



SHIFTING SANDS



A Spiritual Message Know Thyself

The oldest self-help advice in the world, attributed variously to several ancient philosophers and inscribed in Latin and Greek on crumbling walls and enduring monuments, translates to this: Know yourself. It seems simple enough. Who, after all, does not know oneself? Check your surroundings, the people you live with, the memories that crowd your consciousness, look into the mirror... and there you are.

Know yourself, of course, means more than just a surface or superficial recognition; it means delving into the depths of your psyche, your soul. It is advice that directs each of us to look deep into our motivation: Why do I do what I do? Our feelings: Why do I feel the way that I do?

Being a knower of oneself is a bit like being a miner, going ever deeper, knowing that the real treasure, the authentic self, is always behind the next stratum of rock, under the next layer of selfish encrustation. It is like being an actor who plays many parts, but then leaves the stage, doffs the masks and make-believe personas, and faces once again – and enduringly – the real self.

Knowing oneself, I think, should be a concern for organizations as well as for

individuals. I have seen charitable groups that began as legitimate outreaches for helping others gradually turn into fundraisers for fundraising sake. They become more concerned with organizational self-preservation than with charitable goals. More and more of their assets are absorbed by administration and promotion, less and less of their money finds its way to the needy persons and purposes that called them into existence.

Porto Caravan and Porto Charities don't have to worry about that; virtually one-hundred percent all of our funds raised go the causes we support. But why we do what we do, who it is that we are called to help should always be on our minds and in our hearts.

And perhaps the clarity of our organizational purposes and operations can be an incentive for all the members to take occasional fresh looks into their personal lives. The more we know about ourselves individually, the more we take off the masks and chip off the growth of selfishness and show, the better will our fraternity and charity shine forth. And the more generous we will be with our time and energy and resources.

Fr. Edwin Dill, ST

UPCOMING EVENTS

- ★Friday, October 4, 9:30 am
PCI Golf Outing Fundraiser
- ★Sunday, October 6, 5 pm
Disability Awareness Mass
- ★Saturday, October 19, 6 pm
Oktoberfest

For more details see Calendar on p. 3

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Acting Grand Commander's Message

As the summer ends and a new school year begins, we have much to look forward to for the rest of the year. As noted on the newsletter calendar (p.3), we have a number of exciting events scheduled for the next four months. Of special importance is the month of October, which is recognized as the Disabilities Awareness Month in the Diocese of Arlington. Porto 104 and Porto Charities Inc. have been instrumental in raising the awareness of this special initiative which has been strongly supported by Most Reverend Bishop Paul Loverde. Bishop

Loverde will again celebrate a special Mass for Disabilities Awareness on Sunday, October 6. I would encourage all of our members to attend the mass and to identify at least one additional activity to support during the month. Please remember to invite your friends and associates to attend our activities during October since the most effective way of attracting new members is to demonstrate our commitment to the principles of Porto 104 and Porto Charities Inc.

AGC Bill Mundy

PCI President's Message

*"Busiest but most gratifying time of year
for our membership"*

September begins our busiest four-month stretch of the year. A great number of our members return from summer break with batteries recharged to coach and coordinate our upcoming Special Olympics soccer season. At last count, we had over 20 members as coaches, coordinators or on the Northern Virginia Special Olympics Council. As volunteers we serve and make a direct impact upon the lives of over 250 Area 26 athletes.

Our annual two-page spread in *The Catholic Herald* on Disability Awareness will be featured in their September 26th edition. This spread will report on our accomplishments for 2013 and where we are headed in the coming year, as well as on the success of endeavors undertaken by the groups which we support.

On October 4th, our fifth annual golf outing will take place. This outing has raised approximately \$15,000 yearly for our programs. We need your support, sponsorships, prizes, and golfers to make this a day of camaraderie and fun.

Bishop Loverde will be celebrating Disability Awareness Mass on October 6th at 5 PM in the Cathedral of St. Tomas More in Arlington. This event kicks off Disability Awareness Month in all the schools in the Diocese. The altar servers and readers are all members of the special population we serve. The Bishop's annual homily is always very inspiring. Following the Mass, we have a private reception with the Bishop, allowing members and others present an opportunity to engage in one-on-one conversation with the Bishop and providing a chance for the Bishop to interact with our young adults. This Mass keeps growing every year with over 300 in attendance from our community. Everyone is welcome regardless of religious affiliation.

