



The Evergreen

January 2010

Spina Bifida Association of Washington State
A chapter of the national Spina Bifida Association

SBAWS plans its first Walk-N-Roll fundraiser and needs YOUR help!

What is the "Walk-N-Roll"?

The Walk-n-Roll for Spina Bifida is a family-friendly, one mile walk event being held to raise awareness about Spina Bifida. The name "Walk-n-Roll" was selected because it embodies a sense of inclusiveness and invokes the sense of empowerment which the Spina Bifida community embraces in all that it does. A belief in a better tomorrow is our vision and the steps taken in this walk represent steps on a path to realizing that dream. Donors and walkers will support individuals with Spina Bifida by signing up for their favorite team.

See page 2 of this newsletter for details about the walk location & agenda, or visit our website at www.sbaws.org/walk-n-roll%202010.html.

How can I participate?

Register by mail or online. To register by mail, complete the Registration Form on page 5 of this newsletter. To register online go to www.firstgiving.com/sbaws. At this site you can also join a team or create your own team as well as a personal fundraising page and make your first donation!

See page 8 of this newsletter for other SBAWS team sites.

By joining others in the Walk-n-Roll for Spina Bifida you are adding your voice to the thousands in support of better tomorrows for those with Spina Bifida.

How can I help?

DONATE! The whole point of this event is to raise funds for SBAWS programs. You can donate online at www.sbaws.org/walk-n-roll%202010.html, mail a check to SBAWS, or bring your dona-

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SBAWS experienced positive changes in 2009

by Ed Kennedy, Chair of the Board of Directors

First, I'd like to take this opportunity to wish each of you a very Happy New Year!

The Spina Bifida Association of Washington State (SBAWS) has experienced a tremendous amount of positive change in 2009! Thanks to the unwavering commitment of our generous volunteers and contributors, we have been successful in upholding our mission to improve the quality of life for individuals with Spina Bifida as well as their families and friends.



Ed Kennedy

Here are a few highlights of what we as a group helped to accomplish this past year:

- Continued to provide an interesting and informative newsletter "The Evergreen" to our members/constituents and the general public.
- Updated our web presence at www.sbaws.org to increase awareness and provide a central location for information about SBAWS and Spina Bifida in general. We are currently working on adding an online donation button to the website!
- Began planning for our upcoming "Walk and Roll" fundraising event to be held in Lacey, WA this coming March.
- Began work on hiring an Executive Director for the SBAWS to assist us in our mission.

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Newsletter Editor
 Celeste McCormick
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Have you moved recently? Is the postal service forwarding this newsletter to your new address? We do not want you to miss an issue or any other important mailing from SBAWS, so please send us your updated contact information!

GETTING TO KNOW YOU: AARON FOTHERINGHAM



Aaron "Wheelz" Fotheringham, photo courtesy of www.aaronfotheringham.com

<http://www.aaronfotheringham.com>

Save the Date!

Aaron "Wheelz" Fotheringham, wheelchair athlete and the first person to land a wheelchair back flip, will perform at the SBAWS Walk-N-Roll fundraiser this March in Lacey WA. Aaron was born with Spina Bifida and first started experimenting with wheelchair tricks after going to the skate park with his father and brother. Since landing that first back flip, Aaron has traveled the world showcasing his stunts and been featured in newspapers, magazines, and sports television. According to his website, he "enjoys showing young kids with disabilities that a wheelchair can be a toy, not a restriction." Read more about Aaron and see videos of his stunts at <http://www.aaronfotheringham.com>. Most importantly, come to the Walk-N-Roll on March 20 in Lacey WA, bring a donation for SBAWS and see this amazing athlete for yourself!

KEY DETAILS TO KNOW ABOUT THE WALK-N-ROLL:

Date: Sat, March 20, 2010
Location: Rainier Vista Park,
Lacey WA
Registration Opens: 9 am

Special Program: 10 am
Walk Begins: 12 noon
Website: <http://www.sbaws.org/walk-n-roll%202010.html>

WHAT IS SPINA BIFIDA?

Spina Bifida is the most common permanently disabling birth defect in the United States. An average of eight babies every day are born with Spina Bifida or a similar birth defect of the brain and spine. There are over 60 million women in the US who could become pregnant and each one is at risk of having a baby born with Spina Bifida.

WHAT IS SBAWS?

SBAWS is the Washington chapter of the national Spina Bifida Association (SBA), which serves over 180,000 adults and children who live with Spina Bifida. Since 1973, SBA has acted as the nation's only voluntary health agency dedicated to enhancing the lives of those with Spina Bifida and the more than 250,000 people whose lives they touch. Through SBA and its network of chapters, parents of children with Spina Bifida are empowered with information and support services, teens transition into newfound independence, and adults lead productive and fulfilling lives.

Chair

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patti_logan04@yahoo.com

Directors

Ryan Callaway

Michele Hopkins

Jason Lane

Gloria Olson

Meg Paulsen

Nicole Williamson

Tracy Wright

Annette Zweig-Donham

Association Members:

At the last meeting in December 2009, the Board of Directors agreed that we should have another Summit this summer!

Join Us



The date (sometime in mid-August) and the location (somewhere in the Greater Puget Sound Area) have been decided, but we need your help planning everything else!

We need to select a venue to accommodate the needs of the event and all participants. These arrangements need to be made soon because the longer we wait, the fewer the choices.

The summit will include an annual meeting of the members, which typically has educational, business and social aspects. People attending in the past have felt that it was well worth their time to participate.

Please help!

If you have some ideas about any aspect of the Summit and especially if you'd be willing to help us make it happen, please contact us right away at sbaws@yahoo.com. We have a couple of people that are willing to work on it but we need more and soon.

SBAWS needs your donations to continue funding its programs, says Chair

(Continued from page 1)

- Began a program in association with OlyGeek to provide refurbished computers to those in need.
- Updated our library of books, pamphlets, videos, etc on various issues related to Spina Bifida.
- Ratified our new bylaws to better align our organization with the national Spina Bifida Association.

While we are proud of these accomplishments and more, we need to work to improve our outreach efforts to those of childbearing age that are in need of our prevention message. We hope to also enhance our existing programs. We unfortunately have been challenged, as I am sure many of you have been, by the economic climate we currently face. We simply do not have the funding to support our organization as in past years. We humbly ask that you help us in 2010 to fund our programs and events so the SBAWS can continue to ensure a brighter tomorrow for all those individuals and families in our community who are living with Spina Bifida and other related disabilities. Please make your tax-exempt contribution to the SBAWS and mail it to: 2128 N Pines Rd Ste 17-3, Spokane Valley, WA 99206.

CORRECTION: In the Nov 2009 issue, the reference in "SBAWS celebrates SB Awareness Month with fundraising efforts," to Michele Williamson should have been Nicole Williamson.



Join the Spina Bifida Association of Washington State for its annual Walk-N-Roll.

Date: Saturday, March 20, 2010

Location: Rainier Vista Park
5475 45th Avenue SE
Lacey, Washington

Time: Registration opens at 9:00 am
Special program at 10:00 am
Walk begins at Noon

To register for the walk or donate, visit:

www.firstgiving.com/sbaws


This is a great family-friendly, walk event to raise awareness about Spina Bifida and celebrate the accomplishments of the over 180,000 Americans living with it.

What is Spina Bifida?

Spina Bifida is the most commonly occurring complex birth defect in this country. There is no known cause and each of the 65 million women of childbearing age in this country is at risk for an affect pregnancy.

Come and support the thousands of individuals in our area who live with Spina Bifida! All proceeds are used for programs and services for people living with Spina Bifida or to promote the prevention of this birth defect. For more information visit www.sbaws.org or contact Heather Logan at 360.888.0782 or heather_logan@juno.com.

www.sbaws.org

 The Spina Bifida Association of Washington State



This event is sponsored in part by



WALK N ROLL FOR SPINA BIFIDA

REGISTER FOR SATURDAY, MARCH 20, 2010 LACEY, WASHINGTON

What is the "Walk-n-Roll"?

The Walk-n-Roll for Spina Bifida is a family-friendly, one mile walk event being held to raise awareness about Spina Bifida. The name "Walk-n-Roll" was selected because it embodies a sense of inclusiveness and invokes the sense of empowerment which the Spina Bifida Community embraces in all that it does. A belief in a better tomorrow is our vision and the steps taken in this walk represent steps on a path to realizing that dream. Donors and walkers will support individuals with Spina Bifida by signing up for their favorite team.

How can I get involved?

By joining others in the Walk-n-Roll for Spina Bifida you are adding your voice to the thousands in support of better tomorrows for those with Spina Bifida. There are many ways you can help:

Contact: Heather Logan or Krystal Monteros, Walk Managers 360-888-0782 or 360-888-7701 or sbaws@yahoo.com

Get more information at www.sbaws.org/walk-n-roll%202010.html and/or www.firstgiving.com/sbaws

Mail to: **Spina Bifida Association of Washington State (SBAWS)**

2128 N. Pines Rd., Suite 17-3
Spokane, WA 99206-6633

I'm interested in (check all that apply):

- Learning more about Spina Bifida
 Assisting with Walk-N-Roll planning/sponsorship
 Volunteering on Walk-N-Roll day
 Volunteering for other SBAWS programs/events

Name: _____ Spouse's Name: _____

Street Address: _____

City: _____ County _____ State: _____ Zip: _____

Home Phone: _____ Other Contact Phone: _____

Email Address: _____

Person with Spina Bifida: _____ Date of Birth: _____

Event Liability Waiver: By completing this form I acknowledge that I am fully aware of and appreciate that training for and participating in a Walk-n-Roll may result in accidents, serious injury, or even death. I am voluntarily participating in the Walk-n-Roll for Spina Bifida with complete knowledge of the associated risks, and I agree to accept responsibility for all risks of injury or even death. I also acknowledge that the Spina Bifida Association of Washington State does not offer any formal Walk-n-Roll training program. I declare that I am medically able, properly trained, physically fit and capable of participating in a Walk-n-Roll, and that my medical care provider has approved my participation. I verify that I have full knowledge of the rigors of participating in a Walk-n-Roll and of the risks involved in therein. I also understand that medical support for the Walk-n-Roll consists primarily of volunteer personnel trained to administer first aid during the event and that any assistance they provide is not being rendered as medical advice. I agree to independently consult my physician in the event of any injuries or medical questions arising from or related to my participation in the Walk-n-Roll for Spina Bifida. I also acknowledge full and sole responsibility for my own medical expenses and that I am responsible for any and all medical expenses on my behalf. In consideration for being permitted to participate in the Walk-n-Roll for Spina Bifida, I agree to assume all risks and to release and hold harmless the Spina Bifida Association of Washington State, all partner organizations, the training groups and organizations, designated beneficiaries, sponsors, first-aid volunteers, officials, participating clubs, communities, clubs, organizations, and all other government or public entities (and their respective officers, agents, directors, employees, or members) who through negligence, carelessness or any other cause, might otherwise be liable to me. I understand and agree that this Waiver and Release is binding upon my heirs, assigns, and legal representatives. I hereby grant my consent and permission to the Spina Bifida Association of Washington State, its partner organizations, and employees to use any and all information submitted in my application, and/or my name, photograph, videotape, motion picture recording, voice or likeness for any purpose, including pre-walk and post-walk publicity. I have carefully read this Waiver and Release and fully understand its contents. If I am under 18 years of age at the time of registration, my parents or legal guardians have fully read, understand, and consented to the terms of this Waiver and Release.

Seattle Cluster Fall & Winter events had fun for all ages

Articles by Nicole Williamson, Seattle Cluster co-leader



We had a fantastic (and muddy!) day at The Farm. The kids had a great time in the hay and corn pits. As always, we enjoyed the hay ride and pumpkin picking, as well. Thanks to the Krause family for inviting us to enjoy their farm during the Halloween season.



Fall picnic photos, courtesy of SBAWS Seattle: <http://picasaweb.google.com/SeattleSpinaBifida/SBAWSPumpkinPatch2009?authkey=Gv1sRgCL-AnKC9NrupgE&feat=directlink>



We had a lovely day at the Ballard Elks Lodge during our annual Holiday Party thanks to the ABC Guild, Astratech, Ballard Elks, Seattle Children's Hospital, SBAWS, the Lougheed Family, Lee & Marilee Humason, the Ladies of Sigma Alpha Iota, Shoreline Central Market, Whole Foods Roosevelt Square, and Sue & John Calhoun.

Thank you also to the volunteers and families that helped make the event a success, too! We appreciate your time, energy and dedication! As you can see, we had over one hundred guests join the fun. May you all receive joyful blessings in the New Year!



Holiday party photos, courtesy of Kate Wirth: <http://picasaweb.google.com/SeattleSpinaBifida/2009HolidayPartyPhotosTakenByKateWirth02?authkey=Gv1sRgCMjgjcSQ-4qGQw&feat=directlink>



DINE-TO-DONATE GENERATES DONATIONS, GOODWILL

In December, Heather Logan of the Olympia cluster arranged with Applebee's in Lacey to host a "dine-to-donate" day where 15% of all proceeds would be donated to SBAWS for Heather's Walk-N-Roll team. The total amount raised has not yet been tallied, but Heather estimates that at least 40 people participated. "It was so much fun. We want to do it again next year," she says. SBAWS thanks Heather, Applebee's, and all who contributed to the success of this affair. SBAWS still has so much fundraising to accomplish, and events like this not only generate interest in SBAWS and bring us closer to our donation goals, but teach us how to fundraise effectively while inspiring others to take on their own fundraising challenges.



