



You heard it through the...

North Bay Grapevine

Winter 2009

To enhance the quality of life of people with cerebral palsy and other disabilities, their families, and their communities.

Cypress School Student Gives Back to the Community

Thirteen year-old Jacob, who has autism, recently visited the Old Adobe State Park Community Garden. After picking fresh peppers from our organic plot, Jacob took them to the Petaluma Kitchen where the



produce we deliver helps feed those in need. The program is part of our ongoing effort to “give back” to the community. Jacob’s teacher, Renee Ho, is especially aware of how Jacob feels about his volunteer job, “Jacob is extremely proud of himself for the work he is doing.”

Since his first trip to the garden, Jacob has become more verbal and has shown the ability to use his daily schedule. The picture board schedule allows him to move from one activity to another more independently, including his weekly produce harvesting and delivery job. Jacob picks the vegetables, loads and unloads the truck, and brings the produce inside the kitchen. Together, Jacob and the Petaluma Kitchen volunteers enjoy giving back to help those in need in Sonoma County.

Jacob with his teacher, Renee on Cypress School trip at Dillon Beach.

Recreation: Life’s Necessity

We believe that recreation is “life’s necessity” – complementing work and school, and providing self-esteem and social opportunities that are often missing from the life of a person with a developmental disability. Our goals are to provide affordable recreation activities after school, on weekends, and during the summer; recreation activities that develop leisure skills and interests; and community-based recreation activities that promote full participation in all aspects of community life. We want everyone to have fun – and lots of it!

We are very excited about the recreation activities that we will be offering in 2010. School-aged children can enjoy outdoor activities at Camp Kaos, learn to ride a bicycle at Bike Camp, and participate in community recreation activities at Cypress Camp. Young children with cerebral palsy and other physical disabilities can increase their movement at Boost Camp. Adults 18 and over can enjoy traditional camp activities at Valley of the

Moon Camp. Children and adults can take part in Adventure Trips that include whitewater rafting, sea kayaking, and adaptive cycling.

Our 2010 Recreation Services Brochure is now available at www.ucpn.org and, by request, through the mail. Whether you are a parent looking for a recreation activity for your son or daughter, an adult looking for social opportunities, or a student looking for a fun place to volunteer – you’ve come to the right place.



We are thrilled to announce our partnership with ANC (Access Northern California). Together we have launched a website that includes a calendar of accessible recreation activities for children and adults with disabilities:

www.accessnca.org/calendar

Please let us know your ideas for recreation activities:

info@ucpn.org

RIDE OF YOUR LIFE

The Historic Stock Car Racing Series (HSCRS) teamed up with United Cerebral Palsy of the North Bay at Infineon Raceway to present Ride of Your Life on October 24-25. The special event was a benefit for our recreation programs including Boost Camp, Camp Kaos, and Cypress Camp.

HSCRS is dedicated to showcasing authentic historic NASCAR stock cars and has a long history of using their "Rolling Pieces of NASCAR History" to benefit charitable organizations. Thanks to Boost Camp Executive Director and UCPNB Fundraising Chair, Susy McBride, UCPNB was the grateful beneficiary of this exciting opportunity.

By bidding on taking the Ride of Your Life, winners rode shotgun at high speeds around Infineon Raceway. Among the cars that provided the "once

in a lifetime" rides were Richard Petty's #43 STP Special Pontiac Grand Prix, Alan Kulwicki's #7 Hooters Ford Thunderbird, Neil Bonnet's Wood Brothers #21 Citgo liveried Ford Thunderbird, Sterling Marlin's #22, #10 Maxwell House Ford Thunderbird's and Todd Bodine's #75 Factory Stores Ford Thunderbird. For more info: www.hscrs.com



Susy and Tab McBride

Photo by: Randy Jones - JR Racing Photos

Thank you to HSCRS for a Memorable Weekend

A special thank you to those who purchased the rides: Gary & Pamela Bradford, Laura Briggan, John Clark, Brian & Lynn Connelly, Margaret Farman, Paul Gerrard Smith, Ron Hamilton, Janet Hart, Callie Kindrish, Kevin McBride, Wren Withers.

The experience is difficult to relate in words, but every picture tells a story! The sound of the cars... the roar of the engines... 10 Thrilled Riders... all Born to Race!

Saturday Riders

- Kristy Bradford
- Jim Hart
- John Clark
- Dan Halsey
- Dennis McBride

Sunday Riders

- Alan Bittner
- Chris Connelly
- Marc Elias
- Paul Gerrard Smith
- Isaac Yates



Photos by: Randy Jones - JR Racing Photos

Have the need for speed? Looking for the perfect gift? Feeling adventurous?

Save The Date **RIDE OF YOUR LIFE** October 2010

The Ride of Your Life makes the perfect gift for any occasion: Father's Day, birthdays, holidays, anniversaries, and employee incentives. Make plans now to give someone the gift of speed next year! For more information about the Ride of Your Life 2010, contact: info@ucpn.org.

"This was a whole lot of fun with great people and a very worthwhile cause. My hope is that I'm able to bring my staff out on Team Building Day! Thank you for a great day. The speed and exhilaration will not be soon forgotten".

Daniel Halsey, Jr., Owner, Halsey Bottling LLC (Infineon Raceway, Saturday, October 24, 2009)



Meet the Board

Claire Martin

UCPNB Board of Directors

Linda Blong, Ph.D.
President

Elaine McHugh, Ph.D.
Vice President

Mimi Schott
Treasurer

Claire Martin
Secretary

Steve Lohrer, Ph.D.
Member

George Triest
Member

Claire Martin, UCPNB Board Secretary

Born with cerebral palsy and having attended high school and college in the 1940's, Claire has participated in the dramatic changes that have taken place for people with disabilities. She has worked at a school for children with cerebral palsy, formed both teen and adult social groups, and learned to drive at age 39. Her life experiences and knowledge of our agency continues to guide our growth and development.

Mimi Schott, Board Treasurer, recalls that "When we went to Washington, D.C. for the UCP National Conference, we went on a twilight tour of the National Monuments. After wandering off at the FDR Memorial, I pushed Claire as we raced back to the tour bus through the fireflies. The laughter and the sense of adventure was special for both of us. Back at the hotel, looking out the window at the moon over D.C., Claire remarked, 'Who would have thought that I would live to see this.'"



Claire with Mimi Schott, Board Treasurer, in Washington, D.C. at 2008 UCP National Conference.

A Message from Margaret...

Although we are in very trying times economically, there is great opportunity to redefine the way our culture measures success. We see evidence in our own communities of increased service and volunteerism. Our families and businesses make giving a priority. We see evidence of gratitude and connectedness. It has never been more important to place our conscious intention on those things we want realized. United Cerebral Palsy of the North Bay is a living example of the creativity that is generated when like-minded community members come together and act on that intention.

We have expanded in all areas of community involvement including partnerships, collaborations, program development, resource and referral, advocacy at the state, federal, and local levels, organizational development, community outreach, and fundraising.

We support over one hundred children and adults every day in a variety of education, therapeutic, and vocational programs. Our annual recreation programs serve over 350 children and adults. The quality of our staff including Cypress School, WineBev Services, and Recreation Services, is truly exceptional. I am so grateful for everything they give. They see our students and employees with disabilities as their everyday heroes and we draw inspiration from them.

We are still stretching to meet the needs of our community! The California State Budget has cut

funding to our core programs and eliminated funding entirely for all of our recreation programs. However, our community is responding to the challenge!

Our \$1,000 Donor Club has brought us more than half way toward our goal of raising \$100,000 for our recreation programs. Our generous donors are helping us put "Life without Limits" into action for people with disabilities by providing them with wonderful play and outdoor experiences. Please let us know if you would like to join – and feel the spirit of "Life without Limits" in your life.

As we move forward together in 2010, it will be our community and our sense of purpose that will help us achieve our goals. It's going to be an exciting year of growth and change - together, we can all make a difference.



**Margaret Farman,
Executive Director**

Thank you to our Friends and Sponsors 2007-2009 We Couldn't Do It Without You!

Fosters Wine Estates
\$50,000



Custom Carpentry Construction
Joe Schliessmann
\$15,000 (In Kind)



Fireman's Fund
\$10,000

Richard S. Long
\$1,000,000
(Restricted to Napa Warehouse Purchase)

\$1,000 Donor Club Members
\$46,000



The Lohrer Family
\$11,000

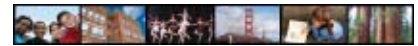
California State Council
on Developmental Disabilities
\$65,000



Napa Valley
Community Foundation
\$30,616



Bothin Foundation
\$10,000



THE BOTHIN FOUNDATION

Day of Caring
United Way and Agilent Technologies



Agilent Technologies

Sonoma County Medical
Association Alliance and Foundation
\$8,500



Peninsula Outreach
Programs, Inc.
\$6,000



Bellows Fund
\$9,699.95



Orin-Swift Cellars
\$4,000



ORIN-SWIFT

Speedway Children's Charities
\$5,000



Capacity Grants Fund
\$3,500



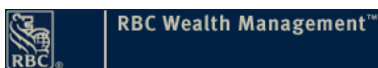
PETER A. AND VERNICE H. GASSER FOUNDATION

E. Richard Jones Family Foundation

napa valley vintners



RBC Wealth Management
\$3,000



Cokas-Diko
\$3,000



Alexander's Van and Storage
\$3,000 (In Kind)



The Neeb Family
\$2,800

The Isbell Family
\$2,800



Thank you \$1,000 Donor Club Members You Really Make A Difference!

Individual Donors

\$1001 - \$5000

George & Ilse Lohrer
RBC Wealth Management (Tom Van Dyck)
Chris Neeb (Cushman & Wakefield)
Harold & Lyn Isbell

\$1000

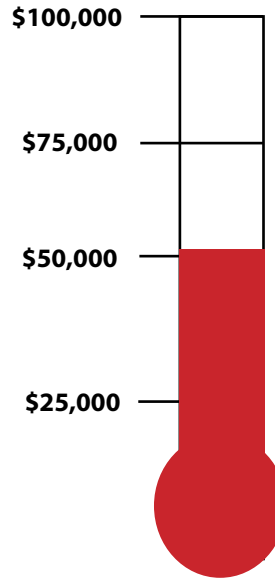
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James Walsh
Wasserman Insurance (Jeff Einhorn)

Group Donors

\$1000

The Peter Elias Family
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Marc & Ann Elias
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The Power Family
Alicia Fishel
Callie Kindrish
Charles & Becky Lyon
Sandy & Heloise Power

\$100,000 Goal



The \$1,000 Donor Club



Other Donors

In Memory of:

Eileen Villegas
John & Lauren Scherer
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Irene Frances Corio
Kathryn D. Fuller
Janis OKamoto Hashimoto
Jeffrey & Karen Lastusky
Ruth Mulberger
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Through Kaiser:

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Through United Way:

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James Romanucci

In Honor of:

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Roger and Debra Cowan
Eric Ividen
Robert & Barbara Pedroncelli
Arianna Lohrer
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Chris & Debbie Means
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Unity of Marin

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Loring & Karen Lynch
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Boost Camp:

Loren Carl Adiren
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Ralph Antonio
Terese Beckett
Jane Bender
W. Benjamin
Maureen Bird
Anne Bittner
Gary Bradford
Ellen Breisacher

(Boost Camp continued)

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(Boost Camp continued)

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(Boost Camp continued)

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David Saly
Lauren Scherer
Chuck & Nancy Shea
Mark & Elizabeth Sloan
Tony & Betty Tarantino
James Walsh
Don Wolff
Thomas Wright
Eric Ziedrich

Raffle Tickets:

Thank you to all who have purchased raffle tickets at our various events.

Our thanks to the following volunteers, whose skills, time, energy, & enthusiasm made a world of difference.

Ana Alvarado	Gina Chavez	Alex Elder	Cynthia Granato	Greg Jadowski	Mailli Lua	Gilles O'Kane	Sarah Shea	Noah Tatko
Mariah Archibald	Devin Chiappari	Elizabeth Elias	John Harris	Carolyn Kerr	Brian Mark	Ciena Owens	Martin Siragusa	Genna Tomasi
Emily Astratta	Jessa Chiappari	Christopher Farris	Janet Hart	Jonathan Kerrigan	Alexa McBride	Tasha Owens	Maya Sisneros	Solange Torassa
Ryan Atkinson	Ari Criden	Jordan Ferreria	Angel Harrington	Callie Kindrish	Susy McBride	Michael Pilato	John Slevin	Nick Traverso
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Katrina Catipon	Meaghan Donahue	Robert Glover	David House	Katy Lightfoot	Penny Nichols	Mimi Schott	Kevin Stolle	

We want to acknowledge all of our donors and volunteers. If we inadvertently left you out of our 2008-2009 Newsletters, or you're not included here despite having contributed, we apologize! Please email Ann Elias, aelias@ucpn.org so that we can make the necessary correction.

No Limits Award

On September 30, United Cerebral Palsy of the North Bay received the prestigious “No Limits Award” at the 60th National UCP Life Without Limits Celebration. The award recognized United Cerebral Palsy of the North Bay for the development of WineBev Services as a model employment program serving adults with developmental disabilities.

Margaret Farman, Executive Director, and Mike Lisenko, President of Business Operations, accepted the award as UCP celebrated their “first sixty years and a forward-looking program to identify opportunities for business to realize and capture the potential that is represented by people with disabilities.”



Margaret Farman and Mike Lisenko with Cheryl Hines (Emmy-nominated Actress and UCP National Ambassador).



Mike Lisenko, President of Business Operations presenting the WineBev Services video.

In preparation for the Life Without Limits Celebration in Washington D.C., we created a video, WineBev Services: Work Without Limits for People with Disabilities. You can view the five minute video at www.ucpnb.org and see for yourself how the opportunity for paid work in the wine industry has

changed the lives of adults with developmental disabilities.

Carrie, who is one of our first employees and now works on-site at Sutter Home Winery, has been saving her money for a cruise from San Diego to Baja Mexico. Says Carrie, “me and my daughter are going on a cruise for the first time...we’ll try and do things together a little more than we do with an SSI check.”

We know that our employees use their income to support their families, purchase necessities, pay for housing, and enjoy recreation activities. Like Carrie, our employees have become less dependent on government support and more independent in every aspect of their lives. We are so proud of what has been created at WineBev Services and are thankful for the national recognition.



Our Sunset Reception was held on Thursday, October 8 at Paradise Ridge Winery in Santa Rosa. We held the event to thank those individuals and groups that have become members of our \$1,000 Donor Club. We also invited representatives from non-profit organizations, government agencies, foundations, and businesses that have supported us with grants and volunteer projects. The program included the local premiere of our WineBev Services video and a special slide show about our programs, thanking all our donors and contributors for making them possible.

Susy McBride, Development Committee Chair, spoke about our recent “Ride of Your Life” event at Infineon Raceway that raised funds for Boost Camp and our other recreation programs. Susy is the Founder and Director of Boost Camp, an intensive

movement program for children with cerebral palsy. Our special guest for the evening, Richard S. Long, was recognized by Margaret Farman as our Donor of the Year for his support of the purchase of our new WineBev Services Warehouse. His generosity has made the growth of our employment program possible.

We would like to thank Paradise Ridge Winery for hosting our Sunset Reception at their beautiful wine estate. The evening proved to be very successful and inspiring for everyone in attendance. One of our guests said, “It’s good to have events like this so that donors can see the commitment and passion that exists at United Cerebral Palsy of the North Bay.”



Margaret Farman with Richard S. Long of Napa, recipient of the UCPNB Donor of the Year Award.