Our annual church second collections are in full gear in October and November and over 40 parishes participate in this

fundraiser, our largest of the year. Last year, collections totaled over \$90,000. One hundred percent of the funds collected are made available as grants to charities and groups we support in northern Virginia.

October 19th marks our annual Oktoberfest reunion at which we elect our new Porto Divan and PCI Board. It will be held at Our Lady of Good Counsel, Counsel Room, and catered by Wildflour Catering. This is a free event with German food and fellowship for our member families paid for from our annual dues.

We are sponsoring the second SPARC/PCI line dancing party on November 9th at the old McLean Firehouse Club. This is a new PCI venture for which we provide funds in order to host an evening of activities for those in our community over the age of 21. The first dance in July was well attended and a great success. SPARC After Dark kept everyone engaged as they danced the night away. This evening should be even more fun as conga line dances at Special Olympics events inevitably get everyone up on the dance floor. Imagine an entire evening of line dancing and fun.

We will finish 2013 with a visit on December 14th from our very own Santa, bringing gifts and good cheer to all those present. Salsa lessons will also be on our agenda provided by Vanessa from Brazil. Mark your calendars to attend this event, once again catered by Wildflour Catering at Our Lady of Good Counsel. What a way to close out 2013 and get ready for our annual charity awards which we will distribute at the Founder's Day event in early February. Bring friends, family and acquaintances! We need membership growth to continue our work in support of those with intellectual disabilities and to provide them with gratifying experiences.

As we wrap up the year, we can look back with pride on our accomplishments made possible by our hard work. I would like to extend a very big thank you to all who volunteer their precious time throughout the year.

PCI President Leo Alonso

PCI Housing Committee

by Ron Gutkowski

The PCI Housing Committee did not meet in July and August as the result of scheduling conflicts. However, on one front, progress is being achieved as recent graduates of the GMU LIFE program and others are taking up residence nearby the GMU campus. Those fortunate individuals will be in housing within close proximity of each other. This opportunity provides valuable hands-on experience for both the resi-

dents and our committee. We are excited about observing the initial venture into actual housing rather than the conceptual aspects. These residents would be considered higher functioning within our group. This should ease the supervisory burden to a degree and provide a framework for formulating housing/service strategies for those lesser functioning individuals as we gradually move onward.

The intent, as always, is to explore addressing the needs of individuals re-

gardless of their capabilities. We are mindful of the advice we received from Debbie Fisher of the Jewish Foundation of Group Homes. Their many years of experience indicated that the best successful long-term resident configuration was a group of residents with both higher and lower functioning individuals. An environment that promotes higher self esteem is evident, as the residents feed off each other rather than a competitive spirit.

We're all in it together!! ■

2013 Calendar

PORTO 104 / PORTO CHARITIES

Divan and PCI Board Meetings are all held at OLGC DeSales Hall in Church Lower Lobby
 Social functions appear in red shadow and will be held in the Counsel Room (school cafeteria)

Thursday, September 12	Divan & PCI Board Meeting
Friday, September 13	Special Olympics PVI Dance, 7 PM - 9 PM (open to all PVI Options alumni as well as Special Olympics athletes who currently attend a high school or post-secondary education program/college)
Friday, September 20	Davis Family Group Dance - Beach Party, 7 PM - 9 PM, Marshall High School Cafeteria (Porto & PCI members are invited)
Thursday, October 3	Housing Meeting, 7 PM (Lobby)
Friday, October 4	PCI Golf Outing Fundraiser
Sunday, October 6	Bishop Loverde's Annual Disabilities Awareness Mass & Reception St. Thomas More Cathedral
Saturday, October 19	Oktoberfest / Mass, 6 PM - 10 PM
Monday, October 21	PVI Under-the-Lights Soccer Invitational, 6 PM
Thursday, November 7	Housing Meeting, 7 PM (Lobby)
Saturday, November 9	SPARC After Dark/PCI Dance (McLean Firehouse Club)
Thursday, November 14	Divan & PCI Board Meeting
Thursday, December 5	Tentative Housing Meeting, 7 PM (Lobby)
Saturday, December 14	Holiday Party / Mass, 6 PM - 10 PM

**WEBMASTER
URGENTLY NEEDED!**

Porto/PCI has a website that needs TLC.

We need someone who is willing to give the PCI website a little bit of time to update content and keep it fresh and interesting. You don't have to be an expert webmaster, just the willingness to spend a bit of your time and learn Word Press (if you don't already know it), an easy-to-use content management system. If you are interested in volunteering for this job, please contact Pat Cross (pcross@portocharities.org) or Sara Adkins-Blanch (sadkinsblanch@portocharities.org).

