

Save the Date
2016 SPRING FLING
APRIL 2nd



LARCS of Fresno, Inc.

Enhancing the lives of individuals with
developmental and intellectual disabilities in our community.
February 2016



President's Message

Details are quickly coming together on our **3rd annual Spring Fling**. We have a new location this year, so we will have plenty of room for ALL your family and friends to attend. If you haven't started putting your table together, start asking. Invitations will be out soon, but it's that personal invitation that has proven to be the best invitation.

It's going to be a great event!!!

The **7 year and Sustaining Luncheon is March 18th and the San Joaquin Country Club**. We'd love to have as many active members and sustaining members as possible attend. This is always a fun time to get together and enjoy each other's company - and remember great times. **RSVP to Sally Maly** if you will be attending.

LARCS took our Country Store to Go to the Down Syndrome Association of Central California's dinner dance fundraiser on February 6th. We had an elegant display of our canned goods and cookbooks, sold a lot, AND made some GREAT new contacts. Many of the people attending were not even aware of LARCS and were very interested in finding out what we did and how they could support us too. It

was a fun evening with a great outcome. Thank you to Patty Fitchner, Patricia Trafican, Pam Wirth and Kathy Farmer for helping this event happen. (Red Pepper Relish and Green Beans are totally gone for this year!!! Only a few jars of salsa and pickles left. If you want some before Bundles, contact Patty Fitcher today!)

Do you need **LARC stationary or brochures**? If you need some, I bring a small supply to every General Meeting, so just ask me. If you need more than a few, call me and I'd be happy to bring it for you.

Our next **General Meeting is February 24th at the Loewen Center.** (Remember - we are NOT meeting at Rata anymore.) 5:30 PM dinner and 6:00 PM meeting. Deby Hergenrader from Break the Barriers will be doing Disability Awareness activities with us, so we will have some fun with her before we start our meeting. See you there!!!

Jan

Next General Meeting
Wednesday, February 24th
Loewen Achievement Center
4490 E Ashlan, Fresno 93726
5:30 PM Social
6:00 PM Meeting

[Visit Our Website](#)



DON'T MISS OUR
FEBRUARY MEETING!!!!

We welcome...

BREAK THE BARRIERS

Deby Hergenrader, Executive Director

Deby will be doing Disability Awareness activities with us, so we will have some fun with her before we start our meeting.

Pioneer in the World of Inclusion . . .
Changing Lives Around the World Since 1984!
Celebrating awareness, achievements, and victories of all abilities
through exceptional programs, outreach, and education.

****Visit their website:**

<http://www.breakthebarriers.org>



FEBRUARY GENERAL MEETING!!!!

Social 5:30

Meeting 6:30

LARCS MEMBERS with last names ending in **K - P** will supply
the wonderful food for this potluck.

DESSERTS will be provided.

QUESTIONS Call Sharon Dunn 559 269-1841

Spring Fling

Fashion Show/Luncheon

April 2, 2016

Wedgewood Banquet Center

The Committee has met and lots of ideas shared and decisions are being make. We

are so excited and hope you are talking with your friends and family... Get those reservations made early!!!

Anyone is more than welcome to come to our next planning meeting which will be just before the General Meeting, February 24th at The Arc Fresno Loewen Achievement Center at 5:00pm.

Here is a reminder of the event expectations for each LARC member:

Dessert Auction: Each member is asked to bake one item and then be nicely wrapped. And two baked items would be greatly appreciated if you have the time.

Wine Bar: Really need cases of red and white wine donated.

Please call Dena Karaszi at 314-5228 when you secure any donated wines.

Silent Auction: a total value of \$75. It can be three items at \$25, two items at \$25 and \$50 etc. or just one item at \$75. Donation Letters are attached in this eNewsletter.

Raffle Prizes: Raffle tickets will be available for sale by mid-February.

As we get closer to the event, we will share specific details about when and where these items need to be taken for drop off.

