



November 07

Mamrebillia

The Importance of Planning

<i>Inviting people in... by Sharon Bourke</i>	3	<p>Welcome to the latest edition of Mamrebillia. In this issue, we are exploring the idea of planning and how that impacts on the lives of families with a member who has a disability.</p>
<i>Family Support Young Children</i>	4	<p>As you would have found out in our last edition of Mamrebillia, Mamre turned twenty five this year. Over the past 25 years, Mamre staff have been involved in the lives of many families and one observation that has been made is that the families that have set some time aside to do some good visioning and planning with staff and friends have been delighted with the outcomes. Knowing their goals and planning accordingly has assisted many families to achieve results that have even surprised themselves. In the past 25 years, we have great examples of people with disabilities living fully inclusive and interesting lives, who have moved to their own home, who have interesting work of choice. Others have travelled overseas or have spoken at conferences locally and internationally. It's amazing what can be achieved when the vision is clear and energies are focused accordingly!</p> <p>Effective planning and goal setting can make a significant difference to our lives. We have several articles on the topic of planning from a diverse range of contributors. Hopefully, these articles will encourage and inspire you to dream, plan and realise extraordinary outcomes.</p> <p>Hope you enjoy the edition!</p> <p style="text-align: right;"><i>Peter Vacca</i></p>
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<i>A word from Patrick Oliver</i>	12	<p>Some thoughts about planning.....</p> <p>In the Pave the Way office at Mt Gravatt [Pave the Way is one aspect of Mamre's work (www.mamre.org.au)] there are large words decoratively placed on the walls as thought provoking reminders to staff and visitors. The three words on three different walls are 'vision', 'plan', 'imagine'. The Mamre web-site also has a caption – 'From vision to action through planning'. These are meant to get us thinking. They sum up beautifully the theme we present in this edition of Mamrebillia. The theme is 'The importance of PLANNING'.</p>

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Now, I am very aware that you may well moan at the very thought of planning because sometimes planning just feels like yet another thing to do in an already overly busy family schedule. The very word conjures up an image of more meetings and perhaps even memories of past times when planning may have been attempted but it brought very little positive change.

I need to admit up front that I am a *great* believer in the power of planning for myself and in my work with families over many years. But it may be more helpful to think of planning as just a number of very good focussed conversations. I have seen peace of mind and good outcomes when family members have a chance to focus on, and talk through some of the fears, hopes, ideas that they have and to decide how to move forward with clear direction. Otherwise what tends to happen is that the thoughts just jam up in our heads and this is certainly not helpful.....for anyone.

Let me be blunt. I think we have to think differently about the value of 'planning'. In fact, I believe it is the **only** means to the positive outcome we seek. And it is imperative to invest the necessary time in it.

Everyone of us wants to have a rich, interesting life with opportunities that are self-chosen. Some of us just naturally go about establishing these to suit ourselves. There are others who need assistance to think about and articulate hopes and dreams (sometimes these

have to be interpreted by others). Many of the young people that Mamre supports need this assistance. And of course, families are key players in this process.

Then there is the question of support. Young people often need to be supported in order for them to accomplish what they dream of doing or being. I don't mean paid support only. Natural networks are vital. So the planning conversations help with discerning what part the family wants to take responsibility for and what they need paid support workers to contribute.

We know that there are limited funds available in order to support each person well. Isn't it vital then that every effort is put into naming and describing each person's vision for a good life and then focussing resources (paid and unpaid) on achieving those things. In other words bring 'vision to action through planning'.

There are some great planning tools available. Some are very structured. Others are more informal. In this Mamrebillia we are asking you to think about engaging in planning so that you can imagine better.

Talk to your Keyworker about how you would like this to happen. I hope that you can see it as an opportunity and not a burden. Believe me when I say that good planning can make an enormous difference.

I hope you will choose to have a go.

Kathryn Treston

Free annual health check under Medicare for people with an intellectual disability

People with an intellectual disability can now have an annual health assessment by their GP covered by Medicare. This is under the new Medicare health assessment items 718 and 719.

You can obtain more information at

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/pacd-intellectual-disability-ass>

Inviting people in....

Families share a common concern for the well-being of their sons and daughters now and into the future. Inviting chosen others to support us in our planning for that future can be a powerful strategy to sustain our efforts and our actions and can be a significant safeguard for our sons and daughters. Whilst families seldom find it easy to invite people into places they previously believe they have had sole responsibility, it has been our experience that when asked, people are willing and keen. Family, friends and allies often respond to being asked by commenting that they feel privileged to be asked or that they have wanted to help but were unsure what to do. Our experience supports the comments of Gillian Chernetts who suggests that, if we don't ask others in, we are denying the community of the many gifts that our sons and daughters bring.

There is magic that evolves when people share their knowledge, energy and commitment. Openness, honesty and clear communication are the foundations on which to build strong relationships which will enrich our lives and those of our family members.

There are many different ways we can involve others. Capturing information in writing or through sharing an oral history of our family member will be an investment in their future by guiding people who support them. Involving people in planning the future promotes a deeper understanding of our family member but also provides a step by step approach to laying out a good life and a safe future. Local neighbourhoods and

communities where people are known and valued will provide the environment where good lives can be embedded. Support circles is an intentional strategy for safeguarding where a group of committed people meet regularly and engage in conversations that deepen their understanding of the person and the issues they face. These people bring their ideas, energy and commitment.

Families need to be clear about their vision and plan for the future. Planning is not a new concept for families. We plan, we act and review in hundreds of ways each day. Planning for success is a matter of taking time, being clear about the person, the vision, inviting others to join us in becoming more deliberate about strategies that will safeguard our sons and daughters into the future. Sharing the joys and concerns of the journey with chosen others allows for a richer life and forms the very core of a stronger safer community where difference is valued, where gifts are recognized and where we all reap the benefits. It is a different way of thinking and a different way of being.

Sharon Bourke



Family Support Young Children

Family Support Young Children North and South (FSYC) offers support to families who have a child with a disability aged between 0 and 6yrs old. The program, which began in 1994 with seven families, grew to 30 in 1995 when Home and Community Care funding was secured. The program now provides support to 52 families across Brisbane.

The program aims to assist families develop a lifestyle that suits their needs. It offers information, flexibility of support and opportunities for parents to renew their energy levels. Families are given a choice as to how services are used including what support is provided, who provides that support, how it is delivered and at what times it's available.

The role of the Keyworker usually has a dual focus. The first relates to practical supports that will help the family with immediate needs. The second looks to assisting families dream and plan towards a better life. This includes strong natural networks, solid community links and inclusive support. To this end, the FSYC program is using planning tools such as the P.A.T.H. process (Planning Alternate Tomorrows with Hope) to imagine and plan for a good life; and take steps toward a lifestyle that the family choose.

Lorraine Juliana is the Keyworker for the FSYC - Southside program (32915888) and Peter Vacca for the Northside (38575133). If you have any questions about this program, feel free to contact either Lorraine or Peter on the numbers above.

Lorraine Juliana

Peter Vacca

***“The P.A.T.H. Process Is
One Way That Mamre
Helps Families Imagine
And Plan For A Better
Life”***

From an organisation called Priority Management...

Psychologists will tell you that it is very difficult to change a behaviour. In our training programs, we often talk about acquiring specific skills and, depending on the content of the course we ask workshop participants to identify three actions:

1. One to stop
2. One to stay with
3. One to start

For example, in one of our programs, we discuss strategies to achieve better work/life balance.

We ask, "identify just one thing that you do that interferes with achieving a balanced life."

We might hear, "well I never get home until after seven". That's the one to stop.

Next, "what have you been doing that works well for you in this area?"

"I walk the dog for an hour each morning before work" That's one to stay with.

And finally, "what new skill, technique or behaviour will you now try?"

"I'll call a friend tonight and arrange dinner" That's the one to start.

This is behaviour change in its simplest and purest form. It's a worthy goal. It's realistic and practical and best of all you can start it today and begin a brand new pattern of behaviour. Your family will be happy to see you home early. The dog will wag its tail and your friends will be delighted to catch up and get a free meal.

What do you think of Mamre's new website?

Mamre's new website is located at www.mamre.org.au It will have useful information like "What's on", "Stories", "Mamre's Family Handbook" and helpful articles

Mamre has developed a new website and we want your feedback. Go to www.mamre.org.au and click on "Contact us". All feedback submitted will be in a draw for a prize (6 bottles of Saltrams "Mamre Brook" wine. It's delicious and certainly worth giving a little feedback to us!!

You will be able to find out What's On (click on What's On) at Mamre and elsewhere.

You can read personal stories of people's lives (Click on Stories); read any news relating to Mamre (click on News), read articles (Click on Articles) and about Mamre's latest projects (Click on Projects).

The Mamre Family Handbook (Click on Families) is available with the complete Policy and Procedures.

You can also find the forms you regularly use (Click on Forms).

There is also a direct link to Pave the Way's website (Click on Pave the Way).

Mamre wants this website to be useful and informative. Your feedback will help to improve and shape it to give you the right information in the right way at the right time.

If you need any more information about the website or you would like to speak to someone about it, please contact Margaret Ward on 3622 1222 or mamre@mamre.org.au

Mamre's Governance Board 2008

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The Mamre Governance Board can be contacted on governanceboard@mamre.org.au

Planning - A Family Perspective

Planning is such a strange word, isn't it? At first glance I think of planning as getting out the calendar and organizing my family. I was asked to look at how my family planned to get

to where we are, and had to reflect on what that really meant. I think what it means for us is to commit what's in our hearts and put it into action. In order to put it into action though, you need to be able to articulate what it is you want.

It began for us when my son was in special school in Victoria. Don't get me wrong – the people there were lovely and they certainly were well resourced, but my heart was telling me that this isn't what was in Dale's best interests. It took a few years to work out what was in my heart – I really had difficulty being able to articulate it. Instincts can be funny things.

When we started the journey to mainstream school there were a lot of barriers and hurdles to overcome and it was made all the more difficult because I could only act on what was in my heart. It's very difficult to convince educators that "its just not right" and not be able to articulate why or how. We had to get back to the nuts and bolts of it, and work out what it really was that we wanted for Dale. We decided that what we wanted was for Dale to lead a typical and full life.

In order for Dale to have a good and typical life we had to really think of what it was that made up a typical life. Some of those things were having a job, having your own home, friends, family and an active life. When it came down to it, it became clear that a special school experience would not enhance those aims. In fact it would get in the way. I then immersed myself in a culture that supported our ideals by meeting other parents through QPPD, and going to heaps of events that gave us more information. I attended conferences, got involved in QPPD activities, and made a pest of myself with parents that have already gone before us and were also committed to this ideal. I also started working in the field to get an idea of what we were dealing with.

"Sometimes opportunities come out of the blue, sometimes you have to chase them. But if the big picture is firmly in mind, then the steps get lit up on the way."

Since moving to Brisbane, Dale has been in a small Catholic school where mostly he has had an inclusive education. There are always things that go wrong but with information and learning from other supportive parents, some great teachers and other allies, we have managed to get him through to grade 7 with some semblance of an education. Next year he will be attending a mainstream high school and although this is really scary, we are confident that this will also be a mainly positive experience.

Our family has had to sit down regularly and look at what it was that Dale needed to be involved with in order to support our ideal of him having a typical life. He needed people around him, and needed to be involved in community activities. Dale is in scouts and gets to do great stuff with that, has played soccer and AFL and is currently learning bass guitar. As a family that moved around a lot, community wasn't something we knew too much about, and we haven't had any family around either. We have great neighbours now, though and have made a decision to stay put in order to enhance these opportunities.

When you are committed to a certain expectation for a way of life, you get to see the opportunities that present themselves. Dale went on the Marist College Sony Camp last year. He has been offered this for the last few years and I had resisted it as it is disability specific. This didn't fit into our ideal of a typical life – we figured he needs to go on "normal" camps like scouts and with school. However, this time we thought it would be OK as they were going to do some great stuff, and Dale would be buddied with a year 12 student from Marist. Dale was buddied with a great young man named Barney and they bonded really well. Seeing an

Planning - A Keyworker's perspective

It has been noted in Mamre over the past twenty five years that families that have planned for their future have usually fared better in the long term than those who haven't. With this in mind, Mamre is encouraging families periodically to take time with family, friends and staff to dream, discuss and explore possibilities for the future in a formal way. One mechanism for doing this is the P.A.T.H. process (Planning Alternate Tomorrows with Hope).

One of the joys of being in the Keyworker's role is the opportunity to plan with families. This can be an exciting time where families are encouraged to dream and positive changes for the family are developed. It can also be a difficult time for some families for a number of reasons. In this article, I want to explore some points that may be helpful for families to remember as they begin the planning process - especially with an external facilitator.

The first and probably the most important factor to remember in planning is that *families drive the whole planning process*. While Keyworkers may facilitate or participate, challenge and make suggestions, it is the family that sets the pace, determines the agenda and is in control of the overall process. At times, some people (never Keyworkers!!!) can get carried away with things when the word "planning" is mentioned. As ideas flow and the enthusiasm level rises, the reins of control can be inadvertently transferred from the family's hands to others. It is important for families to remember that throughout the whole process, they are in control. Keyworkers are there to facilitate the process and need to be guided by the family. Planning must be a family driven experience.

Secondly, *it is a misconception that families need to have ideas to work with before the planning process starts*. All that is needed to start the process is the desire to start. I've talked to families that are reluctant to begin the planning process because they

haven't any ideas or aren't sure what goals to aim for. It's amazing how ideas and direction develop as the conversation is initiated. It's also amazing where ideas come from. Conversations can trigger ideas within families that weren't there previously. Also, people outside of the immediate family that have been invited into the process can often be a source of great ideas that can set a whole chain of events in place. I know of one man with a disability who is in his own home today because someone outside of the family raised the question about where he would live in the future during a planning meeting a number of years ago.

Thirdly, *planning can be hard work*. At times, ideas and direction flow and the whole process is a breeze. At other times, it requires determination to stay on task and see the process through. A lull in the planning process shouldn't be seen as failure or that things have become derailed. One needs to keep in mind and be motivated by the positive changes that planning may bring for the lives of loved ones.

Lastly, *it is never too late or too early to start planning*. It doesn't matter how old your child is, the important thing with planning is that one starts.

If you have been thinking about planning for your family member's future and have been reluctant to start for whatever reason, remember that your family controls the process, you don't need to have the first steps in place before you start, that it can be hard work at times and it's never too late or too early to start. If you need inspiration, I encourage you to read some of the articles on the Mamre website. If you have any questions about the planning process at Mamre, please feel free to talk to your Keyworker or a Team Leader.

Peter Vacca

Advocacy

What is Advocacy?

Advocacy is speaking, acting, writing, with minimal conflict of interest, on behalf of the sincerely perceived interests of a disadvantaged person or group to promote, protect and defend their welfare and justice by:

- Being on their side and no-one else's
- Being primarily concerned with their fundamental needs
- Remaining loyal and accountable to them in a way that is emphatic and vigorous and which is, or likely to be, costly to the advocate.

What is an Advocate?

An advocate is an independent individual who stands beside, and for, the interests of the family and through them, the interests of the person with the disability. An advocate needs to be aware that where the family and the person with disability have conflicting interests, it will be necessary to obtain an advocate for the family and an advocate for the person with disability. An advocate needs to be informed about the needs of the family and encourage a long term vision that strives for the inclusion of people with disability in all spheres of life and society.

In relation to Mamre's policy around advocacy, you can expect the Key Worker to:

- discuss with each family the benefits of using an advocate of their choice;
- support the involvement of an advocate whenever this is the wish of the family; and
- develop links with advocacy groups in the region and inform families of the availability of such assistance.

If the Key Worker identifies that, in a particular situation, a family could benefit from the presence of an advocate, he or she will:

- remind them of their right to have an advocate to represent their interests and help them with complaints, disputes or any aspect of service delivery;
- provide information on advocacy services; and
- check that the advocate feels welcomed.

Where to find an advocate

A good place for family to find an advocate is amongst the people they know and trust. Ideally, a relationship needs to be developed over time between the family and the advocate. This person who shares similar values and drive to speak up for the needs of the family and the person with disability needs to be involved in the discussions and decisions being made about the well being of the family and the person with disability.

Useful resources and information about advocacy and strategies for families can be obtained from "Queensland Parents of People with Disability". "Speaking up for You Inc" and "Queensland Advocacy Incorporated" will usually discuss issues and assist with strategies and information. People who receive a HACC service can also contact Queensland Aged and Disability Advocacy (QADA) to receive advocacy support.

An advocacy manual developed in Queensland called "Put Advocacy in the Picture" provides written material to inform the advocate about the issues involved in advocating for a person with disability.

