

# Eastern Echoes

## District 3 Of LPA

### Summer 2014 Newsletter



**The teens!**  
Some of the teens gather for a group photo at the San Diego conference.

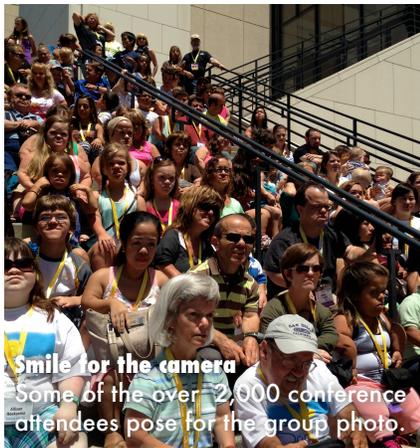
## Sunny in San Diego

Another year, another successful National conference. Around 2,250 people gathered in sunny San Diego, CA.

Although it was on the other coast District 3 members could be found participating in the different

activities of the week; from the fashion show, talent show, and to the fields of DAAA.

Ryan Gioffreda was honored at the banquet and received the Kyle Bielger Memorial Award for sportsmanship and team player.



**Smile for the camera**  
Some of the over 2,000 conference attendees pose for the group photo.

The recap of the LPA Boar of Directors meeting from San Diego can be found on page 4 titled, "San Diego Board of Directors Recap".

Don't forget to take a look at the montage Stephanie made for the San Diego Conference which can be found here: <http://youtu.be/J2jPQL5ryns>

## Contact Us

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District Treasurer - Cathy Hughes | [hughessah@aol.com](mailto:hughessah@aol.com)  
District Secretary - Sylvia France | [kitsitr@yahoo.com](mailto:kitsitr@yahoo.com)

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



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

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Letter from the District Director

Hello everyone. Well, in the last newsletter I was wishing you warm weather and now as we are in the middle of summer I'm ready for that chill to be back in the air.



Your District Director Stephanie Brandon with Julia at the banquet.

At the National Conference in San Diego I attended the Council of Directors Meeting. This meeting was the first time where District Directors and Board Members were able to talk about various district matters.

We discussed the basics of running a regional and will start developing a tool kit for the directors. I gave a presentation on the various technologies that are out there to use as a district director, which was well received.

We also discussed the importance of the quarterly reports that all chapter and district treasures are responsible for turning in to National. This helps to keep LPA in good standing with the IRS. I'm proud

to announce that District 3 and all the chapters are up to date with all their financial reports turned in...so a gold star for all the treasures!

I hope you plan to join us for the fall regional in Newark, DE. It's neat to see the online registrations coming in so I'm glad that is going well. We are already looking in to dates and locations for the spring and fall regionals in 2015 so stay tuned!

Take care!

*-Stephanie Brandon*

District 3 Director

**District 3 Treasurer's Report - 2nd Quarter 2014 ending June 30, 2014**

**Respectfully Submitted by Cathy Hughes**

Checking Account Balance		6,783.25
Restricted Funds:		
D3 Teen		506.73
Director's Travel		28.38
Savings Account (Samaritan's Fund) Balance		2,905.43
Savings Account (Eyler-Geddie Fund) Balance		<u>13,914.56</u>
<b>TOTAL</b>		<b>\$23,603.44</b>
<b>EXPENSES</b>		
2014 Spring Regional		3,684.59
Teens		<u>145.00</u>
<b>TOTAL</b>		<b>\$3,829.59</b>
<b>INCOME</b>		
2014 Spring Regional		\$1,876.14
Membership Dues Refund from National		956.00
Donation		48.60
Interest		<u>1.24</u>
<b>TOTAL</b>		<b>\$2,881.98</b>

## 2014 District Election

We are excited to announce the candidates who have decided to run for the various district positions. A District officer term is three years and each position has a two-term limit.

The election will be held at the General Assembly of the District 3 Fall 2014 Regional at the Hilton Wilmington/Christina in Newark, DE. Be sure to check the agenda in your welcome packet for time and location. All current paid District 3 members at the time of the election can vote.

### **District Director: Stephanie Brandon**



Stephanie Brandon has been a member of LPA since she was 3 years old. Her family got involved in the local chapter and became life long friends with the members. While in high school she wasn't as involved and didn't go to her first National until Boston in 2003. After that she got involved in her local chapter where she became Vice-President and then President of the Carolinian Chapter.

In 2011 she was elected as District 3 Director. In her new

office along with her officers she updated the website, published District newsletters, setup Paypal, setup an electronic distribution of newsletters to save the district the expense of paper newsletters and helped chapters hosting our regionals. She also worked with Conference Management Committee to help host the 2013 National Conference in Washington D.C.

