



A Community for Self+Relational Theory+Therapy

August 2021 Newsletter: A Tribute to Joe Lichtenberg



Introduction

This newsletter is produced by the ICP+P community with love and admiration for Joe Lichtenberg, MD (1925-2021). Gathered here are contributions from members of the community who knew him to different degrees and in different types of relationships, and for different amounts of time. Joe was such a growth-promoting influence on ICP+P that it is ultimately impossible to encompass all the ways we experienced him. We might like to think of him as “our” Joe, and we might like to think that we were “his” community. This specialness is quite real, along with the fact that he was so influential all over the world, and so beloved by people in many different communities. These contributions convey fascinating views of Joe as a consummate professional and a warm, deep human being. They also convey in touching ways the personal relationships that people enjoyed with him.

The contributions are organized so that briefer articles alternate with the longer, more in-depth articles by those who knew Joe particularly long and well, and the final article is by the ICP+P directors. Remarks excerpted from the online memorial on July 19, 2021 are used with permission.

Tom Holman and Adrienne Simenhoff

Supervision with Joe

By Karen Schwartz

(excerpted from remarks at the online memorial July 19, 2021)

I just wanted to mention something that sticks with me about Joe from my seven years in supervision with him. I didn't always get along so well with Joe in those meetings, but I learned so much I couldn't stop. One thing I will always cherish about him was how he used to laugh. His laughter so humanized the process of doing this work, and put a human edge into it that no words could have achieved. He enjoyed humanity like Mark Twain did. People made him chuckle sometimes and it was wonderful. It was wonderful to hear him enjoy other people through the work.

Memories of Joe

By Rosemary Segalla

As the weeks since Joe's death have gone by, I have received many condolences, especially from those of you who know of my long and productive relationship with him. I thank all of you for your thoughtfulness.

Joe was a part of my life since 1977. I was a member of a study group and each week we discussed psychoanalytic theory, trying to apply it to our clinical work. We found ourselves stumped by the complexity of Melanie Klein's work and decided to meet with Joe to help us understand her work better. Needless to say, even back in 1977 Joe was a leader in our field! He had a marvelous ability to explain theory in a concise and understandable way.

Joe and I maintained a connection because of our mutual interest in the work of Heinz Kohut. He was one of the first to give a fine and clear review of Kohut's monograph, *The Analysis of the Self*. Later, Joe contacted me to see if I was interested in forming a study group in which we would discuss the evolution of Self Psychological theory. This group lasted several years during which time Kohut's work became well known, opening the field to many new and relational ways of doing clinical work. We were all appreciative of the ways in which his emphasis on empathy added dimensions to our clinical work. What followed were years of discussing Kohut's ideas as well as Joe's evolving motivational systems theory. It was a privilege. Joe's endless flow of ideas was something that is rare. He never stopped thinking creatively, even up to my last visit with him a week before he died.

In the early nineteen-nineties, Joe and I met to discuss an idea that had been interesting us for quite some time. He suggested that we could create a psychoanalytic community that would endeavor to move away from the exclusivity and rigid boundaries of existing Psychoanalytic Institutes. He proposed a model that I immediately found exciting, a membership organization in which there was little hierarchy; an organization created by members who also wished to change existing models of both psychoanalytic programs and training. I was pleased to come up with a list of psychologists and social workers that quickly saw the advantages of the proposal. These were our founding members, many of whom are still active in the organization. Joe also had his list, psychoanalysts ready for change, ready to embark on advancing the field. They too were on the list of founding members. It is difficult from the current creative expansion of the field to understand how new and exciting the effort was, to create something that was a leading edge in the changing psychoanalytic world in 1993.

ICP, as it was known then, quickly took off; we had our first program just months after Joe and I had our original meeting. As a result of his increasing involvement in the Kohutian world we were privileged to have many, many of Kohut's closest colleagues as guest speakers, many of whom were also cutting edge thinkers and had actually spent years in study groups with the man himself. We had Ernie Wolf, Estelle Shane, the Tolpins, the Malins, and the Ornsteins as honored speakers. We were introduced to Stolorow's and Atwood's Intersubjectivity Theory. And there was Beatrice Beebe and her distinguished infant research work as well as Lachmann and Fosshage, Joe's co-authors on Motivational Systems theory. There are others, too many to mention for fear of leaving someone out. These were heady years for the organization. Not only were we privileged to be working with the leaders of the Self Psychological Community, we were exchanging ideas with the friends and colleagues who had been part of his immediate community. Many others who identified as self-psychologists joined us and helped to expand the evolving ideas. This occurred at the same time the Relational Movement led by Stephen Mitchell, Margaret Black and Bernie Aaron formed the psychoanalytic organization known as IARPP. As I write this, I am aware of my own excitement, revived as I think about the richness of ideas of which we were a part.

In addition to our unique programs, we also developed a Psychotherapy Training Program. This program is one of the pillars of ICP+P. And, after some controversy, discussed at a membership meeting, there was a resolution to create a Psychoanalytic Training Program. We were now also training our members to become a new wave of psychoanalysts. These programs have produced many well-trained professionals who are now also moving the field forward. At this juncture, we changed our name to reflect changes in our organization. We became ICP+P, the Institute of Contemporary Psychotherapy and Psychoanalysis!

Another offering was study groups on any topic a particular group of members chose to explore. These study groups reflected the interests of its members. We have several, some meeting since the early years. One of the great advantages of the study groups is that they are products of member's various interests and reflect the opportunities to shape our organization. An example of that initiative was the Mind/Body Institute. There was also the fine Couples Therapy Training program, also well received, training therapists in the delicate art of treating couples. We also offered short courses demonstrating the many rich and creative ideas members had.

There was a one-year Relational conference series that was highly successful in bringing the rich ideas from the Relational world of IARPP that grew alongside the IAPSP. That highly successful year-long program is being repeated this year with the most recent creative relational thinkers. This was further evidence that we had a strong commitment to study the ongoing growth of contemporary theories.

We continue to have our yearly potluck lunch that gives members the opportunity to be fully updated on the organizational matters of the Institute. It is a warm gathering of old and new members and a chance for newer members to learn about our organization. My parting thoughts...I have been so impressed by the warmth, generosity of spirit that I see at every one of our programs. There is so much kindness and caring at every event we sponsor. It feels that Kohut's capacity for deep empathy has imbued our members with a great capacity to greet each other with respect and dignity. Our loss during this covid crisis has been profound and I do hope we will be able to move forward, reconnecting with energy and joy. The biggest sadness for the organization prior to our loss of Joe was the loss of Nancy Der. She was a crucial part of the cement that held our organization steady, so a loving good bye to her and a loving good bye to Joe, a true master of the universe, a man who leaves a legacy that will continue to grow through the ages. I will miss him forever.

Joe and the creativity seminar

By Mauricio Cortina

(excerpted from remarks at the online memorial, July 19, 2021)

I've known Joe from way back when I was taking the advanced psychotherapy training program at the Washington School of Psychiatry, and he was one of the teachers, and then he formed ICP+P. I've had many opportunities to interact with him. One memorable time was when he invited a group of us to Mexico City, where there was a meeting of the American Psychoanalytic Association. I, being Mexican, was able to take him to the Diego Rivera Museum and a concert where there was the best band and the national symphony

playing together. That was a memorable experience where you really captured the soul of Mexico.

But what I wanted to talk about was another major activity that Joe was involved with, which was the creativity seminar. When I joined with my wife, it had been going on a long while. Each year the group would meet four times. We would select an author to read and a biography. We would read four novels by the author, and everybody would be assigned to give a paper on the novel, and Joe would comment on it, and there would be a general discussion, and it was really fun. It was a group of maybe 15-20 people, many were not psychoanalysts. We would go to a restaurant that he would choose, and Saturday for 3 hours we would discuss the novel. He would always synthesize comments that were brilliant. I really miss that fun side of Joe and looking at different authors and correlating their history and their development with the creative endeavors. It lasted for maybe 35 to 40 years.

Memories of Joe

By Elizabeth Carr

(excerpted from her eulogy at the funeral service May 23, 2021)

I first met Joe in 1988, Joe was 62 and I was 42, when I began supervision with him. I soon came to appreciate that I was learning from a master clinician. Importantly, Joe provided me with an immersion into a language that involved understanding my patients from the inside—from inside their emotional and developmental experiences. I presented, Joe responded, and we discussed. Joe described with great specificity, key elements of my patient's subjective experience. This, combined with his rich knowledge of development, was both compelling and clarifying. I think our shared interest in the intersection between developmental research and psychoanalysis is a central aspect of what cemented our affinity for each other that continued for the next 33 years.

