Progress Notes.



December 2007

Newsletter of the Lesbian and Gay Psychotherapy Association, Southern CA, Inc.

(310) 288-3465

So Much Is Happening!

LAGPA is very active these days. I'll just give a summary here. You are always welcome to contact me for copies of board minutes where these issue are discussed in detail.

Board elections were held and the slate was elected unanimously. Welcome all. There is still space for more people on the board. Just let us know and your application will be considered by the board. Come and join in with the fun.

As you can see in the adjacent financial report that LAGPA is doing extremely well. I have made it my personal goal to double our income within the next two years. There are many worthwhile projects we could engage with greater income.

It's that time again for our Winter Social (see page 4 for details and map). It is a joint event with SCLMA. Last year we had almost 80 people in attendance. This year it will be catered by our favorite caterer Eddie Morgado. He always puts on a tasteful

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treat. Be sure to RSVP. See you there.

We have had difficulty scheduling educational forums this fall, but we are working with Dr. Lawrence Hedges toward putting on a 6-hour Law and Ethics for Clinicians class in late February or March. Since this topic is required for many certifications, it should be well attended. Keep you eyes pealed for the announcement.

For years LAGPA has had advertising in the *Community Yellow Pages* to help drive potential clients to the online directory and to your practices. This year we have expanded our advertising to the <u>two</u> LGBT yellow pages in the hopes of driving even more clients to our members.

In early January, we will begin planning for the Annual Conference. We have already secured Antioch University as the sponsor for hosting the event in May 2008. We hope to hold the event at USC in 2009. Our goal is to maintain a closer tie with the mental health educational institutions.

We have decided to make the Community Service Awards a bi-annual event instead of annual. We think that will help keep it special.

We need volunteers for newsletter editor, newsletter ad sales, and more. Now is the time to show your support and give back to the community.

Sincerely, Chuck Stewart, PhD, Executive Director ▼

Annual Financial Report

The fiscal year for LAGPA is from October 1 to September 30. This past year, for the first time, we have surpassed \$25,000 in gross income. That is an important milestone as we will now be required to file annual reports with the IRS. For all nonprofit organizations, it ads to legitimacy to reach this level of support. Thank you all. The financial records of LAGPA are public records reported in board minutes. We decided it was important to give you a summary of our 2006/2007 fiscal year. As you can see, the Annual Conference and Memberships are our two largest sources of income. The Annual Conference, however, is expensive to put on and experiences a net loss. ▼

Income		
	Annual Conference	9,225.00
	CEU	70.00
	Community Service Awards	7,320.00
	Donations	25.00
	Membership Dues	9,889.06
	Newsletter Ads	169.00
	Socials	169.00
	Total Income	\$26,778.06
Expenses		
	Annual Conference	13,070.36
	Bank and Credit Card Service	563.58
	Charges	
	CEU Expenses	409.00
	Community Service Awards	380.61
	Educational Forums	196.00
	Membership Drive	1053.26
	Professional Fees	1025.00
	Website Maintenance	837.30
	Progress Notes	1060.84
	Socials	954.92
	Office (telephone, supplies,	725.40
	printing, postage, labor, dues)	
	Total Expenses	20,276.27
2006-2007 Net Income		6,501.79



Congratulations to our New Board Members



Liliane Quon-McCain, MFT, Co-Chair is a licensed Marriage and

Family Therapist currently in private practice. Prior to this, she provided volunteer therapy at the Pacific Center of AIDS Project Los Angeles and retired as a counselor after 28 years being employed in Beverly Hills Unified School District. Liliane is currently completing her dissertation, "A Phenomenological Study of Self-Identified Heterosexual Men who are Now Living in an Openly Gay Relationship." Liliane has been on the LAGPA board for two years and is currently Co-President.



Sanie Andres, M.A., M.F.T. A.T.R., *Co-President* is a licensed Marriage and Family Therapist and Registered Art Therapist. He is in private practice in Lancaster

serving a wide variety of clients. He is trained in the assessment and treatment of juvenile sex offenders. He is a core faculty member in the Art Therapy program at Phillips Graduate Institute and a guest lecturer for the Child Development Center at Antelope Valley College. Sanie is the editor of LAGPA's newsletter, Progress Notes, and this will be his second term on the LAGPA Board of Directors.



