

# Eastern Echoes

## District 3 Of LPA

### Summer 2016 Newsletter



**Friends forever**

D3 members Hope and Ryan pose for a photo at the District 3 Meetup during the 2016 LPA National Conference

## A Wicked Good Time in Boston

By Stephanie Brandon

Boston holds a special place in my heart. It was the place that I attended my first LPA National conference back in 2003...well, technically it was Danvers, MA. There is nothing like walking into a hotel with over 2,000 other lps. Luckily my brother introduced me to some people

and then I was set with people who would become great friends.

This year there were over 500 first timers feeling the same way in Boston for the 2016 National. I knew some of them and prepared them for all the craziness and they survived!

There were 2,316 people that attended the 2016 National with 17 different countries represented. With workshops, medical consults, and of

course the dances there was nothing like the feeling of attended this whirlwind week. Thanks to all those who attended the D3 Meetup. It's always a great time to catch up with everyone. Be sure to check out the article "Board of Directors Report" on page 4 to hear what happened in the Board Meetings. Also, do not forget to watch the montage that can be found here: <https://youtu.be/fr9nDLQlvzc>

### Contact Us

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

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Letter from the District Director

Hello everyone. Whoa..where has the year gone? I cannot believe it is already August and we have already had our National Conference.



fundraising, and a roundtable.

After national some of our kids were off to Camp Victory Junction for a weeklong adventure. I am so grateful we now have this opportunity for our kids and for

This year is a chapter election year for all chapters. Being a chapter officer is a great and rewarding experience. If you are interested in running for a position feel free to let the current officers know or email me.

As always if you ever have any questions or comments feel free to email me at [sbrandon@d3lpa.org](mailto:sbrandon@d3lpa.org) and I look forward to seeing you soon!

*-Stephanie Brandon,  
District 3 Director*

At the National, I attend the Council of Directors meeting where the rest of the District Directors along with Board Members met and discussed District issues. Some topics included support for the local chapters, elections, security,

more information about the family week coming up in October check out the article "Calling all Campers".

In member news I would like to congratulate Julia Sims for winning a LPA scholarship.

**District 3 Treasurer's Report - 2nd Quarter 2016 ending June 30, 2016**

Checking Account Balance		9,426.57
Restricted Funds:		
D3 Teens		463.19
Savings Account (Samaritan's Fund) Balance		16,065.91
Savings Account (Eyley-Geddie Fund) Balance		<u>13,923.27</u>
<b>TOTAL</b>		<b>\$39,415.75</b>
<b>INCOME</b>		
Membership Dues		1,175.00
2016 Spring Regional		6,363.60
2015 Spring Regional		<u>905.93</u>
<b>TOTAL</b>		<b>\$8,444.53</b>
<b>EXPENSES</b>		
District Director Travel		1,000.00
2016 Spring Regional Expenses		6,101.87
Teen Fund		<u>43.54</u>
<b>TOTAL</b>		<b>\$7,145.41</b>

# Virginia Beach General Assembly Meeting

April 30th, 2016

The meeting was called to order by District Director, Stephanie Brandon, at 10:17AM. She welcomed everyone and thanked them for attending the Regional.

Previous Fall 2015 Regional minute bullet points were read by Sylvia France, District Secretary, as they were not published in the last newsletter. Keith Connolley made a motion to accept the minutes as read, Claire Campbell seconded it, all were in favor, and the motion was approved to accept the minutes at 10:32am.

Stephanie thanked the Colonial Chapter for hosting the regional and advised that 115 people are registered for this regional so far.

The Treasurer's report was posted on screen and reviewed with the membership by Stephanie for the absent Cathy Hughes, District 3 Treasurer.

- \$27,270.74 in Assets
- \$112.94 in Expenses
- \$7,851.73 Income

Josh Scott made a motion to accept the Treasurer's Report as published, Tina seconded the motion, all were in favor, and the report was approved as read.

## OLD BUSINESS:

Fall 2015 Regional netted a profit and the numbers are being

finalized. There were 113 in attendance.

Facebook- the District's FB page has 491 members & growing. Each chapter has its own page.

The D3 E-Newsletter stats were shared. Open and Click rates for paid members for the Spring Regional Packet was 53.7% and 21.6%. Spring Regional Packet sent to unpaid members had an open rate of 29.4% and a click rate of 7.2%. Giving Tuesday Open rate was 36.8% and 4.5% click rate. The District 3 Holiday Card went out to paid members and the LPA Board.

