

SPECIAL OLYMPICS THE MEDALLION



Newsletter for
Clackamas County

Spring 2005

Greetings from Gary... Your Local Program Coordinator

Bocce starts this season!

What is Bocce you ask? It is a game that is similar to lawn bowling that is played outside on a 20 X 60 foot court. The object of the game is to roll your bocce ball closest to the target to score points for your team. The game is over when a team scores 15 points. Bocce will be offered only as a unified sport which means that an athlete and a partner will be playing together. Since this is the first time we have offered this sport we anticipate that there will be some kinks to work out but it should be a great addition to the other sports we offer. During this first time we will have to limit the number of participants to 6 athletes and 6 partners. The selection of team members will be determined on when the athlete's registration form is received. If you are interested in being a partner or a coach (no experience necessary) please contact our message center at 503-675-3550. Training will be provided for partners and coaches.



Special Olympic Families affected by the Tsunami

The following information was sent to the various Special Olympic organizations around the world by Tim Shriver, the CEO of Special Olympics, Inc., regarding the status of our Special Olympics family members affected by the Tsunami. Most of those countries have active Special Olympics Programs.

"We have received many inquiries about the status of our Special Olympics family members in these areas. The most urgent need for these countries is for humanitarian aid and there are other organizations that are providing that support. Nonetheless, many members of our Special Olympics family in these areas are struggling now and will continue to struggle to sustain their work on behalf of our athletes, families and volunteers. Since our athletes are frequently the most neglected population during times of crisis, it is critical that we do whatever we can to help ensure the continued benefits that Special Olympics offers through sports training and competition.

In response, we have decided to focus our efforts on supporting the rebuilding and future stability of the Special Olympics

Programs in the aftermath of this devastating disaster. We are creating the **Special Olympics Rebuild Hope** fund. The Fund will work to ensure that Special Olympics Programs survive in these devastated countries.

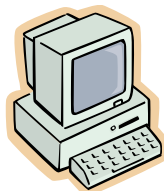
If you wish to support Special Olympics athletes in these countries, please make a secure online donation or mail your contribution, marked Special Olympics Rebuild Hope, to the address below. All funds received will be designated for the Programs in the region most in need."

Sincerely,
Timothy Shriver
Chairman and CEO
Special Olympics, Inc.
1133 19th St., N.W
Washington, DC 20036-3104
www.specialolympics.org

Special Note: On behalf of the Special Olympic athletes in Clackamas County the local program team decided to contribute \$300.00 to the **Special Olympics Rebuild Hope** fund.

Clackamas County has its own website!

We now have our own website that contains information related to events happening in our program. A special thanks to Dena Whitley for setting up our website and keeping it updated. To visit our site go to www.soor.org



then click on local programs then click on Clackamas County and click on "click here for more detailed information".

Updated Volunteer Policy

It is important that all volunteers have a current Volunteer Application on file at the State Office. The new policy states that all volunteer applications must include a background check and the application needs to be renewed every three years.

To request a volunteer application please call our message phone. The number is (503) 675-3550.



Golf Tournament Update!

On Friday **July 22nd, 2005**, Special Olympics of Clackamas County will be hosting our second annual **Special Olympics Golf Tournament** and silent auction. The event will take place at the gorgeous Stone Creek Golf Club in Oregon City. The tournament bears the title 'The Dan Loomis Memorial' in honor of our lost friend Dan Loomis, 20+ year PGE veteran, avid golfer, and father of Leslie a very Special Olympics athlete. The Friday afternoon shotgun format will involve 144 golfers (a full field) and will incorporate a buffet dinner, silent auction, and exciting activities as we come together to raise money for the Special Olympics athletes who so need and value our assistance. The 2004 event was **SOLD OUT**; our objective is to raise \$16,000 in 2005.



Please support our second annual **GOLF TOURNAMENT** July 22, 2005. We seek assistance via sponsorships and donations of various kinds including but not limited to *cash support* *major prizes* *silent auction gifts / trips* *door prizes* *gift bag supplies* *tee sign advertisers* *printing & banners* *need **GOLFERS** too*

Duane and Tammy Cleary Skate in US Figure Skating Championships!

Duane and Tammy were selected to skate in the Chevy Skating Spectacular on Sunday, January 16, the final day of the U.S. Figure Skating Championships in Portland. Duane and Tammy first met in 1992 while ice skating in the Special Olympics Oregon skating program. During the next six years they competed in singles competition, pairs and Duane in speed skating. Now- seven years later, Duane and Tammy showed their talents performing in the Chevy Skating Spectacular. They had the opportunity to work on their program along with the other talented skaters from around the area.





Special Olympics Oregon-Clackamas County **HEROES**

A new addition to our newsletter will be a section entitled "Heroes." Special Olympic heroes are athletes, coaches/ volunteers and sponsors who inspire others by example and reflect the Special Olympics spirit of skill, courage, sharing and joy.

Selection Process:

- To be eligible, an athlete must have participated in the last completed season. In this case it would be any athlete who participated in a fall sport.
- One athlete will be selected by his/her coach and his/her name will be put into a lottery drawing.
- A member of the AMT (Area Management Team) will draw out one name from all those names submitted by the head coach per team
- Sponsors and volunteers can be nominated by athletes, parents, coaches, and volunteers. The final selection will be made by and voted on by the members of the Area Management Team.


Criteria for Selection:

The Area Management Team developed the following guidelines and criteria that will be used to select an athlete, a volunteer and a sponsor.


Athlete	Volunteer	*Sponsor
Sportsmanship Improvement Attendance Effort	Positive Leadership Motivating Role Model Level of involvement Supportive	Level of contribution (resources/time) Level of involvement

* A "Sponsor" is defined as a business, organization or individual.


Hall of Heros



Terri Gilreth,
Sponsor,
East Side West
Side Athletic Club




Matt Kenny
Athlete,
Winter Season




PGE
Sponsor,
Spring Season

Portland General Electric



Lenny Erwin
Athlete,
Spring Season



Dena Whitley
Volunteer,
Spring Season



Special Olympics Oregon-Clackamas County **HEROES** Nomination Form

I nominate _____

for Sponsor **HERO** Volunteer **HERO**

because _____

(if needed, attach an additional sheet)

Submitted by: _____ Phone: _____



Fall Sports Heroes

Peter Heiken~Athlete Hero

Peter maybe a new face amongst the bowlers this season but that doesn't stop him from making a big impression! Peter has an infectious smile that shows up whether he makes a strike or a gutter ball.

Peter is famous for "shaking it off". Anytime he gets a gutter ball or misses the pins, he shakes his entire body and grins from ear to ear shaking off any negative thought that might take hold. His lane coach, Ed Grautski says that he has a wonderful attitude that everyone admires.

Peter is the first one with high fives for his teammates when they made that strike or spare or just to give them encouragement. He could always be seen cheering fellow athletes. You can't help but feel like a winner when Peter is around.



Gary Paxton~Volunteer Hero

"But I have lots of people helping me!" exclaims our Volunteer Hero, Gary Paxton, whenever he is complimented about the growth and progress of the Clackamas County Special Olympics Program. And it is true that people are helping him. But that's because during his leadership, our local program has grown in several ways: new athletes are participating; new volunteers have been recruited to do a variety of large to small tasks; incoming revenues have grown; coaches are attending trainings and getting certified; new uniforms have been purchased; athletes are not sleeping on floors at Regional and State competitions.

Not only has Gary been our Local Program Coordinator, but he is also on the Board of Special Olympics Oregon serving in his third year. He coaches the Speedy Sprockets, the bicycle club for Clackamas County athletes. And he was given the Les Schwab "Pride in Performance" Award for his dedicated efforts to promote the importance of Special Olympics!

We appreciate the time and energy Gary gives to our entire Clackamas County Program. We appreciate the positive attitude he exudes when planning for and/or talking about how well things are going and how things might be improved. We are pleased and proud to award him the Volunteer Hero award!



Clackamas Community College~Sponsor Hero



Clackamas Community College Athletics Department has sponsored the athletes of Special Olympics Clackamas County for the past three years. Every year, we are able to use the softball fields and the track and field area of the campus without charge. Jim Jackson, Director of Athletics at Clackamas Community College is very supportive of our programs and always works out ways to accommodate our schedule.

Pete Kandratieff, Public Safety Officer at CCC alerts the Public Safety staff on Saturday to assure our athletes have adequate safety during practice. It is not unusual to see his fellow officers helping out athletes get to the bus stop or slow traffic down near the softball fields.

John Wilberg, Lead Custodian, makes sure that the fields and track are clear of debris hours before practices begin. He is always there if a need arises.



Congratulations to Peter Heiken, Gary Paxton, and Clackamas Community College for being selected as our "Heroes" for the Fall season.

2005 Special Olympics World Winter Games a Huge Success!



Meagan Paxton, representing Clackamas County at the World Winter Games that were held in Nagano, Japan, returned home on March 7 with a big smile, some awards and the formation of new friendships.

She competed in the 3 and 5 kilometer cross country ski races and skied on the 4 x 1 kilometer relay team. The cross country ski venue was held at Snow Harp in Hakuba Village which was the site of the 1998 Olympics. Here, an estimated 300 athletes took part in Nordic events ranging from the 500 meters to 10 kilometers

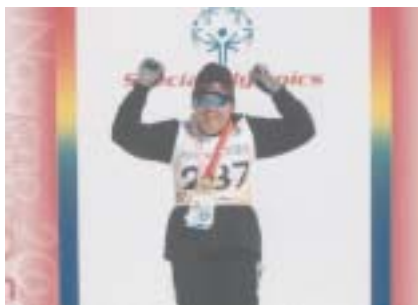
In addition to meeting new friends and enjoying the companionship of the athletes and coaches on Team USA, Meagan earned a fourth place ribbon in the 5 K, a silver medal in the 4 x 1 K relay and a gold medal in the 3 K race. Great job!

Her two week stay in Japan included many activities some of which were:

- spending some time with a host family where she learned more about the culture and customs of this country;
- participating in the Healthy Athletes Program which conducts health care screening for the athletes;
- attending training sessions, being timed in divisioning races or competing for awards;
- visiting Special Olympics Town which is set up to encourage interaction among athletes and allow recovery from competition fatigue;
- attending the exciting and colorful opening and closing ceremonies.

When Meagan was asked how she thought things went during her stay in Japan she said, "I didn't want it to be over because it was so much fun!"

Congratulations to Meagan and her successful performances at the 2005 World Winter Games!



Winter Season update:

The one thing I really like about my job as the program coordinator are the "challenges" that present themselves throughout the year and how we deal with them. Our winter season was "snow challenged" so our ski team had limited opportunities to work on their snow skiing skills. The athletes did work on fitness during dry land trainings and one Saturday they rode the bus to Mt. Bachelor to ski for the day. A special thanks to my coaches for giving up their time for this very long day and to the athletes for all their patience.

Thanks to East Side Athlete Club for providing their facility for dry-land training at no cost!



I N S P I R E G R E A T N E S S[®]



Special Olympics
Oregon
Clackamas County



**This is a wonderful opportunity for you to help your community...
share with others...get back as much as you give!**

**If you have a lot of initiative
...you're creative
...you like to work with
people-
you can:**

- Recruit & train volunteers
- Make presentations
- Recruit athletes
- Produce our website
- Manage local program communications
- Help raise funds
- Coordinate programs and services for athletes

**If you like sports...
Like to connect with
Athletes and families-
you can:**

- Coach
- Assistant Coach
- Chaperone
- Be a Team Manager

**If you want to work on
your own schedule
...mostly from home
...you are detail oriented-you can:**

- Write thank you letters
- Track info in our database
- Help with one time projects
- Send letters for sponsorships
- Organize seasonal registrations

**If you want to help for a few
hours and want to learn
about Special Olympics-you
can:**





- Help at a competition
- (present awards,keep score, etc.)
- Help at a special event
- (set-up, volunteer check-in, help at a booth, etc.)

Clackamas County
P.O. Box 592 | Gladstone, OR 97027
PHONE: 503-675-3550 | E-MAIL: GPAXTON6@COMCAST.NET | WWW.SOOR.ORG

State Office: 5901 SW Macadam Ave., Suite 100 | Portland, OR 97239 | Phone: 800.452.6079