Scott Musgrove, MFTI, PysD (pending), holds a Masters Degree in Clinical Psychology from Antioch University Los Angeles and currently pursues his doctoral work at Antioch University Santa Barbara. He offers therapy services as a Marriage and Family Therapy Intern under the supervision of Alan Valdes, MFT in Beverly Hills, California. Scott trained at the Southern California Counseling Center, working with families and individuals, and Verdugo Mental Health, providing case management and group therapy for the chronically mentally ill. Currently Scott works as a supervisor for teenager peer counselors at the Center for Study of Young Peoples "TEENLINE," a nationwide confidential and anonymous telephone num-

ber that provides peer professional help with concerns of violence, alcohol, drug and/or sexual abuse, depression, and many other teen risk issues. Prior to his entrance into the world of mental health services, Scott Musgrove's career in the Los Angeles entertainment scene encompassed many areas of the industry. After a decade long career as a performer and independent producer of live industrials, Scott began working in the television talent division of the William Morris Agency. His search for a more creative outlet in the industry led him to the area of episodic television casting, and then to the postproduction world of feature film DVD content.





Robbert Schalekamp, MFT, PsyD, is working as a psychotherapist in the Clinical Counseling Center in Sherman Oaks with a variety of clients. He is also the assistant clinical director of the counseling department of the Hollywood Sunset Free Clinic in Silverlake, where he did his internship prior to being licensed as an MFT in 2001. He received his PsyD in 2005 from the California Graduate Institute. He is from Holland and has lived in the USA since 1994. He lives in Santa Monica with his partner Jay.



supporter of LAGPA because

of the important work the

members perform for the

LGBT community.

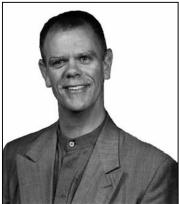
Fred Wilkey, Ed.D,
Secretary/Treasurer
is a licensed clinical psychologist. He has a solo private practice doing cognitive behavioral psychotherapy in West Hollywood. Fred has been counseling as a licensed practitioner for over thirty years and has been on the LAGPA board for two years and is currently Secretary/Treasurer.

Continued page 3

Board Members continued from page 2



Jason Wittman, MPS has had a private practice as a Life Coach since the middle 1980s. He has both a B.S. Degree in Business Management and a Master of Professional S tudies in Counseling Psychology from Cornell University in Ithaca, New York. He is also a Certified Hypnotherapist and a Certified Practitioner of Neuro Linguistic Programming. In 1971, he founded Alpha House, a residential therapeutic community for drug addicts and alcoholics in Ithaca, N.Y. and was its Executive Director for four years. Over the years, he has designed and run programs that have effectively worked with youth and young adults of many backgrounds, such as middle and upper class white kids in Ithaca, N.Y., male street hustlers and gay and Lesbian youth in Phoenix, AZ., and Mexican-American kids, in Phoenix, AZ. Since 1995, he has been the Executive Director of The Youth Rescue Fund and its parent organization, Los Angeles Youth Supportive Services, Inc. which works with street prostitutes in Hollywood, CA, and with high-risk kids from all over LA County, CA, who congregate in Hollywood and West Hollywood. Currently, he is in private practice as a Mentor Coach specializing in coaching parents of teenagers and young adults.



Chuck Stewart, Ph.D. Executive Director Chuck received his Ph.D. from the University of Southern California. Since that time, he has written and published fourteen academic books and manuals including: Homosexuality and the Law (ABC-CLIO Publications), Gay and Lesbian Issues (ABC-CLIO Publications), Sexually Stigmatized Communities (a harassment reduction teaching program published by SAGE Publications), three queer crossword puzzle books, two environmental textbooks on the hazards of lead and mold in residential real estate, and a number of screenplays. He has been responsible for researching and writing a number of teaching curricula and textbooks, mostly for the Los Angeles Police Department. He currently works as an on-line instructor for Phoenix University besides writing for ABC-CLIO and holding the position of Executive Director to LAGPA and Administrative Assistant to SCLMA. He is currently the editor for Greenwood Publishing on a 3-volumne encyclopedia on

LGBT culture and politics around the world. He volunteers as the co-chair for the Los Angeles Gay and Lesbian Scientists and is the director of the world's only gay ball-room dance troupe *Out Dancing Ballroom*. At one time he worked as a research physicist, automobile designer and manufacturer, and a classical ballet dancer (yes, he knows, it is very confusing but it makes sense to him).