A New Scooter for an Old Friend

Assistive technology continues to improve the lives and independence of people with disabilities; however, for many individuals these life-changing devices are unaffordable and out of reach. There is a great demand for financial assistance for devices such as wheelchairs, communication aids, computers, and home or vehicle modifications.

In 1995, Elsie S. Bellows left a bequest to United Cerebral Palsy to establish a fund to provide assistive technology devices to individuals with disabilities who are in financial need. As a UCP affiliate, United Cerebral Palsy of the North Bay was pleased to apply to the Bellows Fund on behalf of 46-year old Lori Avilla.

Lori's mother, Betty Avilla, contacted us in August to tell us about her amazing daughter. Lori was born deaf and has cerebral palsy. She uses forearm crutches to walk short distances and a scooter to go any farther than around her apartment. Her 11-year old scooter broke, and financial assistance was no longer available to assist with the purchase of a new one.

We were thrilled when the Bellows Fund came through and provided the funds for Lori to purchase her new Pride Victory 10 three-wheel Scooter. Upon hearing the news, Betty immediately emailed us to say, "we are still somewhat stunned about the support and gift for Lori and are very grateful."

It was truly an honor to present Lori with the check for her new scooter and have the opportunity to see the active life she leads in Santa Rosa. Lori lives on her own in a lovely apartment. When she is not using

her scooter to get around town, she is on her video-phone "signing" with friends all over the country.

Lori grew up in Sonoma County. It was a pleasant surprise for us to learn that 40 years ago she was chosen to be the "Poster Girl" for UCP of Sonoma. Having just recuperated from surgery, six-year old Lori attended the High School East-West football game at the JC as an honored guest. She also rode with some of the game winners in the Rose Parade. Lori showed us the football signed by all the winning players that she still holds dear.

It was a wonderful experience to meet Lori and her parents and re-establish a UCP relationship that began so many years ago.



Lori Avilla on her new scooter.

Cypress Summer Camp Kayak Trip, co-sponsored by UCPNB and ETC. August 2009



Adaptive Cycling Expo & Ride, co-sponsored by UCPNB and BORP. November 2009



UCPNB is Going Green!

In an effort to go green, United Cerebral Palsy of the North Bay will be sending an e.newsletter twice a year! We hope to launch our first electronic newsletter in 2010 and would like to gather the email addresses of our UCPNB community. Please send your email address to info@ucpn.org. Your email address will be confidential and not shared with anyone other than UCPNB staff.

Return Service Requested

info@ucpnb.org
www.ucpnb.org
707-766-9990
Petaluma, CA 94954
3835 Cypress Drive, Suite #103

Life without limits for people with disabilities™

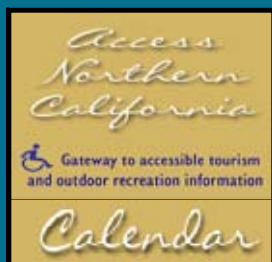


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707-559-2466 (Fax)
www.ucpnb.org



WineBev Services
720 Airpark Road
Napa, CA 94558
707-603-0010 (Phone)
707-603-0011 (Fax)
www.winebev.com



www.accessnca.org/calendar

2010 Camp Dates

For more details go to: www.ucpnb.org

Sidekicks Winter Bike Camp

January 15-18, 2010

Location: SSU Fieldhouse Gymnasium, Rohnert Park

Valley of the Moon Camp (18+)

June 4-6, 2010

Location: Valley of the Moon, Glen Ellen

Cypress Summer Camp

Session I: June 7-18, 2010

Location: Each camp day starts on the grounds of Cypress School

Sidekicks Summer Bike/Swim Camp

June 14-18, 2010

Location: SSU Main Gymnasium & Pool, Rohnert Park

Boost Camp: Conductive Education Program

July, 2010

Location: Doyle Elementary School, Santa Rosa

Camp Kaos

July 27-30, 2010

Location: Howarth Park, Santa Rosa

Cypress Summer Camp

Session II: August 2-13, 2010

Location: Each camp day starts on the grounds of Cypress School