Good Samaritan Fund aids members in need of financial assistance. The committee currently consists of Cathy Hughes, Wendy Seichepine, Colleen Gioffreda, Stephanie Brandon and Sylvia France.

Eyler Geddie Fund- Jim Davis, chairman, and the other 4 committee members; Dee Miller, Stephanie Wolf, Tim Best and Colleen Gioffreda are in final review of the guidelines and application forms. The fund should be available soon and the committee will be looking at possible fundraising activities soon.

The current membership drive deadline has been extended to the Fall 2016 Regional. There has been a challenge from the D3 officers to the chapter officers. The winning chapter will be the one that has the highest

percentage of membership increase of at least 10% or more. They will receive \$100 to \$250 for their chapter treasury.

The District 3 website address is [www.D3LPA.org](http://www.D3LPA.org) and it has been praised by the national officers. The site is being set up for easy transition from the current leadership to the new leadership in 2017. Be sure to check out the events page.

Camp Victory Junction update. A week long camp has been scheduled for July 24<sup>th</sup>-28<sup>th</sup> in Randleman, NC. A weekend camp has been set up for October 21<sup>st</sup>-23<sup>rd</sup>. Ages for attendance are 6-16.

## New Business:

National Update -New Bylaw changes to be voted on by ballots that will be sent to members through the mail. International Dwarfism Summit will be taking place in Berlin, Germany.

The National Board is reviewing and updating the National Policy Manual. From the review it was noted the employment policy that was voted on in 2006 entitled the office staff to paid vacation days, sick days, etc. The policy however was not followed when the office staff was hired. A pro bono attorney has been contacted and is helping the board with a resolution.

**Story continues on page 5 titled "Virginia Beach"**

# LPA Board of Director's Meeting - Boston, MA

By Joe Zrinski,  
Eastern Regional Representative

Every year, LPA holds a national conference. And every year, the board of directors meet to discuss the past, present and the future of the organization. The meetings span 2 full days, and include several gatherings throughout the week of conference.

First, let me report that our meetings run very well, and are quite efficient. Kudos goes out to our President Gary Arnold for running well organized meeting. Prior to conference, Gary reaches out to the board for topics, concerns, and discussion materials, and creates an agenda. With this agenda the board can keep on topic, as well as on time, which allows us to cover all items over the two day period.

## Calling all Campers!

We are very excited to announce for the 2nd year in a row that we are now working together with Camp Victory Junction for a family weekend for those with children ages 6-16 with skeletal dysplasia to be held October 21st-23rd 2016.

The camp is located in Randleman, NC and spread across 84 acres, allowing

So what business does your board do over these two days? It's pretty basic. I'll briefly highlight the topics:

After roll call, we review minutes from our last teleconference meeting. This review insures that we have no topics that are unfinished or require any further discussions.

We then continue with what is considered Old Business. Included are the reports from LPA officers and Committee chairs. There are 23 reports which have been entered. The board has reviewed them and if there are any relevant topics, discussion can ensue.

Our President then presents his report, outlining goals and accomplishments over the past year, as well as defining goals for the upcoming year.

Each report is unique and brings accomplishments as well as challenges that our board must evaluate and vote on. Here are some of the highlights from this year's meeting:

children to do what they do best - be kids, play, imagine, make friends, and enjoy the adventures and experiences of camp life. The only thing the family will need to pay for is the transportation to and from the camp. The camp provides your rooms, meals, towels, and bed linens. For the weekend camp the entire family can come as cabins can sleep up to 8 family members.



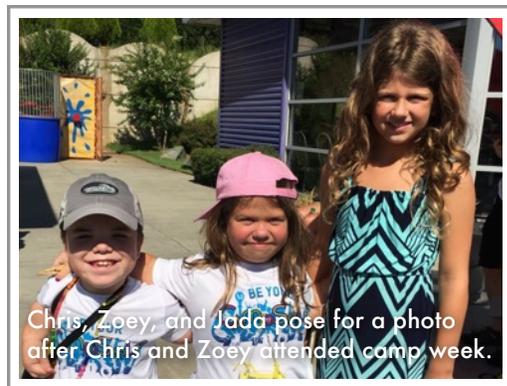
The board has learned the values of having a multi-year strategic directive plan. We take our position seriously, and strive to make only the best decisions for the organization. Our mid-year meetings have given us the ability to step back, and look at LPA not only for the upcoming year, but for the future. Our goal is to keep the organization growing, and provide for its longevity.

We realized that our policy manual was out of date and in need of a review / update. This is currently being done.

Reviewed our financial position with a report from our finance director. We as an organization

**Story continues on page 7 titled "Boston"**

For more information be sure to check out: <http://www.d3lpa.org/camp-victory-junction>



Chris, Zoey, and Jada pose for a photo after Chris and Zoey attended camp week.

## Virginia Beach

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The Board of Directors met to adopt strategic directives. The focus being on strengthening and diversifying membership and LPA's relationship with the Medical Advisory Board.

### 2016 National Conference Update

Dates are July 1<sup>st</sup> -7<sup>th</sup> at the Boston Sheraton at the Prudential Center. Currently there are 1,516 registered and the room block is full. Overflow hotel is the Hilton directly across the street. District 3 Meetup will be held on Monday. Stephanie will be attending the Council of Directors Meeting. She requested funds of \$1,000 be allowed for her expenses including flight cost of \$450, a three night stay with room rate of \$159 plus tax estimated at \$535.00 total. Keith made a motion to grant district funds to Stephanie, Calli seconded the motion. All were in favor and the motion passed for the District to grant the Director \$1,000 in funds from the district treasury for her National expenses.

Fall 2015 Regional will be held October 14<sup>th</sup> through the 16<sup>th</sup> at the Doubletree Wilmington in Wilmington, DE, jointly hosted by the Ches Del Bay Chapter and District 2. Room rate is \$116 plus tax a night. The theme is "A Regional of the Decades". Future Regionals will be Spring 2017 in Ocean City, MD at the Carousel Hotel April 28<sup>th</sup>-30<sup>th</sup>.



**Cake by the Ocean**

Those who attended the District 3 Spring Regional gather for a group photo.

\$105 a night plus tax. The Fall 2017 Regional will be in Myrtle Beach, SC.

Map of the Chapters was displayed and it was advised Chapter elections are to be held this year between August 1<sup>st</sup> and December 1<sup>st</sup>.

### CHAPTER UPDATES:

**MarValous:** Claire Campbell presented. They will be having a meeting on August 20<sup>th</sup> for elections.

**Carolinian:** Calli Heimbach gave the update. They are having two meetings in May in North Carolina and South Carolina. Chapter elections will be August 20<sup>th</sup> with ballots and the election process starting in June.

**Colonial:** Jeff Barfield presented. Their virtual 5K "Raise a Little Awareness" raised over \$7,000. They will be having the event again in October 2016 being planned by Lindsey Thomas and Dale Barfield. They will be having a joint chapter event with the Carolinian Chapter November 4<sup>th</sup> in Raleigh, NC

and their elections will be in December.

**Ches Del Bays:** Keith Connolley advised a full line up of events are being planned. Their Dwarfism Awareness event will be on October 22<sup>nd</sup> and the elections are planned for December.

**Blue Ridge:** One member is in attendance and they are currently restructuring. Please join their FaceBook page for updates.

Stephanie asked for new members in attendance. The Stewart Family from Maryland, and Julie Monahon from South Carolina.

Drawing for a Cold Stone Creamery gift card was held and the Tran Family won.

Josh Scott made a motion to adjourn the meeting at 11:06 am. Seconded by Deana Henry, all were in favor and the meeting was adjourned at 11:07 am.

Respectfully submitted,

Sylvia France, District Secretary

## Chapter Officers

### MarValous Chapter



Claire Campbell  
[ccampbell@d3lpa.org](mailto:ccampbell@d3lpa.org)

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

### Carolinian Chapter



Calli Heimbach  
[cheimbach@d3lpa.org](mailto:cheimbach@d3lpa.org)

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

### Colonial Chapter



Wendy Brockwell  
[wbrockwell@d3lpa.org](mailto:wbrockwell@d3lpa.org)

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

### Ches Del Bay Chapter



Wendy Seichepine  
[wseichepine@d3lpa.org](mailto:wseichepine@d3lpa.org)

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



Emily Meador  
[emeador@d3lpa.org](mailto:emeador@d3lpa.org)

The chapter consists of the Western part of Virginia.

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



**Camp Buddies**

Bryson, Sophi, and Carson have a great time during the weeklong camp at Camp Victory Junction

## August

**MarValous Chapter: August 20th  
Chapter Meeting - Phoenix, MD**

**Carolinian Chapter: August 20th  
Chapter Meeting - Charlotte, NC**

**Blue Ridge Chapter: August 20th  
Chapter Meeting - Salem, VA  
Contact [emeador@d3lpa.org](mailto:emeador@d3lpa.org)**

## September

**Colonial Chapter: September 17th  
Chapter Meeting - Roanoke Rapids, NC**

**Carolinian Chapter: September 23rd-25th  
Weekend Getaway - Hilton Head, SC**

## October

**Carolinian Chapter: October 8th  
Chapter Meeting - Folly Beach, SC**

**District 2 and 3 Joint Regional: October 14th-16th  
Wilmington, DE**

**Camp Victory Junction: October 21st-23rd  
Randleman, NC**

**Ches Del Bays Chapter: October 22nd  
Dwarfism Awareness Event - Newark, DE**

## November

**Colonial Chapter: November 4th  
Joint Meeting with Carolinian Chapter - Raleigh, NC**

**Carolinian Chapter: November 11th-13th  
Weekend Getaway - Myrtle Beach, SC**

## **Boston**

**continued from page 4**

are financially secure, and on track with most of our goals. Fund raising is always a challenge but we've had many successes this past year, and hope to continue the growth in the coming year.

Proud to report that we've assisted many families with several programs LPA offers. Between scholarships, Kitchen's fund recipients, it is our goal to assist families in need, and allow them to experience the many benefits that LPA has to offer.

Our office under Joanna Campbell, our executive director guidance reported many accomplishments, highlighting \$ 118,000 in donations, of which \$ 42,000 came from our 50 for 50 campaign.

Our PR director Leah Smith does many tasks throughout the year, but during conference, her guidance keeps our organization protected from media that otherwise could overrun the hotel. LPA has strict guidelines on media, and we limit not only which services are allowed access, but more importantly limit when and what they have access to. We keep the privacy of our members at the forefront, and want experiences at conference not to be ruined by any film crews or interviewers.

The MAB, or Medical Advisory Board is an integral part of our conference, and many of the

lives of our members. We are in debt of all the doctors and staff that give their time and energies during the week of conference and throughout the year. This year the board is proud to assist the MAB in attending the Hawaii Medical Symposium. The board voted for an amount of \$5,000 from the Medical Advisory Board to fund the travel of the MAB to the Symposium. Currently there are over 20 LPA families living in Hawaii.

This was the first year we implemented our SWAT program aimed at assisting our members with any mental health issues during conference. We as a board know how daunting conference can be, and after listening to our membership, a need was identified, and a team was created. We will be reviewing our notes from this year and sure the team will be at next year's conference.

Report from the CMC or Conference Management Committee had this year's conference right on track with our goals. They discussed future sites. With their work, we've secured hotels for the next 4 years

Lucy Woika, the new president of DAAA presented. Highlights were World Dwarf Games August 2017 in Canada, which unfortunately limit our 2017 Denver conference events to just Bocce. But DAAA will be back in full at 2018 Orlando conference.

Dr. Mackenzie, chair of the MAB, was happy to hear about

our concerns on mental health and had well wishes for our SWAT program. He also stated the MAB's concerns over pain management of the LPA community, and the abuse of opioids.

I have not hit on every item discussed, but as you can see, our 2 day agenda is quite full.

If you are interested in learning more, just reach out to any one of your chapter officers, district directors, or board members. We are there for you, and I know I can speak for everyone... we will be happy to answer any question we can.

It is an honor to represent the eastern region, and I thank the membership for the opportunity.

Respectfully submitted

Joe Zrinski, LPA Eastern Regional Representative

### **Upcoming Nationals**

**2017**

Denver Sheraton - Denver, CO

**2018**

Hyatt Regency - Orlando, FL

**2019**

Marriott Marquis Union Square -  
San Francisco, CA

**2020**

Jw Marriott - Austin, TX

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.

LPA DISTRICT 2 AND 3 PRESENT

*A regional of*

**October 14th-16th**

**Doubletree Wilmington**

**Wilmington, DE**

**The Decades**

Check [www.d3lpa.org](http://www.d3lpa.org) for more details.

Registration will open September 1st

**District 3**

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