



South Sound Sea Hawks Newsletter

Issue 9 October 2018



*Paul Allen, the owner of the Seattle Seahawks,
passed away on Monday, October 15th.
He will be greatly missed for all he did for the Seahawks,
the city of Seattle and beyond.
Thank you for showing us what it means to imagine what's possible.
RIP Paul Allen.*



South Sound Sea Hawk members Deanna Roe, Cindi Lang, LaVada Roy, Sue Farley, Ron Logan, Debbra Douglass and Lou Lang volunteered for the Randall Morris Golf Tournament on September 16th at the White Horse Golf Club in Kingston, WA. They helped with registration, filling and handing out swag bags, and riding with the celebrities as scorekeepers for the teams. Everyone enjoyed the day. The charities that the tournament supported were The Burned Children Recovery Foundation, Mary's Place: Seattle, and Talk It Up TV.

TOUCHDOWN CITY AND FIELD PASSES



Touchdown City has moved to the south side of the Exhibition Center. It is large and has some added features. Come check it out. You don't need a game ticket to take in the activities at Touchdown City.

South Sound Sea Hawks is hosting Touchdown City on December 2nd. The Seahawks are playing the San Francisco 49ers. You do not have to have game tickets to volunteer at Touchdown City. If you would like to volunteer, please let Brian Deren know. He needs to know by the October meeting.

We also have two field passes for that game. You do need game tickets to go on the field. Brian also needs to know if you are interested in putting your name in the drawing for these tickets.

**THE OCTOBER MEETING
HAS BEEN CHANGED
TO OCTOBER 23.**

***There is one spot open for a bowler
for the Trufant event - Nov. 5th.
\$100 and you can pay Sue Farley at
the October meeting.***

Organizational Meeting for Tailgate/Viewing Party

Oct 27 11:00am @ Starbucks Hwy 512 and I-5

Meet to make plans and help make this event a winner.

*Can you help set up decorations, bring food,
have a fun social time with some senior citizens and veterans?
Looking for people willing to help add their touch to this event.*

Suggestions so far are:

Have a color guard present the flag prior to game time

Invite legends to watch with us

Give signed thank you cards to all veterans in attendance

Play 15 minutes of game time fun during half time to give away prizes

Please call Debbie Uhler (206) 551-2249 with any questions

EVERYONE IS INVITED!

TAILGATE/VIEWING PARTY NOV 11

CASCADE PARKS SENIOR LIVING CENTER

242 ST HELENS AVE, TACOMA, WA

SEAHAWKS VS LA RAMS

GAME TIME 1:25



Special Olympics
Washington

The guest speaker at the September 18th meeting was Elise Tinseth, the volunteer coordinator for Washington Special Olympics. Special Olympics provides year round opportunities at sporting events for all divided into four seasons. Presently there are 17,500 athletes in Washington and 10,000 volunteers and volunteers can be 11 years or older. Athletes can be 8 years old+. One of the oldest is 82.

They also provide Athlete Leadership Training, Athlete Mentorship and Unified teams with both players with or without handicaps. One of the biggest needs is coaches. They want to expand the events they offer. The Spring games are being held at PLU and JBLM and they will need 1500 volunteers for an expected 2500 participants.

I've attached the information pages and also some of the upcoming events that need volunteers. They also release a schedule of events before each season starts. The website is www.sowa.org.

CENTRAL COUNCIL UPDATES

Central Council had their full meeting on October 3rd. Elections will take place at the December full council meeting. Positions open are VP at Large, Publicity and Treasurer. If interested please let one of the officers know.

The Seahawks Marketing Director, Lisa Bregman, gave an update on the Seahawks in UK. Blitz will be there, with 150 appearances from Wednesday through Saturday. Blue Thunder and Sea Gals will also be there.

Lisa also presented some ideas for Blue Friday. Would like to do a 12's for Good with each chapter





taking a Friday. Right now they are doing Friday Night Lights with three high schools involved. Can get support with Blitz, Sea Gals and Blue Thunder. Any suggestions, please sent to Candy Johns, the VP Liaison.

The 2019 banquet is tentatively scheduled for May 4th at the Hilton in Bellevue. It will be a Star Wars theme. Mark your calendars.

A copy of the new proposed by-laws was passed out. Any changes will need to be in by October 31 and hopefully will be voted on at the December meeting.

Your Chapter Officers

I'M IN

President	Vice-President	Treasurer	Secretary
			
Brian Deren 253-223-9350 southsoundprez@comcast.net	Elise Robinson 253-330-1111 latinausps@yahoo.com	Sue Farley 253-468-6565 hawkette@comcast.net	Cindi Lang 253-219-0756 cnllang@comcast.net

GO HAWKS

Monthly Meetings: Third Tuesday of the Month

SIZZLER RESTAURANT

10204 South Tacoma Way
Lakewood WA 98499

Dinner 6:00 pm - Meeting 7:00 pm

December will be our Annual Christmas Party.

SEAHAWK RAFFLE ITEMS

If you see different Seahawk items on sale, pick them up for the raffle and you will be reimbursed by the club.

*If you have any information
for the newsletter send to
Cindi Lang at cnllang@comcast.net*

Bus to Games

Don't forget we get a bus to go to each home game and we would like to get more riders. Price depends on number of people riding. The bus leaves 2.5 hours before game time from 78th and Hosmer. We have beer, pop and a football board. If you are interested, contact Sue Farley at hawkette@comcast.net

South Sound Website:

• www.southsoundseahawkers.com

Facebook:

• South Sound Sea Hawks

SEA HAWKERS IN LONDON





**SEATTLE
SEAHAWKS**
Win 27-3



12





Special Olympics
Washington



MISSION Special Olympics Washington BUILDS Communities and LEADS in Wellness through Sports and Inclusion.

