

MARCH MEETING - REMINDER

5th Wednesday this month

MARCH 30th



LARCS of Fresno, Inc.

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

March 2016



President's Message

It's almost here - SPRING FLING!!!! If you haven't made our reservations, make them TODAY! At the Board Meeting tonight, it was shared that we are very close to hitting our maximum count!!! This is AWESOME, however, if YOU haven't made your reservation, you might not be able to make one, if you wait. Contact Pam Wirth to guarantee your place.

THANK YOU to Lori and her committee for the great plans for Spring Fling. Be sure you attend the March General Meeting so you can get all the "inside scoop."

What a great General Meeting we had in March. Deby Hergenrader, from Break the Barriers did an outstanding Ability Awareness training with those in attendance. (It looked so easy to just trace a line within the line!!!! But that voice in my ear kept saying, "Hurry Up!") And then those questions Deby asked me about the book she was reading - well, what can I say - "I couldn't answer them!!!" SUPER SENSES WERE HARD AT WORK. If you missed it, you missed a great program that gave us

an inside view of disabilities.

DO YOU HAVE CANNING JARS AT HOME??? We want them!!! If we can recycle jam and canning jars, we can save a lot of money for next year's workshops. Bring them to our March General Meeting and Patty Fitchner "will take them off your hands."

**MARCH GENERAL MEETING IS ON THE
5th WEDNESDAY, MARCH 30th
DUE TO THE TRADITIONAL EASTER/SPRING SCHOOL VACATION.**

**So, put it in your calendar NOW -
March General Meeting is Wednesday, March 30
Loewen Center - 4490 E. Ashlan (Ashlan & 168)
5:30 PM Dinner/6:00 PM meeting.**

Jan

[Visit Our Website](#)

FRIDAY, MARCH 18, 2016

Seven Year and Sustaining Luncheon

San Joaquin Country Club

10:30 No Host Social Hour

12:00 PM Lunch Served

Cost: \$20 per person



**2015 Luncheon - Past Presidents
PLEASE COME!!!**



Katrina Pleshe
Principal from Addicott
General Meeting, March 30th

Katrina will be speaking about the upcoming Sports Day, sharing the date and location and also providing an update on the remodel status of the school.

REPORT FROM THE NOMINATIONS COMMITTEE:

2016 - 2017

EXECUTIVE BOARD

STANDING COMMITTEES

EXECUTIVE BOARD

PRESIDENT	JAN ZOLLER
PRESIDENT ELECT	PAM WIRTH
FIRST VP (LUNCHEON)	LORI RAMIREZ/ALEXIS SAVAROS/MARY HOWARD
SECOND VP (BUNDLES)	PATRICIA TRAFICAN / JAN ZOLLER
THIRD VP (SYSTEMS) (WEB)	PAM WIRTH LORI RAMIREZ
FOURTH VP (E-NEWSLETTER)	JUDY KUBALE LORI RAMIREZ
TREASURER	PAM WIRTH
RECORDING SECRETARY	SUE CALVINO
CORRESPONDING SECRETARY BIRDS OF A FEATHER	PATRICIA TRAFICAN

STANDING COMMITTEES

BUDGET AND FINANCE	PAM WIRTH
COOKBOOKS	PAM MIGHACCIO/DONNA JOE
EDUCATION & PROGRAMS	DEBBIE TRAFICAN-HEINZ
JR. LARCS, SPECIAL OLYMPICS	MIRIAM NORQUIST
MEMBERSHIP, ROSTER	CRYSTAL MCLAUGHLIN
NOMINATIONS	KATHY FARMER
PARLIAMENTARIAN	SALLY MALY
PUBLICITY, MARKETING	DEBBIE TRAFICAN-HEINZ
HISTORIAN	KATHY FARMER
SEVEN YEAR & SUSTAINING	SALLY MALY
SOCIAL & TELEPHONE	SHARON DUNN, PAM LINSNER, KRISTIE KEMP
SCHOLARSHIP	PAM LINSNER
COUNTRY STORE (WORKSHOPS)	SUE CALVINO, PATTY FITCHNER

NOMINATIONS COMMITTEE

1-5 YEAR MEMBER	LEANNE HUBBELL
5-7 YEAR MEMBER	PATRICIA TRAFICAN
7+ YEAR MEMBER	JAN ZOLLER MARY HOWARD
PRESIDENT ELECT	PAM WIRTH

Spring Fling

Fashion Show/Luncheon

April 2, 2016

Wedgewood Banquet Center

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

Each Member is expected to arrive at 8 AM the morning of April 2nd to assist in set-up for the Luncheon. If you have a conflict - you must contact Lori Ramirez or Jan Zoller.

Dessert Auction: DROP OFF April 1st from 4 - 7 PM at Pam Linsner's Home. 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.

Silent Auction: DROP OFF items March 21 - 25 at Pam Linsner's Home. Call first - 978-7492 or 438-0221. Your items should be 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: SELL, SELL, SELL!!!! Great Prizes!!!!!!!!!!!!!!

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

RAFFLE 2016

SELL SELL SELL!

NEED MORE TICKETS TO SELL?????



I have **raffle tickets** to sell for some amazing prizes and so little time to do it! Remember that in years' past raffle ticket sales have accounted for at least or more than a third of our overall profit.

Who wouldn't want to win a 3 day stay in a **Monterey luxury home, \$1000 cash, 4 Oakland Raider tickets, or a \$500 gift certificate for jewelry!!!**

Tickets will be available at the next Spring Fling meeting on March 16 and the general meeting on March 30. It is important to **SELL SELL SELL** most tickets before the big day.

