

Eastern Echoes

District 3 Of LPA

Winter 2014 Newsletter



Hear the Roar!

Hope, Mack and Ryan show their jungle theme at the Fall 2013 Regional which was held in Raleigh, NC.

A Roaring Good Time in Raleigh!

219 people joined us at the Fall Regional which was hosted by the Colonial Chapter of District 3. The regional took place at the Embassy suites in Raleigh, NC over the weekend of November 1st through the 3rd.



Cozy Ride

Lisa leaves the regional happy with the custom chair she won at the raffle

Those that made it to Washington DC over the summer had a pleasant reunion with others who they saw there. The resounding theme of the regional weekend was a roaring safari.

Events started Friday evening with an ice cream social for both new attendee's

and veteran members. The teens proceeded to a pizza and pool party for their excitement. Saturday was filled with fun starting with breakfast with friends both new and old. Before the general assembly the kids had the option of going to the kid's

Story continues on page 3 titled "Raleigh"

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Visit us at: <http://d3.lpaonline.org>



<http://www.facebook.com/groups/50349019725/>

Letter from the District Director

Hello Everyone. I hope you all had a happy holiday and 2014 is treating you well. When the new year comes around we always look to what's to come in the year. I apologize for the delay in getting this newsletter out. It seems when I traveled to Greenville to work on the newsletter with Sylvia my Mac



laptop decided it's hard drive would fail.

Plans are underway for the Spring 2014 regional in Charlottesville, VA. The theme is going to be the 1980's and it's going to be totally fun...like totally.

Some of the officers have already visited their local Goodwill to find some 80's power suits for the weekend. Shoulder pads sure are something and some of us are

glad they went away. The packets for the regional will be going out soon so be on the lookout for them!

Also, it's important to remind everyone that this year will hold chapter and district elections. If you are interested in running for any chapter or district position please feel free to let me know.

Take care!

-Stephanie Brandon

District 3 Director

District 3 Treasurer's Report - 4th Quarter 2013 ending December 31, 2013

Respectfully Submitted by Cathy Hughes

Checking Account Balance		19,951.07
Restricted Funds:		
D3 Teen		651.73
Director Travel		250.00
Savings Account (Samaritan's Fund) Balance		3,126.97
Savings Account (Geddie-Eyler Fund) Balance		<u>13,912.49</u>
TOTAL		\$36,990.53
EXPENSES		
Supplies		\$216.68
Bank Service Fees		7.50
2013 Spring Regional Expenses		374.07
2013 Fall Regional Expenses		780.12
Good Samaritan Fund		<u>221.62</u>
TOTAL		\$1,599.99
INCOME		
2013 Fall Regional		\$13,325.06
Interest		<u>1.13</u>
TOTAL		\$13,326.19

Raleigh

Continued from cover page

room for fun and games. While at a packed General Assembly, new and unfinished business was discussed. You will want to check the minutes about everything that was brought up on page 4 of the newsletter.

After the General Assembly everyone dispersed to do their various activities. The parents meeting, led by Leta Krieger, took place in the same room soon after. Colleen Ditro, was present for consultations Friday night



Time for an adventure
The group gathered together for a group photo

all day Saturday. The teens left for the mall less than a mile away. Another trip was made to Frankie's Fun Park a local amusement park. The children had a fun time in the Kids Room and created their own safari attire. Later that night they prowled through the crowd at the banquet to show off all of their hard work. The banquet was held Saturday night after everyone reconverged from the day's events. After the children's

demonstration of their hard work they and everyone else was rewarded by a local dance troupe that specialized in African dance and enjoyed some African drum music.

Join us next time at the 1980's themed spring regional in Charlottesville Virginia April 4th to the 6th. Hope to see all of you there!

For those attending the regional please take a survey that we have created:

<https://www.surveymonkey.com/s/6VN8MCR>



Get em!
Noah enjoys a game with his mother Traci at Frankie's Fun Park

Upcoming District 3 Regionals

Fall 2014 - April 4th-6th
DoubleTree By Marriott
Charlottesville, VA
Room Rate \$119 plus tax

Fall 2014 - Date TBD

Hosted by the Ches Del Bay Chapter



Picture time
The girls pose for a group photo at the Friday night ice cream social at the Fall Regional

Raleigh General Assembly Meeting

The meeting was called to order by District Director, Stephanie Brandon, at 9:15AM.

She thanked the Colonial Chapter for hosting this Regional and advised total attendance is 191. The group photo would be taken tonight before the dance at about 6:15pm.

● In lieu of reading minutes from the April 2013 Regional in Washington, DC a motion was made by Priscilla Shealy to accept the minutes as published in the last District 3 newsletter. Sally Laws seconded, no objections were made and the motion was passed.

The Treasurer's report was posted on screen and reviewed with the membership by Cathy Hughes, District 3 Treasurer. \$8,226 in total assets/ \$3 in total expense

● Good Samaritan Fund helped 3 families this past year, Current members of the committee include Stephanie, Cathy, Sylvia Colleen G. and Wendy.

● Geddy-Eyler Fund has been transferred back to D-3 as outlined in the last newsletter

The Spring Regional included 80 in attendance and since National split expenses it netted a profit of \$748.14 to be split between District & Chapter

The District now uses a Pay Pal account and thus this is the first Regional where credit cards are able to be accepted on site.

Unfinished Business:

FaceBook- the District's FB page has 311 members & growing. Calli made a Dwarfism Awareness Month graphic and the National Office used it for the site in the month of October.

Newsletter conversion to email is going well. Open Rate of the Summer newsletter was 60%, of the Regional Packet 59% and of the Upcoming Event Reminder 57%. There were 60 paper copies mailed. Among unpaid members the open rate is 34% and the Click rate is 13%.

The District Secretary will be working with a Chapter officer from each of the 5 chapters to reach out to members that we do not have correct email addresses for, and due to confidentiality, we cannot provide member lists to non-officers who have not signed LPA's National confidentiality agreement.

New Business:

The D-3 Meetup at National was a huge success and everyone was surprised by the crowd in attendance.

The National Board restructure has occurred and Joe Zrinski of District 2 is our Regional Representative. District Directors

can now focus more on their District and Chapters.

District 3 will now be working on updating the D-3 policy manual to reflect all changes. Input by members will be appreciated. Manual updates will be posted to the D-3 web site. Jim Davis asked if the policy manual is the same as Bylaws and Stephanie advised yes. If members wish to separate By Laws from the manual, National does not require districts to have By-Laws.

Geddy Eyler Fund is back to the district from National. The order of recipients of the fund is MarValous Chapter, District 3, and then National. The money from the Baltimore Convention of 1989 is the District Samaritan Fund, not the Geddy-Eyler fund.

Discussion regarding funding for the District Director to travel to individual Chapter meetings and events was brought to the floor. A request was made for the Director to receive \$250 annually for chapter travel in addition to the normal \$500 which is voted on for travel to the National convention. After discussion, Harrell Parker made a motion for the district to fund \$250 travel to the Director, Tina Brooks seconded the motion, all were in favor, and the motion was passed.

Story continues on page 5 titled "Minutes"

Raleigh Minutes
continued from page 4

The District will continue video blogging, Stephanie currently posted one in an E-newsletter.

Chapter Branding is underway and the five chapters have picked their colors.

Spring Regional is set for Charlottesville, VA the weekend of April 4th -6th, 2014. The theme is 1980's. The rate will be \$119 a night. The District has put together a committee to help run the Regional and volunteers are encouraged.

Chapter Rotation for Regionals:

Spring 2014 – Blue Ridge Chapter-Doubletree, Charlottesville, VA

Fall 2014–Ches Del Bay Chapter

CHAPTER UPDATES:

MarValous: Dave Miller gave update. They have two new members joining. A meeting held

on October 26th was a great turnout. They are organizing a Holiday Party and \$250 has been raised to offset costs.

Carolinian: Calli Heimbach gave the update advising the chapter held two meetings in August including a cookout in Asheville, NC. A Dwarfism Awareness event was held in October at the Grill and Island Bar in Folly Beach, SC. The annual Holiday Party will be December 7th at the Double Tree South Park Hotel in Charlotte, NC. The chapter held fundraisers (including raffling a Kindle Fire) and over \$900 was raised to help offset the cost to members.