2004-2005 Sports Calendar

SEASON	SPORTS	RECRUIT-REGISTER-TRAIN	REGIONAL COMPETITION	STATE COMPETITION
FALL 2004 	Aquatics Bowling Soccer Volleyball Long Distance Running/Walking	Coach Education Bowling-Grants Pass- 8/28 Bowling-Wilsonvill- 8/28 Aquatics-Roseburg 9/18 Aquatics-Salem-9/19 Soccer-Salem-9/12 Volleyball-Salem-9/19 Athlete training-All sports: Sept.4-Nov. 13	Bowling: Beaverton-10/23 Aquatics-Volleyball-Soccer: Corvallis-Oct. 16	All sports: Beaverton & Portland Nov. 20-21 Long Distance Run/Walk Portland Marathon 10/3
WINTER 2005 	Alpine Skiing Cross Country Skiing Snowboarding Snowshoeing Basketball Powerlifting	Coach Education (December-January) Snow sports practices: Jan-Feb Basketball- Powerlifting practices: Jan-Mar	Snow Sports: Wilamette Pass- 2/20 Cooper Spur- 2/20 Basketball: Beaverton-THPRD- 2/13 Powerlifting Roseburg High School 2/5	Snow Sports: Mt Bachelor March 5-7 Basketball & Powerlifting Salem (Eug/Spr?) Mar 12-13
SUMMER 2005 	Track & Field Bocce Golf Gymnastics Softball	Coach Education (April) Practices -all sports: May-June	Track & Field: Mt Hood CC-5/22 Softball-Golf-Bocce Eugene- 6/4 Gymnastics: June	All sports: Corvallis July 9-10
FALL 2005 	Aquatics Bowling Soccer Volleyball Long Distance Run- ning/Walking	Coach Education (August) Practices-All sports: Sept-Nov	Bowling: October Aquatics-Volleyball-Soccer: October	All sports: late November



Special Olympics Oregon – Clackamas County

REGISTRATION FOR SUMMER SPORTS



Please register for participation in Summer Sports by mail only.

Athlete Name: _____

Address: _____

Phone: (day) _____ (emergency) _____

E-mail: _____ Parent/Guardian Name _____

Sport (choose ONLY one):

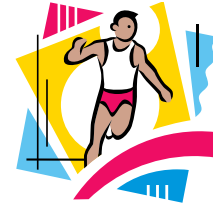
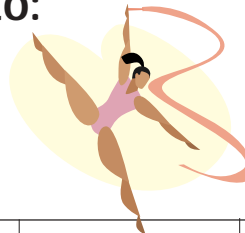
Track & Field _____ Golf _____ Gymnastics _____ Softball _____ Unified Bocce _____

Cycling and Tennis Club: During the summer season we will be offering athletes a chance to join the cycling or tennis club in addition to participating in one of the five sports listed above. If you have questions please call 503-675-3550.

- The Cycling Club meets once a week for rides which are from 5-15 miles in length
Cycling Club: Yes, I would like to join _____
- The Tennis Club meets once a week at the Lake Oswego Indoor Tennis Center for one hour lessons.
Tennis Club: Yes, I would like to join _____

Return this form by April 8, 2005 to:

SOOR-Clackamas County
P.O. Box 592
Gladstone, OR. 97027
or Call: 503-675-3550



SPORT	PRACTICE SITE	DAYS	DATES	TIME
Track & Field	Clackamas Community College	Saturday	April 8 to July 10 (No practice 4/16/05)	10:00-11:30 am
Golf	Sah-Hah-Lee Golf Course	Sunday	May 1-July 10 2005	5:00-7:00 pm
Gymnastics	Gym Kids (Gresham)	Saturday	April 16-July 10 2005	2:00-4:00 pm
Softball	Clackamas Community College	Saturday	April 8 to July 10 (No practice 4/16/05)	10:00-11:30 am
Bocce	TBA	TBA	TBA	Coach will call with time & place

ALBERTSON'S COMMUNITY PARTNER CARD

The partnership with Albertson's is a way to raise funds to support Clackamas County Special Olympics.

How does it work?

You present your card to the cashier any-time before the order is tendered. The amount of your purchase is automatically recorded and credited to Clackamas County Special Olympics. At the end of each quarter Albertson's calculates the percentage that will be awarded and sends us a check.

How do you get a card?

You can call our message center at 503-675-3550 or write to:
SOOR-Clackamas County
P.O. Box 592
Gladstone, OR. 97027



Newsletter Schedule

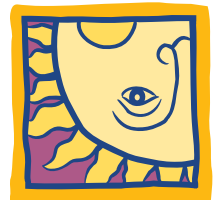
The Medallion is published three times during the year. It comes out before the start of each new season. Future editions will come out in:

- August 2005
- November 2005

Did you know?

- We are a volunteer driven program...no paid staff.
- Programs are provided free of charge to all athletes.
- We are responsible for generating all the funds necessary to:
Provide transportation, meals and lodging to State Games when necessary,

- Pay for practice facilities,
- Purchase quality sports equipment,
- Provide new uniforms and replacement uniforms as needed.
- All the funds generated by our program directly serve the athletes in Clackamas County.
- During the three seasons we have 235 athletes participating in a variety of sports.



SPECIAL OLYMPICS-CLACKAMAS COUNTY
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GLADSTONE, OR 97027-0592

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