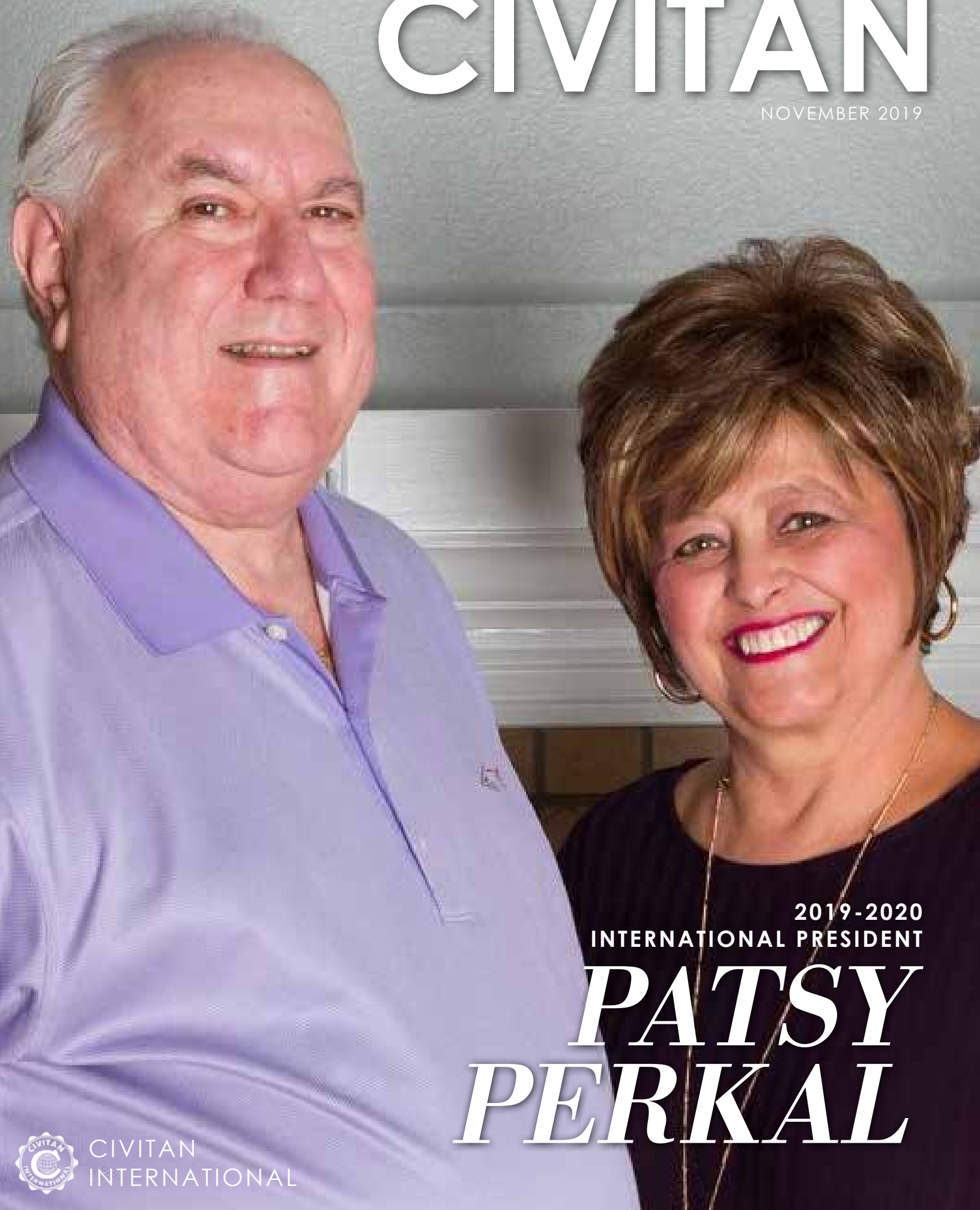


CIVITAN

NOVEMBER 2019



2019-2020
INTERNATIONAL PRESIDENT

***PATSY
PERKAL***



CIVITAN
INTERNATIONAL

LET'S CONNECT

NEW Facebook Groups are available for club members.

- Civitan International Members
- Governors / Governor-Elects
- District Area Directors
- Club Presidents & President-Elects
- Club Secretaries & Treasures
- New Clubs: 1-3 Years Old
- Philanthropy
- Web, Social Media, & Graphics
- Milwaukee 2020

Join the new Civitan Facebook Groups today and share ideas, ask questions, and connect with Civitans across the globe.



