



# CTLB February Newsletter

by CTLB Staff



## Director's Letter

It is that time of year again for Camp Applications! We are so excited to start receiving applications for CTLB 2019! Remember that the Early Bird App Fee is only good through the month of February.

I want to thank everyone for all the work they did in helping us have a wonderful 2019 Banquet! We met some new families and prospective campers and made many new friends.

As dates get closer and CTLB 2019 starts spinning up, please feel free to reach out to any of us to help. There are always changes, but we are excited about what those changes can help us accomplish.

See everyone soon!

-Jodia Cole

## Important Dates

- **May 2019**  
Dodge for a Cause. More information coming soon!
- **June 30- July 5**  
Camp That Love Built 2019 (Volunteer Arrival June 29)

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### Monthly Funny

Why do seagulls fly over the sea?

Because if they flew over a bay, they would be called bagels!

If you have any questions, concerns, or ideas for future newsletters please email us at...

- Camp Director: [ctlbdirector@yahoo.com](mailto:ctlbdirector@yahoo.com)
- Camp Secretary: [ctlbsecretary@yahoo.com](mailto:ctlbsecretary@yahoo.com)
- Newsletter Admin: [ctlb.kyleann@gmail.com](mailto:ctlb.kyleann@gmail.com)

## Secretary Corner:

Happy Valentines everyone! How in the heck is it already February?! Some very exciting news for everyone, applications have been officially sent out. Electronic applications were sent via email on Friday, February 1st. If you did not receive one please, reach out to our admin team to get one sent your way. There may be a chance that your email carrier recognized the email as spam so if it is not in your inbox it may have been rerouted to your spam/junk folder. All applications will be due by March 31st. We are making a couple changes to our payment schedule for this year. We will be offering Early Bird Registration from February 1-28. During this time, your non-refundable application fee will be \$50 and the camper fee will be \$380 bringing the total cost for volunteers to \$50 and campers to \$430. All applications received on or after March 1st will have an application fee of \$75. Just like last year we are again asking that you please request an application from our admin team. We offer a couple of options as far as forms of applications. We can either send you a digital copy via email or mail you a paper copy to your physical address. Please email your requests to [ctlbapplication@yahoo.com](mailto:ctlbapplication@yahoo.com) and include your first and last name (parents please include name of camper), your preferred application method and either a valid email address or physical address. Dates for camp this year have been set! Camp this year is slated for June 30-July 5th, all volunteers are to arrive on June 29th.

-Megan Lyons

## Upcoming Events

Verne Cox Multipurpose Center  
5200 Burke Pasadena 77505  
281-487-1755

Some programs require paperwork to be completed before participation.  
Call for more information on how to get a link or hard copy.

Every Wednesday 6:30-8:30 wheelchair basketball

Every Thursday 7:00-8:30 wheelchair soccer

Tabitha Tuesday every Tuesday 1-2 come and workout

Every Monday is open gym 7:00-8:30

Turningpoint Drum Fishing Tournament April 2019

## Spina Bifida Hero

Jean Driscoll is my next amazing person to write about. She won the women's wheelchair division of the famous Boston marathon eight times, more than any other female athlete in any division. Her wins in Boston included seven consecutive first-place finishes from 1990 to 1996. Jean Driscoll participated in four Para Olympics winning a total of five gold, three silver, and four bronze medals in events ranging from 200 meters to the marathon. Jean Driscoll being born with Spina Bifida hasn't stop her from winning the Boston marathon and the para Olympics.

-Zach McCuiston

# February 2019 Horoscopes *by Daja Hall*



**Aquarius (Jan. 19- Feb. 18)**

You have a youthful quality and outlook, which keeps you looking for new horizons, techniques and systems.



**Pisces (Feb. 19- Mar. 20)**

You are successful at work; victorious in achieving difficult assignments and gain with a frank and courageous attitude.



**Aries (Mar. 21- Apr. 19)**

Be in touch with your sense of humor to reach the highest peak in any aspect of life.



**Taurus (Apr. 20- May 20)**

Rather than being fascinated with display, look deeper for truths. You receive support from your friends.



