

### From the President

To help make “good things” happen; we really need ALL of The Arc membership. I ask you to renew your membership as well as encourage your friends and relatives to join The Arc in support of special needs. As much as financial support, membership numbers lend credibility to our mission.

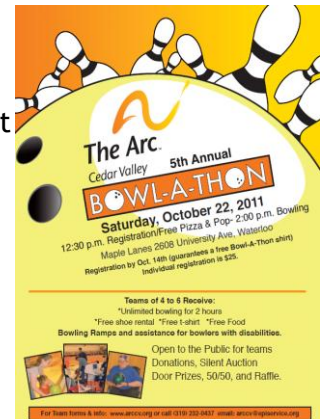
In order to adjust to fiscal year accounting, The Arc Board has named June as membership month. SO when June rolls around each year, please let your support be “heard” in the way of membership renewal. It’s going to take us—one and all—to meet the growing demands and needs. People with a “voice” and/or money have little trouble controlling their lifestyles. You and I, jointly as members of The Arc, **MUST** be the “voice” for people with intellectual and developmental disabilities.

~ Mary McCalley, President

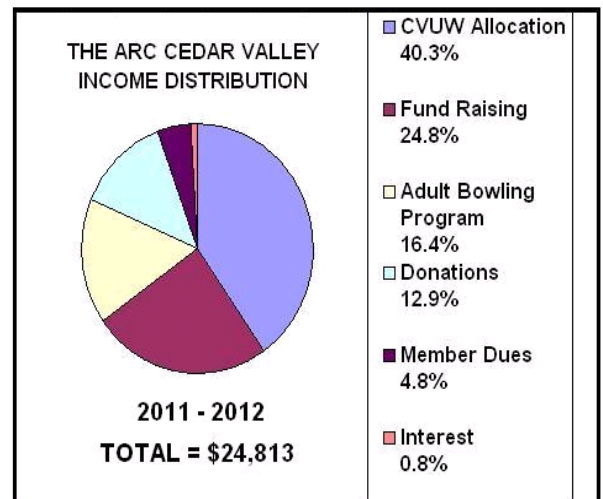
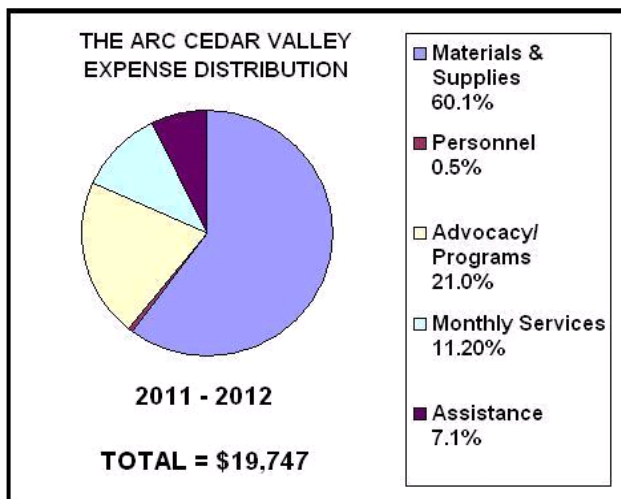
### 5<sup>th</sup> Annual Bowl-A-Thon

On October 14, 2011 the 5<sup>th</sup> Annual Bowl-A-Thon was held at Maple Lanes in Waterloo. There were over 20 teams and some were helped by sponsorships from 12 local companies. There was something for everyone in attendance with the many silent auction, raffle, and baked items. Thank you for the support from the community, family, and friends - you are GREAT!

Many wonderful volunteers went to the bowling alley prior to the Bowl-A-Thon to offer the 50/50 Raffle to build on the donations. A goal of a long-time Board member and previous President, Marie Nitzschke, was to raise \$850.00 to ring in her 85<sup>th</sup> birthday. We came very close so we have a new goal. Let’s help Marie raise \$860.00 for the 6<sup>th</sup> Annual Bowl-A-Thon on November 17, 2012!



### Financials



## Gopher and Gopherettes



Gophers and Gopherettes has provided free sewing, mending, carpenter, and repair services for persons with intellectual and developmental disabilities served by local organizations since 1983. This is a vital service for those receiving the handiness of this group.

The Arc of Cedar Valley held an Appreciation Brunch on April 18<sup>th</sup> at Gravey's Diner, Cedar Falls. During the event, the group founder, Marie Nitzschke honored John Clark, Cedar Falls (shown to the left) and Shirley Hedrington of LaPorte City (unable to attend), with a Certificate of Charter Volunteer Award. Marie also recognized other volunteers for their years of dedicated service. If you have a skill or talent to share with this group or interested in volunteering, please contact us.

## People First

People First of Black Hawk County is a self-advocacy group for people with developmental disabilities. They learn to speak for themselves and teach others about their rights and responsibilities as citizens. They do this through study; discussion and social interaction; and through other appropriate advocacy approaches.

- To instill greater independence and self confidence.
- Increase self advocacy, setting and addressing targeted advocacy concerns.
- Group advocacy and relationships with decision makers (e.g. city council re snow removal at bus stops, state legislators re deletion of the "R" word from all state documents and DHS redesign issues.)
- Growing enthusiasm within the group to meet with each other and plan addition activities together.
- Increased confidence that each can make a difference in their own lives.

## Joint Volunteers

Another busy year for the Joint Volunteers (JVs) has come and gone. This program has been in the community since 1989 providing dances, parties, the annual Cookie Walk, and funding trips. These volunteers serve individuals with intellectual and developmental disabilities at CHOICE (EPI) and North Start Community Services. Have some spare time? Consider becoming a volunteer for the Joint Volunteers and have some fun!



## Adult Bowling Program

The Adult Winter bowling league has been in operation for more than 44 years and continues to have steady participation of about 100 bowlers. The success of this program is due to the volunteers who continue to offer their time each week and to the individuals who come each Saturday to bowl with their friends. The joy on faces when they see each other, the sound of cheers when a strike or spare is made, and the friendly jeers when a gutter ball is rolled are familiar sounds each Saturday.

We continue to have challenges with transportation that will require additional fundraising and grants to prevent passing costs onto the bowlers. We recognize many would not be able to participate without this service.

Please support our efforts and join in being a voice about this and other programs.