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ON THE COVER: 2019-2020 INTERNATIONAL
PRESIDENT PATSY PERKAL WITH FAMILY



2019-2020 Emerging Scholars, Whit Mallory, and McNulty Scientist recipients

CIVITAN MAGAZINE

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EDITOR IN CHIEF

Amy Natsumi Roberts

CONTRIBUTING WRITERS

Meredith Binkley
Mary Frances Colley
Jenny Ely
Emily Kicker
Mary Luck
Megan Mindel
Patsy Perkal
Amy Natsumi Roberts
Louis Stephens
Scarlet Thompson
Beth Towns

☎ **1-800-CIVITAN**

☎ **(205) 592-6307**

✉ **CIVITAN@CIVITAN.ORG**

🌐 **WWW.CIVITAN.ORG**

WORLD HEADQUARTERS UPDATES

FROM THE DESK OF SCARLET THOMPSON, EXECUTIVE VICE PRESIDENT

One of the guiding principles of Civitan is fellowship, and this year we're helping you find it in a whole new way as a member. Civitan Connect is a new platform to help improve member experience through streamlined communication, resources, tools and through group collaboration. Civitan Connect will allow us to connect better with our members, and them with each other. All monthly communications will be based around sub-themes of the word "Achievers," which is the word President Patsy Perkal decided we all should focus on this year. Civitan Connect will be carried out through targeted monthly newsletters, Facebook groups, the magazine, and training calls/webinars.

If you are currently not getting our monthly newsletter, please go to our website at www.civitan.org and you'll see a prompt box immediately where you can type in your information. Also, you can sign up for the appropriate Facebook groups in which you fit through clicking on some links in that first newsletter. Hopefully you'll connect with fellow Civitans around the globe to share best practices, guidance and encouragement as you serve your community.

One of the efforts that will help your club continue to be strong as you carry out your service projects is being compliant with guidelines set up for entities like Civitan clubs. To help you adhere to deadlines like filing 990s with the IRS, you'll see us soon unveil the Civitan International Club Accord System. This email asking for information like your club's governance documents is not meant to intrude, but to inform and establish a routine for your club's officers to ensure the club operates well. An email will be coming out soon explaining the process to your club's president and other leaders. We'll be including American clubs in this effort in this first year, with clubs from other countries to follow down the line.

Proper governance is just one component of having a healthy and long-living Civitan club. No group knows that well enough than several clubs that will hit milestones in 2020 we all need to celebrate. One example is the Civitan Club of Columbia in South Carolina is honoring its 90th anniversary this year. Another is Winterville Civitan in the Georgia District, which sees 75 years of service this year. There are also several clubs that will hit their centennial anniversary, including Little Rock, Chattanooga, and Memphis. Congratulations to these clubs and we look forward to celebrating with you!

The logo for "RENEW BY 2022" is displayed in white text on a blue background. The word "RENEW" is in a large, bold, sans-serif font. Below it, "BY 2022" is also in a bold, sans-serif font, with a small circular emblem containing a globe icon positioned between the "20" and "22".

Renew by 2022 is a conscious, internal effort of Civitan International to "renew" the organization to center on increasing its viability over the next three years and ensuring its sustainability for years to come.

Visit www.renewby22.com to learn more.



FELLOW CIVITANS,

Well, here we are already into the second month of our Civitan year - THE YEAR OF ACHIEVERS! With my first board meeting behind me, I have been busy talking to the governors of your districts, our Growth Committee, and our Retention Committee. There are so many new and exciting things that are going to take place very soon!

By the time you receive this issue of Civitan Magazine, all members in Civitan worldwide should have received the membership newsletter. I want to make sure you all are in the loop for what is happening in Civitan. If you remember, I stated in my nomination speech and in my acceptance speech at the International Convention in Greenville, South Carolina, that I wanted to be transparent, have integrity with issues that affect us all, and maintain a relationship with every Civitan. Your membership specialist team is hard at work and making sure each of your needs get met. This is a hard task, but they are all up to the challenge and are led by Mary Frances Colley, whom I have gotten to know and truly find a breath of fresh air at International headquarters.

With all of that being said, you are the backbone of Civitan, and I personally want to thank each of you. With so much posted on social media, I do not have a chance to comment or let you know how proud I am of each of you and your clubs. The Juniors are posting all the time and I am so proud of them, their district chairs, and advisors throughout the world.

Our HANDS will continue to do the work of the world. Our EARS will hear what is needed in our communities. Our EYES will continue to seek out new individuals to add to our family. Our MOUTHS will speak CIVITAN and boldly share who we are. Our MINDS will keep us in touch with who we are and respect all mankind. We have HEARTS that beat for all mankind and throb with much happiness and success as we continue to do good works through CIVITAN. I ask that each of you read the creed and continue to share Civitan. You can ACHIEVE, and will achieve greatness, because you say so.

