



# SeaLight

News and Information

Volume 15, Issue 9 September 2014

## Message From Our President

Summer ends, and autumn comes, with crisp freshness, with anticipation, with melancholy, with cool mellow breezes replacing summer heat. Autumn is welcome and wise – the perfect time for reflection and appreciation.



My touchstone is gratefulness – my heart’s simple, but passionate response to the wonder of my life and the loving people I am connected with. A mindfulness of gratitude springs from my recognition and acknowledgement of the abundance of blessings in my life. This appreciation liberates a natural generosity in my heart and I can more easily give to others unconditionally.

Generosity is our capacity to share the best of who we are and what we have for another’s benefit — it might be our most valuable human trait. It may be the one quality we have that can possibly save and transform our troubled world. We each contribute in the ways that best fit us – our time and talents, our hearts and voices, our hands, our intellects, imagination, and experience. Along with attributes like our wisdom and our courage, our faith and our hope, our generosity is, simply, our finest quality. It is the best of who we are, our shining nature as people.

Our generosity sometimes requires a leap of faith. In letting go of something by giving, we are trusting that we will somehow receive what we need in return. It is when we open our hands and our hearts, freely sharing what we have, we become ready and able to receive, and we often discover that our needs are met in unexpected ways.

The more we realize what we have been given, the more it motivates us to give something back and keep the gift flowing.

Julie Anne Ellis-Taylor



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## Message from our Minister

Since April, twenty-four visitors have attended our Sunday services. I try to speak with each one of them before the service begins. I call and email them early in the week to offer them an opportunity to meet with me to discuss their interest in the Fellowship. I have had eight of these face-to-face meetings with visitors so far. One couple remains interested.

These are not the results I had anticipated. However, this is not a reason to give up. I need your help. Research shows that visitors see a minister's involvement with them as a professional doing his or her job. When the laity show interest in them it is more effective. It gives visitors a greater sense of warmth, of community, of a genuine interest in them.

Give visitors a warm welcome – express an interest in what they are looking for in a congregation, even direct them to the right people to investigate their expressed interest in joining the choir, or in participating in our prison-reform group, or in attending our Thursday night meditation sessions, or in our feeding the homeless at the temporary shelter, or in becoming involved in a covenant group, or in attending one of our community concerts, or you can extend to them an invitation to our soon to come Friday night potlucks at the Fellowship, just to name a few possibilities.

Visitors coming through our doors are searching for community. A search for community is a search for roots, place, and belonging. They are searching for a congregation in which significant relationships of sharing and caring take place.

I know on Sunday mornings many of you look forward to visiting with your good friends at the Fellowship. Or it is a chance to get some congregational business done. But if you go out of your way to give our visitors a warm welcome and some quality time, you may like the results it brings. Together, laity and minister, we can build a sustainable future for the Fellowship we love, and along the way make some new friends.

In the Spirit of Life,

Reverend Don



*Minister's office hours with Reverend Don Cameron are Wednesdays 2-4pm and Thursdays 4-6pm or by appointment. Please call (949) 204-9941 to set up a time to meet.*

## Sunday Services



*The UUFLB Choir meets every Sunday at 9:30am and all are welcome.  
Service begins at 10:30am.*

### **September 7 Water Communion**

Welcome to the Ingathering of the UUFLB congregation at summer's end. We shall celebrate our reunion with the sharing of ourselves and of the earth's waters. Please remember to bring waters from your summer times and places to pour into a common bowl and to share with us the significance it holds for you. This will be a MULTIGENERATIONAL service. *Reverend Don*

### **September 14 When We Really Look At One Another**

In Thornton Wilder's play, *Our Town*, the young heroine Emily (when dead) discovers that people really don't understand what is important in life while they are alive. Her discovery is an un-welcomed judgment of our spiritual health. This morning, I wish to explore the state of our spiritual health and the possibility of our recovery. *Reverend Don*

### **September 21 Michael Eselun, Guest Speaker Jean Raun, Sunday Service Leader**

Our guest speaker, oncology chaplain Michael Eselun, will explore our relationship to our own stories and how we use them in the attempt to make spiritual sense of our lives. To our delight, he has agreed to remain for a "Sandwich Lunch" to give our congregation the opportunity to spend more time with him