We would be most thankful!

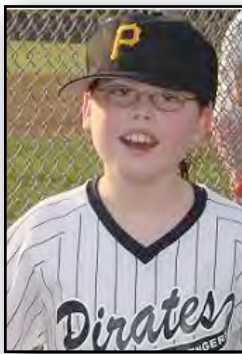
**STILL
PLEASE, PLEASE**



MEMBER PROFILE

THE TIERNEYS

Sports Sports Sports Sports Sports! Our son Matthew loves playing sports, watching sports, and anything to do with sports. Starting with Challenger Baseball at age 5, moving on to nearly every Special Olympics sport possible,



including soccer, basketball, track, bowling, softball, etc., etc, Matthew has always loved to play. Matthew also enjoys watching sports, especially football, and can name most of

the quarterbacks on college and professional teams.

Matthew's parents are Paul and Michelle, and Matthew has two brothers, Stephen 24, and Brady 20. Paul is from Pittsburgh and Michelle is from Milwaukee, who met at the University of Pittsburgh Graduate School of Information Science. They moved to the DC area originally in 1985, and lived in Bethesda for 9 years. When both Paul and Michelle ended up with jobs in Virginia, they moved to Reston in 1994 and have been here ever since. Both work in the high-tech industry, Paul working at Oracle (formerly Sun) and Michelle at Raytheon (formerly Trusted Computer Solutions).

Stephen graduated from the University of Oklahoma in 2012 and has found work there at Immuno

Micrologics. As a result, Matthew and Michelle have become rabid Sooner fans. Brady is at NOVA Community College working on his two year degree, and shares Matthew's love of singing and music. Matthew is in his fourth and final year at the Davis Center and will (hopefully) have an exciting transition to the workforce at the end of the school year.

While Paul currently coaches Matthew's Special Olympics teams, in the past Matthew had some wonderful coaches. He greatly enjoyed his years at Paul VI High School (PVI), where the school upped the ante by actually hiring a real coach, the wonderful Gary Underhill, to run the Options teams. Of course,



Mary Cannon's name must be mentioned as one of our all-time favorite coaches!

Matthew's first basketball coach was Greg Updike and, more recently, Greg has kindly allowed Davis to conduct joint practices with his track team.



Megan Dane has been coaching Matthew in bowling for years and has always been so gracious and sweet to the bowlers.

The world of Special Olympics and sports has been a wonderful way for Matthew and his parents to socialize, have fun, and get some exercise.

In addition to sports, Matthew enjoys singing, and takes lessons once a week. When playing Challenger baseball Matthew occasionally kicked off the games with an A Capella National Anthem!

The Tierneys were first introduced to Porto when Matthew attended PVI. Mary Cannon told them about a



wonderful organization they needed to join. She proved right! They only wish they had known about it and joined years earlier. Paul is currently "Sentinel Of the Desert" in Porto, although Sentinel of the Happy Hour might be more befitting. Michelle enjoys attending the Porto events and they have been nominated to fill in the large shoes of Pat Hammeke and run the Porto Derby next year. ■





ORGANIZATIONS PORTO SUPPORTS

DOWN SYNDROME ASSOCIATION OF NORTHERN VIRGINIA (DSANV)

DSANV was originally founded as MOMS in 1972. In the early 1980s, the name was changed to Parents of Down Syndrome (PODS). In 2004, it became the Down Syndrome Association of Northern Virginia (DSANV). Since then, the organization has grown to more than 900 members, representing the thousands of individuals across Northern Virginia who have Down Syndrome.

DSANV has become a trusted resource for individuals, families, friends, educators, employers, legislators, and the medical community. The organization engages a strong board of directors and a broad base of volunteer and financial support in achieving our mission to ensure that all individuals with Down Syndrome and their families receive the support necessary to participate in, contribute to and achieve fulfillment of life in their community.

The vision of the DSANV is to reach a day in which every person with Down Syndrome is a valued and contributing member of their community.