Go out and continue to make a difference in your communities and the world.

Sincerely,

Patsy Perkal
Civitan International President 2019-2020



INTERNATIONAL OFFICERS 2019-2020

PRESIDENT

Patsy Perkal, Aurora, CO

PRESIDENT-ELECT

Frank Kelley, Saint Robert, MO

IMMEDIATE PAST PRESIDENT

Bob Jones, Concord, NC

INTERNATIONAL OFFICERS

Julia Floyd, Cullman, AL
Dianne Hansard, Cumming, GA
Tony Workman, Greensboro, NC
Carol Wolters, Columbus, OH
Pat McKinney, Orillia, ON, Canada
Michael Morgan, Maryville, TN
Marcia E. Dechand, Topeka, KS
Ann McCarty, Pocatello, ID
Mogens Brun, Albaek, Denmark

JUNIOR CIVITAN INTERNATIONAL PRESIDENT

Victoria Bailey, Cooleemee, NC

EXECUTIVE VICE PRESIDENT

Scarlet Thompson, Birmingham, AL



This year, give a gift that will give for generations to come.

Visit smile.amazon.com and choose Civitan International as your charity of choice. Proceeds from all the items you purchase will go to support Civitan International.

amazonsmile

Meet the New Faces of the CIRC

BY AMY NATSUMI ROBERTS

SUMMER THYME, PH.D.



Summer Thyme, Ph.D., joined the Civitan International Research Center and the Department of Neurobiology at the University of Alabama from Harvard University this past July. Thyme's research focuses on neuropsychiatric and neurodevelopmental disorders using zebrafish as a model. Through her postdoctoral fellowship at Harvard University, Thyme looked at over one-hundred genes linked to schizophrenia. As she continues her research at the Civitan International Research Center, Thyme will investigate how her research can expand to include autism, epilepsy, and other neurodevelopment disorders, and to eventually create therapies.

Thyme joins a growing community of zebrafish labs on UAB's campus as the first researcher to study neurobiology using the particular model. Recently, Thyme was featured in an article published by the UAB Reporter regarding her development of a tool to help her keep a close watch on the behaviors of the thousands of zebrafish in her study. Thyme's innovation and passion for her research are sure to make an incredible impact.

CASSANDRA NEWSOM, PH.D.

Dr. Cassandra Newsom, a licensed clinical psychologist and UAB Associate Professor in Neurobiology, has been named the Director of the Neurodevelopmental Disabilities Translational Research Core at the Civitan International Research Center. Dr. Newsom has been dedicated to research and clinical work in autism spectrum disorders, associated rare genetic disorders, and other neurodevelopmental disabilities for the past 16 years across her positions at Virginia Beach City Public Schools, Vanderbilt University Medical Center, and most recently, the University of Texas Southwestern.

Dr. Newsom has an expertise in diagnostic and neuropsychological evaluations of children with developmental differences, and has contributed to multiple NIH and industry funded research projects over her career. In her new role at UAB, she is developing a patient research registry and bank of biological samples with the goal of connecting researchers, clinicians, and families to establish the Civitan International Research Center as a hub for cutting-edge interdisciplinary translational research in neurodevelopmental disabilities. Dr. Newsom is full of innovative ideas to bridge the gap between rapidly advancing discoveries in neuroscience and the hope for targeted, effective treatments for people with neurodevelopmental disabilities.



INTERNATIONAL BOARD MEETS IN BIRMINGHAM

BY SCARLET THOMPSON

As clubs marked a new Civitan year in October, so did the Civitan International Board of Directors. The group gathered in Birmingham, Alabama, the first weekend of the month for their first meeting, which tackled such subjects as compliance, officer elections and the President's Council program.

Directors kicked off the weekend by touring two labs at the Civitan International Research Center. The first was the lab of Dr. Matthew Alexander, who is using zebrafish models of muscular dystrophies to study muscle regulation and function.

"As we toured the zebrafish lab, one of the thoughts that came to mind was 'big things often have small beginnings.' It was amazing to learn that the zebrafish have a similar genetic structure to humans and that 84 percent of genes known to be associated with human disease have a zebrafish counterpart," says International Region Five Director Pat McKinney.

The board also spent time at a lab that is conducting studies to learn more about autism and its effects on a person's driving skills.

"During my tour of the labs, I was impressed with the dedication and energy of the scientists who are doing the research," says Immediate Past President Bob Jones. "It made me proud that Civitan has been able to support these people."

International Region Two Director Dianne Hansard agreed. "After visiting several times before, I was still amazed at the new testing being done on disorders that affect all of us from infancy to adulthood," says Hansard. "I am excited and pleased Civitan has renewed their monetary commitment of support to the center."

The tours of CIRC labs were followed by a reception put on by the University of Alabama at Birmingham, thanking Civitan International for nearly three decades of support. It was also a time to honor this year's Civitan International Research Center award recipients. Along with Civitan International, the Foundation for Children with Intellectual and Developmental Disabilities was thanked for their support of the work at the CIRC. JoAnn O'Toole was in attendance as a representative of the FCIDD.

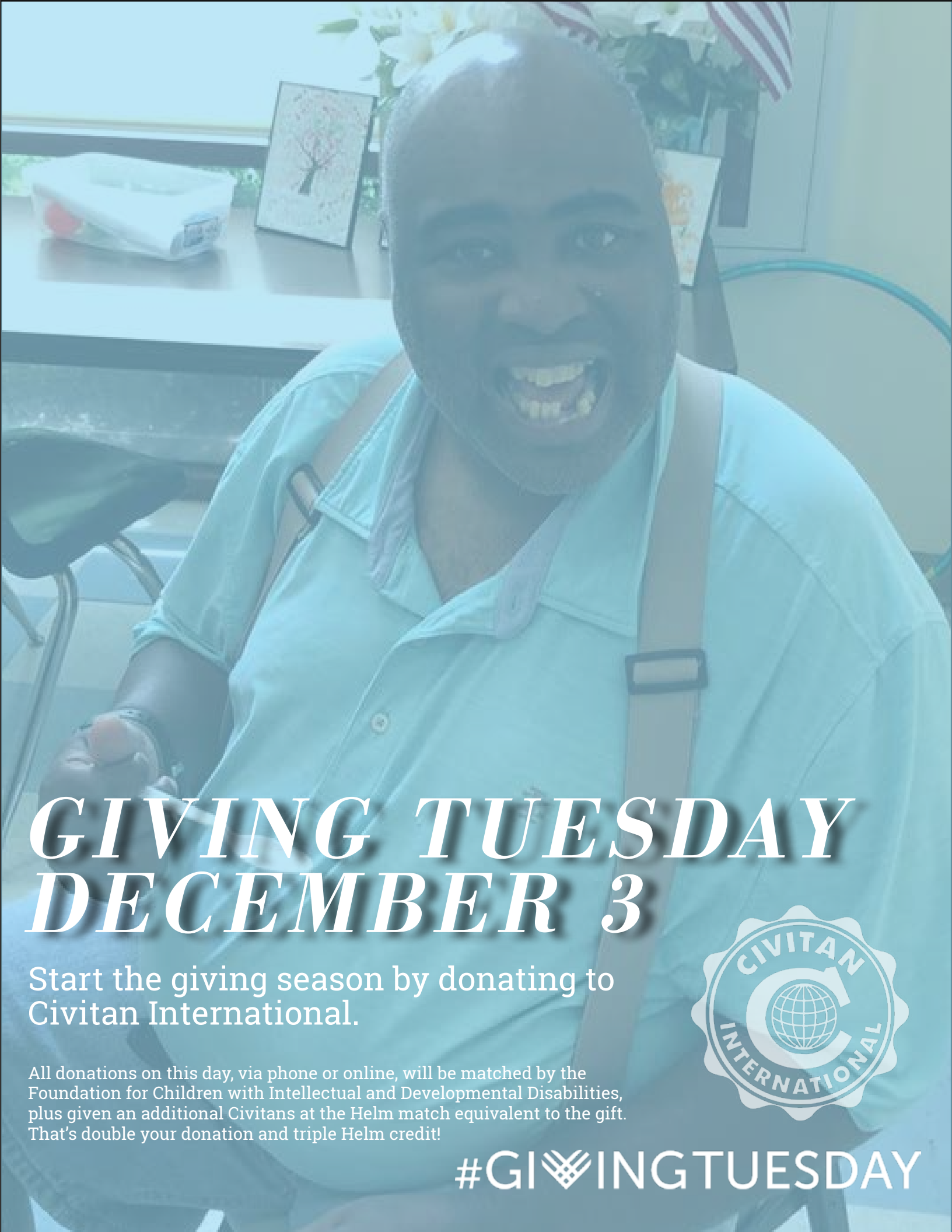
For the rest of the weekend, the board addressed several policy revisions. These included the following:

- Approving changes to policies guiding International elections – one of which includes no longer allowing for an International candidate to "run from the floor" at convention
- Strengthening Policy 0305, which details the requirements for a district to be in good standing
- Adding and/or revising sections in the Junior Civitan International bylaws that describe how a member or club officer can be removed

The Civitan International Board of Directors also approved the organization's annual gift to the Civitan International Research Center and spent some significant time on future planning before it wrapped up the weekend.