.

MICHAEL J. PORTE, LCSW

Licensed Clinical Social Worker

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LAGPA NEEDS VOLUNTEERS

- · Newsletter Editor
- · Newsletter Ad Sales
- Conference Coordinator
- · Educational Forum Coordinator

NEW and RETURNING MEMBERS

We want to welcome the new and returning members to LAGPA. Thank you for your support.

Rick Hyman, PhD

Elaine Ahmad, LCSW James Babl, PhD Raymond Bakaitis, PhD Alyce Belford, PhD Joseph Benach, PsyD Kim Bergman, PhD David Bockoff, MD Robert Colegrove, PhD Vallerie Coleman, PhD Garry Corgiat, PhD California Family Counseling Center Wade Davis, MFT Brigitte Dutil, MFT Waverly Farrell, MFT Daniel Fast, MD Barry Glasgow, MA Monika Goebel, MA Brian Gold, PhD Gil Gold, MET Glenn Goveia, MFT Ethan Grumbach, PhD

Cindie Henrie, MFT

Ken Howard, LCSW

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Lorraine Rose, PhD Robbert Schalekamp, PsyD Jens Uwe Schmidt, PhD Arlyn-Kristine Seliner, MSW Maureen Serra, MFT Matthew Silverstein, PhD Terry Smith, PhD John Sovec, MA Don Spradlin, MA William Squier Dale Stuart, PhD Andrew Susskind, LCSW Steve Uribe, MFT Mitch Walker, PhD Bruce Watkins, PhD Jacqueline Williams, PsyD Roger Winter, MA Kimberly Wong, LCSW Greg Wuliger, MS Linda Yniguez, PhD Alexander Yoo, MA Thomas Young, PsyD Paul Zak, LCSW Tony Zimbardi, PsyD

The Lesbian and Gay Psychotherapy Association (LAGPA) --- Announces---

Winter Social

Jointly with SCLMA

(Igbt medical physician association)

Date: Saturday December 29th Time: 6- 9:30 PM

Don't miss a fun get-together with wonderful Eats and Drinks!!! Last year, we had almost 80 members attend. It was great.

FREE for LAGPA and SCLMA Members*

Guest** \$10
At the home of:
Rick Tan, M.D.
5219 Cedros Ave.
Sherman Oaks, CA 91411

(just North of Magnolia) Ample street parking

Please RSVP to assure ample food and drinks for all.

RSVP: Chuck Stewart, Executive Director lagpa@sbcglobal.net



*This is a FREE Event to current LAGPA members. Guest and others pay a modest \$10 each for terrific food and fun. If you are not a LAGPA member, maybe now is the time to join. Membership applications will be available at the door.

Every effort has been made to meet the dietary needs of vegetarians.



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This advertisement is made possible by a grant of Hyan White Title I Funds from the Los Angeles County Department of Health Services, Office of AIDS Programs and Policy.



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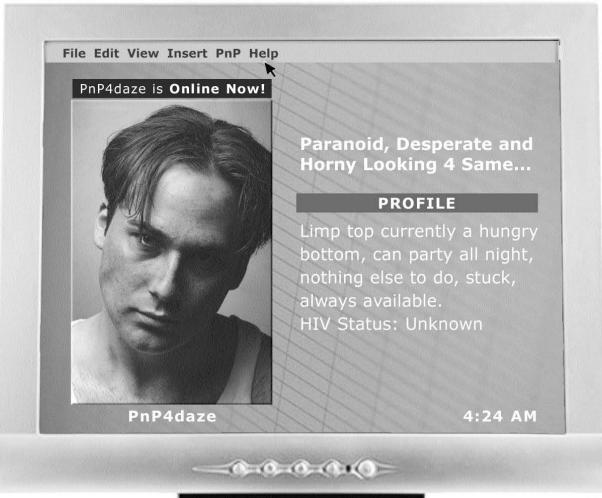
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Friends La Brea provides free drug counseling as part of a research study for gay and bisexual men who use methamphetamine. The study will evaluate the effects of combining drug counseling with a behavioral intervention that gives rewards for providing clean urine samples. Participation is 16 weeks and one follow up evaluation.

