

## **IN THIS ISSUE:**

- SPRING DANCE - FRIDAY, APRIL 30TH!!!
- 2010 COMPETITIONS IN NEED OF VOLUNTEERS
- 2010 INSPIRATION WALK RESULTS - STILL TIME TO GIVE
- GLENELG COUNTRY SCHOOL FUN DAY - MAY 23
- LOSE THE WHEELS - CYCLING
- SPREAD THE WORD TO END THE WORD
- SPORTS IN SESSION
- CALENDAR OF EVENTS
- OFFICE INFORMATION
- SOHC POINTS OF CONTACT
- SPECIAL OLYMPIC LINKS

### **SPRING DANCE - FRIDAY, APRIL 30TH!!!**

Don't miss our spring dance to be held tonight, Friday, April 30th at the Harpers Choice Middle School from 7:00 - 9:00 pm. Come dance and sing along to your favorite tunes while enjoying the company of friends. Light refreshments will be served. Parents are requested to stay if their athlete is 14 or under or if behavior may be a problem. Please contact our family coordinator, Barbara Stewart at [Stewgarden@aol.com](mailto:Stewgarden@aol.com) if you'd like to volunteer.

### **2010 COMPETITIONS IN NEED OF VOLUNTEERS**

As you all know, SOHC is run by volunteers, but we want to be sure that the same volunteers aren't doing everything! Have you been sitting on the sideline and watching? Maybe 2010 is the year for you to step up to the plate and do a little more. We have two more major spring events listed below with over 300 athletes attending each competition. We are in desperate need of volunteers, please email the contact person if you can help.

<u>Date</u>	<u>Event</u>	<u>Contact</u>
5/8	Track / Bocce Competition ( <a href="mailto:traceyeberhardt@verizon.net">traceyeberhardt@verizon.net</a> )	Tracey Eberhardt
	Needs: Timers, scorers, escorts, setup, tear down, awards, refreshments, photographs	
5/16	13th Annual Softball Tournament	Ryan Palm ( <a href="mailto:ryan.palm@gmail.com">ryan.palm@gmail.com</a> )
	Needs: Scorers, umpires, field marshals, refreshments, awards	

### **2010 INSPIRATION WALK RESULTS - STILL TIME TO GIVE**

Thank you all for your support at the Inspiration Walk on April 17th. We hope you enjoyed the festivities and camaraderie of being with other Special Olympics families. Check out the great pictures of our 9th Annual Inspiration Walk at <http://somedhc.smugmug.com/> under events. To date, we have collected nearly \$90,000 and we

are hoping to push that number over \$100,000 over the next month. We gave out a record number of gift certificates this year (over 100), congratulations to all the winners!

The battle for the top fundraiser continues as the Mineart Family and Chuck Spalding are both close to the \$3,000 mark. We will finalize the amounts and announce the incentive prize winners in the next newsletter. Thanks again to all who contributed. If you haven't made a donation yet, it's not too late. Send your checks to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045 or donate online at [www.FirstGiving.com/somdhcdonate](http://www.FirstGiving.com/somdhcdonate). When considering your donation, the average cost per athlete to operate our program in 2009 was \$268. This is such a small cost for what our athletes gain!!

Special thanks to Marilyn Miceli who led our IW committee and did a wonderful job planning the event and to the rest of the planning team, Diane Juda, Stellamarie Kosman, Allan Waschak, Adrienne Stelmach, Phil Swanson, George Guthrie, Gena Luoma, Diane Mikulis, Adele Slifker, Judy Mantua, Rosemary Gruss, and Beth Greenberg.

### **GLENELG COUNTRY SCHOOL FUN DAY SUNDAY MAY 23RD**

The date for the 9th Annual Fun Day end of year celebration at Glenelg Country School has been set for Sunday May 23rd from 2:00 - 5:00 pm at GCS. All athletes will receive a flier in the mail this week with details. This end of year celebration is a guaranteed great time - games, food (dinner and snacks), entertainment and lots of fun! Registration begins at 2:00, come join the students at Glenelg Country School for a fun cookout with lots of activities! This is a rain or shine event, all athletes and one guest are invited to attend!!! PLEASE RSVP TO CLAIRE BUCH AT [claireb@glenelg.org](mailto:claireb@glenelg.org) ASAP.

### **LOSE THE TRAINING WHEELS - CYCLING**

Another cycling season will be here before you know it and many families have worked hard to get their athlete to ride a bike independently with no success. Here's a program that might be able to help.