AND MOST IMPORTANTLY, start talking about this really fun, relaxing, enjoyable event to everyone you know. Get a bunch of girlfriends together and ask them to help you to fundraise and ultimately enhance the lives of adults with developmental disabilities. Great food, silent auction, raffle, desserts!! Reservations are \$45 per person and 10 people to a table. **SELL, SELL, SELL!!!!**

With LARC LOVE,

Spring Fling Chairperson

Lori Ramirez

The Committees.....

Invitations

Patricia Trafican

Publicity

Pat Kourafas, Jan Zoller

Reservations/Check In

Pam Wirth

Check Out

Peggy Murphy, Sue Calvino

Decorations

Judy Kubale and Marilyn Rabusin

Food/D.J./Music

Lori Ramirez

Dessert Table

Debbie Trafican-Heinz, Pam Mighaccio

Wine Bar

Dena Pappas Karaszi, Kathy Angelos

Fashion Show

Alexis Savaros and Dona Noble

Silent Auction

Pam Linsner, Kathy Farmer, Sharon Dunn,
Kristie Kemp

Raffle & Jr. Larcs

Miriam Norquist

SPRING FLING-SPONSORSHIP - 2016

Dear Active and Sustaining LARCS.

Please find our **Spring Fling sponsorship letter** attached. Each year we enlist the support of local businesses as sponsors to offset costs involved in producing our Spring Fling event. Their sponsorship assures that the proceeds received from reservations, raffle, silent and dessert auctions can be maximized to benefit our donation recipients.

A sponsor is usually someone you know in the business community: your banker, dentist, doctor, lawyer, insurance broker, investment counselor, CPA, etc. Please offer the opportunity to partner with LARCS to community businesses so that we all make a difference for individuals with developmental and intellectual disabilities.

Thank you for your assistance and dedication to LARCS.

Pamela Wirth

Sponsorship Chair

[2016 SPONSORSHIP LETTER - CLICK HERE](#)

SPRING FLING RAFFLE 2016



As the Chairwoman of the Spring Fling Raffle
Committee,
I NEED for your HELP!

Please send me any names of people you may know who would be willing to donate their **mountain cabin** or **beach house** for a weekend as a major raffle prize.

Or if you are an owner of a **vacation home** and would like to donate a weekend at your lovely escape, please give me a call as soon as possible.

Please check with your spas and salons to see if they would be willing to donate a Day at the Spa.

With all of us working together toward our goal of making this Spring Fling a success, I know it will be!!! Thank you in advance for your efforts.

Miriam Norquist

Raffle Committee Chairwoman

559-977-4110

559-298-4886

miriamnorquist@att.net

SPRING FLING - SILENT AUCTION - 2016



Please remember we are each responsible for 1 to 3 items with a combined value of \$75.

Items must be WRAPPED and READY for the Auction!

Please make sure each item has a "Commitment Sheet" attached that tells us the Name, Address of Donor and LARC Member bringing it, as well as a suggested \$\$ value. If your item is a gift certificate, please make a copy of it and turn it in with the item. The copy will be on display at the auction.

If you have any questions, please don't hesitate to call Pam Linsner.

All items should be turned in between March 28th and April 1st at my house, 2697 W. Sierra (between Marks and Van Ness).

Please call first 978-7492 or 438-0221.

You may also give them to me at our meetings. Please call me with any questions.

THANK YOU for helping make Silent Auction a SUCCESS!

Pam Linsner

978-7492

438-0221

[Business Letter - attached](#)

[Commitment Sheet - attached](#)

Red Book Corrections or Additions:



Maureen O'Brien - Cell # 559-259-3537

Please let Peggy know if you have updates that need to be made to the RED BOOK.

Peggy Murphy

506 E. Chesapeake Circle, Fresno, CA 93730

Cell - 355-4522 / Home - 434-5428

mmmpmurphy@sbcglobal.net

MEMBERSHIP APPLICATION



PROVISIONAL MEMBERS:

Sarah Chavez-Kemp

7166 N. Fruit Ave., #137,

Fresno, CA 93711

559-977-5353

B/D: 9/12

sarah.chavea@fresnounified.org

Maura Chaplain

4121 West Terrace Avenue, Fresno, CA 93722

559-917-5892

B/D: 5/3

jandmchaplain@sbcglobal.net

MEMBERSHIP APPLICATION

**LARCS took our
Country Store to Go
to the Down Syndrome
Association of
Central California's**

**dinner dance
fundraiser
on February 6th.**

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**CURRENT INVENTORY
COUNTRY STORE TO GO**

We have product left to sell...

