that carried the plague and save many people. Therefore we struck a working bargain and hands off relationship with humans which allowed us to come home and live with humans side by side without any other obligations.

We sleep most of the time and do very little, and expect the best from those who care about us. You could say my purring or growling is for my safety and when I go between your legs I am acknowledging that you are bigger and stronger, don't tremble on me. My meowing only happens when others are around to ask for feeding or if I am asking to come in or to go out. I am still a partner whatever you do, allow me movement and I will love you the best.

After the big bang settled, Satan - Djinn (made of smokeless fire), Adam made of (mud and water) made a deal with the Great Designer to obey/worship, multiply and to protect the great environment. All the other animals and creation were stunned and became silent witnesses, but I am never silent. In my thinking, meowing is just a frustration of things and noise.

Reminiscent, I could multiply too and be a loving mother, 58 days of struggling, partitioning to a couple of noisy kittens and then caring for them for 7 weeks. Forget about it! I may have been fixed against my wishes, but who would ask me anyway? The other day, I saw a therapy dog. He looked depressed. I guess the training was not dog specific. I could have been a guide to blind people but something tells me - save yourself first, and I am not being selfish. It is part of the bargain we made with humans long ago. Surviving today to live another day is part of my DNA.



A Little Update on Kevin's Cat, Markie Mark

by Kevin F.

He's 9 months old and therefore nearly full grown. He loves people food, but people food does not agree with him. He starts begging to be fed around 2:00 in the morning. I must put him out in the hall. He's got his favorite toys, but he has been enjoying feet. He attacks my feet when I walk near him. Another thing he's been doing is racing around the apartment at the speed of sound. When I brought him in, his meow was more of a grunt. Samantha thought he sounded mad. But now his meow is more normal.





Mike's Corner

America before Television: Excursion into Radio

Today's Manifesto: The Shadow

Back in the 1930s through the 1950s, America used its imagination to the utmost, listening to comedy, mystery, suspense and drama. And one of the greatest, was "**The Shadow.**" This radio drama concerned itself with a gentleman who was seen but never heard. His name was **Lamont Cranston, alias The Shadow**, who clouded men's minds so they could not see him. Cranston, known to the underworld as The Shadow, assisted the police in their battle against crime and good against evil, with good persevering over evil and setting the precedence that good is greater.

"The Shadow" radio series ran from 1937 until 1954 and people gravitated toward their radio sets eager to hear the next episode of this acclaimed series. There was **Orson Welles**, Bill Johnstone, and Brett Morrison and John Archer. Each of these gentlemen played the voice of the invisible shadow during its heyday. Among the woman who were responsible for The Shadow's companion and sidekick, **Margo Lane**, were, among others, **Agnes Moorehead** and later on, Grace Matthews, Margo Lane being the only one knowing to whom the voice of the invisible shadow belongs. Each show usually broadcast on Sundays, lasted a full half hour of criminals, drama, and mayhem. In each show was heard the eerie laughter of The Shadow at the beginning and ending of the episodes, snarling the words "**Who knows what evil lurks in the hearts of men? The shadow knows.**" And to conclude this show "The weed of crime bears bitter fruit; crime does not pay. The shadow knows."

"The Shadow" radio series was the first show in my collection of audio dramas and certainly will not be my last. You see my collection consists of hundred of radio dramas, mysteries, and comedy classics, and the greatest of the old timers, "The Shadow."

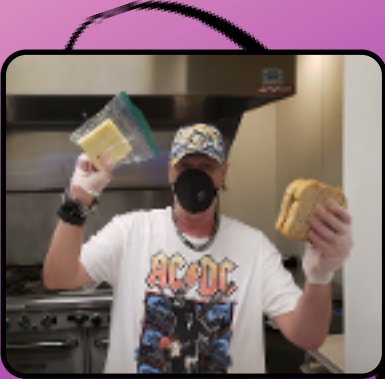
I have virtually every episode ever broadcast and count it an honor and privilege to tell you about it. Old time radio beckons to be heard. So have a little family get-together and listen to one today, provided you have a cassette or cd. You will surely enjoy it. **The Shadow knows.**

So long for now, from your old-time radio connoisseur and devoted fan,

Michael Fridgen



Colleagues rockin' the work=ordered day and then, chillin' with some felines at Cafe Meow!



The Adventure Continues

by Don L.

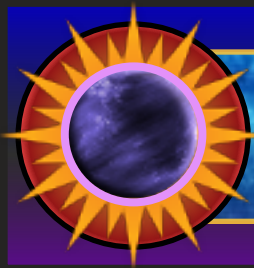


ALL SYSTEMS GO !!!

Therefore; the storm has cleared. I know sometimes we have a different agenda, all day the same just different results and different circumstances, yet we keep fighting the good fight of our presence in society. Sometimes we have a rough day, maybe two or maybe three, all in all it's the same status to try our best to focus on friendship and trust... It appears to me that when the storms hit hard that trust is critical to tap into and to know better in the midst of the thunder skies... Hang in there & you'll see this to be true. Your mind is a very potent force to your freedom., and yes forgiveness is the foothold to no remorse and a merciful agenda of love. So the true path to peace is definitely recognized as a power for prosperity & yes freedom. Let go and know you are loved as a brother and that love stands the test of time..

Sincerely your friend **Donnie L...** The adventure continues...





Vail Place Clubhouse Hopkins, Mn 55343

Need some assistance?

Important Phone Numbers:

C.O.P.E. 612-596-1223

Wellness in the Woods: 844-739-6369
Sun - Sat: 5pm -9am

Minnesota Warmline: 651-288-0400
Mon - Sat. 12pm - 10pm

Staff Numbers:

Chad: 952-529-1403

Jonathan: 952-300-5378

Samantha: 952-406-9284

Nate: 952-529-1166

Julie: 612-790-8107

Lilly: 952-529-1009

Staff are available M-F 8:30 - 4:30

Answers to Beth's Quiz from page 6

- | | |
|-------------|------------|
| 1. thing | 6. size |
| 2. brother | 7. speak |
| 3. highness | 8. friends |
| 4. doomed | 9. wookiee |
| 5. complete | |

August Birthdays

Happy Birthday to you.....

Hassan A.

Mary S.

Bill M.

Joe T.

Kevin R.

Mike V.

Tim R.

Tanya W.

Abdul S.

Shar W.

Newsletter Contributors And the Crew!

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