Any member can request access to the Civitan International Board of Directors minutes by emailing scarlet@civitan.org.





GIVING TUESDAY DECEMBER 3

Start the giving season by donating to
Civitan International.

All donations on this day, via phone or online, will be matched by the
Foundation for Children with Intellectual and Developmental Disabilities,
plus given an additional Civitans at the Helm match equivalent to the gift.
That's double your donation and triple Helm credit!



#GIVINGTUESDAY

MEET 2019-2020 INTERNATIONAL PRESIDENT PATSY PERKAL

BY MARY FRANCES COLLEY

Service has been a part of International President Patsy Perkal's life for as long as she can remember. Growing up in a small town in New Mexico, Patsy spent much of her young life watching her mother and grandmother working to improve their community. Patsy's mother traveled the state as the President of the Junior Women's League, and spent time serving individuals with Down syndrome, a foreshadowing of Patsy's future service. Patsy's grandmother was something of a legend in her community, well-known for her ceaseless service to their school, church, and town. From them, she inherited her generosity, kindness and compassion for others.

With a passion for service in her blood, Patsy set off to put her own stamp on the family tradition of making a difference. After college, she married Glenn Perkal, who has been her partner in improving the world since 1981. Little did they know when they started their family, their children would become

their entrance into the world of Civitan through CiviTots. Like her mother and grandmother before her, Patsy wanted her children to grow up with deep ties to their community and an understanding of their responsibility to help those in need.

Patsy grew through the Civitan ranks, serving as Club President, district Area Director, Governor-Elect and Governor of the Great Southwest District before becoming a Regional Director. Patsy's focus while on the International Board was bringing more awareness to the Civitan International Research Center, a cornerstone of her passion for this organization. Patsy says her dream for the future would be for the Civitan International Research Center to be as well-known as St. Jude. "If we're doing all this incredible research right now," she says, "just imagine what kind of breakthroughs we'll have in 10 or 20 years!"

Patsy's unwavering dedication and love for Civitan led her right to Reno, where she was voted in as President-Elect of Civitan International, no doubt thanks in part to her platform, speaking to the heart of many Civitans through a focus on the creed. Patsy shared her belief that a leader should always be willing to listen and speak on behalf of the members. Now that she is acting President, Patsy feels just as strongly about this as she did then, saying "I think it's extremely important the members stay involved and we keep a dialogue open. Members are not a statistic or a number, they are a face, a voice, and a vision". Just as she artfully led the Great Southwest District through changing times 15 years ago, she now does the same for Civitan International. Patsy knows the changes we face are not without growing pains, but she believes that growth is on the other side. She asks all Civitans to be patient and trust that leadership has carefully considered each challenge with the health and strength of Civitan in mind. Patsy stated, "With change comes challenge, with challenge comes responsibility and we have to face up to this responsibility. We're not the Civitan of 1917 or 1950, we're the Civitan of 2020, and I'm sure Dr. Shropshire would be very proud of where we're going."

If you remember anything about Patsy, remember her passion for people. She says the people are her favorite thing about Civitan because everyone she meets has a heart of gold, and is doing what they can for their communities. They are the reason she is here. Patsy says, "I'm here for the people. I'm not here for me. I'm here for Civitan." When asked what advice she would give to all Civitans, Patsy shared, "When you speak, speak with love. Do unto others as you would have them do unto you. Don't just see people as bodies at meetings, you're looking at the souls of service. If we all live by the Civitan creed we will live a life of love and a life of service."

**“ IF WE ALL
LIVE BY THE**

CIVITAN CREED

**WE WILL LIVE A
LIFE OF LOVE
AND A LIFE OF**

SERVICE.”