Colonial: Members were busy hosting the Regional, but they have reported to Stephanie that the Chapter will be planning a Holiday Party.

ChesDelBay: A Dwarfism Awareness Event is scheduled in November.

Blue Ridge: Emily Meader is leading the group and a

November 16th meeting is planned.

There being no other business to come before the group, Stephanie asked for questions from the membership. Jim Davis asked if we are networking with other Districts about having a Regional in the Virginia area and we will be networking through FaceBook and email.

Wendy advised a lunch buffet will be available and 2 appointments are still available for Colleen Ditro, DNP, APN

Drawing for the Cracker Barrel gift card was pulled and the winner was Mike Marrone.

Katie Miller made a motion to adjourn the meeting. Sally Laws seconded, all were in favor and the meeting was adjourned at 10:03am.

Respectfully submitted,

Sylvia France

District Secretary

District 3 Policy Manual Update

Due to the recent update of the LPA National Bylaws we have to update our District 3 Policy Manual. Stephanie was incorrect in saying at the Fall 2013 General Assembly Meeting that the District 3 Policy Manual was the same as the Bylaws. The National Bylaws cover the District and the Policy Manual is more of

a handbook for the district. Everything in the Policy Manual has to match the National Bylaws since the Bylaws takes precedence over the Policy Manual.

The current Policy Manual is available to download on the District 3 website d3.lpaonline.org under the section "Meet our District." Any input for changes is due

by February 24th. You will receive a copy of the proposed amendments no later than 30 days before the regional. The Amendments for the District 3 Policy Manual will then get voted on at the General Assembly meeting held at the Spring 2014 Regional and must receive 2/3 majority vote of members at the meeting to be approved.

Chapter Officers

MarValous Chapter



Sasha Puyans
LPAMember@gmail.com

The Chapter consist of Washington, D.C., the Western part of Maryland and the top part of Virginia.

Carolinian Chapter



Calli Heimbach
carolinianchapterlpa@yahoo.com

The chapter consists of all of South Carolina and the Western part of North Carolina.

Colonial Chapter



Jeff Barfield
jb.lpa1@yahoo.com

The chapter consists of 100 mile radius of Emporia, VA.

Ches Del Bay Chapter



Norman Rust
Normanrustjr@yahoo.com

The chapter consists of the state of Delaware, the Eastern shore of Maryland and Virginia, east of the Chesapeake Bay, North-Northeast to the Susquehanna River to the Pennsylvania state line.

Blue Ridge Chapter

Picture
not
Available

Emily Meador
emeador@shentel.net

The chapter consists of the Western part of Virginia.

*For exact list of counties in chapter please contact a District or Chapter Officer



Gather round
Santa Claus visits the children at the MarValous Holiday Party.

Chapter Updates

MarValous Chapter

MarValous Chapter is in the process of firming up plans for several upcoming chapter meetings and events.

The next chapter meeting will be hosted by the Speiss/Hinkle family in Bel Air, MD. It is scheduled for March 2nd 1pm-4pm.

A spring Egg Hunt and Chapter Meeting will likely be held the weekend of April 12 or 13 at the Potomac Community Center. Any members who want to assist with planning this event, please contact Melissa Wilets (mlwilets@verizon.net) or John Yilmaz (littleyilmaz@hotmail.com).

Chapter President Sasha Puyans is in discussion with Arena Stage about an opportunity to purchase tickets to Smokey Joe's Cafe with a portion to be donated to the chapter. More information will follow with the show date and ticket price.

The Barber Family in Calvert County (Southern Maryland) has generously offered to host a summer chapter meeting and pool party at their home. The exact date is being confirmed but it will likely be either 6/14 or 6/21.

There will likely be other meet-ups and get-togethers so check in with the MarValous Facebook Group for updates to our schedule.

Carolinian Chapter

In October 2013, members of the Carolinian Chapter came together for our first annual Dwarfism Awareness Celebration event at The Grill and Island Bar in Folly Beach, SC. We were able to spread awareness to the patrons at the restaurant along with members' co-workers, friends and family members who were

**Story continues on page 7 titled
"Chapter Updates"**

Chapter Updates continued from page 6

invited to the celebration. As a chapter, we were able to raise over \$900 in support of the Carolinian Chapter of LPA.

Carolinian Chapter officers and members who attended the District 3 "Bring the Roar to Raleigh" fall regional, hosted by the Colonial Chapter, enjoyed many jungle themed activities throughout the first weekend in November. The Carolinian Chapter was thrilled to be able to donate a "Jungle Themed" toy basket which was raffled off at the event.

December found the Carolinian Chapter members enjoying their annual holiday party at a major hotel in Charlotte, NC. A sit-down, plated luncheon was served, and after, a visit from Santa provided the kids, young and old, with an opportunity for picture taking and gift giving. Those who wished to participate then enjoyed a raucous holiday ornament exchange, with lots of "Ohhhs" and "Ahhs" at the unwrapping of each item and good natured swapping to claim the favorites.

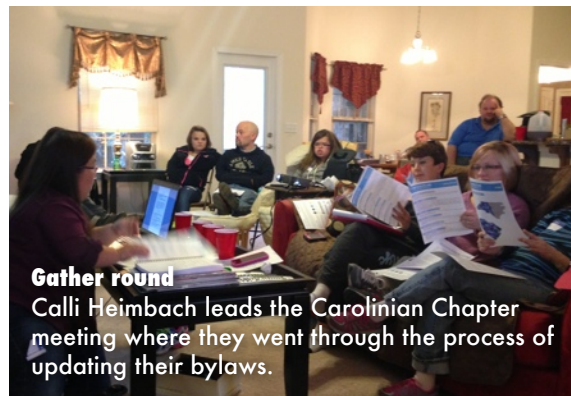


A kick off meeting was held on January 25 in Simpsonville, SC to finalize the 2014 Carolinian Chapter calendar of events and discuss several proposed goals the chapter would like to accomplish this year. The Carolinian Chapter is making headway in updating their bylaws in an effort to reflect the growth of the chapter since its inception and bring them more in line with the new National bylaws. The chapter's officers are also making great strides toward having the Carolinian Chapter be more visible and accessible to all its members via social media (Twitter, Instagram, and Facebook), a newly designed member access website, and an updated print and electronic newsletter. A new Carolinian Chapter logo was also approved.

The Carolinian Chapter will next meet near the coast in Murrells Inlet, SC on February 8. Everyone is invited and encouraged to attend. Following the February 8 chapter meeting, the Carolinian Chapter will meet again in Charlotte, NC on March 8. And in the beginning of April the Carolinian Chapter looks forward to the District 3 Spring Regional in

Charlottesville, VA!

For our full calendar of events in 2014, please visit the Carolinian Chapter website at www.carolinianlpa.org.



The Colonial Chapter

The Colonial Chapter met on January 25th for a bowling get-together at AMF Lanes in Chesapeake and had a nice turnout. They are looking to plan future events and if you are interested in hosting an event please contact Jeff Barfield at jb.lpa1@yahoo.com

Ches Del Bay Chapter

The Chapter is busy planning the fall 2014 regional and looks forward to announcing the date and location soon!

Blue Ridge Chapter

The Blue Ridge Chapter will be having a meeting on March 1st from 11 till 2pm at the DoubleTree by Marriott in Charlottesville, VA. This is the same hotel as the site of the spring 2014 regional. We will be meeting to discuss volunteer roles for the regional as well as discussing future events for the Chapter. If you have any questions feel free to contact Emily Meador at emeador@shentel.net.

Little People of America is dedicated to improving the quality of life for people with dwarfism throughout their lives while celebrating with great pride Little People's contribution to social diversity. LPA strives to bring solutions and global awareness to the prominent issues affecting individuals of short stature and their families.

LIKE, TOTALLY AWESOME!

District 3 is proud to present the
2014 Spring Regional
APRIL 4TH - 6TH 2014

at the
DOUBLETREE BY HILTON

990 Hilton Heights Rd, Charlottesville, VA 22901
1 - 800 - 494 - 9467

ROOM RATE \$119 PLUS TAX PER NIGHT.

THE CUTOFF DATE FOR THE SPECIAL PRICING IS MARCH 7TH, 2014.

Registration packets will go out through email to all paid members whose email address we have on file in February.

They will be mailed to those who we do not have email addresses for or those who request it.

District 3

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