For her next term she sees continued growth in the district. Online registration for regionals will become the norm and ease the load of those running registration at regionals. She is excited to take District 3 forward and continue to be a top district in LPA.

### **Assistant Director: Greg Lawrence**



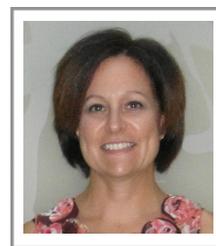
Greg Lawrence has been a member of LPA since the age of 13. He has been involved at the National Conferences with Security and assisting the Volunteer Coordinator for the Washington D.C. and San Diego Conferences.

Outside of LPA, Greg is a member of the Knights of Columbus where has held numerous officer positions. Greg is the Chairman of the flea

market at his local church. Greg currently works as an account manager for a food service distributor and has been at his current job for the past 20 years.

Greg graciously accepts the nomination for Assistant District Director and looks forward to working with the District Director in making District 3 a continued success.

### **District Treasurer: Cathy Hughes**



Cathy Hughes live in Cary, NC with her husband Jim.

They are nearly empty nesters; they do share their home with two cats, Bennie and Georgie, both of whom have the feline version of achondroplasia. They have two children, Stephanie who is a student at USF in Tampa and Michael who is beginning his first year of Pharmacy at UNC in Chapel Hill.

Cathy become involved in LPA shortly after their son Michael was born. Throughout the years she has served in various capacities, including as a volunteer for DAAA and as a chapter co-president for the Colonial Chapter. More recently,

**Story continues on page 5 titled "Election"**

# San Diego Board of Directors Meeting Recap

The Board of Directors met on July 6<sup>th</sup> and 7<sup>th</sup> during the 2014 National Conference in San Diego. With the board elections last spring, the San Diego meeting marked the beginning of a new term for all 11 Board Members and the beginning of the first full term for the restructured board of directors. The restructured board of directors has five new positions, including Eastern Regional at Large Director, Central Regional at Large Director, Western Regional at Large Director, Director of Advocacy, and Director of Fund Development. All five new positions give Little People of America greater capacity to develop and support the membership.

Coming out of the 2014 National Conference, the at Large Directors are working to establish stronger working protocols with the District Directors, the Advocacy Director is working on a new M-Word position statement, which will help drive specific advocacy efforts, and the Development Fund Director is creating



strategies to increase the number of donors to LPA and increase donations.

Finance Director, Jason Rasa's, financial report was distributed to the Board to the meeting. Jason noted that the organization is on-budget, aided by both dues and donations income being ahead of projections, with \$165,000 in donations already received to date. He discussed the ongoing work to consolidate the banking structure on the district and chapter levels, and to have the finance director more involved with national conference finances. He also discussed concerns with the ongoing funding of the Kitchens, adoptions, and scholarships programs.

Programs Director, Jonathan North, reported there were thirty Kitchens Fund applications this year, and three grants were awarded of \$1100 each. The Scholarships Fund has been rebuilt to now have a balance of about \$190,000, and he is encouraging past recipients of scholarships to donate back to this fund. The Adoption Fund received a grant of \$5,000, which will assist several at-risk children with immediate needs.

Executive Director Joanna

## Upcoming Nationals

2015

July 3rd-9th

Hyatt at the Arch

St. Louis, MO

2016

Boston Sheraton

Boston, MA

2017

Denver Sheraton

Denver, CO

Campbell provided a Power Point presentation of the accomplishments of the year in the areas of administrative oversight, meeting planning, governance, fundraising and special programs.

- Administrative activities included maintaining the LPA Website and social media sites, and coordinating with LPA Today.
- Governance activities included working with legal counsel to prepare the revised Bylaws, and advising local officers on non-profit issues, etc.
- It was another successful year for fundraising, with the 50-for-50 campaign raising over \$50,000, exceeding the \$40,000 goal.
- Meeting Planning activities included coordination of the

**Story continues on page 5 titled "San Diego"**

## San Diego continued from page 4

national conference, and assistance to District Directors planning their regional meetings.

- Special Programs this year included ongoing national dwarfism awareness month activities, and outreach to international LP groups. She also streamlined the scholarship application forms on line.

National Office staff members Sandy Taylor and Vicky Schulte discussed the activities in the office in Southern California. The office has processed over 1,050 household memberships

over the past year, 135 more than over the same period last year. There are currently 7,167 members, up about 350 over last year, representing 2500 households. The office processes hundreds of phone calls and e-mails per month from members, non-members, LPA officers, medical professionals, and the general public

In addition to discussing the work of all the individual directors, among other things, the LPA Board of Directors also:

- Earmarked a fund for international attendees
- Met with representatives from Little People of Mexico

- Identified a group to work on 2014 Dwarfism Awareness Month Activities

Another exciting thing to come out of the conference is a partnership with a production company that is working on a film documentary of *Far From the Tree*, Andrew Solomon's book about horizontal communities, which included a chapter on dwarfism. More information about the partnership will be in the next issue of the LPA Today.