WE



JUNIOR CIVITAN

BY EMILY KICKER

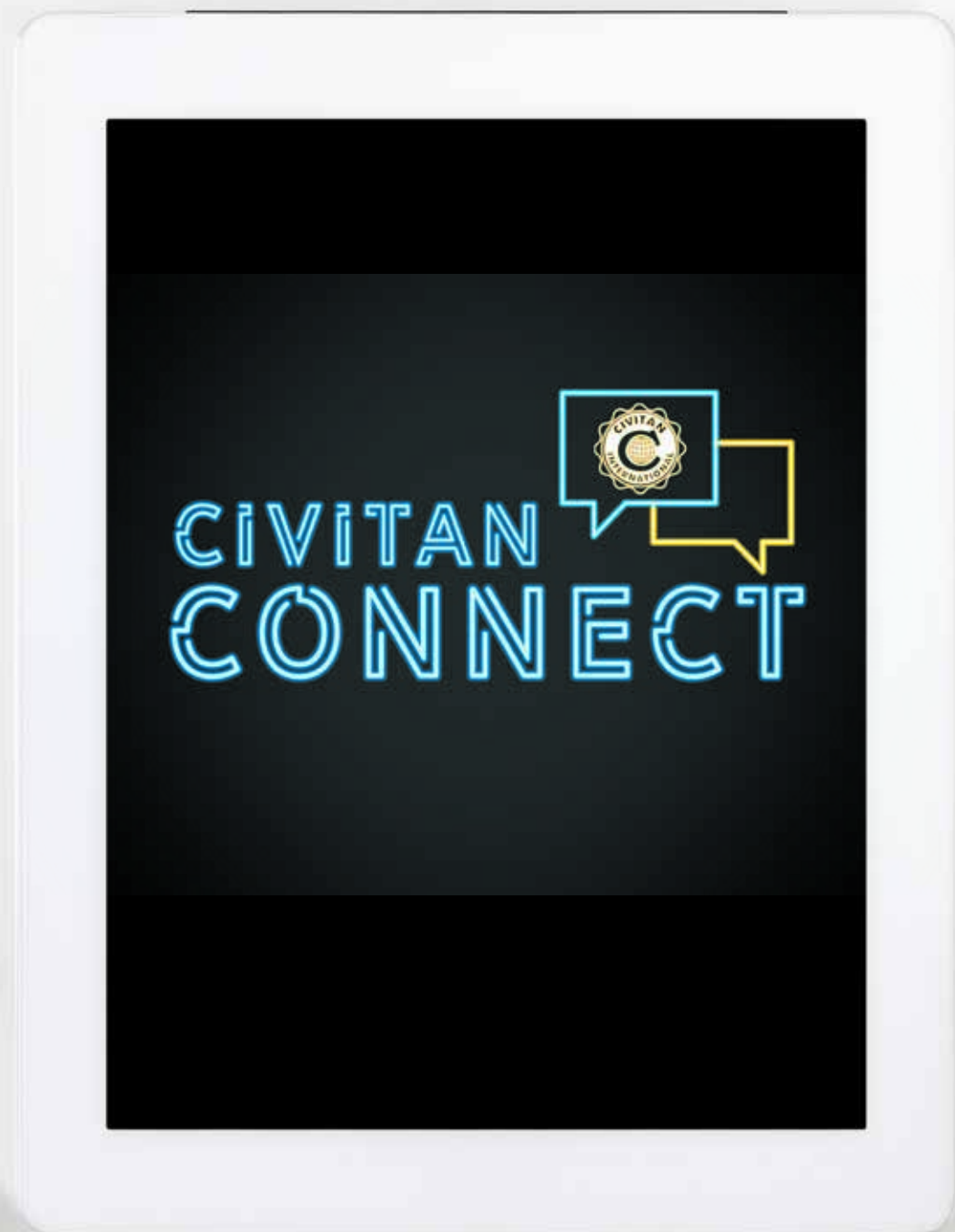
World Junior Civitan Day
October 26, 2019

Every fourth Saturday of October, Junior Civitan across the world celebrate World Junior Civitan Day. Clubs and districts come together and do what they do best – serve.

As the longest standing program in Civitan's history, Junior Civitans take pride in the impact they have on their communities. This year, Junior Civitans gave back by cleaning local parks, delivered Halloween treat bags to local hospitals, passed out refreshments to their peers taking the ACTs, and even helped neighbors clean their yards. Thank you, Junior Civitans, for your outstanding commitment to service.



1) Stanhope Elmore High School, Alabama-West Florida 2) Rowan County Early College, North Carolina West 3) Academy of Tuscon, Heart of the West 4) Burlington and Halton Junior Civitan Clubs, Canadian West 5) El Camino High School, California 6) Craven Early College, North Carolina East



CIVITAN CONNECT

Connect with service-minded individuals from all over the world through Civitan Connect, a new communications program from Civitan International.

To learn more, visit civitan.org/civitanconnect2020.





FOR THE RULE FOLLOWER

Follow the Golden Rule with THE golden rule(r). This Civitan ruler is the perfect stocking stuffer.



FOR THE PENTHUSIAST WRITER

This is one pen your favorite Civitan will want to lend to others. Complete with a stylus tip, this pen also bears the Civitan name at the Champions of Service theme.



TAKE NOTE

This sleek Civitan notebook is perfect for the notetaker in your life. The sleek faux leather cover makes this notebook perfect for any meeting.