Lauren's trip to the snow

Last time we wrote, we had experienced going to Melbourne to meet other children with our daughter's syndrome for a retreat. This year we thought about a family holiday to the snow!!! We want to pack as much as we can into our daughters short life, so off to Thredbo we went for a week in June this year. This would not have been possible without the support of Mamre and our Keyworker. We had an amazing time and the image of Lauren's face lighting up when she saw the snow will be etched in my memory forever. Thredbo people really are a tightly knit community and the whole town opened their arms to us and spoilt us beyond our wildest dreams. The love and kindness from the people touched us deeply. I would have to say that it was the best holiday I've ever had. Lauren enjoyed eating the snow, sliding down the hill on a toboggan with me, watching daddy break his wrist snowboarding!!, cuddling up in front of the fire, and going out to dinner every night!! This was such a positive experience and a great memory that will forever be with us. Now I want to encourage all families to go away together and enjoy something totally out of the norm. It might seem overwhelming to organise, and it might be a strain financially, but my hint to you all is to sit down with your Keyworker and plan out something magical and see how Mamre can assist with support. A nice partnership between our family, Mamre and the Thredbo community has been a great outcome to our planning.



Thought you might enjoy a photo of Lauren in her snow suit.

Karren, Mark and Lauren Mancini

The Buckley family also enjoyed a short break at Perisher. Vanessa said "What an experience! Jett needs a wheelchair to move around and next thing I know he is skiing." Paul Gardner and his team of volunteers are passionate about assisting children and adults with a disability to experience the thrill of skiing. There is accessible accommodation close by if required. You can find further information about these holidays at www.disabledwintersport.com.au or contact Paul Gardner, Program manager, Disabled WinterSport Australia Inc.

Tel: 61 26456 0227



Greg, Vanessa, Jett and Kalen Buckley with Paul Gardner (ski instructor)

Rachael is our beautiful 10 year old daughter. She and her brother Michael (12) and her sister Samantha (4) mean the world to us.

Rachael's story

Many of you who are reading this will understand the rocky road we have been on through confusion (Rachael never crawled, walked or talked), struggle for a diagnosis and plan of treatment (we tried physio, chiropractic, kinesiology, homeopathy, acupuncture and more).

Rachael has attended Xavier Special School for conductive education for 3 years and then moved closer to Geebung SEDU.

Now we have discovered Mamre and developed a relationship that is enormously helpful with our Mamre Keyworker. With regular planning around our needs, our lives are much easier. It's very comforting for us to be able to share our thoughts, fears, hopes, difficulties with like-minded, caring, compassionate people.



Rachael now attends Geebung Special School and is enjoying the company of classmates. She has her favourite things to do - listening to music, swimming, being outdoors, massages, family outings and especially having her hair and nails done.

Rachael is a very special happy girl. My husband and I acknowledge and appreciate the involvement of our network of support that has helped us this far.

Janelle and Tony Bambling
(Rachael's proud parents)

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opportunity here, I asked Barney if he would like to hang out with Dale sometimes and thankfully he said yes. Barney had just finished year 12 and going to uni and we knew that he would get really busy. He had such a good rapport with Dale and really saw his potential. He also seemed (cont page 10) to really enjoy Dale's company. Barney now goes to scouts with Dale and goes on camps with him. Mamre now support us by paying Barney so that we have consistency, and we can ask Barney to do specific things. They also asked Barney to do this role which was a really important thing for us. What if he said no? Could I handle the rejection on Dale's behalf? It was challenging enough just asking him to hang out! Part of Barney's brief is to assist Dale in connecting. An example of this is at scouts where Dale met another young man. Barney gently kept the conversations going between the boys and eventually Dale and Ben had dinner together. They are still good mates.

When I tell other parents whose children attended that camp about this, they were surprised and told me that they wished they'd thought of that. Their kids had bonded well with their buddies as well. But we saw the opportunity because we visualized a certain way of life for Dale, and had a commitment to making it happen. This to me, is planning. Sometimes opportunities come out of the blue, sometimes you have to chase them. But if the big picture is firmly in mind, then the steps get lit up on the way.



We have recently needed to ask Mamre to help us take the next step. We have realised (painfully) that any family has the right to thrive. With the pressures facing us at the moment, we have had to drop our expectation of "doing it all ourselves" and asked for help to move things forward. The next planning step for us is to get more people sharing our ideal for a good life for Dale, and having those people share the safeguarding role in that. It's a big step for us, but it fits the big picture so we know that its right. It's a plan.