TEAM WISHBONE CHILI FEED RAISES \$1000 FOR WALK-N-ROLL

In November 2009, the extended Heckinger family hosted a chili and cornbread feed to raise funds for its Walk-N-Roll team "Team Wishbone." The event was held at the Fraternal Order of Eagles



chapter in Black Diamond, Washington (northeast of Tacoma). Nearly 90 people attended. In addition to the chili and cornbread, Indulge Cupcakes donated mini cupcakes that were "fabulous," according to Heckinger family member Korie Peterson.



"Our family became involved with the [SBAWS], after my son Zachery (aka wishbone, woo woo and Zachy Wacky Woo) was diagnosed at our 20 week pregnancy check." says Korie. Zach, who was born May 5, 2008, "has been a source of inspiration to so many." The event, which included a small raffle and several rounds of paddle wheel, raised approximately \$1000. The overall goal of the team is to have 25 walkers and raise \$5000. Team Wishbone may do another chili feed this spring, and has learned that more advance advertising is important in order to draw greater attendance. Look for the team's fundraising site on the SBAWS Firstgiving site at <http://www.firstgiving.com/sbaws>.

Photos courtesy of Korie Peterson



Would you like your story featured in *The Evergreen* and on the SBAWS website? We want the world to know that we are more than just SB—we are real people. It's okay if you're not sure how to get started —just contact the newsletter editor for help!

To get involved with a cluster group or to find out about upcoming events, please contact the cluster leader in your area.

GET INVOLVED WITH YOUR CLUSTER TODAY!

City/State	Leader Name	Contact Phone
CLUSTER DEVELOPER	Michele Hopkins	425-844-1262
Everett & Eastside Seattle	Brenda Stroud	425-385-2487
	Michele Hopkins	425-844-1262
Spokane WA	Ed Kennedy	509-465-0676
South King County WA	Brian Knowles	253-887-0888
Seattle WA	Nicole Williamson	303-877-5083
	Jason Lane	206-363-3726
Kitsap WA	Dave Lewallan	360-871-5139
	Rebekah Uhtoff	360-782-0467
South Puget Sound WA	Heather Logan	360-888-0782
	Patti Logan	360-888-7701
Leavenworth WA	Ed Baroch	509-548-5697
Spanish	Anthony Williams	253-588-4411

SBAWS has partnered with Good Search and Good Shop in a year-round fundraising effort for our benefit. **Please add the SBAWS toolbar to your Internet Explorer or Firefox web browser.** It is very easy to do!



Once you add the SBAWS toolbar for IE or Firefox, each time you shop at one of the more than 1,300 participating stores, a percentage of what you spend will be donated to us at no extra cost to you! (you could even save money as the toolbar provides coupons and deals). The toolbar also has a search box and each time you search the Internet, about a penny is donated to us. No registration is required!

Get the toolbar NOW by going to:

<http://www.goodsearch.com/toolbar/spina-bifida-association-of-washington-state>

And please pass this along to all of your friends. The two minutes it takes to add this toolbar to your browser can make a lifetime of difference! **[Download Toolbar Now](#)**

VOLUNTEERS NEEDED FOR SBAWS WALK-N-ROLL

(Continued from page 1)

tion to the walk on March 20.

PARTICIPATE! Come to the walk at Rainer Vista Park on March 20!

VOLUNTEER! Do you have ideas and/or experience with this type of event? This is our first ever walk, but we plan on making it an annual event and are passionate about making it as memorable and enjoyable as possible.

To lend a helping hand contact one of the Co-Chairs:

Heather Logan 360-888-0782 Heather_Logan@juno.com,

or Krystal Monteros 360-888-7701 babykeitho@aol.com

or the SBAWS Office at sbaws@yahoo.com

Many friends of SBAWS have already created their own Walk-N-Roll team page at the SBAWS fundraising site, <http://www.firstgiving.com/sbaws>. Visit theirs and then create your own today – it's easy and free and will help generate donations and publicity for this important SBAWS event!