DSANV runs many programs and provides greatly needed support to many individuals with Down Syndrome and their families. Among them:

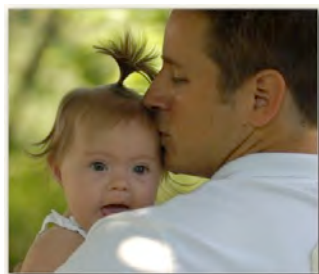
- ◆ The Learning Program
- ◆ Helping Hands
- ◆ Champion Football League of NOVA
- ◆ Cheerleading
- ◆ IEP Support
- ◆ Special Education FAQ
- ◆ Parent to Parent
- ◆ DADS
- ◆ Lunch Bunch
- ◆ Scholarships
- ◆ Camperships

- ◆ Durable Medical Goods Grant
- ◆ Advocates in Action Committee
- ◆ Meet Up Group
- ◆ Educational Seminars



There is also the well-known annual Buddy Walk that DSANV has organized for nine years now (the 2013 walk will take place on Saturday, Sept. 28, at George Mason's University Fairfax campus); the Special Olympics/DSANV Golf Tournament; many round table presentations on the IEP, financial strategies, reading techniques, etc.; and quarterly social events that bring together families of children with Down Syndrome

and self advocates of all ages to share information, build community and have FUN!



Membership in DSANV is free and DSANV is always looking for volunteers to help with activities and events and accepts financial support.

In that light, DSANV received a grant from Porto Charities this year for camp scholarships, specifically for their self-advocate population. DSANV was thrilled to make these camp scholarships available as this is a population that needs more support from DSANV. One of the DSANV members, Lydia, participated in Camp Pals at Georgetown University this past summer. She had the time of her life! Her mom is quoted: "Thank you to [the] DSANV Campership for helping us to give our daughter a summer to remember. Lydia was so looking forward to going to college like her brother has before her. Camps PALS Georgetown made her feel as if she had that college (social) experience. She just can't wait to go back next year and still talks all about the friends that she made."

Seven Camperships were given this year to self-advocates and there is no

doubt that these individuals have had the same thrilling experience as Lydia. DSANV is grateful for PCI's support.

For more infor-

mation on DSANV, their programs, events, membership, and how to volunteer please visit www.dsanv.org or call 703-621-7129. ■



**SIXTH ANNUAL PORTO CHARITIES INC.
 GOLF OUTING
 REGENCY AT DOMINION VALLEY
 GOLF CLUB
 HAYMARKET, VIRGINIA
 FRIDAY, OCTOBER 4, 2013**

- ~~ 18 holes on an Arnold Palmer executive course~~
- ~~ 10:00 am shotgun start -- Captain's choice ~~
- ~~\$100 per person (includes green fees, cart, and lunch)~~

Gold Sponsor (signage, foursome, and lunch)	\$5,000
Lunch Sponsor (signage, foursome, and lunch)	\$2,500
Silver Sponsor (foursome and lunch)	\$1,000
Bronze Sponsor (hole sponsor and lunch for 4)	\$500
Hole Sponsor	\$300
Porto/PCI Family Sponsor	\$100
Lunch only	\$30

Contributions are tax deductible under Federal 501 (c) (3) guidelines

REGISTRATION DEADLINE IS SEPTEMBER 20, 2013.
 (See registration form, next page)

REGISTRATION FORM

SIXTH ANNUAL PORTO CHARITIES INC., GOLF OUTING FRIDAY, OCTOBER 4, 2013

Name _____

Address _____

Company name/Type of business _____

Home/business phone number(s) _____

Email _____

I am registering for the following (please check all that apply):

Gold Sponsorship (Event banner)*	\$5,000	<input type="checkbox"/>
Lunch/Gift Sponsorship*	\$2,500	<input type="checkbox"/>
Silver Sponsorship*	\$1,000	<input type="checkbox"/>
Bronze Sponsor (hole or tee sponsor and lunch for 4)	\$500	<input type="checkbox"/>
Hole Sponsor	\$300	<input type="checkbox"/>
Porto/PCI Family Sponsor	\$100	<input type="checkbox"/>
Foursome registration (gold and lunch for 4)	\$400	<input type="checkbox"/>
Individual registration (gold and lunch for 1)	\$100	<input type="checkbox"/>
Lunch only	\$30	<input type="checkbox"/>
Unable to attend, but would like to contribute	Amount:	

**Sponsorship includes foursome and lunch, hole sponsorship, and special recognition.*

My foursome will include the following players:

1. _____ 2. _____

3. _____ 4. _____

Questions: Please contact Bill Mundy at 703.978.7544 or billm10049@aol.com. Please send your registration form and check made payable to Porto Charities Inc. to Bill Mundy, 4519 Gilbertson Road, Fairfax, VA 22032.

Deadline is September 20, 2013.