Lose The Training Wheels is a national 501 (c)(3) organization that travels across the U.S. partnering with local organizations, to teach children with special needs how to ride a two wheel bike without training wheels. The summer of 2010 is the first time LTTW is coming to Maryland. Chesapeake Speech School is sponsoring this bike camp August 2<sup>nd</sup>-6<sup>th</sup> in the gymnasium of the McDonogh School, in Owings Mills, MD. LTTW uses adapted equipment, trained professionals & volunteers. With 75 minutes of riding over 5 days approximately 85% of bikers learn to ride a two wheel bike independently.

Call Sue Ann Shafley at 443-745-0455 or email [bikecamp@chesapeakepeechschool.org](mailto:bikecamp@chesapeakepeechschool.org). Biker & volunteer forms posted at [www.chesapeakepeechschool.org](http://www.chesapeakepeechschool.org). See videos of this technique in action at [http://www.youtube.com/watch?v=sswZ\\_I6yuxQ&feature=related](http://www.youtube.com/watch?v=sswZ_I6yuxQ&feature=related) and <http://www.youtube.com/watch?v=EMN98mE0UmI&NR=1>

## **SPREAD THE WORD TO END THE WORD**

This article was recently distributed by the Howard County Public School System in their "Weekly News for Parents" newsletter.

### **Spread the Word to End the Word Campaign**

Intellectual Disability

A recent revision to special education regulations replaced the disability category of Mental Retardation with Intellectual Disability. This change was the result of efforts by parents and disability advocates to address the long standing stigma and hurtful use associated with the word "retarded." The ongoing movement led by Special Olympics and Best Buddies International continues to raise the awareness in school communities about the dehumanizing effects of the word "retard(ed)" and encourage people to stop using the R-word.

For more information, visit <http://www.hcpss.org/special/> to view Spread the Word to End the Word Campaign information linking to the official campaign website, message and talking points document and fact sheet. Also, visit <http://www.youtube.com/endtheword> for posted video resources.

## **SPORTS IN SESSION**

Sunday – Aquatics, Howard Community College, 9:00 – 12:00 pm

Sunday – Fitness, Quest Fitness Center, 1:00 – 2:30 pm

Sunday – Softball Veteran Team, Cypressmeade Park, 2:00 – 4:00 pm

Wednesday – Athletics, Oakland Mills HS, 5:30-7:00

Wednesday – Beginner Aquatics, MarTar Swimming at Lifetime Fitness Center, 6:30 – 7:30 pm

Wednesday – Bocce, Cedar Lane Park, 6:30 – 8:00 pm

Thursday – Cheerleading, Jeffers Hill ES, 6:00 – 8:00 pm

Thursday – Softball Veteran Team, Rocky Gorge Batting Cage, 7:00 – 8:00 pm

Thursday – Fitness, Quest Fitness Center, 7:30 – 9:00 pm

Saturday – Equestrian, TRRC, 9:00-12:00 pm

Saturday – Athletics, Oakland Mills HS, 10:00 – 12:00 pm

Saturday – Softball Rookie Team, Cypressmeade Park, 2:00 – 4:00 pm

Saturday – Bocce, Cedar Lane Park, 2:30 – 4:00 pm

## **CALENDAR OF EVENTS**

Apr 30 – SOHO Dance, Harpers Choice MS, 7:00 – 9:00 pm

May 2 – Track and Bocce Competition, AA County, 8:00 – 4:00 pm

May 2 – Track and Bocce Competition, Montgomery County, 8:00 – 4:00 pm

May 8 - SOHO Track & Bocce Competition, Wilde Lake HS, 8:00 – 3:00 pm

May 11 - General meeting, SOHO office

May 15 – Softball Competition, Harford County

May 16 – SOHO Softball Invitational, Kiwanis-Wallas Park

May 23 – Fun Day at Glenelg Country School, 2:00 – 5:00 pm

Jun 8 - Summer Games Parents Meeting, location TBD, 7:00 – 8:00 pm

Jun 11 – MATP Challenge Day, Cedar Lane School, 9:00 am – 2:00 pm  
Jun 11-13 – SOMD Summer Games, Towson Univ (Aquatics, Athletics, Bocce, Softball)  
Jun 12 – SOMD Equestrian Competition, PG County Equestrian Center  
Jul 1 – Fall Sports Registration Forms Mailed  
Jul 17-23 – Special Olympics National Games, Univ of Nebraska, Lincoln, Nebraska  
Jul 25 - Cycling Practice Begins  
Jul 29 - Golf Practice Begins  
Aug 5 - Powerlifting Practice Begins  
Aug 10 - General meeting, SOHO office  
Aug 14 - Soccer, Flag Football, Tennis, & Cross-country Running Practices Begin  
Aug 23 - Volleyball Practice Begins  
Sep 12 - SOHO Golf Competition, Timbers  
Sep 14 - General meeting, SOHO office  
Sep 25 - SOMD Cycling Competition, MD State Police Driving Training Center, Sykesville, MD  
Sep 25 – SOMD Level 1 Golf Competition, Blue Mash GC  
Sep 26– SOMD Levels 2-5 Golf Competition, Compass Pointe GC  
Oct 1 – Winter Sports Registration Forms mailed  
Oct 12 - General meeting, SOHO office  
Oct 23 - SODE Volleyball Competition  
Oct 23 - SOMD Fallfest Competition, Mt Saint Mary's University, Emmitsburg, MD  
Oct 24 - SOMD Soccer Competition, Salisbury, MD  
Nov 5 - SOHO Dance  
Nov 7 - Bowling Practice Begins  
Nov 9 - General meeting, SOHO office  
Dec 4-5 – SOMD State Bowling Competition, Gaithersburg, MD  
Dec 8 - Basketball Assessments  
Dec 14 - General meeting, SOHO office  
Calendar Year 2011  
Jun 25-July 4 – World Summer Games, Athens, Greece

### **OFFICE INFORMATION**

Mailing Address:  
Special Olympics Howard County  
5:00  
8970 Route 108 Suite A1  
Slifker, at [adeleslifker@hotmail.com](mailto:adeleslifker@hotmail.com)  
Columbia, MD 21045  
other hours.  
410-740-0500  
410-740-2388 (fax)  
[info@somdhc.org](mailto:info@somdhc.org)  
<http://www.somdhc.org>

### **Office Hours:**

Monday 8:30 - 5:00, Thursday 8:30 -

or email our office manager, Adele

to arrange for a pickup or drop-off at

### **Directions to Office:**

Take Route 29 to Route 108 East, pass through two lights (2nd one is at Red Branch Rd), after Red Branch Rd take the third left turn into Oakland Center Business Park, go 100 feet, make right turn and immediately on left is the SOHC office (where there are six parking spaces and you will see the SOHC sign. Our building # is 8970, Suite A1.

## **SOHC POINTS OF CONTACT**

Executive Management Team

Director - Bob Baker, [bobbaker@somdhc.org](mailto:bobbaker@somdhc.org)

Asst. Director - Marilyn Miceli, [marilynmiceli@somdhc.org](mailto:marilynmiceli@somdhc.org)

Fundraising Director - Allan Waschak, [allan@allanhomes.com](mailto:allan@allanhomes.com)

Public Relations Director - Diane Mikulis, [dianemikulis@verizon.net](mailto:dianemikulis@verizon.net)

Management Team (Exec Members plus:)

Volunteer Coordinator - Beth Greenberg, [bjb410@comcast.net](mailto:bjb410@comcast.net)

Unified Sports Coordinator - Cara Gregg, [clgregg@gmail.com](mailto:clgregg@gmail.com)

Competition Coordinator - Abby Penenburgh, [abby.penenburgh@fiserv.com](mailto:abby.penenburgh@fiserv.com)

Finance Coordinator - Wayne Luoma, [wluoma@verizon.net](mailto:wluoma@verizon.net)

Outreach Coordinator - Gena Luoma, [gluoma@verizon.net](mailto:gluoma@verizon.net)

Office Manager - Adele Slifker, [adeleslifker@hotmail.com](mailto:adeleslifker@hotmail.com)

Family Coordinator - Barbara Stewart, [Stewgarden@aol.com](mailto:Stewgarden@aol.com)

Athlete Representative - Nick Stewart, [captainlikesportsmanship7277@hotmail.com](mailto:captainlikesportsmanship7277@hotmail.com)

Special Events Coordinator - Jen Perry, [JPerry1228@aol.com](mailto:JPerry1228@aol.com)

Medical Coordinator - Rosemary Gruss, [rosemary.gruss@hotmail.com](mailto:rosemary.gruss@hotmail.com)

SOMD District Director - Katie Shannon, [kshannon@somd.org](mailto:kshannon@somd.org)

## **Individual Sports Coordinators**

Alpine Skiing - Clare Colleli, [cc@djhpm.com](mailto:cc@djhpm.com) and Mike Harding, [harding64@comcast.net](mailto:harding64@comcast.net)

Aquatics - Allan Waschak, [allan@allanhomes.com](mailto:allan@allanhomes.com)

Aquatics Skills - Marianne Otto-Smith, [mottosmith@verizon.net](mailto:mottosmith@verizon.net)

Athletics - Joe Bobinski, [bobskibum@aol.com](mailto:bobskibum@aol.com) and Tracey Eberhardt, [traceyeberhardt@verizon.net](mailto:traceyeberhardt@verizon.net)

Athlete Congress Parent Representative - OPEN

Basketball Skills - Lavonne Smith, [lavonne\\_smith@hcpss.org](mailto:lavonne_smith@hcpss.org)