**Gemini (May 21- June 20 )**

Your light attitude and sense of humour creates a happy mood. Unexpected surprises and visitors are on the cards!



**Cancer (June 21-July 22)**

Remain clear and loving with a positive attitude and ignore gossip and sudden but of anger.



**Leo (July 23- Aug. 22)**

Let go the past and take a quantum leap into the new current for the future or it may just pass you by.



**Virgo (Aug. 23-Sept. 22)**

Trust and innocence rather than skepticism are your guides and strengths in the present moment.



**Libra (Sept. 23-Oct. 22)**

Relationships need to be resolved through your gift of communication, sense of humour and lightness.



**Scorpio (Oct. 23-Nov. 21)**

Meditation is therapeutic and revealing as you intuitively get to the bottom of things and see the truth.



**Sagittarius (Nov. 21-Dec. 21)**

You can expect support from old and new connections that you have been strengthening lately.



**Capricorn (Dec. 22- Jan. 19)**

A positive approach in a negative situation brings resolution and compromise.

## French Dip Sandwich with homemade Aug Jus

By: Juan Cardenas

### Ingredients:

- 6 hoagie rolls
- 1-2 lbs cooked roast beef and reserved pan drippings in roasting pan
- 1 1/2 cups beef stock (plus more as needed)
- 1 tsp low sodium soy sauce (plus more as needed)
- 2-4 tbsp unsalted butter
- 6-8 thin slices provolone cheese

### Directions:

1. Heat oven broiler to high.
2. Using drippings from roast beef pan , spoon out most of oil, if applicable. Place roasting pan over medium high heat on stove top. Add beef stock and soy sauce to pan and, using a wooden (or non-abrasive) spoon, scrape off browned bits from the pan. Bring to a simmer and cook until reduced by half, about 8-10 minutes. If sauce is too salty, add more beef broth. If not salty enough, add more soy sauce, as needed, until it reaches desired flavor.
3. Slice hoagie rolls in half, lengthwise. Spread a thin layer of butter over each half (top and bottom) of roll. Place rolls, butter side up, on a baking sheet lined with aluminum foil. Place bread under the broiler and broil until butter is melted and bread starts to turn golden brown. Careful not to let bread burn. Once golden brown, remove from oven. Take the "tops" off the baking sheet and set aside. Leave the "bottoms" on the baking sheet for later. Keep broiler on.
4. Slice roast beef into very, very thin slices. Place slices in hot Au Jus on the stove and cook for 1 minute. Using tongs or a fork, carefully remove roast beef slices and layer on each "bottom" half of the sandwich with desired amount. Top each with a slice of provolone cheese and replace under the broiler until cheese is melted, about 1-2 minutes.
5. Remove from broiler and place the "top" half on each sandwich. Slice each french dip in half and serve alongside a small cup of Au Jus (and a dab of horseradish, if desired) for dipping.

## Inspirational Quotes

By: Trevor McCuiston

1. There is a strength, a power even, in understanding brokenness, because embracing our brokenness creates a need and desire for mercy, and perhaps a corresponding need to show mercy. When you experience mercy, you learn things that are hard to learn otherwise. You see things you can't otherwise see; you hear things you can't otherwise hear. You begin to recognize the humanity that resides in each of us. - Bryan Stevenson
2. All our dreams can come true, if we have the courage to pursue them. – Walt Disney
3. Everything you've ever wanted is on the other side of fear. — George Addair
4. Hardships often prepare ordinary people for an extraordinary destiny. – C.S. Lewis
5. I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. – Nelson Mandela
6. There is only one thing that makes a dream impossible to achieve: the fear of failure. — Paulo Coelho
7. It is never too late to be what you might have been. - George Elliot
8. Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen. - Deep Roy
9. Life is not the amount of breaths you take, it's the moments that take your breath away. - Will Smith
10. Have no fear of perfection, you'll never reach it. - Salvador Dali



If you love to see people smile and laugh, and if you love to go to events around the Houston/Gulf coast area, and love to raise money, THEN become a Spina Bifida Houston Gulf Coast board member!!!

Contact Kim McCuiston at:

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