

HOPE the ADVOCATE

Winter 2006

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Celebrations

We have come to the end of another fast-paced year. Many of us struggle to find a moment to reflect on our work, our families, our world and our goals for 2007. Life is hectic and time is the commodity we all crave.



Now, imagine that you are an adult with a developmental disability. You may or may not have family in your life. You typically do not have meaningful work. You depend on the goodwill of others, often strangers, for transportation, social activity, and assistance with daily chores. You may not be able to cook, or shop or read a recipe, so meal-time can be difficult. You cherish time with friends, eating out, going to the movies, and sharing your dreams with someone. Rarely do you have these opportunities.

This holiday season, as we all look back at 2006, let us take a moment to really think about how lucky we are to have family, health, support systems, food, clothing and shelter. These are the true gifts that we are given each year, yet we often take them for granted.

The best way to acknowledge our gifts is to share them, with others not so fortunate. The gifts of time, friendship, and love are universal. They enrich the giver and the receiver many times over. They put life's frustrations and disappointments in perspective.

Please consider our clients this year, as you reflect on your world and your place in the big picture. This is a gift that will return to you every day in wonderful and unexpected ways.

Susan Eason, Executive Director
season@arcofthecapitalarea.org

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Thanks for Giving

This Thanksgiving The Arc of the Capital Area, along with over 25 wonderful volunteers, delivered complete meals to over 40 families in the Austin community. Here are some personal experiences from those who participated.



"What a wonderful rewarding experience it was to be able to see the joy in the eyes of those receiving the gifts. The warmth, love and gratitude they express in just one little glance was worth far more than we were delivering."

- Ron Christensen

HARVEST MOON

The UT Cowboys presented The Arc with \$5,000, which was raised during the annual Harvest Moon concert featuring The Pat Green Band.

Current Cowboy, Curt Wimberly, presented the donation during an initiation ceremony for incoming Cowboys. Those present included families of the initiated and alumni.

Susan Eason, Randi Knight, Hale Umstatted, and Sarah Andrews from The Arc were there to accept the very generous contribution.

The Cowboys have been serving Arc clients since 1954.



KXAN's HOPE FOR THE HOLIDAY'S Dec. 4 -24

Capital Credit Union sponsored The Arc for KXAN's Hope for the Holiday's campaign, which gives both organizations production and broadcast of special holiday promotions.

Luminations



On December 3, the Lady Bird Johnson Wildflower Center invited The Arc, and other local non-profits, to participate in their annual Luminations event. Each group brought a Christmas tree, decorations, and volunteers for a day of holiday laughter. Thanks to DHL The Arc was able to decorate a 10.5 ft. tree.

In addition, we were able to hold an art class for clients to make their own ornaments


thanks to a \$400 donation from Herman Miller Workplace Resources.

The tree will be on display at the Wildflower Center through the month of December and at The Arc after the Luminations event.

Onion Creek Club
presents
**Unplugged
At The Creek**

Featuring Fred Andrews
of HONEYBROWNE
Live & Unplugged
with Clayton Corn of the
PAT GREEN Band

Casual attire
Cash Bar
\$10 donation
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The Arc of the Capital Area

Onion Creek Club | 2510 Onion Creek Pkwy | Austin, TX 78747 | Ph. 512.383.2015
www.onioncreekclub.com

Call Sarah Andrews at (512) 476-7044 for info



*Please join us this holiday season to
spread hope and joy to
people with developmental disabilities
in the Capital Area*

*You can give HOPE, Help, Opportunity,
Potential and Education*

By Supporting



Mission

The Arc of the Capital Area, a non-profit organization, is committed to promoting independence and choice by providing individualized services to adults and children with developmental disabilities.

Please contact **Randi Knight**, Director of Marketing and Development at **(512) 476-7044** or via e-mail at **rknight@arcofthecapitalarea.org** for more information on making a donation of time or money.

You can also visit The Arc's web site at
www.arcofthecapitalarea.org



2006 Kidfish

By Michael Buttross

A crowd of fishermen, volunteers, sponsors and families gathered on the shore of Lake Austin November 19 for the fifth annual Big Bass Roundup and Kidfish, hosted by the Big Sandy Creek Bass Club (BSCBC).

The event, a "catch and release" tournament and children's fishing workshop, was held at Emma Long City Park. Competitors in fishing boats shuttled to and from the docks every hour to weigh in their catch, while kids, many who were Arc clients fishing for the first time, congregated around a tank stocked with hungry catfish..

Clear skies, warm temperatures, and calm winds greeted the event, making it an ideal day to spend at the Lake.

Jimmy Houston, a long-time fishing pro and host of the ESPN show "Jimmy Houston Outdoors," was there to mentor the kids while they fished.

"Anything to do with kids is good to get involved with, especially these kids that have faced so many challenges," Houston said.

Ruthie, a seven-year-old recently diagnosed with ASLD, a central nervous system disorder that causes cerebral palsy, epilepsy and autism-like symptoms, was one of the children who benefited from Houston's tutelage.

"We're gonna lay it right there on the bottom, and that catfish will grab a hold of it," said Houston to Ruthie after showing her how to bait a hook with cheese. It was an experience Ruthie had been looking forward to, exclaiming beforehand, "I'm gonna get a big one," according to her mother.

"It's fun having her be the star. Everyone else gets awards and accolades, and this is her chance. Here she is getting to fish with a world-class fisherman," said Ruthie's mother.

The idea of incorporating a stocked fishing tank for the Arc's kids into the Bass Roundup was conceived four years ago by BSCBC President Allen Summers, and has been an essential part of the event ever since.

"It gives the kids some memories; you've got to give them memories," said Summers.

On the fund-raising side, the Bass Roundup was a major success, generating over \$15,000 in sponsor contributions and over \$6,500 in entry fees for the Arc. Prize money, which totaled \$9,300, was paid to the contestants who brought in the three largest bass every hour and the ten largest bass of the day.

Bass Roundup Update

We would first like to extend a special thanks to the Big Sandy Creek Bass Club for their commitment to helping a great cause year after year!

This year's sponsors include:

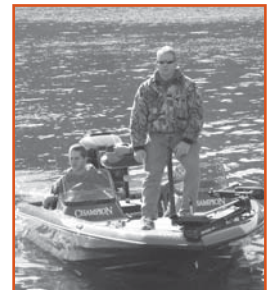
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RDO Equipment Co.
Allied Sales Co.
JW Ramsey Co.
The Sollami Co.
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We would also like to extend our warmest thanks to Brown Distributing and HEB for donating products!

2006 Overall Winners

- 1st- Terry Oldham
- 2nd- Eddy Maynard
- 3rd- Gary Wafford
- 4th- Alan Bell
- 5th- Rob Glidewell
- 6th- Gerald Goff
- 7th- Kevin Pederzani
- 8th- Steve Thiel
- 9th- Ronny Maynard
- 10th- Marshall McDonnel



All photos on page by Lauren Churchin

"Building Bridges"

By Michael Buttross



Imagine an event that displays the talents of people with developmental disabilities, while raising their self-esteem, educating the public about their unique abilities and needs, and generating

funds to assist them. "Building Bridges," an art show, auction and dinner showcasing works by professional artists and artists with disabilities, accomplished all of this while entertaining more than 500 guests.

The event, held the evening of October 26 at the Driskill Hotel, generated over \$65,000, including \$34,400 in sponsorships, \$20,000 in sales of art and other auction items, \$7,038 in admission ticket sales, and \$1,230 in sales of raffle tickets, according to Lauren Churchin, Marketing and Development Coordinator for Arc of the Capital Area.

"This year's Building Bridges event far exceeded previous years in terms of quality, fundraising and awareness for The Arc's mission," said Churchin. "Working with the Driskill Hotel was a dream, the artwork was unique, so there was something for everyone, and the proceeds raised will support our agency's excellent programs."



Out of 200 pieces of art donated for the auction, many of which were created by Arc clients, all but 15 pieces sold. Among the professional artists who most graciously donated their work, notable contributors included Ken Featherston, Matchi, Bob Wynn, James Tisdale, H. Marie Hall, Carol Marine and Armando Peña.

Major sponsors of the event included KXAN, Applied Materials, Fine Art Services, the Driskill Hotel, Doug Lewis, and Todd Templeton. Donors that made the evening special included Central Market, Twin Liquors, Paula's Texas Orange, The Flower Bucket, A-Okay Signs, and the Texas Beef Council.



Bridges Committee

Carla Jo Schaefer

Nancy Joe

Kristin Inman

Randa Stringer

Jennifer Anderson

Marcela Rzemien

Marisa Hettinger
Adrienne Blau

Tonia Robinson

Melodie Spears

Rhonda Chapin

Lauren Churchin

Randi Knight

Sarah Andrews

Volunteers

Eric Hoffmaster

Jen Parker

Katherine Barksdale

Annie Ngoo

Jeamy Molina

Corporate Sponsors

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Fine Art Services

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Doug Lewis

Empowerment Options

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Central Market

Texas Beef Council

Wachovia

Dell

PBS & J

Austin American Statesman

Scioto Properties

Twin Liquors

Armadillo Advertising

Jerry's Artarama

Todd Templeton

Volunteer Opportunities!

"Lose yourself in generous service and everyday can be a most unusual and triumphant day, an abundantly rewarding day."

-- William Arthur Ward, American Writer

The Arc of the Capital Area, a non-profit organization, serves people of all ages with developmental disabilities, their families and caregivers. We serve both English and Spanish speaking people in Travis and Williamson counties. **Our Mission:** We are committed to promoting independence and choice by providing individualized services to adults and children with developmental disabilities. **Our Vision:** We envision a future in which people with disabilities have the same opportunities as others to pursue full and productive lives.

We have many wonderful volunteer opportunities suitable for everyone. You don't need to have a lot of time nor special qualifications to apply. No matter what your strengths or talents are, we can use you! We need your help!

We have both individual and group projects available. You can volunteer with our young clients, adult clients, help us with Special Events or even help us in the office. Just let us know how you would like to help and we will find a project suitable for you.

If you want to build your resume, network and make new friends, and/or want to give back to the community, please contact us at The Arc.

We look forward to meeting and working with you!



St. Andrews helps clients paint Christmas ornaments



2007 Kid Fish volunteers

Thanks to Our Outstanding Fall Volunteers!

The Bowman Family (Maggie, Nigel, Thomas, & Andrew)

Leslie Cockerill- PBS&J

Gretchen Essell- Republican Party of Texas

Tanya Gonzales- HEB

Chris Jacobus- IBM Global Services

Whitney Luther & Gila Corp.

Kelsey Lyons & Kristin Anderson- UT Austin

Delaney Mabry- UT Austin

Jill Palmer- IBM Global Services

Kathy Pinsky & Team

Jillian Gowen Quinn- AcuScribe Court Reporters

Cindy Rouse- Austin Cheer Factory

Kimberly Saul- The Smart Group, LP

Kyle Taylor- Alpha Kappa Psi Business Fraternity

Jessica Tidwell- UT Austin

Clayton Young- Alpha Kappa Psi Business Fraternity

Stormy Zimmermann- The Smart Group, LP



Scott Churchin (DHL) teaches Jordan Gonzales to swim

Photos on page by Lauren Churchin

What Dreams Become

By Lauren Churchin

Every woman dreams of her first baby. Will it be a girl? Will she look like me or her father? Should her room be filled with pink peonies or perhaps a Peter Rabbit theme? Thoughts of prom, law degrees, white weddings, and grand babies are soon to follow.

Generally, a woman's dreams don't include special education, legal fees for guardianship, and fighting for your daughter's social inclusion, unless you're Cindy Harbuck.

Cindy's hopes of giving birth to the first female president soon dissipated when her daughter, Melissa, was born with Down syndrome. Paint colors and teeny dresses became the last things on Cindy's mind as she struggled to accept the challenges she would face raising Melissa.

Yes, Melissa would always be different from other girls her age, but that was what made her wonderful. She is an angel sent to this world for a reason—to teach us acceptance, joy, and the beauty of our uniqueness.

The struggles became easier and easier, and soon Cindy began dreaming again.

"The more she is exposed to, the more she absorbs, and any opportunities to participate socially in the community help Melissa build self confidence," says Cindy. "When The Arc called to invite Melissa to an art class we were thrilled! It had been a while since she had been included in an activity that would actually be enjoyable."



Melissa had an interest in art for many years, but never had an outlet for a passion that included other people in the community who would understand and appreciate her uniqueness. Her doodles became increasingly more elaborate as Melissa realized she had found an outlet to communicate her feelings, experiences, and thrills to the world; a luxury that was difficult for her verbally. The Arc of the Capital Area stepped in to provide that opportunity.

"After joining The Arc's art class, Melissa began feeling more connected with her community," says Cindy. "It has helped with her listening skills, her ability to accept criticism, and her self confidence."

Today, Cindy and Melissa both have dreams of exhibits at fine art galleries and first commissions, but her main wish is for more opportunities to realize her potential and share her gifts with the world.



We would like to extend our warmest gratitude to the Arc Art Class volunteers:

Nancy Joe, Marion Alpern, Randa Stringer, Kathleen McElwaine, Tawyna LoRue Palmquist, Terri Gray, Terri Wells, Melba Pluta, Shannon Clark, Heather Stewart, Tammy Jarocki, Kelly NewHouse, Tonia Robinson, Sarah Sutton, and the class' instructor, Randi Knight

A Dollar Goes a Long Way

A great way to make a direct impact on the Austin Community this season, and year round, is to add one dollar to your Austin Energy Bill on the Customer Assistance Program (CAP).

High utility bills are one of the key reasons that citizens lose housing and one of the barriers for people trying to return to housing.

Will one dollar really make a difference?

Yes. Since the initiation of the CAP program, average monthly contributions made by customers has reached \$4,800 per month, which helps hundreds of people in the community.

Let's keep Austin warm this winter!

**All you have to do is add
\$1 for CAP
On your next energy bill.**

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