**Sunday, September 21**  
**Sandwich Luncheon with**  
**Guest Speaker Michael Eselun**

*Immediately following the Service*



### **September 28 Magnificent Losing**

What if we engaged in losing for the right reasons? But why would anyone welcome losing into their lives? Because we learn, grow, and mature from our experience of losing. When seen as an opportunity, a loser can become a winner. *Reverend Don*

### **October 5 All Fellowship Creative Service**

# The Voyage - Religious Education News Page

Religious Education with Wendi Bender

## **September 7 Water Communion – Multigenerational Service**

Join the congregation upstairs to celebrate our reunion at summer's end with the sharing of ourselves and of the Earth's Waters. Bring water from your summer adventures to pour into our common bowl and share the significance it holds for you.

## **September 14 Summer Adventures – Georgia O'Keeffe in Modern American Art**

Come and explore Georgia O'Keeffe's vision of color and flowers, using pastels.



## **September 21 Summer Adventures – Norma Young**

Join our own UUFLB artist Norma Young as she shares her talent for oil painting. She will give us instruction and allow the children to try using oils to paint a creation of their own.

## **September 28 Wishing Well Sunday/Social and Earth Justice**

Social Justice is an important part of our UU Faith. We take a collection offering during our Wishing Well Sunday so please remember to bring a little change to give to help with our next Social Justice project.

## **Nursery/Explorers (Infants through Pre-Kindergarten)**

For our younger UU's we are using Celebrating Me and My World curriculum. It begins by celebrating the wondrous qualities of the children themselves and expands outward to the things and people around them. This program provides preschoolers with experiences and opportunities to grow in their sense of trust and caring, and to develop their self-identity as well as their sense of connectedness with all of life. Drop in any time!

See you on Sunday!

Wendi



## Fellowship News, Events, Meetings, and Programs

### **Regular Monthly Meetings** *(Open to all interested members & friends)*

1st Tuesday	September 2	6:30pm	Finance Committee
1st Sunday	September 7	11:30am	Program Council <i>(Committee Chairs)</i>
2nd Monday	September 8	5:00pm	Worship Committee
2nd Monday	September 8	6:30pm	UUFLB Board
3rd Sunday	September 14	11:30am	Social Action Committee

*(Fellowship Programs... continues on page 5)*

*(Fellowship Programs... continued)*

**Koffee Klatch Every Wednesday 5-7pm**

Join Rev. Don for this weekly conversation at the Koffee Klatch, 1440 S. Coast Hwy, between Mountain and Calliope in Laguna Beach (949) 376-6867.



**Meditation Every Thursday 6:30-7:45pm**

Various guest instructors. Give yourself the gift of loving awareness and insight, and learn how to meet each moment fully. Please join us. Chairs available, or bring your own mat or cushions. Dress comfortably. If you are able to offer a donation of \$10 to support the program, we appreciate it; if not, please come anyway! Wanted: Yoga mats to donate to the program. Please contact Frances Heussenstamm: (949) 715-1517, [fkheuss@cox.net](mailto:fkheuss@cox.net); or, Julie Anne Ellis-Taylor: (949) 633-2713, [ellis.julieanne@gmail.com](mailto:ellis.julieanne@gmail.com).



**Homeless Dinner Prep/Service Sunday, September 4th & 25th, 6pm**

Come share love and food every 1st & 4th Thursday! We buy, prepare, deliver, and serve dinner to 60-65 homeless people at the Alternative Sleeping Location (ASL), on Laguna Canyon Road, between the dog park and the Marine Mammal Center. If you wish to make a donation, UUFLB has a special fund for any and all donations. If you would like to help, please contact Riva Dimond: (949) 830-5294, [markdimond@comline.com](mailto:markdimond@comline.com). For other info about helping the homeless in Laguna please contact Daga Krackowizer: (949) 290-7878, [cookiedaga@yahoo.com](mailto:cookiedaga@yahoo.com).



**UU Laguna Woods 1st Friday Discussion Group Friday, September 5th at 12 noon**

Our next meeting will be at noon on Friday, September 5th, in the Rendezvous Room in the Towers, 24055 Paseo Del Lago. The topic: Share some of the humorous disappointments of your up and down life. All UU's and friends of good will are welcome to join our lively discussions. Please bring your own lunch. Tea & coffee are provided by the Towers. There is a modest fee of \$1.50. If you live outside of Laguna Woods please call our hostess Lorna Ingram for gate entry or directions (949) 859-1408. Please join us.