Basketball 3x3 Development - Dave Donovan, [thedonovans5@verizon.net](mailto:thedonovans5@verizon.net)

Basketball 3x3 - Phil Swanson, [swansonp@cdpotomac.com](mailto:swansonp@cdpotomac.com) and Therese Dalrymple, [Tada75td@aol.com](mailto:Tada75td@aol.com)

Basketball 5x5 - Jim Bourdon, [jbourdon@verizon.net](mailto:jbourdon@verizon.net)

Bocce - Karen Thiem, [kthiem@verizon.net](mailto:kthiem@verizon.net)

Bowling - Sandy Schoenbrodt, [TheSchoenbrodts@verizon.net](mailto:TheSchoenbrodts@verizon.net), Assts. Amy Korman [akorman@verizon.net](mailto:akorman@verizon.net), Pat Condron, [Mi0821ke@yahoo.com](mailto:Mi0821ke@yahoo.com), Sheila Dwyer, [sdwyermd@verizon.net](mailto:sdwyermd@verizon.net)

Cheerleading - Mike Peter, [navydude1@verizon.net](mailto:navydude1@verizon.net)

Cross Country Running – Ann Worley, [annworley@comcast.net](mailto:annworley@comcast.net)

Cross Country Skiing - Byung and Young Ahn, [byungahn1@msn.com](mailto:byungahn1@msn.com)

Cycling - Cheryl Decker, [ZachandCheryl@verizon.net](mailto:ZachandCheryl@verizon.net)

Equestrian - Susan Buningh, [sohcequestrian@hotmail.com](mailto:sohcequestrian@hotmail.com) and Marianne Otto-Smith, [mottosmith@verizon.net](mailto:mottosmith@verizon.net)

Flag Football - Kim McKay, [themckayfamily@verizon.net](mailto:themckayfamily@verizon.net) and Jan Ulrich, [frontline@comcast.net](mailto:frontline@comcast.net)  
Golf Skills - Cindy Vidmar, [vidgang@msn.com](mailto:vidgang@msn.com)  
Golf - Howard Mooney, [mooneyfamily1@aol.com](mailto:mooneyfamily1@aol.com) and John Stapleton, [jstapleton17@verizon.net](mailto:jstapleton17@verizon.net)  
Motor Activities Training Program (MATP) - Gena Luoma, [gluoma@verizon.net](mailto:gluoma@verizon.net) and Jen Perry, [JPerry1228@aol.com](mailto:JPerry1228@aol.com)  
Powerlifting - Bill Long, [blong716@aol.com](mailto:blong716@aol.com)  
Snowshoeing - Peggy Baker, [pegandbobbaker@verizon.net](mailto:pegandbobbaker@verizon.net)  
Soccer Skills – Ginny Geis, [Bsktginny@aol.com](mailto:Bsktginny@aol.com)  
Soccer Emerging Level Team – Ann Scholz, [annscholz@comcast.net](mailto:annscholz@comcast.net)  
Soccer Low Level Team – Cara Gregg, [clgregg@gmail.com](mailto:clgregg@gmail.com)  
Soccer Mid Level Team – Cheryl Kemp, [clkemp77@gmail.com](mailto:clkemp77@gmail.com)  
Soccer Unified Team – Cara Gregg, [clgregg@gmail.com](mailto:clgregg@gmail.com)  
Softball Veteran Team - Linda Rothfield, [lindarothfield@comcast.net](mailto:lindarothfield@comcast.net)  
Softball Rookie Team - Linda Pinos, [linda.pinos@yahoo.com](mailto:linda.pinos@yahoo.com)  
Tennis - Sonal Parikh, [sonalparikh1@gmail.com](mailto:sonalparikh1@gmail.com)  
Volleyball - Russ Young, [russtace@comcast.net](mailto:russtace@comcast.net)  
Webmaster - Frits Buningh, [fbuningh@hotmail.com](mailto:fbuningh@hotmail.com), Ryan Palm, [ryan.palm@gmail.com](mailto:ryan.palm@gmail.com)

**SPECIAL OLYMPIC LINKS**

Special Olympics National/International - <http://www.specialolympics.org>  
Special Olympics Maryland - <http://www.somd.org>  
Special Olympics Howard County - <http://www.somdhc.org>,  
new test site <http://test.metromontage.com/>  
Special Olympics Howard County Photos - <http://somdhc.smugmug.com/>  
Search for "Special Olympics Howard County Maryland" from  
your facebook account - we are up to 165 members

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Best Regards,  
Bob Baker, parent  
Director

Marilyn Miceli, parent  
Assistant Director

NOTE: If you'd like to be removed from this mailing list simply reply with REMOVE in the subject.

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