Joe influenced the world! Since his passing, tributes have poured in from multiple places in the US: Washington, New York, Los Angeles, Berkeley, San Diego, Chicago, Boston, Minneapolis, Detroit, and Atlanta, and from international cities, including Toronto, Vancouver, Montreal; Rome, Milan, Madrid; London; Vienna; Tokyo; Istanbul; Tel Aviv; Buenos Aires; and Santiago.

Joe was known for his generous spirit and for promoting the talents and abilities of both peers and trainees. He inspired several generations of mental health professionals through his writings, teaching, supervising, and mentoring. Here is a quote from my colleague, Diana Diamond that vividly captures that particular aspect of Joe: "What made

Joe so unique in our field was his capacity to catalyze the creativity of his colleagues, to encourage us to forge our own paths and to find our own voices within psychoanalytic theory and practice.”

Joe loved to bring people together in his various enterprises, that made for creative collaborations. I have been part of two of them.

Joe, along with Mel Bornstein, created the concept for a new journal, Psychoanalytic Inquiry in 1979. The one idea that was established from the beginning by Joe and Mel was that this would be a psychoanalytic journal where any credible psychoanalytic idea would be acceptable for exploration and inquiry. At the time, this was a daring proposal and threatening to some within the prevailing forces of American psychoanalysis. Many in the hierarchy told them it was a mistake to even begin this enterprise. Like John Lewis, Joe and Mel liked to make good trouble. I am thrilled to report the enormous success of the journal—a journal that has greatly expanded the scope and study of psychoanalysis. With my dear colleagues at Psychoanalytic Inquiry (Mel Bronstein, Daniel Goldin, Carol Levin, Allen Siegel, and Mauricio Cortina) and with Joe, our fearless editor-in-chief for 42 years, we share a great deal of pride in our shared project.

In another of Joe’s creative endeavors, his guiding spirit joined with that of my good friend and colleague, Rosemary Segalla, to birth the Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P) in 1994. ICP+P is both Joe’s and my professional home and is currently a thriving community of 250 members. It is appropriate and fitting that Joe gave his last talk, on his new ideas about power, to the ICP+P community on January 13, 2021. This work will be published in a forthcoming issue of Psychoanalytic Inquiry. It is noteworthy that Joe was working on his new ideas right up until the end. Using Joe’s words, he was a doer doing until the very end.

Joe was blessed by two wonderful relationships. For 62 years with his wife Charlotte and for the last six years with his partner, Mady Chalk. He was a loving father to his four children, his eight grandchildren and to his new great granddaughter of whom he was so very proud.

As I know you all appreciate, Joe was so much fun! From dinners at Mei Wah with Joe and Charlotte, to sailing with him around his beloved Chesapeake Bay, to the time my husband and I joined Joe and Mady in Rome, running around the city visiting art museums and enjoying good food and wine—there are so many special memories that I will forever cherish.

Over the years, my relationship with Joe evolved from teacher-student to a deep friendship but he was always my mentor, always supporting and encouraging me. Joe recently told me about some of the connections he made with individuals around the world

whom, using his word, he “adopted.” These were individuals he took a particular interest in and whose development he promoted. I am one of the lucky ones Joe “adopted” and I have benefitted greatly from his support and guidance over the last 33 years. I am forever grateful for Joe’s presence in my life and for all I have gained from knowing him.

Joe: teacher, supervisor, analyst, friend and mentor

By Faith Lewis

He was my teacher, my supervisor, then my analyst, then my friend and mentor.

He knew about my shyness, my apartness, and my love of people, and of groups to which he, or I thought I might contribute. (If he thought so and I didn’t, he’d ask “Do you think you might consider....X ...at another time?”)

He was as devoted to his family as I was to mine, and he got that too.

He also got the complexities of my situation – too complex of course to spell out here – and he knew about cultural diffusion, third-culture-kidism, identity diffusion disorders.

But he didn’t use many of those words; he would say, instead, “Let’s go back to when you were feelingX”.

He loved my jokes; I loved his laugh. He didn’t seem to think I was avoiding anything; he let me know he valued playing, as did I.

He saved his French analytic journals for me. I translated Andreu’s “peau ego” for him.

It makes me very sad to be writing this, but I think he would say “Do you think you might consider doing it?”

So this is for you, Joe, and for our wonderful time together.

Remembrance of Joe Lichtenberg

By Sandra Hershberg

Coming home last night I realized, passing the street where I would turn off to go to Joe’s

house, that Joe was no longer there. Joe was no longer. I felt sad and disturbed by that thought. I am attempting to get used to a thought that I don't want to think, a reality I don't want to accept. Joe was such a strong, steady, and calm presence. Reading Janet Malcolm's obituary and the tributes from her New Yorker colleagues, a few days later, I felt that one rang true about Joe also. Losing Janet, noted one colleague, was not only losing a friend and colleague, but a whole library of scholarship and wisdom. When I spoke with Joe about a theory or a clinical conundrum, Joe would approach it with a foundation of knowledge and experience, having studied, turned over and looked under the many areas that perplexed him, eager to solve and then move onto the next puzzle. Joe loved to teach, to mentor. He was never too busy to talk things through with someone who called him. He thrived on these conversations, wanting everyone to have a go at his thinking, to refine it in his personal laboratory.

Joe felt pleasure in many areas in his life, especially in the sensuality of his art collection. He loved surrounding himself with photographs that provided an aesthetic that nurtured his soul. He loved working through ideas for papers and books. He was so excited about his last paper, on power, that he completed a week before his death, he read a part to me that he had just added, on my last visit to him.

My friend and colleague, Linda Gunsberg, and I were very pleased that Joe was so appreciative; he let me know frequently, especially at the end, of the gratitude he felt for our authoring and co-editing the book celebrating his life and contributions, *Psychoanalytic Theory, Research, and Clinical Practice: Reading Joseph D. Lichtenberg*. Joe came alive in it as a person in his life, "a doer doing", identifying significant experiences, his in-depth scholarly contributions, and his pleasure in bringing people together, as friends and through various pursuits like co-founding ICP&P (with Rosemary Segalla) and starting *Psychoanalytic Inquiry* (with Mel Bornstein).

Joe's legacy of prolific scholarship, stimulating creativity and generativity in others, and the many projects he brought to fruition, have accrued and educated generations of mental health professionals and furthered Joe's essential values of curiosity, creativity and a spirit of inquiry with a welcoming, generous hand and heart.

Joe in supervision

By Leslie Smith

I was in supervision with Joe for over 10 years and am grateful for all that I learned from him. In particular, I was always struck by his generosity in sharing his network of contacts and friendships. "Call Alan," or "Call Estelle", he'd say. "They will help you." His

connections, became our connections, and as such he invited us into his professional community. For that I am especially grateful.

Farewell to Joe

By Marie Hellinger

Farewell, Joe, my supervisor, mentor, and in the last years, my friend. You were so excited to share with me and others your profound insights into people and deepened my understanding of my patients and of myself. I can see your enthused face when you would say, "I just had this new idea!" You were fascinated by what motivated people, and taught me how to listen carefully and deeply to my patients. You were skilled in the art of nuance in speaking with a patient – I can see your face, eyes slightly closed, a little frown of concentration, puzzling out how to help me introduce a controversial new idea to a patient, threading the needle between empathy and confrontation. In these ways you are with me in every one of my clinical sessions.

I think of many model scenes I had with you. In the early days of supervision, I presented a session to you where you pointed out a central theme that had gone completely by me. I felt discouraged, wondering if I would ever be a good therapist. You offered: "I have a lot of experience. It's like playing tennis. At my age, I can't run like a young person. But I know from experience where the ball is going to go and how to return the ball precisely." You spoke to me with kindness, not criticism. And you were right - I am older now and can often anticipate where the ball is going to fall.

You loved to nurture and support and were in the background of my life for over 30 years. You generously gave to me and others opportunities to present at national conferences, and so enjoyed seeing our growing success as professionals. And if there was crisis with a patient? You always wanted to be of help and would make time to talk with me, once even over lunch eating sandwiches in your office.