FORE! LOOK OUT FOR NEW GOLF SHIRTS

This dry-fit collared shirt will have your favorite golfer looking and feeling like a Champion. Available in men and women's sizes

TOP 8 GIFTS FOR YOUR FAVORITE CIVITAN

BY BETH TOWNS



DRINK LIKE A CHAMPION

Cozy up to the latest issue of Civitan Magazine and a warm beverage in this Champions of Service mug.



FOR THE CIVITAN ALWAYS ON THE GO

Take the caffeine to go in the mornings and show off your service spirit with this Civitan tumbler. Perfect for hot or cold drinks!



NEVER LOSE YOUR KEYS AGAIN

Every family has one - the one who can't keep track of the keys. Make them easier to find with this stylish Civitan keychain.

IT HAS POCKETS!

What girl doesn't love a comfy, soft cardigan WITH POCKETS?! Available in sizes XS-XXXL



MERCHANDISE AVAILABLE NOW!

Visit Supply House today to purchase these and other amazing Civitan gifts! Order before December 10th to ensure delivery by Christmas.



CHAMPIONS OF SERVICE

Contributors Meredith Binkley, Megan Mindel, and Louis Stephens

TRIANGLE YP NORTH CAROLINA DISTRICT EAST

Recently, the Triangle YP Civitan Club pledged to donate \$6,000 to the Special Olympics of North Carolina (SONC). The young professional group has relied on their tried and true fundraising events like the Corn-a-ment Cornhole Tournament, Pints for a Cause, and Charity Draft Line to help them reach their goal. Five members even went “Over the Edge” to raise money and awareness for SONC as they rappelled thirty stories down the side of the Wells Fargo building located in downtown Raleigh. Through their innovative fundraising efforts, the Triangle YP Civitan Club has exceeded the commitment they made to the nearly 40,000 athletes across North Carolina.

KENSINGTON VALLEY NORTH CENTRAL DISTRICT

The Kensington Valley Civitan Club recently partnered with Desert Angels, a Michigan-based nonprofit organization that provides support to overseas troops. The club came together to pack Miracle Boxes, large care packages filled with snacks, personal care items, magazines, and even a personal note from a club member thanking the recipient for their service to the United States. Often boxes will include tokens from a soldier’s hometown to serve as a thoughtful memory of home.

CAPITOL REGION CHESAPEAKE DISTRICT

In October, the Capitol Region Civitan Club hosted a Halloween picnic for adults and children with disabilities. While rainy weather forced the event indoors, that seemed to be the only trick of the night. Club members provided fun games, delicious refreshments, creative arts and crafts activities, and sported fun Halloween costumes.



PANAMA CITY

ALABAMA-WEST FLORIDA DISTRICT

For the last 18 years, the Panama City Civitan Club has held a bingo night once a month for individuals with intellectual and developmental disabilities. The club provides entertainment, refreshments, and prizes for 70-100 guests, who are also clients of Arc of the Bay located in Lynn Haven, Florida.

PHOENIX BIRD

HEART OF THE WEST DISTRICT

In 1979, The Phoenix Bird Civitan Club became the first inclusive club in our organization's history. On October 15, the club celebrated their 40th anniversary. Nearly 75 guests attended the banquet gala where the club celebrated by initiating new members, installing club officers, and recognized members for their recruiting and club building efforts. Everyone enjoyed a night full of dancing and memories.

LAKESHORE

CANADIAN NORTHERN LIGHTS DISTRICT

In late September, members of the Civitan Club of Lakeshore (Montreal, Quebec) supported the West Island Association for Intellectually Handicapped's (WIAIH) barbeque fundraiser at Rene Depot in Pointe-Claire. Civitan members Claude Darmond and Rick Held (pictured) did the grilling while others helped hand out food. Guests had a wonderful time enjoying good food and each other's company.



EMERGING SCHOLARS AWARDS

Nicholas Boyle received the Emerging Scholars award for his project titled, "Understanding childhood neurodegenerative disorders (Neuronal Ceroid Lipofuscinosis and Gaucher Disease) and possible treatments."

Boyle did his undergraduate work here at UAB where he graduated summa cum laude, earning two bachelor's degrees and two minors in four years. Nicholas works with neurodevelopmental disorders and the Emerging Scholar award will provide Nicholas with the support to further develop treatments for neurological diseases.

Qiangqiang "Jack" Xia received the Emerging Scholars Award for his project titled, "Understanding the role of Cul3, an autism gene, in Mammalian Neurons."

In recent years, it has become evident that many neurodevelopmental disorders such as autism are accompanied by alterations in spine morphology and synapse number. Xia's work is actively involved in translating findings in genetic animal models of autism into potential therapeutic approaches for patients.