The more money we make the more money we have to serve others!! Call me to turn in money, ticket stubs and/or get more tickets. I will pickup and deliver!!!

Thank you for your continued support and hard work!!!

Miriam Norquist

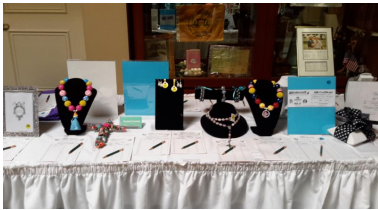
Raffle Committee Chairwoman

559-977-4110

559-298-4886

miriamnorquist@att.net

SILENT AUCTION - 2016 SPRING FLING



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

Items must be WRAPPED, READY for the Auction!

1. Attach a "Commitment Sheet" attached that tells us the Name, Address of Donor and LARC Member bringing it, as well as a suggested \$\$ value.
2. 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.

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

[Business Letter - attached](#)

[Commitment Sheet - attached](#)

JARS, jArs, JaRs....

YES, we need jars in all sizes..

Sizes needed:

4 oz, 8 oz, 1 pint, 1 quart



**Make arrangements with Patty or Alexis to drop
off your jars.**

Patty Fitchner (438-1808)

Alexis Saravos (269-2777)



SPECIAL OLYMPICS NEWS



More than 200 athletes, coaches, and volunteers, participated in the annual three-day SONC Winter Games at China Peak this past February 21-23. Athletes put all their energies into alpine skiing, cross country skiing, snowshoeing, and bunny hill events. Gold, silver and bronze medals were awarded over three days of great weather and snow conditions during tri-tip and spaghetti dinners at the Shaver lake Community Center. Athletes and volunteers entertained their guests with their talents at the annual talent and skit show. Larcs of Fresno, Inc. was recognized for their continuing sponsorship of many Special Olympic events. Fun was had by all.

Upcoming Events

March 20 SONC Regional Basketball Hoover High school 9-2

April 27 Track and Field Clovis North High School 9-2

Please contact Miriam at 298-4886 or miriamnorquist@att.net if you would like to attend.

Please check the LARCS website for the complete SONC calendar.

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
March 20th	SONC Regional Basketball	Hoover High	Oscar Hinojosa	oscarh@sonc.org
April 27th	Track & Field (Schools & College Based ATP's only)	Clovis North High School	Oscar Hinojosa & Roman Gonzalez	355-6034 oscarh@sonc.org
April 30th	SONC REGIONAL Aquatics	Clovis High	Michele Carmichael	451-4057 Michele.carmichael@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.

JR LARCS NEWS

CLOVIS WEST'S JR LARCS CLUB.....
has continued to make a difference school



wide through various events throughout each month. Clovis West hosted a very successful Valentine's Day celebration which included all CUSD special needs students, teachers, and volunteers. We also assisted coaching for Jr Special Olympic basketball that took place at Hoover and Bullard High School.

In addition to being involved in sporting and holiday events, Jr. Larc members also

dedicate time during lunch and free time to form relationships with other students with intellectual disabilities. Social Buddies is a program that allows students to hang out, grab a lunch and just get to know each other better and build a bond. Clovis West's Special Education teacher, Mr. Persons has also opened the opportunity of Collaborative Mentoring up for students to get even more involved. This class will allow students to gain knowledge of intellectual disabilities and help their peers at the same time.

On March 2nd, **Bullard ROCK's Club** held a lunch time rally endorsing the Spread the Word to End the Word campaign. This national campaign helps to end the derogatory use of the word "retard" and "retarded" from daily speech. The Special Olympics Committee from Bullard's leadership class generously helped every lunch period from one week before the rally until the day of, selling shirts asking to Respect the "R" Word.

The annual Polar Plunge is also upcoming and is again planned to be held at the Bullard Pool on Saturday March 12th. Many students and community members are jumping into the treacherous heated pool in efforts to raise money for Special Olympic athletes. If you would like donate to a team or individual polar plunger please visit <http://www.polarplungenorcalnv.com/fresno/>.

Don't
Miss
out!

Social and Telephone SAVE THE DATE:

May 27, 2016 is the LARCS MAY DINNER MEETING. Additional information will be provided in the April Bulletin.



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

MEMBERSHIP APPLICATION

LARCS SHARES CARD

Please use your Save Mart SHARES Card each time you shop at Save Mart.



WHY should I use it???

LARCS will receive a donation from SaveMart EACH time a purchase is made at their store. LARCS receives this money on a quarterly basis which means FREE MONEY for the LARCS program.



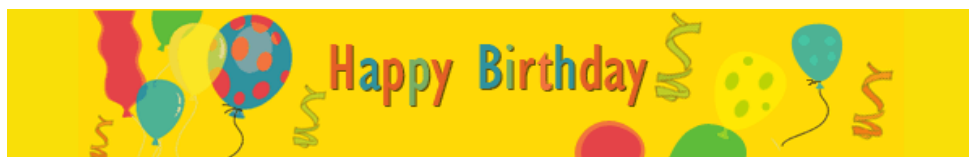
TWEET... TWEET... and OTHER NEWS

BIRDS OF A FEATHER NEWS:

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



MARCH

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

APRIL

Alexis Savaros 04/17

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



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Phone: 559-547-2611

Fax: 559-226-6269

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WORKING TOGETHER TO GRANT WISHES...

www.LarcFresno.org

STAY CONNECTED:

