

# Around the Bay in LPA

## Official newsletter of the San Francisco Bay Area Chapter Little People of America

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Chapter founded in 1962

Fall 2011

### PRESIDENT'S MESSAGE

Hi everyone,

It was a real treat seeing many of you at the National Convention in LA and at our house, where we had a great turnout at the chapter pool party in July. One of the big advantages of living in the Bay Area is that we still have plenty of summer weather to enjoy and, luckily, we have a couple of great events coming up.

We're having a camping trip September 16 – 18 at Lake Chabot Family Camp Grounds near Oakland. The campout is great for people of all ages and a lot of fun, but, obviously, two days of camping is not for everyone. On Saturday, September 17, from noon until 4 pm we're having a picnic at the Lake Chabot Marina. This is a good opportunity for everyone from the chapter to come out and enjoy each other's company. The great thing about Saturday is that it's totally accessible, plus you can bring lunch or just buy it there at the Café. We'll have activities, and you can rent boats or do some fishing. It should be a beautiful day, and we would love to see everyone there. Also, the California – Nevada regional is just around the corner. Mark your calendar for Sacramento October 21 – 23. All the details for these events are in the newsletter and in on our chapter web site [www.lpabayarea.org](http://www.lpabayarea.org).

We're starting to build our calendar for next year, and I would love to hear from you. The Bay Area has always been one of the most vibrant chapters in LPA with fun events where everyone feels welcome and is welcome. Some of the ideas for 2012 are bowling, a

museum trip, a group dinner, picnics, bocce, pool parties, camping, a movie night, a day at a county fair, or a day on a farm. Let me know which of these sound good to you at [Lee.Uniacke@gmail.com](mailto:Lee.Uniacke@gmail.com).

We always need more people to help out - either by hosting one of these events or helping us locate a good facility in the area. If hosting or organizing an event seems like a bit more than you can do, let me know as I'd be happy to help find a person to co-host the event, or break down the job into smaller responsibilities, such as scouting locations, helping with the phone tree to invite members, etc.

I and all the chapter officers are excited about building camaraderie and community in the chapter. Coming out to our events is a great way to stay in touch with old friends and meet new people. I look forward to seeing you at Lake Chabot in September or the Regional in October!

Lee Uniacke  
President, Chapter 4

### 2011 CHAPTER CALENDAR

- **September 16-18th** -- Summer Campout Weekend Anthony Chabot Regional Park
- **September 17<sup>th</sup>, 12:00-4:00pm** – Lakeside Picnic, Lake Chabor Marina Cafe
- **October 21-23** -- District 12 Fall Regional Conference, Hosted by the Sacramento –San Joaquin Valley Chapter at the Embassy Suites in Old Sacramento
- **December** – Holiday Party, TBD

**If you would like to host an event or suggest an activity, please send a message to Lee Uniacke: [Lee.Uniacke@gmail.com](mailto:Lee.Uniacke@gmail.com)**



# LPA SUMMER CAMPOUT WEEKEND AND PICNIC

Anthony Chabot Regional Park, Castro Valley, CA

Camping, Friday to Sunday, September 16 -18 &  
Lakeside Picnic Potluck, Saturday September 17 noon-4:00 pm

Two families - Lee Uniacke and Shari Weiser, and Kathia and Peter Herschkorn - are again coordinating the annual weekend camping event.

This year's camping event at Anthony Chabot Regional State Park promises to be bigger than ever, with campsite space for 40 people. Since the campsite fees will be paid for by LPA Chapter 4, this event is **FREE**.

The campsite, restrooms and showers, as well as paved roads and trails are **accessible** for wheelchairs, scooters, bicycles, tricycles, skateboards, skates, etc. Fun for everyone!

The park occupies 5,067-acres, and is located only 20 minutes from downtown Oakland. There are great walks around the area, as well as opportunities for fishing, boating, bonfires and just time to sit around and enjoy each other.

Remember to bring chairs, sunscreen, bikes, roller skates, squirt guns, (perhaps towels and a change of clothing for the kids), comfortable shoes, and **jackets** just in case.

**Campers:** For those who like sleeping in tents, eating meals alfresco and enjoying the great outdoors, **camping starts on Friday, September 16** and is for two nights.

**Food Arrangements:** Campers, please bring your own dinner on Friday night as well as food for lunches and snacks on Saturday and Sunday.

Saturday breakfast and dinner and Sunday breakfast will be communal. Everyone is expected to share in the responsibilities of cooking and cleaning for these meals.

**Camping Reservations:** Reserve your camping spot early by emailing Shari Weiser at [sharisharishari@gmail.com](mailto:sharisharishari@gmail.com).

Let her know the **number of people** in your

family, and **which meal** you would like to help with. You may also call us with any questions: Shari & Lee (415) 924-6914, Kathia & Peter (415) 472-1771

## Camping Directions & Information:

Anthony Chabot Regional Park, 9999 Redwood Rd Castro Valley, CA 94546

### Chabot Family Campground

Tel: (888-327-2757), option 3, extension 4502

[http://www.ebparks.org/parks/anthony\\_chabot#trailmap](http://www.ebparks.org/parks/anthony_chabot#trailmap)

There are several access points to Anthony Chabot Park on Redwood Rd in Oakland.

From I-580 westbound in Castro Valley, take the Castro Valley exit and turn left at Castro Valley Boulevard. Turn Right at Redwood Road. After about two miles, you will first come to Willow Park Golf Course, then Lake Chabot's Proctor Staging Area, both on the left. Another few miles will bring you to Marciel Gate at Marciel Road. This is a hiking and equestrian staging area, and Marciel Road leads to the **Chabot Family Campground**, which is the home of evening campfire programs held in the summer; non-campers are welcome. (From I-580 eastbound, take the Redwood Road exit and turn left at Redwood Road and follow the directions above.)

**Picnickers:** For those planning to visit but not sleep over, you are welcome to **join us on Saturday, September 17** from noon to 4 pm. Be sure to **bring your food and drinks for the potluck**. Barbecues and fire pits are available, so bring **charcoal** if you feel ambitious.

### Picnic Directions:

The Lake Chabot Marina Café is at 17936 Lake Chabot Rd, Castro Valley, CA 94546. It's across the lake from the camp ground.

# Thanks!

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## SFBAC Receives Donation from Contractors Safety Forum

By Robert Hamill

On June 25, the Contractors Safety Forum held their 13<sup>th</sup> Annual fundraiser golf tournament. The Contractors Safety Forum is a Benicia based organization that is committed to improving the work conditions and workplace safety of the refinery business in Benicia, Vallejo and the Greater Bay Area.

Over the years, the SFBAC has been a beneficiary of their fundraising efforts and 2011 was no exception. We are thrilled to announce that our chapter received a donation of \$5,000 this year. This contribution will further help us to pursue our mission of improving the quality of life for people with dwarfism. We are very grateful to the Contractors Safety Forum for their ongoing generosity.

Next year's golf tournament is scheduled for June 23, 2012. Robert Hamill, the SFBAC Secretary, is trying to organize a foursome to play in the golf tournament. Please contact Robert at 415-464-9878 if you like to have fun on the links and would like to support a great cause.

## Support the LPA Use eScrip!

eScrip provides an easy way to earn cash rewards for organizations that you support. All you need to do is to register your debit and credit cards on the eScrip site, and then participating merchants will make contributions to your chosen organization every time you shop using the cards that you have registered.

Easy Step by Step Instructions.

1. Go to <http://www.escrip.com>
2. Register your shopping and debit and credit cards for use in the program
3. Click on sign-up and choose Little People of America, District 12, Group ID – 500017490

Follow the instructions to register your credit/debit and grocery cards.

**It's Easy. It's Free. It's Powerful.**

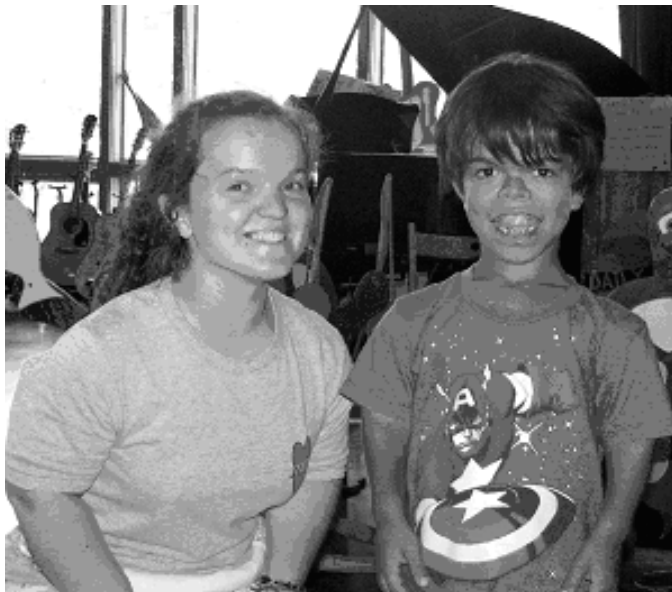


**Painted Turtle Camp** has offered a one-week camp, free of charge, for children with skeletal dysplasia/dwarfism for the last five years. Although they have a strict policy against soliciting donations from individuals, District 12 annually donates \$1300, earmarked for kids with dwarfism. If you would like to donate to this worthy cause, you can make a donation to the LPA (chapter, district, or national) with instructions that the money be earmarked for Painted Turtle on behalf of children with dwarfism.



You can also make general donations to the LPA or earmark your donation for a specific fund, such as adoption, college scholarship, and first-time national conference attendance. And, as always, we encourage you to inquire with your employer about matching contributions.

## ANOTHER GREAT YEAR AT PAINTED TURTLE



### MESSAGE FROM PAINTED TURTLE

Hello Families,

We are working on our camp calendar for next year and wanted to reach out to you all for some input. I've heard from a handful of families that the Skeletal Dysplasia Session is too late in the summer and that their kids are already back in school. If you know your child's school schedule for next year, would you mind emailing me with the dates of your child's first and last day of school?

Thanks for the help!

Rosalyn Skelton

email: [rosalyns@thepaintedturtle.org](mailto:rosalyns@thepaintedturtle.org)

## DISTRICT 12 FALL REGIONAL Greetings LPA members and families

Dan Okenfuss - Chapter President of the San Joaquin Valley Chapter

The San Joaquin Valley Chapter is proud to host the 2011 LPA District 12 Fall Regional Conference, October 21-23, at the wonderful Embassy Suites Hotel, located in the heart of Old Sacramento. Just steps away from the Sacramento River, historic Old Sacramento dates back to 1848 when the discovery of gold attracted prospectors and entrepreneurs in search of adventure and riches on the riverfront. Now a National Historic Landmark District and a State Historic Park, Old Sacramento has over 12 accessible blocks of restored buildings, unique shops, restaurants and museums – right near our

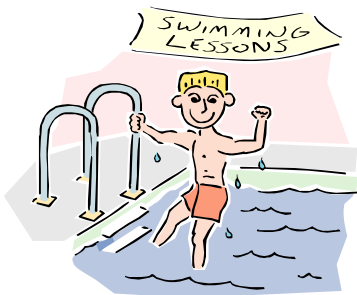
hotel.

We have planned a very exciting conference for all ages, including workshops, medical consultations, soccer

clinic, banquet and dance. To make your stay more affordable, the Embassy Suites offers free cooked breakfasts and cocktail receptions in the evenings. There's even a free airport shuttle for those of you who wish to ditch the car and fly. For those of you in the Bay Area, you can even arrive by train - the Amtrak station is just a few blocks away. So, no matter how you travel, please join us this fall in Sacramento!

Conference registration packets are being sent out and should be arriving in your mailboxes soon. If you have any questions, please contact me at [DanOken@yahoo.com](mailto:DanOken@yahoo.com)

Hope to see you in Sacramento!



### Holiday Party - Suggestions?

We are looking forward to having another wonderful, fun and heartwarming holiday party. Would you like to host it? Do you know of good venues?

We are looking for a large house that is wheel chair accessible or a large recreation hall where adults can mingle and kids can play. We are thinking of having a potluck, so the venue should allow food to be brought in. Please send you suggestions to Lee at [LeeUniacke@gmail.com](mailto:LeeUniacke@gmail.com)



## BULLYING – EFFECTIVE INTERVENTIONS

By Keren Stronach



As the new school year commences, it is not uncommon for parents to be concerned about teasing and bullying. Although we can't always control how our children and

their peers interact, we can help create environments that foster tolerance and discourage bullying. I'd like to share a highly effective intervention that was done in my daughter's first grade classroom in the hopes that it can be replicated in other environments or spark ideas for other interventions that may work with different age groups. Please send your stories and suggestions for interventions to combat bullying to Keren Stronach at [keren@eaconsult.com](mailto:keren@eaconsult.com). We hope to post your pearls of wisdom, as well as a list of resources on the Bay Area LPA website.

When my daughter came home from school upset because two girls had laughed at her, I decided to approach her teacher to make sure that this rather harmless teasing would not get out of hand. To my great delight, her teacher shared the following story about a classroom intervention that she had made shortly after the incident. Here it is:

The children were given the book *Chrysanthamum* to read, which is a wonderful redemptive story about a girl who is laughed at and teased because of her name. As part of the activity, the teacher gave each child a cut-out of the girl Chrysanthamum. After they read the story, they talked as a class about what it felt like

to be teased, and each child was instructed to make a tear in his or her Chrysanthamum cut-out to demonstrate how it felt to be laughed at and bullied. They then talked about how it feels after the bully apologizes, and they repaired the tear in their cut-out with clear tape. The class then discussed how, even though the tear was repaired, there was still a mark that could be seen – just as, even after an apology, there is still a scar that remains. The teacher then asked the classroom if anyone had ever been teased. My daughter bravely raised her hand and said that she had been laughed at by two girls in the class. When the teacher looked at the two girls, she said that she could tell by the looks in their faces that, in the context of the discussion, they suddenly understood the impact of their actions. She then asked the class if anyone else had ever been laughed at or teased, and a sea of hands went up. This then initiated a discussion on what to do when you are teased or laughed at, what you can do when you see it happening to someone else, and how to ensure that everyone in the class can feel safe and respected.



If you have stories to share about other interventions to combat bullying, ways that you or your child has effectively responded to teasing, or any other resources that might be helpful to others, please send them to me at [keren@eaconsult.com](mailto:keren@eaconsult.com).

## CONGRATULATIONS CRAIG MCCULLOH!

Craig McCulloh is the recipient of the 2011 Natalie Lanam Achievement Award in honor of his advocacy work on behalf of people with disabilities. “The law is all about advocacy and empowering people. It can help people access services and remove barriers; that’s what I am all about, helping people become empowered; focusing on abilities rather than disabilities.”

The award honors his work with Legal Aid, where he created the Clients’ Rights Advocate Program to provide legal representation and assistance to people with disabilities. He has also been at the forefront of other programs in San Mateo County, including his involvement in the Commission’s “Feel the Power of the Disability Vote” campaign, which encourages people with disabilities to vote. He is also behind the *Consumer Corps of Redi-Wheels*, which empowers riders to provide feedback on the customer service they receive with Redi-Wheels. In addition, he is a strong advocate for increasing community awareness on elder and dependent adult abuse.

Craig has received extensive recognition for his work, including the “Disability Culture – Local Hero Award” from Kaiser Permanente and KQED Radio. He has been named Employee of the month by the Board of Supervisors and was an invited presenter at the Kennedy Center LEAD Conference of the Arts and Disabilities.

Craig is Life Member of the LPA, and has served as a past President of the San Francisco Bay Area Chapter. We are all grateful for his contributions!

## KEEP YOUR INFORMATION UPDATED!

If you need to update your information with LPA, go to the main website, [lpaonline.org](http://lpaonline.org) and login. Then click on “Members Corner” and select “My Profile” to view and update your contact information. Or, you can email your updated information to the LPA at [info@lpaonline.org](mailto:info@lpaonline.org).

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