PORTO CHARITIES/PORTO 104

EVENT

SUNDAY, OCTOBER 6, 2013
5:00 PM

BISHOP LOVERDE
DISABILITIES AWARENESS MASS

St. Thomas More Cathedral
3901 Cathedral Lane, Arlington, Va.
(reception with Bishop to follow)

Kick-off for October 2013 Diocese of Arlington
Disabilities Awareness Month

SAINT
THOMAS
MORE
CATH

Let's fill the Cathedral with our Special Angels and
Supporters of Porto and PCI

**PORTO CHARITIES/
PORTO 104
EVENT**

**OKTOBERFEST
AND ANNUAL
MEETING**



**FREE TO MEMBER FAMILIES
GUESTS \$15 pp**

NEW DATE: SATURDAY, OCTOBER 19, 2013
**Our Lady of Good Counsel
Counsel Room**

- 6:00 pm OLGC Mass
- 7:00 pm Oasis and German Music
- 7:30 pm German-style dinner
- 8:30 pm Bingo with prizes!

RSVP to bettyleo@aol.com by October 15th

GRAND DIVAN 2012-2013

Porto Caravan no. 104

REV. EDWIN DILL, S.T.
Chaplain

BILL MUNDY
Acting Grand Commander

VACANT
Vice Grand Commander

CHRIS WNUK
Grand Scribe

PAT CROSS
Scribe of the Exchequer

RICK VRANESH
Grand Chamberlain and
Past Grand Commander

BILL HINGSTON
Master of the Oasis

TOM BRITTON
Master of the Wardrobe

TOM RYAN
Captain of the Bodyguard

WILLIAM HINGSTON III
Sentinel of the Tower

PAUL TIERNEY
Sentinel of the Desert

RONALD GUTKOWSKI
Grand Advocate

Porto Charities, Inc.

LEO ALONSO
President

BILL MUNDY
Vice President

CHARLIE SULLIVAN
Treasurer

PAT HAMMEKE
Secretary

PAT CROSS
MICHAEL EISENBERG
Directors

SARA ADKINS-BLANCH
Shifting Sands Editor

The International Order of Alhambra and Porto Caravan 104

The International Order of Alhambra is a fraternal organization of Catholic men and women dedicated to assisting persons with intellectual disabilities. The Order's mission is to:

- ❖ Provide assistance, education and residences for persons developmentally disabled;
- ❖ Identify, mark, preserve, and commemorate Catholic historical places, events and persons of international or regional importance;
- ❖ Promote fraternalism and sociability among its members and their families.

Porto Caravan No. 104 was chartered in 1956 and is an active Caravan in the International Order of Alhambra with a membership of about 100. Porto Caravan No. 104 is located in the Commonwealth of Virginia environs of the Nation's Capital. Any male or female practicing Catholic who is 18 years of age or older is eligible to apply for membership.

Contact Information:

Porto Caravan #104 | Order of Alhambra
Post Office Box 7266 | Arlington, VA 22207
Telephone: 703.626.2051 | Email: bettyleo@aol.com

Porto Charities Inc.

Porto Charities, Inc. is an I.R.C. 501(c) (3) charitable organization dedicated to actively assisting people with developmental or intellectual disabilities; their community and their environment. Our mission is to:

- ❖ Raise and provide funds, resources, assistance, education, residences and overall improved quality of life for people with developmental or intellectual disabilities; and
- ❖ Promote education, awareness, friendship and social forums among members, their families and the community.

Our vision is to:

- ❖ Focus our efforts on providing assistance and resources to people with developmental or intellectual disabilities and their environment through our charitable programs and projects while also emphasizing friendship, mutual support and social events for its members.

Organizations awarded charitable donations for this year include: ARC of Northern Virginia, ArtStream, Inc., Arlington Diocese "Keyboard for Kids" program, Autism Society of No. VA, Best Buddies Virginia, Central Fairfax Services, Inc., Down Syndrome Association of No. VA, Gabriel Homes, Inc., GMU Life Program, Joey Pizzano Memorial Fund, Paul VI HS Options Program, Pope John Paul the Great HS Options Program, S. John Davis Career Center, Special Olympics of No. VA Area 26, St. Louis Parish Special Education Program, St. Mark Catholic School Evangelist Program, Still Meadows Enrichment Center and Camp, Villa Maria Work Study Center, and Wild-flour Catering.

Contact Information:

Porto Charities, Inc.
Post Office Box 7266 | Arlington, VA 22207
Telephone: 703.626.2051 | Email: bettyleo@aol.com

If you would like to submit a story, article, or news piece to *Shifting Sands*, please email sadkinsblanch@portocharities.org.