Over the years you also offered many gems of wisdom – I have a collection of them! Here is a random gem. You said, "Some patients with difficult childhoods had the ability to seek out from anyone available the self-object experiences they were missing at home. Maybe a teacher, a neighbor. That quality plays a major role in which patients do well despite bad experiences at home." You offered me so many thoughts and ideas I had never thought about before! I loved how your intelligence was imbued with the capacity to pinpoint salience and to discern patterns.

Personally, you were also there. Your voice could be filled with paternal nurturance. You

made it safe to open up and wanted to help. You were curious about what made me or others do what they do – what motivated them. I will never forget how after my son was born, when I was overwhelmed with the change and challenges of a newborn, you were there to comfort and support. When I was scared after 9/11, I can hear your soothing voice saying, “I can tell you this. I have seen this country come together and rise to challenges –like World War II. The people of this country have the capacity to be strong and resilient.” At one point I shared supervision with my colleague, David Williams. We would leave sessions shaking our heads in amazement - your mind was like a work of art. I will be forever grateful that life brought me to you, for the fun, like dashing around art museums, for the conversations, and for the profound way you have affected me not just as a therapist, but as a person.

Remembering supervision

By Monica Meerbaum

Each week for seven years I would re-enter: down the familiar steps, then the waiting space. Sitting with the artworks I had come to know and love, especially the large Burtynsky photographs, cavernous and personal. The more I looked at them, the more I discovered patterns of the finest detail. People standing, dwarfed and bewildered by creations of industry, beauty and ugliness side by side. A shipyard, an oil rig, a mine. Evidence everywhere of hard work and suffering, but now all was still.

Then a soft patter of shoes, and Joe would come to get me with his warm, slow, “Come on in!” A brief exchange about the art, then I began to read from the week’s process notes. I was presenting a long-time trauma patient of whom I was quite fond. She and I had experimented with hypnosis, dreamwork, and music, but she was particularly enthusiastic about the idea of psychoanalysis, including the couch. To my surprise, before the analysis began, she looked for Joe on Google and brought in autobiographical information she had found, most of it new to me. There were clearly three of us in the room!

While I struggled to read my handwriting from notes taken during the sessions, Joe mostly sat silently, with his eyes closed. This was early in my training, when I was still filled with anxiety and self-doubt, especially in the presence of such a star in the field. Was I boring him, or was so little of significance happening in the work I was doing that I was putting him to sleep? This was far from the case, as I soon realized. Periodically Joe would say a few words, usually about an underlying theme or a delicate pattern of hidden connections. He was actually modelling a deeper form of listening than I knew how to do yet.

It is a special kind of intimacy to share one's clinical work this way, in all its messiness and felt inadequacy. Over time, my self-consciousness and shame lessened as I came to experience Joe's genuine interest, respect, and caring for my patient and for me. I have always learned the most from the inside out: it was being listened to so sensitively by Joe that enabled me ultimately to fine-tune my own listening presence with patients and supervisees. For this, I am most grateful!

Reminiscing about Joe Lichtenberg

By John Paddock

(excerpted from online memorial July 19, 2021)

I was in life supervision with Joe for a little over a decade; psychotherapy that became psychoanalysis.

Joe and I were both baseball fans, and we would often reminisce about our favorite teams: Nats; Orioles; Red Sox; Braves. My experience of him was that he was an exquisite artist, like the great pitcher Greg Maddox whom I admired because his control was absolutely precise. He could "shave the corners" and change speeds better than anyone I had ever seen play.

That's how Joe was. Never overpowering me with pitch velocity. Except once.

Joe did not think he had to prove to me how smart he was (I already knew, and he knew that I knew). He did not need to explicitly show me how motivational systems theory explained the weirdnesses of my life; I learned from him organically, experientially. And, sometimes in doing so, he threw a high, hard fastball up at the letters. Indeed, one day, he said something that brushed me back from the plate. So, one day, as I was lamenting (whining about, actually) what felt like utter career stagnation and burn out, Joe said to me: "John, you have been well-trained in a relatively *minor* tributary of psychotherapeutic thinking."

Boom!

He was correct, of course, though I dug in at the plate, and took several more swings (and missed) at the kinds of pitches he threw in this regard. After a couple of months in this extended "at bat," he encouraged and supported me to apply to the ICP+P psychoanalytic training program. I applied, was accepted, and the experience, turned my professional life around. Big time.