*On the last 1st Friday we lost our beloved John Crouch. We celebrate his full and loving life, mourn his absence and shall miss his kind and gentle presence.*

*(Fellowship Programs... continues on page 6)*

(Fellowship Programs... continued)

## **“WHERE’S MY FOOD?!”**

**Saturday, September 6 at 10:30am in Fellowship Hall**

*Producer and Director, Lee Godden will introduce his new film*

**A new documentary film that serves up the surprising truth about waiters and waitresses.**

One-in-ten Americans currently work in food service.

We spend 50% of our food dollars in restaurants.

Fifty years ago, it was 20%. In 1996, the National Restaurant Association (aka ‘the other NRA’) successfully lobbied Congress to keep the federal minimum wage for tipped workers at \$2.13/hour.

**It’s been that low ever since.**

Learn how consumers can drive positive change through awareness and political action. [wheresmyfood.com/](http://wheresmyfood.com/)

## **Last Opportunity to Attend New Minister Focus Group!**

**Sunday, September 7th, following Service**

As the Search Committee continues the process of selecting **a new minister** it is very important to us to get **your** input into what kind of spiritual leader we want. We’ve held several focus group meetings over the summer to allow us to hear from you, but there are still a number of members who haven’t yet participated.

**We are going to hold one more on *Sunday, September 7th, right after the Service.***

If you have not yet attended one of these sessions please make plans to attend.

**We want to take the needs of our entire congregation into account, as we make this very important decision.**

***And if you don’t participate... your opinions will not be represented!***

Please RSVP to [office@uulagunabeach.org](mailto:office@uulagunabeach.org) or call (949) 497-4568 at your earliest convenience as space will be limited.

**Town Hall on CA Proposition 47    Saturday, September 13, 11am-1pm**

Prop 47: Californians for Safe Neighborhoods & Schools, also called Criminal Sentences. Misdemeanor Penalties. *Why do both Liberals and Conservatives Support it?*

(Fellowship Programs... continues on page 7)

*(Fellowship Programs... continued)*

Guest Speakers include Robert Rook from Californians for Safety and Justice (Pro), Jean Raun from the League of Women Voters (Pros & Cons), and Jan Meslin from OCCCO, Orange County Congregation Community Organization (Pro).

What will Prop 47 do? Improve public safety, reduce prison spending and invest hundreds of millions in K-12 schools, victim services, and mental health and drug treatment. How? By changing the lowest-level, nonviolent crimes such as simple drug possession and petty theft from felonies to misdemeanors. Who endorses Prop 47? Law enforcement leaders, crime victims, teachers, business leaders, faith leaders, rehabilitation experts, and civil rights leaders.

*Part of an ongoing series sponsored by Advocates for Cost Effective Justice in Orange County. In Fellowship Hall, free and open to the public. For information, please contact: Jan Meslin, (858) 395-4675 or [meslinjan@gmail.com](mailto:meslinjan@gmail.com).*

**Police Dept. Presentation      Wednesday, September 17th, 7pm**

“Neighborhood Watch and Emergency Preparedness 101”, a discussion on crime prevention and emergency preparedness. Community Services Officer, Nikie Hernandez and Emergency Management Coordinator, Jordan Villwock. Open to the Community.

**ERIC HENDERSON IN CONCERT**

**Saturday, September 20, 7:00pm in Fellowship Hall**

Trained by the great Andres Segovia, Eric Henderson is a guitar virtuoso who covers a vast repertoire with technical mastery and a passionate delivery that will invigorate each and every soul in the audience.

Eric’s performance reveals how a guitar can transcend genres and imbue a wonder and spontaneity that connects with the audience.

He is unconventional in a most compelling way.

General Admission: \$20 in advance, \$25 at the door. Students and Seniors: \$15 in advance, \$20 at the door. Seating is limited and open. It is anticipated that this concert will sell out in advance. To order online, go to [eventbrite.com/e/an-evening-with-guitar-virtuoso-eric-henderson-tickets-12905706315?aff=efbevent](https://www.eventbrite.com/e/an-evening-with-guitar-virtuoso-eric-henderson-tickets-12905706315?aff=efbevent).

**Lunches for the Homeless      Sunday, September 21st, after Service** (Every 3rd Sunday) The Social Action Committee and interested Fellowship members meet after services on the 3rd Sunday monthly to prepare lunches delivered to shelter residents on Monday. Lunches include sandwich, fresh fruit, beverage and snack.

*(Fellowship Programs... continued on page 8)*

*(Fellowship Programs... continued)*

**Israel/Palestinian Conflict Guest Speaker: Miko Paled**

**Sunday, September 21st, 2pm**

UUFLB and Neighborhood Congregational Church (NCC) present the well known speaker, Miko Paled, on the Israel/Palestinian conflict. The talk will take place at the NCC in Laguna Beach at Glenneyre and St. Ann's Place. Requested donation is \$10 at the door. For information, please contact Daga Krackowizer: (949) 715-3879, [cookiedaga@yahoo.com](mailto:cookiedaga@yahoo.com).

**Hospice Care – Free Volunteer Training**

**Beginning on Friday, September 26th**

Saddleback Valley at Saddleback Memorial Medical Center Hospice has provided care to the terminally since 1992. They're looking for volunteers who can give up to 4 hours of weekly support to terminally ill patients and their families (visits, errands, caregiver relief, office assistance, Life Story Project). A free training program begins September 26. For more information and an application, please contact Cheryl Lanterna, Volunteer Coordinator, at (949) 452-7448.

**Life Skills Classes – Register Now for Free Series**

The series will be held at South OC Family Resource Center in Lake Forest, offered free of charge by Mission Hospital. The following topics will be presented: Self Esteem, Anger Management, Anxiety, Communication, Depression, and Healthy Relationships. Please contact Carla DiCandia, MPA, Manager, Health & Ministry Services: (949) 364-1400 x 5007, [carla.dicandia@stjoe.org](mailto:carla.dicandia@stjoe.org); [mission4health.com](http://mission4health.com); 27700 Medical Center Road #150, Mission Viejo, CA 92691

**FREE FLU SHOTS!SAVE THE DATE: SUNDAY, OCTOBER 19TH**

Hoag Hospital is again donating flu vaccine to UUFLB Our own Helen Fredericks, RN, will administer to all who would like to receive it before or after service. Flu shots reduce the chance of contacting this year's flu; recommended for those over 60 or with a chronic health condition. Those who live with or care for those at high risk from complications from the flu should get the vaccine, including health care workers, parents and caregivers of children under 6 months of age who are too young to receive the vaccine. If you have any questions, or can't come to the Fellowship on the 19th, please call Helen at (949) 388-9808. She has information about other locations offering free flu shots other dates.

Adieu and Bon Chance to our Wonderful Tiffany Chen!  
Last month, we sent her off to Paris to begin medical school.  
But she will also reside in our California hearts as the lovely,  
talented and incredibly hard-working young woman we know her to be.

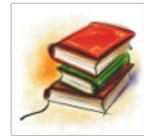
## Circle of Light

We are sad to announce the death of Ed Middleton, the last living signer on the Deed of Trust when our building was bought. Ed also served the Fellowship in many other ways. He was 89 and lived with Alzheimer's for several years. When the Fellowship held progressive dinners as a fundraiser, the main course was at his house until he and his wife, Jean, moved to Air Force Village West in 1997.

Sadly, we have also lost two more of our elders. **John Crouch** and **Madge Sanders** both died in August. Our condolences go out to their families.

On a happier note, **Rachel Lemp**, one of our most active youth, is recovering nicely from a serious infection and food poisoning. She was quite sick!

## Yesterdays Create Tomorrows



*From time to time, this article will include biographical notes about notable Unitarians and Universalists, as well as Unitarian Universalists.*

On September 2, 1578, because of the growing influence of Socinianism, the University of Krakow, Poland, opened its door to students of all religions. Before this day, the school admitted only Roman Catholics. On September 3, 1598, town magistrates in Leyden, Holland, ordered Unitarian books burned and their authors, Christopher Osterod and Andrew Voidovius, banished. That's much better than being burned or imprisoned, as happened to so many others.

All of the information in these notes comes from *This Day in Unitarian Universalist History*, by Frank Schulman. It carries the subtitle of *a Treasury of Anniversaries and Milestones from 600 Years of Religious Tradition*.

## Your Wider UU World



### **Congregational Church Retreat at Camp deBenneville October 3rd-5th**

Everyone is welcome to spend the weekend in the mountains for our 4th Annual RejUUvenation Retreat, October 3-5, 2014. We will join with members of Tapestry UU and Orange Coast UU for a weekend of enriching workshops and uplifting fellowship in fresh mountain air at Camp deBenneville Pines.

*(UU World continues on page 10)*

*(UU World continued)*

There will be activities for all ages and interests, so come relax and share in the spirit of community. Delicious meals and comfortable cabin accommodations are provided.



Please find registration forms on the back table at the Fellowship, and contact Amy Lemp for questions, [allemp3@gmail.com](mailto:allemp3@gmail.com) or (949) 216-9440. For more information about camp visit [uucamp.org](http://uucamp.org). Scholarships are available. Please return completed forms to the office or to Amy.

**Special Weekend Activities at Camp deBenneville Retreat!  
The Laguna Laughter Club, with Jeffrey Briar**

A weekend full of utter hilarity (as well as friendship) is assured. Director, The Laughter Yoga Institute [LYInstitute.org](http://LYInstitute.org), AND Sometimes-Pianist at UUFLB!

**“Big Faith -- No Borders”**

That was the theme of the first Pacific Western Regional Assembly held in San Jose, CA, on April 26-28, 2013. So why talk about it in 2014? We are not alone in this movement. There is history behind us that tells us how we came to be here, in this time and these places.

As the Anglos moved west so did Unitarians and Universalists. First Unitarian was founded in San Francisco in 1850. San Jose, Portland, Sacramento, Denver, San Diego, Los Angeles and Santa Barbara followed, in that order.

A number of Universalist congregations were established in the 1850s and after; the oldest still in existence is the Universalist Church in Riverside, founded in 1881, then Throop in Pasadena, Santa Paula, and First Universalist in Denver. Today First Unitarian in Portland is one of the four largest UU congregations across the continent.

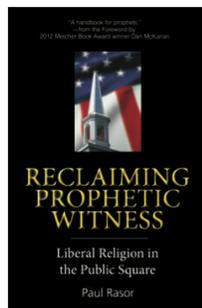
The western congregations spread from cities to smaller towns. With the Fellowship movement in the American Unitarian Association after the World War II, the number of congregations grew even more. UUFLB was one of those, being established in 1948. The Universalist congregations were having financial difficulties and were consolidating, joining with Unitarian congregations or dissolving.

When the two liberal movements merged in 1961, they established the three West Coast Districts. Pacific Southwest District bought Camp deBenneville Pines with the help of the US Forest Service and the Universalists at the time of the merger.

*(UU World continues on page 11)*

*(UU World continued)*

There is more to the history of the Pacific Western Region but there's too much to fit it all in one month so, "to be continued..."



**Announcing the UUA Common Read for 2014-2015: Paul Rasor's *Reclaiming Prophetic Witness: Liberal Religion in the Public Square*** Leading Unitarian Universalist theologian Paul Rasor dispels the myth that conservative Christianity is the only valid religious voice in national debates on social policy. Showing that religious liberals are more numerous than many realize, Rasor calls on them to embrace their prophetic heritage and bring their religious convictions to bear on the issues of our time. Discussion guides for congregations will be available in October.

### **Financial News for UUs**

In June, delegates at the 2014 General Assembly (GA) of Unitarian Universalist Association (UUA) meeting in Providence, RI, passed a resolution calling for divestment from fossil fuel companies in the UUA Common Endowment Fund (UUCEF). The resolution requires the UUA to:



- Cease purchasing securities of CT200 companies as UUCEF investments immediately
- Continue to divest its UUCEF holdings of directly held securities of CT 200 companies, reaching full divestment of these companies within five years
- Work with its current and prospective pooled-asset managers for the purpose of creating more fossil fuel-free investment opportunities, with the objective of full divestment of UUCEF indirect holdings in CT200 companies within five years
- Invest an appropriate share of UUCEF holdings in securities that will support a swift transition to a clean energy economy, such as renewable energy and energy efficiency related securities
- Report, via the UUA President and the Treasurer, to each General Assembly from 2015 through 2019 on our Association's progress on the above resolutions

Following the vote, UUA President Peter Morales said, "The UUA has a long-standing history of fighting for our environment. I am proud that we are going to put our money where our values are on this issue."

*(UU World continues on page 12)*

*(UU World continued)*

The resolution allows the UUA to retain investments in fossil fuel companies with which it is engaged in shareholder actions seeking environmental justice. David Stewart, co-chair of the UUA's Socially Responsible Investing Committee, stated, "We are encouraged that the UUA can continue its longstanding successes in shareholder advocacy while helping to lead the divestment movement with the approval of the fossil fuel divestment resolution. We believe strongly that any effort that can change the current trajectory of climate change is a welcome improvement."

### **Financial News for UUFLB**

The UUFLB Finance Committee proposed that we put our money where our values are, and the Board of Trustees agreed. As a result, our Endowment Fund is now invested in the UU Common Endowment Fund. At the beginning of the past quarter, the Fund had grown to \$43,610.37. At the end of last quarter, because UUFLB re-invests distributions, the Fund is now valued at \$44,250.38. The full report for this past quarter is available from the office. Just ask Peggy for a copy.

## *And, On the Lighter Side of UU...*

### **Conversation with a 2 year old**

*By Jonathan Hefferlin*

*Grandpa, is God married?*

*Yes, to Fred.*

*How does he know he's God? (A budding UU for sure!)*

*God is a she, and she knows everything.*

*Does she draw the lines around the countries?*

*Yes, with a #2 million pencil she does.*

*Why did she make the sky blue?*

*Green was taken by the trees.*

*I prayed for a puppy but got a baby brother instead.*

*But you love your little brother.*

*Why doesn't your skin fit your face, Grandpa?*

*Time for bed, kid.*



## UUFLB Contact Information



### Fellowship Office

Hours: Monday-Friday, 12-4pm  
Telephone: 949-497-4568  
Email: [office@uulagunabeach.org](mailto:office@uulagunabeach.org)  
Minister Wednesday, 2-4pm, Thursday, 4-6pm, or by appointment

### Fellowship Staff:

Minister	Rev. Don Cameron	949-204-9941	<a href="mailto:minister@uulagunabeach.org">minister@uulagunabeach.org</a>
Music Dir.	Carole Cole	949-951-6095	<a href="mailto:carolecole@cox.net">carolecole@cox.net</a>
Administrator	Peggy Mears	949-497-4568	<a href="mailto:office@uulagunabeach.org">office@uulagunabeach.org</a>
Relig. Ed. Coord.	Wendi Bender	949-338-8003	<a href="mailto:uufbrecoordinator@yahoo.com">uufbrecoordinator@yahoo.com</a>

### Board of Trustees: Officers and Board Members at Large

President:	Julie Anne Ellis	949-633-2716	<a href="mailto:ellis.julianne@gmail.com">ellis.julianne@gmail.com</a>
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At Large:	Jeen Chen	626-433-3419	<a href="mailto:jeenhsiu@gmail.com">jeenhsiu@gmail.com</a>

### Committee Chairs & Co-chairs:

Program Council	David Shafer	949-305-7794	<a href="mailto:drshafer1@cox.net">drshafer1@cox.net</a>
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Circle Suppers	Diane Morris	949-497-2249	<a href="mailto:dnjmorris@cox.net">dnjmorris@cox.net</a>
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Membership	Jean Paris	949-830-2270	<a href="mailto:jackanjean@aol.com">jackanjean@aol.com</a>
Religious Ed.	Amy Lemp	949-216-9440	<a href="mailto:allemp3@gmail.com">allemp3@gmail.com</a>
Social Action	Helen Scholfield	949-481-8976	<a href="mailto:helenesq@gmx.com">helenesq@gmx.com</a>
Social Action	C.C. Koenigshofer	949-492-8396	<a href="mailto:cckoenigshofer@yahoo.com">cckoenigshofer@yahoo.com</a>
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Worship	Glenna Matthew	949-497-2557	<a href="mailto:glenna11@verizon.net">glenna11@verizon.net</a>

*If you ever wish to be removed from our email list... Please click on this link [office@uulagunabeach.org](mailto:office@uulagunabeach.org) and write "Remove" in the subject line. Thank you!*