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Funded by the Universitywide AIDS Research Program.

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Progress Notes

A quarterly publication of the Lesbian and Gay Psychotherapy Association of Southern California, Inc.— an organization dedicated to the promotion of gay, lesbian, and bisexual psychology, by supporting and serving the mental health professionals who work within the gay, lesbian, and bisexual and transgendered community.

Winter 2007

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> Secretary Fred Wilkey, Ed.D

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Conference Committee: Fred Wilkey, Ed.D.

Executive Director Chuck Stewart, PhD ckstewar@sbcglobal.net

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Volunteer!

Make LAGPA Your Cause

CLASSIFIED ADVERTISEMENTS

The Classified Section of the Progress Notes allows members and non-members to advertise available therapy services, employment and office space. This section is free for members and \$15 for non-members.

THERAPY

Gay Men's Growth Group (Studio City)

This is an ongoing men's group, which focuses on personal issues that lead toward better relationships with oneself and others. This is a group for serious minded men regardless of age, HIV or relationship status. Tuesday/Wednesday night in Studio City. \$35per session. Contact Sandy Kaufman, MFT at 818-761-4200

Gay Men's Group

(Beverly Hills)

The Center for Cognitive Therapy in Beverly Hills is now running a Gay Men's Group on Mondays from 7:30-9PM. If interested, please call Joel Becker, PhD (PSY11680), 310-858-3831

Ongoing Gay Men's Therapy Group

(near Beverly Center) Now accepting new participants! Meets every Wednesday evening from 8:00 to 9:30 PM; \$40 per session. Benefits of participation in an ongoing therapy group include: learning to directly and healthfully express feelings, building confidence and self-esteem, getting support for personal struggles and challenges, improving relationship skills, and gaining a sense of comfort in groups. Contact Mark Reina, MS, MFT Intern (IMF #49643), Supervised by Keith Rand, MFT (CA LIC# MFC32393; 310-366-5494; 8170 Beverly Blvd., Suite 204 (near the Beverly Center).

<u>Gay Men's Psychotherapy</u> Group

Psychodynamic group focuses on Gay empowerment, recovery from trauma and coaddiction, compassionate selfcare, mindfulness, building intimate relationships. Fridays 6 PM, \$50. For more information, please call: Matt Silverstein, MFT, 310-842-6124 (License #MFC38474).

Mixed Groups

Mixed psychotherapy groups for well functioning men and women with a focus on relationship, intimacy, sexual, family, and career issues. Yalom model. Monday and Wednesday evenings led by Raymond Bakaitis, PhD. For more information, please call 310-841-6870.

Social Anxiety Group

This group will be making use of the latest empirically validated treatment for social anxiety. The group will be mixed (both gay, lesbian and straight clients) and time limited to 10-12 sessions. Contact Joel Becker 310-858-3831.

Emotional Regulation Skills Group

This group that is based on the work of Marsha Linehan, Ph.D. with patients who have the diagnosis of Borderline Personality Disorder. It is appropriate for all clients who have problems in this area, which may include patients in a wide range of disorders including substance abuse, etc. This group is adjunctive and the client must have a primary therapist who will remain in the picture as "therapist of record." Contact Joel Becker 310-858-3831.

Women Over 40

Support and process group intended to allow women over 40 years of age to discuss coming out, making new connections, and more. Married and unmarried women are welcomed. Wednesday nights from 7:30 PM to 9 PM. \$35/session. Contact Emily Moore at 626-793-1078.

Ongoing Gay Men's Therapy Group

(Pasadena)

Great group for therapists. Wednesday night group (7:30 pm to 9:00 pm) currently has openings. The fee is \$45. The group works to understand how they are relating within the group and how that is reflected (or not) in relating outside the group. Career blocks, fears, anger, the addictive process, and self-esteem issues are also part of our focus. Therapist uses primarily psychoanalytically oriented techniques and

has a certificate from the Institute of Contemporary Psychoanalysis. Contact Roger Winter, MA, MFT (626) 440-9898 x2. (MFC28821)

EMPLOYMENT

<u>Psychotherapy Bookkeeper</u> <u>Position</u>

Must be able to add existing client files to software program called "Therapist Helper." Call Mike Fatula MFT at 323-876-8861 OR 323-422-9433 business cell phone. (I am live on business cell phone at 5 minutes before any hour 10AM-10PM Mon-Fri).