I am forever grateful that my life path crossed his.

Memories of Joe

By Cherian Verghese

(Excerpted from remarks at the online memorial July 19, 2021)

I just wanted to say how grateful I've been to Joe. I came to know him just as ICP+P was forming. I was in a study group with Bruce Wine and a number of other ICP+P members. Joe and Rosemary came to our group and wanted to invite the group to join this wonderful organization they had just started. First, I was taken aback that here's Joe sitting in our group to ask us to join. Most of the group joined ICP+P at that time. Later I got in the psychotherapy program at ICP+P, and he became my supervisor.

I had until that time not worked with people more than short term, never more than once a week. I said to him I'd like to expand that more and be able to see people more often but I don't know how to do it. He just said to me, Cherian, when you're ready, you'll do it. A few months later my practice expanded and I started becoming more comfortable with expanded work. Later he also encouraged me to write, to present and discuss papers at the international conferences, and he was always very supportive. I would be rather intimidated by some of these possibilities, and he'd say, "Cherian, you'll do fine, if you want to talk it over with me, please do" he'd give me some feedback, but left it up to me. I just wanted to say how much he helped over the 4 or 5 years of supervision and beyond, and how my thinking, my way of working has been influenced by Joe, his work, and getting to know him a bit. That's all I wanted to say, just grateful.

Joe in his study group

By Tom Holman

I didn't know Joe well, but I cherish the experiences I had in his monthly study group for 2 years. We often read things he had written, or was in the process of writing. It was exciting and inspiring when he talked about his process of writing and collaborating. He wanted everyone to participate, enjoy, and learn. While he could ask some tough questions, he was gentle with the less knowledgeable group members, meeting them where they were. I was continually amazed at his ability to say very complicated things in plain, clear, human language. He seemed animated by a deep and also playful curiosity. He was open to different ways of thinking, so that I would say he respected diversity of thought as well as

other kinds of diversity. His anecdotes were priceless, and, of course, he knew everybody. The study group led me to read more of his writings, and I'm still doing that. I will continue to reflect on what he demonstrated and lived along with what he taught and wrote.

ICP+P Directors on Joe's presence and legacy

By John Gershefski

(excerpted from remarks at the online memorial July 19, 2021)

I'll be saying a little something on behalf of the directors, Adrienne Simenhoff, Ruth Migler, and myself. Joe was an icon! We wouldn't be here all together right now if it weren't for Joe. We might not have even met each other. When you think about the impact of someone who lives their life in a passionate, determined way, thoughtful and wanting to create and help spread vitality, it's amazing. If it weren't for him, I wouldn't have met this person, this person, and this person, and the list goes on. He was larger than life, on one hand (until you knew him a little, he could be intimidating sort of), and on the other hand when you got to know him he was welcoming, encouraging, energizing, warm. He was a nice mix of these many characteristics, and we're all appreciative of that.

When I first joined the organization, Joe would be at everything, and then as the years went on, he was less able to make it to some events. But Joe and I happened to be neighbors, living a couple of blocks apart. I like to take walks, and a few of my walking routes would take me past Joe's house. I could tell he was still very involved because several times, even though I was just passing his house for seconds, I ran into ICP+P members coming or going. That was my way of knowing Joe was still doing what he did, passing on wisdom and encouragement to the people coming to see him. Now when I walk by his house, I don't know what I to think, as it's strange because he just seemed like he was going to go on forever. Physically he is departed, but his legacy and spirit are going to live a long time.

When Ruth, Adrienne and I were getting ready to take over as Directors, we went to talk with Joe at his house. I felt like he gave us a lot of permission to pursue our passions and interests. He said things like don't be afraid to evolve and challenge, don't be afraid to take risks, go for what inspires you. Going into the meeting, I kind of expected him, with his tremendous legacy, to have a few more directives for us. Instead, we heard him say just go with your passions, what energizes you. He was looking to help each person be who they were. That's helped all three of us, the sense of freedom he inspired. Passing a baton if you will -- go ahead, try things, don't worry about it -- very calming. His legacy will live on, and for those of us who take on leadership positions in the organization, he's somebody to keep in mind often -- what would Joe do?



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