WHIT MALLORY RESEARCH FELLOW

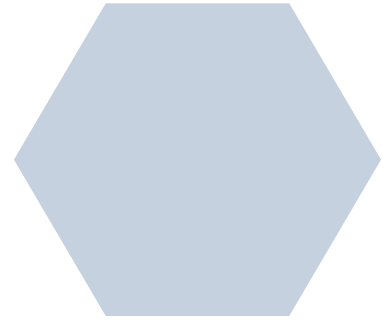
Helen Root received the Whit Mallory Research Fellow in Intellectual and Developmental Disabilities for her project titled, "Presence and Phenotype of Autism Spectrum Disorder within Pitt-Hopkins Syndrome." Helen Root is in the UAB Medical/Clinical Psychology Program and is a trainee in the UAB Leadership Education in Neurodevelopmental and Related Disabilities Program.

Helen has a specific interest in the expression of symptoms of Autism Spectrum Disorder within populations of children with genetic disorders and syndromes. She works with Dr. Sarah O'Kelley who was last year's McNulty Award recipient.

MCNULTY CIVITAN SCIENTIST AWARD

Dr. Kristina Visscher received the 2019-2020 McNulty Award. Dr. Visscher is a scientist at the Civitan International Research Center, an Associate Professor in the Department of Neurobiology, and co-director of the Civitan International Neuroimaging Laboratory.

She is a rising star in the world of functional brain imaging in humans. In addition to the McNulty Award, Dr. Visscher gives back to the community and was recently honored by the Girl Scouts for being a 2019 Woman of Distinction for making special contributions to the community and for being an exemplary role model for today's girls. Dr. Visscher studies human behavior and brain activity using precise behavioral measurements with fMRI's and EEG's.



PHOTOS FROM TOP TO BOTTOM
NICOLAS BOYLE, DR. QIANGQIANG XIA,
HELEN ROOT, AND DR. KRISTINA VISSCHER.



INTERNATIONAL CLERGY WEEK

BY AMY NATSUMI ROBERTS

IMPORTANT DATES

NOVEMBER

November is National Epilepsy Month (United States) and National Alzheimer's Month (United States)

11/28 American Thanksgiving Day

DECEMBER

12/3 Giving Tuesday

12/5 International Volunteer Day

12/31 New Year's Eve

JANUARY

1/1 New Year's Day

1/21 Martin Luther King Day

**International offices will be closed on 11/28-29, 12/24-25, and 1/1*

SHARE YOUR CIVITAN STORIES

To submit an article, send an email to Amy Natsumi Roberts at amy@civitan.org.

High-resolution digital images only.



THE FOUR CHAPLAINS

On the morning of February 3, 1943, the USS Dorchester was en route to a secret radar installation in Greenland. It was on this harsh, cold morning that a German submarine sealed the fate of four brave chaplains and several other soldiers aboard the ship. When trying to escape the wreckage, four Army chaplains sacrificed their lives as they unselfishly gave their life jackets to other soldiers. As the ship was sinking, the four chaplains - a pastor, a rabbi, a minister, and a priest - could be heard from shore lifting up their separate prayers.

CLERGY WEEK FEBRUARY 3-7, 2020

Civitan International adopted a resolution at the 42nd Annual Convention in Dallas, Texas, to recognize and honor clergymen during International Clergy Week. In 2020, Clergy Week will take place between February 3-7, 2020. Here are things your club can do to honor clergymen in your communities.

- Hold a special banquet during a club meeting that week and invite your local clergy. In honor of the Four Chaplains, invite clergy from different faiths to attend the event.
- Appoint an outstanding layperson to speak in honor of the clergy. Since clergy are your guests of honor, it's best to appoint someone else to honor them during the banquet.
- Contact your mayor's office and request a proclamation to recognize the day throughout the city.

Be sure to contact local media if you are hosting an event. This is a great way to get the community involved in honoring your special guests.

If your club does host a special banquet, or finds a way to honor your local clergy, be sure to take photos and share your story with Civitan International for a chance to be featured in an upcoming edition of the Civitan Magazine or on social media. Send a brief description and high-resolution images to Amy Roberts at amy@civitan.org.

C I V I T A N I N T E R N A T I O N A L



J O I N U S I N

MILWAUKEE

Don't miss the momentous 100th meeting of the Civitan International Convention in Milwaukee, Wisconsin, July 26th-29th, 2020 at the historic Hilton Milwaukee City Center. All things old and new will be remembered and celebrated with new service, knowledge and fellowship opportunities combined with highlights of the past 99 conventions.

If you've never been a part of a Civitan International Convention before, this year is the year. Make plans to join us, and we'll be planning for your arrival!