Meetings of the Board of Directors are open to the membership. The next meeting will be via conference call on Sunday, September 28.

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## Election continued from page 3

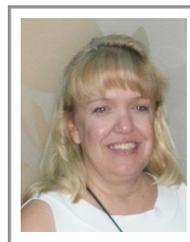
she has been the District 3 Treasurer. She ensures that the district's financial reports are accurate and submitted to National on time and regional budgets and reports are developed and managed. Additionally, Cathy participates in the Samaritan Fund Committee and mentors new chapter treasurers.

Cathy says, "As I am sure has been your experience, LPA has provided our entire family with information, support and life long friendships. I couldn't be more grateful and proud to be a part of such a fantastic organization! It would be my

pleasure to continue serving the district as your Treasurer."

### District Secretary: Sylvia France

Sylvia France is your current district secretary. She has achondroplasia, and has been an off and on member of LPA since she was a kid growing up in New England. Sylvia met her husband Joe at an LPA convention in 2006. Joe relocated from Baltimore to Simpsonville, SC in 2008 and they built a home together. They have four felines; one named Buddy is disabled with just three legs. Jonah, Bethany and



Babette are brother and sisters that were dumped outside an office building and we took them home and adopted them.

She has previous experience with non-profits when she acted as fundraising director for five years with a local animal welfare organization. If Sylvia is re-elected, in the coming term she hopes to assist our Director with projects like online-registration for regionals, and updating the D-3 website to be the best in LPA!

Once again we thank those who have decided to run. Be sure to attend the General Assembly Meeting in Newark, DE for the District 3 election.

## Chapter Officers

### MarValous Chapter



Claire Campbell  
[claire\\_campbell@att.net](mailto:claire_campbell@att.net)

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](mailto:carolinianchapterlpa@yahoo.com)

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

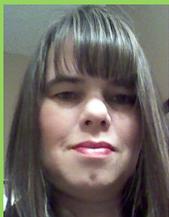
### Colonial Chapter



Jeff Barfield  
[jb.lpa1@yahoo.com](mailto:jb.lpa1@yahoo.com)

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

### Ches Del Bay Chapter



Wendy Seichepine  
[seichepinewe@yahoo.com](mailto:seichepinewe@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](mailto: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



**Are you ready to rock?!**

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

## Chapter Updates

### MarValous Chapter

On Saturday, August 1st The MarValous Chapter held their chapter elections. The following members were elected: Claire Campbell - President, Katie Miller - Vice President, Jim Gioffreda - Treasurer, and Secretary - Melissa Wilets. They are planning future meetings and if you are interested in hosting an event contact Claire at [claire\\_campbell@att.net](mailto:claire_campbell@att.net).

### Carolinian Chapter

The Carolinian Chapter will have their annual meeting September 20th at Jimmies in Mint Hill, NC. The chapter will be voting on new officers for the chapter for the 2014-2016 term. If you would like to see the chapter events planned out for the rest of the year be sure to check out their website, [www.carolinianlpa.org](http://www.carolinianlpa.org) for details.

### Colonial Chapter

The Colonial Chapter will have our annual Roanoke Rapids Lake Park event on Saturday, September 20, 2014. We will plan to meet at Logan's Roadhouse Restaurant (just off I-95) at 11:30 am for lunch and a chapter meeting where you will be able to review the proposed changes to the Colonial Chapter Bylaws. Contact Jeff at [jb.lpa1@yahoo.com](mailto:jb.lpa1@yahoo.com) for more information.

### Ches Del Bay Chapter

The Chapter is busy planning the fall 2014 regional in Newark, DE and looks forward to everyone coming up to the area and have a great time! If you would like to volunteer to help out at the regional be sure to contact Wendy Seichepine at [seichepinewe@yahoo.com](mailto:seichepinewe@yahoo.com).

# McCrorry brothers have similar success in sports despite differences

by David Wharton of the LA Times

Bending down, hands on knees, Nick McCrorry urged his younger brother to swim faster.

"Go, Lucas," he yelled.

Only a few meters remained in the freestyle preliminary. As Lucas dug two more strokes, reaching for the wall, Nick spun around to look at the clock.

"How was his time?"

Sports have always been a common ground for the McCrorry boys. They grew up in North Carolina riding bikes and shooting hoops in the yard, competing like siblings often do.

But when Nick started diving, working his way into the elite ranks and eventually winning a bronze medal at the 2012 London Olympics, his brother got left behind. Lucas wondered whether sports still held a place for him.

A place for a natural-born athlete who, through childhood, became more and more affected by dwarfism.