ABOUT Through programming in sports, health, education and community building, Special Olympics is changing the lives of people with intellectual disabilities. Special Olympics is able to remove barriers and stigmas that people with intellectual disabilities face, and to share with the community the gifts and talents they possess. Everyone who comes in touch with Special Olympics is impacted in a way that helps them strive to achieve their personal best.

PARTICIPATION Persons with intellectual disabilities, regardless of ability level, may participate in sports and other programs offered by Special Olympics Washington. Individuals are eligible for training and competition at age eight and there is no upper age limit. More than 14,500 athletes participate in Special Olympics Washington activities; over 3.5 million athletes compete in Special Olympics programs in 160 countries.

ATHLETE LEADERSHIP PROGRAM

Athletes are provided the opportunity to expand personal growth — from coaching and officiating to public speaking and volunteering. Athletes are also invited to volunteer at local and state events, regardless of leadership training. Additionally every Area is encouraged to create Athlete Input Councils, giving valuable feedback to Special Olympics Washington.

TRAINING & COMPETITION Training and competition is offered year-round to Special Olympics athletes. Competition takes place at local, regional and state tournaments. Individuals and teams compete in divisions according to age, gender and ability.

YOUTH ACTIVATION Special Olympics youth programs are education and sports based strategies powered by an engaged youth community that increases athletic and leadership opportunities for students with and without intellectual disabilities, while creating communities of acceptance.





VOLUNTEERS More than 8,000 volunteers support Special Olympics Washington activities. Volunteers serve as coaches, sports officials, committee members and on-site volunteers at competitions and fundraising events. Coaches and officials are trained and certified at clinics offered by Special Olympics Washington. Over 1.7 million volunteers support Special Olympics programs worldwide.

FUNDING Special Olympics Washington is a registered 501(c) (3) non-profit organization supported entirely by individual, corporate and foundation contributions. Athletes participate at no cost to themselves or their families.

UNIFIED SPORTS Athletes with intellectual disabilities pair with persons without disabilities and form teams for training and competition. Unified Sports integrates Special Olympics athletes with other athletes to build self-esteem and increase understanding of persons with different abilities.

HEALTHY ATHLETES Special Olympics athletes are provided opportunities to improve health and fitness through dental, vision, hearing, feet and general health screenings. Physicians and healthcare professionals provide these services at no cost to Special Olympics athletes at tournaments.

SPORTS

Winter Season & Winter Games —

Alpine Skiing, Basketball, Cross Country Skiing, Figure & Speed Skating, Snowboarding

Spring Season & Summer Games —

Aquatics, Athletics (Track & Field), Long Distance Running/Walking, Cycling, Powerlifting, Soccer, Unified Bocce (recreational)

Summer Season & Summer Sports

Classic — Golf, Softball

Fall Season — Bowling, Flag Football, Volleyball (recreational)

YOUNG ATHLETES An innovative sports play program, designed for early childhood intervention, seeks to strengthen self-esteem and physical development for children with ID ages 2-7 years old.



“Resonating from the playing field is a message that everyone can play, everyone counts and everyone deserves a chance.”

— Eunice Kennedy Shriver





***"You are the stars** and the world is watching you.
By your presence you send a message to every village,
every city, every nation. A message of hope.
A message of victory:*

***The right to play on any playing field?**
You have earned it.*

***The right to study in any school?**
You have earned it.*

***The right to hold a job?**
You have earned it.*

***The right to be anyone's neighbor?**
You have earned it.*

The days of segregation and separation are over."

~ Eunice Kennedy Shriver,
1987 Special Olympics World Games



Special Olympics
Washington

1809 7th Ave, Suite 1509
Seattle, WA 98101

specialolympicswashington.org



**Special
Olympics**
Washington

VOLUNTEERS NEEDED

2018 Silverdale Bowling Tournament

Date: November 4th, 2018

Location: All Star Lanes

Address: 10710 Silverdale Way NW, Silverdale, WA 98383

Time: 8:00am-5:00pm

Register to volunteer!

<https://2018silverdalebowling.my-trs.com/>

Volunteers will be assigned roles and trained at the event. Roles include scorekeeping, awards, merchandise sales and more! Come hang out, cheer on Special Olympics Washington athletes and make this event a success.

Please wear comfortable clothing while volunteering as many roles do require standing. Lunches are not provided for volunteers so bring food and snacks or money to purchase food at the bowling alley.

Questions? Email Elise Tinseth at etinseth@sowa.org.



**Special
Olympics**
Washington

VOLUNTEERS NEEDED

2018 South King County Bowling Tournament

Date: November 4th, 2018

Location: Secoma Lanes

Address: 34500 Pacific Hwy S, Federal Way, WA 98003

Time: 8:00am-4:00pm

Register to volunteer!

<https://2018southkingbowling.my-trs.com/>

Volunteers will be assigned roles and trained at the event. Roles include scorekeeping, awards, merchandise sales and more! Come hang out, cheer on Special Olympics Washington athletes and make this event a success.

Please wear comfortable clothing while volunteering as many roles do require standing. Lunches are not provided for volunteers so bring food and snacks or money to purchase food at the bowling alley.

Questions? Email Elise Tinseth at etinseth@sowa.org.