Team "Hi Rollers"

<http://www.firstgiving.com/kerriehruska>

Page created by Kerrie Hruska,
ker239@juno.com

Team "Hi Rollers"

<http://www.firstgiving.com/klarissamonteros>

Page created by Klarissa Monteros,
babykeitho@yahoo.com

Team "Pluminator"

<http://www.firstgiving.com/heatherlogan>

Page created by Heather Logan, Olympia SBAWS,
heather_logan@juno.com

Team "Michael-Spokane"

<http://www.firstgiving.com/jonanddianatutt>

Page created by Jon Tutt, jon_tutt@msn.com



Year-End 2009 Comparative Financial Statements

	2009		2008		\$ Change	%
Income						
Membership Dues	\$ 90.00		\$ 765.00		\$ (675.00)	-88.24%
General Donations	\$ 1,512.72		\$ 1,464.21		\$ 48.51	3.31%
Fundraising Donations	\$ 4,638.41		\$ 4,907.51		\$ (269.10)	-5.48%
Special Donations	<u>\$ 1,511.00</u>		<u>\$ 2,259.60</u>		<u>\$ (748.60)</u>	-33.13%
Total Donations	\$ 7,752.13		\$ 9,396.32		\$ (1,375.09)	-14.63%
Other (Interest/rent/Summit)	<u>\$ 1,222.64</u>		<u>\$ 1,938.42</u>		<u>\$ (715.78)</u>	-36.93%
Total Income	<u>\$ 8,974.77</u>		<u>\$ 11,334.74</u>		<u>\$ (2,359.97)</u>	-20.82%
Expenses						
		% of \$ Spent		% of \$ Spent		
Mission/ Program Cash	\$12,838.16	83.43%	\$ 13,487.41	85.9%	\$ (649.25)	-4.81%
Depreciation	<u>\$ 730.72</u>	4.75%	<u>\$ 567.65</u>	3.62%	<u>\$ 163.07</u>	28.73%
Total Mission/Program	\$13,568.88	88.18%	\$ 14,055.06	89.5%	\$ (486.18)	-3.46%
Administration	\$ 1,106.76	7.19%	\$ 1,355.44	8.64%	\$ (248.68)	-18.35%
Fundraising	<u>\$ 712.89</u>	<u>4.63%</u>	<u>\$ 278.82</u>	<u>1.78%</u>	<u>\$ 434.07</u>	155.68%
Total Expense	<u>\$15,388.53</u>	100.00%	<u>\$ 15,689.32</u>	100.00%	<u>\$ (300.79)</u>	-1.92%
Net Income (Loss)	<u>\$ (6,413.76)</u>		<u>\$ (4,354.58)</u>		<u>\$ (2,059.18)</u>	47.29%

Financial statements are of most value in comparison to something, a budget or previous year's performance, that's why I present them this way.

Income: Although our income rebounded nicely during the 4th quarter (we received \$7,055.71 or 78.62% between October and December) our total income for the year was \$2,359.97 or 20.82% **LESS** in 2009 than in 2008.

Expenses: Mission/Program expenses decreased from this year compared to last as well as our Administrative expenses. Fundraising expenses increased by \$434.07 or 155.68%, which in our case is good since it shows we are starting to put in emphasis in that area and the actual money spent was still less than 5% of the total.

Net Income (Loss): Our net loss in 2009 was \$2,059.18 or 47.29% **GREATER** as compared to 2008, not because of increased expenses, but due to our significantly reduced income.

Expenditure by Category: are still at an acceptable level as the standard in the non-profit world is no more than 25% for Administration/Fund Raising, whereas ours was only 11.82%.

Net Worth: Our fund balance (cash in the bank) **DECREASED** by \$6,413.76 or 14.8% between December 31st, 2008 and December 31st, 2009

Trend Analysis: Spending more than you take in is a trend that cannot go on indefinitely or we'll go broke. As I've said many, many times before, decreasing our spending is not the answer, but increasing our income is, and it needs to be done very soon!

Jonathan A. Tutt
Treasurer

SPINA BIFIDA ASSOCIATION OF WASHINGTON STATE

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Toll free: 888-289-3702
Email: sbaws@yahoo.com

We're on the web!
www.sbaws.org

Registration Now Open!

Don't miss this year's [37th National Conference June 27 – June 30](#) at the Hyatt Regency Cincinnati, Ohio. Come and see why SBA's National Conference has earned its place as the world's premier conference serving the Spina Bifida Community.

Can't Miss Conference Programming

- Updated info on the transition process
- Exceptional medical sessions
- Practical workshops
- Distinguished presenters
- Memorable social events



Who Should Attend?

- Adults with Spina Bifida: Gain vital information about making the most of your life and your health.
- Parents of Children with Spina Bifida: Learn innovative ways to help your children grow into independent and active adults.
- Children with Spina Bifida: Experience the fun of Kids!Camp. Learn from other kids how much you can accomplish while having the time of your life!
- Medical Professionals: Sharpen your clinical skills and gain insight into cutting edge therapies.

Visit <http://conference.spinabifidaassociation.org> today for more information or to register online. See you in Cincinnati!