"It was frustrating," Lucas said. "There was a little bit of jealousy."

So last week was a big deal for the McCrorrys, with Nick watching from poolside as Lucas raced for the U.S. Paralympic team at the Rose Bowl Aquatics Center.

"I was always hoping I could make it to Nick's level," Lucas said. "I didn't know if it would happen."

His first international meet ended with unexpected success — a silver and three bronzes. And maybe something better.

Height isn't the only thing that separates them.

The 23-year-old Nick has always been more talkative, more gregarious in social settings. At 20, Lucas tends to be quiet.

Everyone agrees that, from the start, the younger sibling was the better all-around athlete, able to shoot a basketball and dribble a soccer ball more adroitly.

Their parents, Doug and Ana, recall taking them to play tennis. Nick would grow frustrated at launching balls over the fence while Lucas worked at honing his stroke.

"Even at 5 years old, Lucas had great hand-eye coordination," Ana said during a break in the competition in Pasadena. "He was amazing."

Standing nearby, Nick muttered: "Thanks, mom. We've got it."

In those childhood years, Lucas' form of dwarfism — called hypochondroplasia —

was not a significant factor. It wasn't until midway through elementary school that other kids kept growing while he stayed the same.

"I knew it was going to happen," he recalled. "I don't think I realized what it would be like."

By then, Nick had begun focusing on diving. He won his first junior national championship in 2006 and finished a promising fourth at the U.S. Olympic trials two years later.

Ana said she wouldn't have blamed Lucas for being envious: "I would have been if it was my older sister."

Keeping his occasional pangs of jealousy hidden, Lucas watched endless video with Nick, the two of them dissecting every twist and somersault from Nick's competitions. The whole family traveled to big meets.

"Lucas was always so supportive," Nick said. "The prelim events can be really long, sitting in the sun for three hours while I'm diving once every 40 minutes — not an easy thing for a kid."

At one point, Lucas gave diving a try but it did not suit his nature. He wasn't as detail-oriented as his older brother, wasn't as much of a risk-taker when it came to learning inward and backward dives.

"I didn't have the guts," he said.

Finally, someone suggested competitive swimming.

The path to elite Paralympic competition required patience. His relatively short limbs made him slower in the water and coaches at his first swim clubs lumped him with much younger kids in practice.

"If we didn't find a good team," Ana said, "he was going to quit."

They eventually happened upon a YMCA in Raleigh near their home that had two Paralympians and a qualified coach. Within a couple of years, Lucas was swimming fast enough to get invited to national training camps.

"He works hard and he listens," said Tom Franke, coach of the U.S. team at last week's meet. "From that standpoint, he's a joy to work with."

Swimmers with dwarfism must pay special attention to flexibility and fluidity. They must find more propulsion in their legs to compensate for that limited reach. Standing about 5 feet tall, Lucas faces a particular challenge in the S7 category,



which includes much taller swimmers with conditions such as cerebral palsy.

"He has to overcome that with his attitude," Franke said. "And with his heart."

For the last few years, Nick has followed his brother's blossoming career from afar as he trains in Indiana and travels to a full schedule of international events. His parents have provided updates, so he knows about the obstacles that Lucas continues to face. Guilford College, the small North Carolina school where Lucas plans to major in exercise sciences, has no men's swim team. When the junior asked to practice with the women's team, athletic department officials informed him that would violate NCAA rules. So two or three times each week, he makes the one-hour drive home to train with his YMCA club.

"It's hard for anyone, being different, but he's handled it so well," Nick said. "He's always been so positive."

The family celebrated when Lucas made the U.S. Paralympics "emerging" list last year. Now, with the national team bringing him to the 2014 Pan Pacific Para-Swimming Championships, Nick made sure to come along. The brothers talked about Nick's experiences on the big stage. His first national title at this very pool. His first world championships, when a case of the jitters left him in 20th place.

"I've definitely learned from him," Lucas said. "Maintaining your composure is a big thing."

The meet started well as Lucas swam fast in that 400-meter prelim, then won silver in the final that night. Over the next three days, he added bronzes in the 50 freestyle, the 100 freestyle and the 400 34-point relay.

But fast times were only part of the story for the boys, who found themselves in a familiar spot. With a twist.

"Lucas has gone everywhere with me," Nick said. "Now I get to be here for him."

Once again, sports had brought them together.

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.



**The Ches Del Bays Chapter  
invite you to the  
District 3 Fall Regional  
at  
The Hilton Wilmington/Christina  
Newark, DE  
October 3rd-5th 2014  
Registrations have already gone out.  
Email [LPADistrict3@yahoo.com](mailto:LPADistrict3@yahoo.com) for  
questions or comments.**

**District 3**

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SIMPSONVILLE, SC 29681