OFFICE SPACE

West Los Angeles

Charming courtyard building on Westwood Blvd., just south of Wilshire. Bright and beautifully carpeted and furnished. Call light system. Private exit. Colleagueial atmosphere. Part time or half time. Call Elaine Schulman 310-475-0674.

West Los Angeles

Beautifully decorate, windowed, freeway close, handicap access, call lights, separate entrance/exit, security building. Available Thursday and Saturday, all day and evening or for blocks of hours. Contact Renee R. Sperling, LCSW at 310-470-3450.

West Hollywood

Newly remodeled, beautiful, quite, F/T or P/T psychotherapy office space in 2 office suite in centrally located professional building in the heart of West Hollywood. Office is newly painted and carpeted with soundproofing. Separate, enclosed waiting area with call light system. Off-street parking available. One office is unfurnished and available fulltime. One office is furnished. Both offices have windows overlooking lots of greenery. Gay affirmative practice and environment. Rent varies according to usage. \$300/day per month P/T and \$1000 FT. For more information, please contact Matthew Silverstein, PhD, MFT. 310-842-6124 or msiilversteinmft@aol.com

Classified Ads continued from previous pate

West Hollywood

Prime therapy office for evenings and weekends. Beautiful space is available on Mondays through Thursdays evenings from 6PM to 9PM or 6PM to 10PM, and all day Friday, Saturday and Sunday. This French-windowed corner office is elegant and tasteful; furnished with antique oak wood furniture, rich brown leather couch/chair, and warmly painted walls. It also has a desk and a consulting area which makes it more spacious. There is a shared waiting room and a copier/refrigerator room. Friendly colleagues. High-end security building on designer row. Other offices within the building consist of psychotherapists, psychiatrists and writers. Street parking is free on Robertson after 6PM. If interested please call Paul Oberon, PsyD at 310-659-0509. Required blocks of time: 6Pm to 9PM or 6PM to 10PM. Monday/ Tuesday/ Wednesday/ Thursday or 4 hr blocks for Fridays through Sundays, (example 9AM to 1 PM or 1:30PM to 5:30PM); \$25/hour (nonnegotiable).

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Quiet Garden Courtyard of therapists, designers, and writers near Cedars-Sinai and Thalians. Also office space on Ventura Blvd. near Laurel Canyon (Studio City).

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 therapists
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- easy canyon access to San Fernando Valley
- recently remodeled to psychotherapy specifications Reasonable rates (utilities included). Call Mike Fatula at 323-876-8861.

Beverly Center

Part-time mornings and Friday-Sunday. Quiet small secured building near Beverly Center, 24/7 access, private climate control, windowed charming comfortable large furnished office, good size for groups, shared waiting room with call light, sound proofed, plenty of parking (free or metered), utility room with fridge, micro, copier, printer, file drawers. Call Steve Kadel 310-228-3676.

West Hollywood

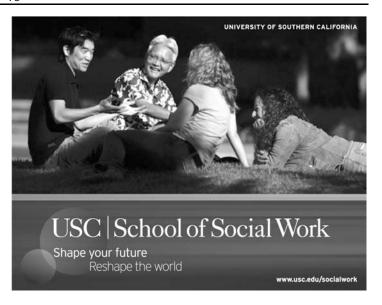
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CALENDAR OF EVENTS

DECEMBER

 December 29th, 6 PM Winter Social: Wonderful time to meet old friends and make new acquaintances at this joint event with SCLMA at the lovely home of Rick Tan, President of SCLMA.

FEBRUARY/MARCH

Date - TBD

Law and Ethics for Clinicians Dr. Lawrence E. Hedges will conduct a 6 hour day on law and ethics to help clinicians meet their licensening requirements. Time and Date to be determined. 6 CEU credits for all licenses.

MAY

Date - TBD

Annual Conference:
Antioch University is cosponsoring this event this year.
Watch for announcements. 6 CEU credits for all licenses.

The Lesbian and Gay Psychotherapy Association of Southern California, Inc. (LAGPA), was established in 1992 as an organization of mental health professionals interested in gay, lesbian, bi-

sexual and transgender clients.