Anita Speed

Staff Profile

Name: John Teodo



Favourite films: Blues brothers I & 2, Going My Way, The Bells of St Mary, Star Trek, Sci fi in general and any John Wayne movie.

Favourite Holiday Destination:
Edmonton Nth, Qld

Favourite piece of music: All rock and roll from the 60's & 70's.

Your Favourite Brisbane eating place:
2 Small Rooms

How did you become involved with Mamre: I originally heard about Mamre from one of the first families to use Mamre services. I started at Carina house 16 months before it closed down.

Ideal way to spend a Sunday: Church and Family.

What do you think is the most pressing issue facing Australia at the moment:
The state of the government.

What are you reading at the moment:
The Winds of War and War and Remembrance.

Four guests, living or dead, that you would like to invite to dinner?
Pierce Brosnan, The Dalai Lama, Luciano Pavarotti & my mother.

The Espresso Train: Creating Opportunities In The Community

What Difference Can A Job Make?

"Sitting down together at lunch time is great; it's really good to get to know people." (Michael)

"You have better weekends because you can tell mates about your job....I've got stuff to talk about now". (John)

The Espresso Train is not your usual coffee shop. Sure, you can get a coffee, a bite to eat or your event catered. However, it's the sense of community and the story that lies behind this northern suburb success that really makes this coffee shop stand above the rest.

The Espresso Train is an initiative of the Nundah Community Enterprise Cooperative, which is successfully connecting, supporting and creating a space where people with learning difficulties can engage in the workplace. Through the Cooperative, people have found meaningful and rewarding roles in the workplace. They have made friends and strengthened the local community. While the commercial and economic achievements of the Cooperative and Espresso Train are significant, the true measure of the Espresso Train's success is in the enormous difference it has made to the lives of its members. Creating an environment of support, understanding and connectedness through casual and part-time employment opportunities. Pop in next time you're in the northern suburbs and support this great community initiative.

**The shop is located at
46 Station St, Nundah.
Phone 3260 7414**

A Word From Patrick Oliver

Patrick visits Mamre at Kedron and Stafford each fortnight to lead the communities in a time of reflection

Thank you for the opportunity of writing some thoughts in "Mamrebillia". I'm proud to be associated with Mamre, and it has been my privilege to spend time regularly with both the Kedron community and the Stafford office. Each fortnight when I spend an hour or so with the two groups, we deliberately take time to be quiet, to listen, reflect and share what is important to us. The time is deliberately "non-functional": that is, we don't solve problems, but we let the shared silence and reflection bring out from us what we probably knew already within us, but hadn't had the opportunity to come to be aware of it.

Spring is a fascinating season! Something in the human psyche seems to respond well to the invitations of this season. The seeds and flowers seem to hear a clarion call that we can't hear as immediately: an alarm that awakens them from the drowsy slumber through winter, and into the new season. Plants and trees respond to the call to awaken from their sleep and to come forth to claim the gift of another opportunity for new life.

Spring can mean also a wake-up call for us as well. Perhaps there have been areas in our life where we have been dead to the world, asleep way down deep, when we have preferred to let parts of us doze on, oblivious to the invitation to bud forth again. Sometimes we would prefer to put on the snooze alarm – *"not this year; there's always next year. Just let me sleep"*. Past hopes can turn so easily into embalmed enthusiasms, and anticipations can drift into dried-up dreams. *"It's just too hard"*.

Yet Spring can remind us that it's never too late. It reminds us that nature never gives up, that somewhere within us there is the desire for things to be different, for circumstances to be different, for us to be different. We don't have to live our lives in

tombs. Perhaps the buds on the plants and the song of the birds coming alive to the newness of the season can help to awaken something in us that might well be a distant memory or forgotten wish for the mind, but is a significant longing for the soul. The season of spring encourages us to partake in the great symphony of creation that sings *"It's never too late"*. Despair need never have the last word, because the great pattern of life/death/life that runs through all the great religions of the world in one way or another is mirrored firstly in the image of creation. Spring comes – and spring must come.



My website is

<http://mywebsite.bigpond.com/patrickoliver>

Patrick Oliver

If you would like to contact Mamre, you can do so in the following ways:

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