



COLONIAL CHAPTER

[HTTP://GEOCITIES.COM/COLONIALCHAPTER/](http://geocities.com/colonialchapter/)

DECEMBER 2008

PRESIDENT'S CORNER

THANK YOU COLONIAL CHAPTER! We had such a successful regional event, and we want to thank everyone for pitching in and making the weekend so incredibly fun and memorable. We had a record number of registrants – 223 total! From our understanding, this is a record turnout for our District and it was definitely due to great teamwork.

We started our weekend with bingo and a dance Friday night (Katie won me a groovy gold, sparkly over-sized purse at Bingo that she insists I now carry with me everywhere I go). The teens sponsored the Friday night dance – if folks weren't on the dance floor, they were lounging in beach chairs or under beach umbrellas throughout the ballroom – it was too cool!

Dr. Mackenzie graciously consulted with lp's and parents of lp's throughout the morning on Saturday, and City of Virginia Beach Mayor Meyera Oberndorf proudly declared October 4, 2008, as Little People of America Day in the City of Virginia Beach – it's official now! Drs. Dilustro and Mackenzie both put on outstanding presentations

and answered questions from the crowd following the general meeting. The teens went off on a kayaking expedition, and the rest of us toured Owl Creek in a pontoon boat. The weather couldn't have been better – sunny and in the mid 70's. The real fun took place Saturday night, though. We started out with a cocktail and hors' devours hour, and then enjoyed scrumptious meals (my kids loved the dessert table in particular – go figure!)

I have to say, our DJ was a complete hoot! He kept everyone entertained with a lot of games and hokey line dances (what was that couples-only toilet paper contest all about anyway???) He finally had to stop playing at around 1:15 or 1:30 am, to the dismay of many who wanted to continue partying... There were lots of satisfied raffle winners, especially our own Cathy Hughes, who won the fat 50/50 jackpot after "Little D" Krieger drew her winning ticket – way to go Cathy!! Many thanks to Cathy, who graciously donated half of her winnings back to the Chapter – we appreciate your gener-

osity!

Worn-out and bleary-eyed, we wrapped up our weekend Sunday morning by attending a fabulous presentation on the Paralympics by Stephanie Vretakos as well and a parent discussion-meeting.

Folks, we really need to keep our momentum going after such a great regional! We took the month of November off, and have events scheduled in December and January, but nothing after that. We really need people to volunteer to host future chapter events. Usually a lunch at a reasonably priced restaurant, followed by a family friendly outing seems to go over well with everyone. So don't be shy – we need your help!

We are really looking forward to seeing everyone again real soon. Take care & we'll see you at our next get-together.

Leta Krieger & Jill Bryan, Co-Presidents



- *Information on the 2009 National Conference*
- *We're on the Web!*
- *Join the Colonial Chapter Yahoo Groups*

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COLONIAL CHAPTER OF THE LPA

Presidents:

Leta Krieger & Jill Bryan

Treasurer:

Doug McCrory

Secretary:

Robin Davis

Parent Coordinator:

Lisa McDowell

Newsletter Editors:

Lindsay Fowler and
Cindy Horton

The Chapter Needs You...See Page 6 For Details!!



Scenes from the Surfin' LPA Fall Regional



Surf Board Parade

This kids displayed their surf board projects Saturday night.



Regional Conference attendees enjoy the Virginia Beach Oceanfront.



Virginia Aquarium Tour



Enjoying the Saturday pontoon boat ride.



Saturday dance



Tearin' it up on the dance floor



Save a Tree

Colonial Chapter Is Going Green!

Have an e-mail address, but receiving the newsletter via USPS?

Let us know, and we'll add you to the e-mail distribution. hughessah@aol.com or kriegers4@msn.com

Congratulations

Colleen Theriault received 3rd place on her decorated cake at the NC State fair in Oct. This years cake theme was Hickey, Dickey, Dock. Colleen has been entering items in the fair since she was in 2nd grade and loves finding different categories to compete in and other was to challenge herself and her mom with cake designs.



Space Camp for Little People

By Geoff Mitchell



5..4..3..2..1. blast off that's the feeling for the Little People that descended on Space Camp, Huntsville Alabama during the weekend 14th- 16th November. What was so special about the participants is that the majority of participants had one form or another of Achondroplasia.

Often many activities that are open to normal sized people are difficult for Little People and so accommodations need to be made.

The idea of imposing restrictions was not one that I wanted to do and so I developed ways that would allow all participants to gain full advantage of the Camp. In the design of the camp we looked at what switches needed to be excluded for the flight deck in the

shuttle to the inclusion of steps in the space station.

In mission control what type of chairs could be used to the possibility of pulling monitors out were also examined. The recruitment of the first participants for this camp was particularly hard but now that the first group has attended the outcome was one such a positive experience that many have asked to come back. Participants from 8 states finally came to Space Camp. (the states from where participants came included California, Maryland, Virginia, New Jersey, Oregon, Massachusetts, Alabama and Michigan.) One of the fortunate parts of this first camp was the coverage of the camp by the program Little People Big World and airing of the program is expected in March 2009. The idea sprang from my own participation the 2007 Honeywell Space camp for Educators and the first group were told of my experiences and how much it has meant for me.

So what did these Space explorers do for during their time at Space Camp, well for a start they learnt how to make and fly rockets, researched and learned all about the history of the space race and learned about chimpanzees in space as well as the early pioneering astronauts. Other highlights include the designing of a mission patch and training like the real astronauts and experiencing 1/6th gravity and 5 degrees of freedom. The weekend cumulates in the completion of a full shuttle mission and depending upon what position you may have you could be a flight director, pilot or mission specialist taking part in a space walk (or EVA).

UPCOMING EVENTS.....PLEASE CHECK OUR WEB SITE FOR DETAILS!

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In the first Space camp for Little People there were participants from 8 states and most came as parent-child pairs, although some did come alone. Adaptations at the camp have been made to ensure that all activities are doable with the restrictions that LP's might have, and that includes a fully accessible facility for scooters and wheelchairs. For each participant a flight suit was adapted to take into account their physical stature.

Help is on hand to assist with meals through the participation of students from Washington International School who come to help as part of their community service requirements.

The experience that the students gained has inspired a number of other students to find out more about Space, Space Camp and Honeywell. The program is now proven and will only continue to evolve and grow as the years progress. The next date as already been set for November 13th 2009 and a third likely in January 2010. This program is a unique opportunity for those who have Achondroplasia and will help give inspiration for those who come that there is something in the future that they can do in both math and science and maybe one day they could be the first Little Person in space.

If you would like to come and are aged 9+ drop me an email and I will send more details.

Geoff Mitchell

email: LPSpacecamp@rocketmail.com

The cost for next year will be \$320 per person (this does not include Transport to and from Huntsville, Alabama but does include flight suit, meals, accommodations and all activities)



2009 LPA National Conference

Brooklyn, NY July 4-10th

Here is your chance to WIN Free Hotel Stay at the Brooklyn Marriott!

Visit www.lpanyc2009.org for details

1st Prize = 5 nights at the Brooklyn Marriott

2nd Prize = 3 nights at the Brooklyn Marriott

3rd Prize = 1 night at the Brooklyn Marriott

\$10 Donation for 1 chance to win

\$25 Donation for 3 chances to win

UPCOMING EVENTSPLEASE CHECK OUR WEBSITE FOR DETAILS!

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December Events

A CHRISTMAS CAROL

Written, directed by, and starring Ira David Wood III

Theatre In The Park's original musical comedy adaptation of A Christmas Carol, based on the book by Charles Dickens and adapted for the stage by Ira David Wood III, first premiered in 1974. It has been performed each year since, and has become the theatre's major fundraiser. Approximately 30,000 people attend the local production run in Raleigh, North Carolina.

Frank & Colleen Theriault (appearing as the Cobbler family) are excited to be perform in their 6th year as the only Little People cast members.

There have been additional dates added this year and the musical will be performed at Two Triangle venues: the new Durham Performing Arts Center and Raleigh's Memorial Auditorium! Tickets on sale now.

December 13, 2008

Wilson, NC

Holiday Gathering

Grace Baptist Church 3:00pm

- Refreshments · Board Games
- Family Gift Exchange · Movie: Polar Express

RSVP to the Clutter Family bairsend@yahoo.com



December 13, 2008

Newport News, VA

Holiday Gathering

5:00pm-8:00pm

The Fowler's House

862 Cascade Drive

Newport News, VA 23608

RSVP to lindsay.fowler@yorkcounty.gov

January 24, 2009

Chesapeake, VA

Chesapeake Lanes Bowling Center AMF

112 East Medical Parkway

12:00pm—3:00pm



May 1-3, 2009 Spring 2009 Regional


Charlottesville, VA

Hosted by the Blue Ridge Chapter

<http://www.geocities.com/blueridgechapterlpa/>

If Undeliverable, Return to:

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Little People of America
Colonial Chapter of The LPA
4419 Saddle Run Road
Wilson, NC 27896

Address Label



We're sorry to see you go...

No longer wish to receive this newsletter? Contact Leta Krieger kriegers4@msn.com

Help Wanted

Wanted: Adult Coordinator

Seeking an adult LP in our chapter area to volunteer to be in charge of increasing adult LP involvement in our chapter, mainly by providing more chapter offerings of interest to adults. This person, our "Adult Coordinator", would coordinate with our other officers to offer activities, information, and support specifically targeted to adults in our chapter. The Adult Coordinator would be in charge of determining what offerings would be of interest to adults with dwarfism and providing them, but some examples of what the chapter could do might be: host activities and events specifically appealing to adults, provide copies of medical reference articles relevant to adults with dwarfism, facilitate exchange of information regarding helpful products and services for adult LPs, perhaps a singles' night co-hosted with other chapters in the district, etc. As Parent Coordinator, I personally would be delighted to provide the new Adult Coordinator with as much or as little help with his or her duties as he or she would like. Please email me with any interest or ideas. Thank you so much! **Lisa McDowell** res04wm5@gte.net

We are looking for families or groups to plan an event for the chapter. Please contact Leta Krieger for more information (kriegers4@msn.com).



Haven't joined LPA yet or need to renew your membership?

Applications are available on our chapter's web site in the MEMBERSHIP section.
www.geocities.com/colonialchapter/