EVALUATION, ASSESSMENT, CONSULTATION & PSYCHOTHERAPY

About LAGPA

Members of LAGPA are actively involved in expanding the role of psychologists, psychiatrists, social workers, and marriage and family therapists who serve the greater gay community of Southern California. While LAGPA is

oriented towards mental health professionals, individuals who desire to join LAGPA are not required to be a licensed psychotherapist. **V**

EMAIL: INFO@MONACOPSYCH.COM

POLICY FOR MAILING LISTS AND FLYERS

LAGPA does not sell or give out its mailing list (in any form) to any person, group or organization. If you would like to send a mailing to the membership you must provide enough copies of the item to be sent folded, stamped and ready to mail. LAGPA will run address labels and place them on the item to be mailed at a board meeting. Therefore, your materials must be received by LAGPA no later than one week prior to the next board meeting as indicated on the web site or in the newsletter, for them to be mailed in a timely fashion. If you want to do a separate mailing you must give us 10 open envelopes with the material you are mailing so we may review it. Rates for this type of service are: members \$125.00 per mailing; non-members \$175.00 per mailing. We strongly suggest you place an ad in the P.N. rather than creating a separate mailing.

As the LAGPA Board is all volunteer, and responsible for creating, collating, folding, labeling, stamping and mailing all newsletters and other correspondence throughout the year, we cannot accommodate the insertion of stand alone flyers into the newsletter or conference materials. Unless, or until, there is a full complement of board members and volunteers to assist on various committees, all flyers must appear as ads in the newsletter and/or conference brochure. Member and non-member rates are listed in the P.N. and on the web site at www.LAGPA.org. Members may bring flyers to LAGPA events and place them on tables where participants can pick them up.

The Board reserves the right to refuse to mail, include in the newsletter or display any material it deems inappropriate or offensive to its membership, or in direct conflict/opposition to the purpose/ mission statement of the organization. To engage in any of the above or for more information please contact our administrative assistant, Chuck Stewart. The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or requesting your service. You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival. ▼

NEWSLETTER POLICY Article Submission

Your articles are welcomed and solicited, and will be published on a space available basis. Please send a copy of your articles which must be typed and double-spaced, to

LAGPA Progress Notes PO Box 34142 Los Angeles, CA 90034

You may also email your articles to ckstewar@sbcglobal.net. This newsletter is mailed to each member, and may be made available to nonmembers by requesting copies either through mail (to the address above), or by calling 310-838-6247.

<u>Publishing Schedule</u>
Advertising and articles are due no later than the following dates:

 Due Date
 Pub. Date

 Spring
 2/15
 3/1

 Summer
 5/15
 6/1

 Fall
 8/15
 9/1

 Winter
 11/15
 12/1

 Classified Advertisement Rates

Members FREE Non-member \$15.00

<u>Display Advertisement Rates</u>

Member Non-mem.

1/8 page or business
card \$20.00 \$30.00
1/4 page \$35.00 \$50.00
1/2 page \$50.00 \$70.00
Full page \$75.00 \$100.00
This includes business cards, advertisement for upcoming events you a

Inis includes business cards, advertisement for upcoming events you are producing, personal promotion, or anything that you may want members to be aware of.

Mechanicals

Business Card 3.5"w x 2"h

1/8 page
 Horizontal 3.7"w x 2.37"h
 Vertical 1.82"w x 4.8"h

1/4 page

Size

Size

Horizontal 7.5"w x 2.4"h Vertical 3.7"w x 4.8"h

1/2 page

Horizontal 7.5"w x 4.8"h Vertical 3.7" w x 9.75"h

Full page 7.5" w x 9.75"h

Become a Board Member

Join The Excitement

In this issue of *Progress Notes...*

- ▶ Board Election Results
- ▶ Winter Social
- ► 2006/2007 Financial Report
- ► Welcome New and Returning Members
- Classified Ads
- Calendar of Events

JOIN LAGPA Don't Miss Out on Great Social Events

Winter Social Inside Details

Visit us on the web. www.LAGPA.org



PO Box 34142 LOS ANGELES, CA 90034



CUSTOMER NAME STREET ADDRESS Address 2 CITY, ST ZIP COde

E-mail LAGPA@sbcglobal.net

We're on the Web! See us at: www.lagpa.org 310-288-3465 310-838-6769 (f)