This is what we have:

Chocolate Chip Cookies-in-a-jar - 4

Bread 'n Butter Pickles - 20

Salsa - 4

Orange Marmalade - 4

Peach Jam - 6

Pomegranate Jelly - 5

Berry Jam - 3



Questions or to place an order: Call Patty Fitchner (438-1808)

Make arrangements with Patty for delivery. Payable upon receipt of items.

COUNTRY STORE ORDER FORM

SPECIAL



**The Special Olympics
of Northern California**

(SONC) Winter Games has had two practices at China Peak. The first one on January 27 greeted the many athletes, coaches and volunteers with great weather and snow conditions. The second practice on February 10 was just as exciting with the weather cooperating but the conditions a little icy in the morning and slushy in the afternoon. Everyone is looking forward to the three-day trip scheduled for February 21-23.

Miriam has attended all the practices and will act as coach and chaperon for the three-day trip as well. Please let Miriam know if you are interested in attending this event.



Other upcoming SONC events include a Basketball Tournament (high school ages) at Bullard High School on February 12 and another Basketball Tournament at Hoover High School (high school ages) on February 19.

Please check the LARCS website for the complete SONC calendar. Call Miriam if you want to participate.

LARCS SUPPORTS SPECIAL OLYMPICS NORTHERN CALIFORNIA CENTRAL VALLEY REGION

Special Olympics
Northern California
sonc.org



2015-2016 CALENDAR OF ACTIVITIES-4th Revision

DATE	EVENT	LOCATION	CONTACT	PHONE & EMAIL
Friday, Feb. 19th	Basketball 3 & 5(School Based High Schools)	Hoover High	Mike Hill	TBA Michael.hill@fresnounified.org
Feb. 21 st -23 rd	Winter Games (School Based)	China Peak	Shawn Toomer	313-5862 Shawnt8@hotmail.com
March 4 th	Basketball Skills(Elementary Only)	Hamilton	Troy Brown	troy.brown@fresnounified.org

Attention all Larcs and sustaining Larcs

The following Special Olympics Northern California events need your time and energy. Please check out the SONC calendar of events for specific information on dates, times, place and contact people.

Please join me at China Peak for the annual SONC Winter Games February 21-23. Please call Miriam at 977-4110 or email her at miriamnorquist@att.net for further information.



FRIDAY, MARCH 18, 2016

Seven Year and Sustaining Luncheon

San Joaquin Country Club

10:30 No Host Social Hour

12:00 PM Lunch Served



2015 Luncheon - Past Presidents

PLEASE COME!!!

You will soon receive an invitation in the mail for the annual luncheon.

We hope to see you all there. We always have a great day catching up with those of you we don't see often enough.

Also, all members are encouraged to join us. The Sustainers want to meet you, and you need to be there to say "thank you" to them for their continued support!!

SUSTAINER NEWS

Sustainers, in case you have not heard, we have all new red books and updated by-laws. I want each one of you to have one. I did deliver to some of you, and there are many of you who did not get one.

Please call me so I can get a book to you, or I will have extras at the luncheon.

Larc Love, Sally



SCHOLARSHIP NEWS

We recently posted the following article on our Facebook page... Please share this information from your Facebook Page...

WONDERFUL SCHOLARSHIP OPPORTUNITY!

**Are you currently working on your Special Education Teaching Credential?
Are you enrolled at Fresno Pacific University, California State University Fresno, or National University?**

If so, complete a Scholarship Application from LARCS of Fresno, Inc.

LARCS will award 2 scholarships this year in the amount of \$2,500 each.

Visit our website: larcfresno.org

There you can download and complete the application. The deadline to submit your completed application is April 15, 2016.



PARLIMENTARIAN NEWS GOOD NEWS...

The by-laws have been worked and worked over very hard with a fine tooth comb. Alexis Savaros and Lori Ramirez spent many long hours going over them. Finally after many meetings and having Karen Lynch (our sustainer lawyer) checking them out, we have come up with a revised updated set of by-laws.

They reflect our up-dated and our changed out-dated by-laws. I hope all of you have gotten your new red book with new roster and new by-laws!

If you don't have your Red Book, please contact:

Membership: Peggy Murphy 355-4522

or

Parliamentarian/7yr. & Sust.: Sally Maly 259-8743



JR LARCS NEWS

Bullard High School's Reaching Out and Connecting Knights Club recently returned from winter break to begin planning an eventful agenda. On January 27th, 6 alternative learning pathway students as well as many ROCKs Club members joined Special Olympics in their skiing practice at

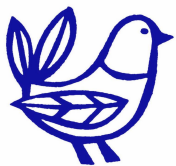
China Peak. The athletes relished the opportunity to learn to ski alongside an encouraging ROCKs member. Club members are also working with Bullard's Leadership class to plan the annual Special Olympics Basketball Tournament scheduled for Friday February 12th. This tournament features 10 local schools who compete to win the Division 4 game; and many athletes who show their well practiced athleticism in the Individual Skills Division. Around the holidays ROCKs puts together a lunch time gathering for the students filled with music, games, and fun. On Thursday February 18th, the club will have the next gathering filled with Valentine's Day cards and heart shaped treats.

Jr. Larcs is a club at Clovis West High School that allows students to create new friends and help out through cross ability activities. Throughout the school year students volunteer at Special

Olympic sporting events such as bowling, soccer, basketball, track and field, and winter games. They also host events such as holiday dances, parties and birthday celebrations. These activities are what bring the entire Clovis West community together. Today we had our annual Valentine's Day Dance in the Clovis West Cafeteria. All CUSD high school students with special challenges were invited. Much fun was had by all.



The focus of the **Hoover Jr.Larcs Club** for the month of February is on the students that we support and encourage. We go about this with excitement and love for these athletes and the joy they bring us. Since February is the month of love we have focused on bringing love to the "R word" campaign. Our members have been actively selling "R word" t-shirts which we hope will play a larger role at the SONC basketball tournament held at Hoover High School on February 19. We not only want to sell shirts but draw in the people who buy them. We want them see the real joy these athletes bring to everyone's day. We have teamed up with the Kiwanis Club who agreed to provide lunches for everyone and also getting help from Hoover's Key Club. This is just one of the many ways we interact with some of the greatest students on our campus.



TWEET... TWEET... and OTHER NEWS

BIRDS OF A FEATHER NEWS:

Carole Johnston's new mailing address for Thinking of You cards: Sunrise Senior Living, 7444 N Cedar Ave. Fresno CA 93720.

Please contact Patricia Trafican by phone or email when you have information about any of our LARCS. Patricia Trafican 906-2153 ptrafican@yahoo.com

COOKBOOKS:

Please contact Michelle Patch at 289-2244 for cookbooks. They make great birthday, wedding shower, house-warming, Thanksgiving and Christmas gifts. Current price: \$15.00



FEBRUARY

Debbie Trafican-Heinz 02/5
Crystal McLaughlin 02/14
Marilyn Rabusin 02/19
Judy Kubale 02/26
Maureen O'Brien 02/26

MARCH

Jan Zoller 03/10
Kristie Kemp 03/16
Jaime Harlan 03/20
Pam Mighaccio 03/24
Kathy Angelos 03/28

LIGHTS... ACTION...
CAMERA ...



Do you have any LARCS photos ?

If you do...
please email them to the following members:

Kathy Farmer - Historian
kathyfarmer3@yahoo.com

Lori Ramirez - Website
lori.ramirez@arcfresno.org

Judy Kubale - Newsletter
jzkubale@gmail.com

Jan Zoller - President
janzoller@sbcglobal.net



4490 E. Ashlan Ave. Fresno, CA 93726

Phone: 559-547-2611

Fax: 559-226-6269

arcfresno.org

LARCS of Fresno Inc.

P.O. Box 14144

Pinedale, CA 93650-4144

WORKING TOGETHER TO GRANT WISHES...

www.LarcFresno.org

STAY CONNECTED:

