



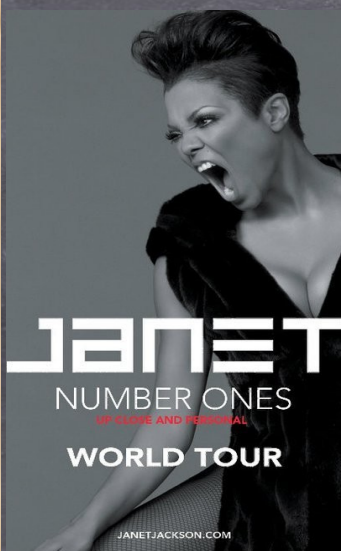
It's Not Who I Am

www.itsnotwhoiam.com

July 31, 2011

Vol. 6 ISSUE 9

20 Under 20 - Janet Jackson



Stop the press!! Famous singer and musician Janet Jackson is spearheading her JANET Number Ones, Up Close and Personal Tour, which recognizes 20 teenagers worldwide who've done great things in their communities.

Those selected receive two tickets to the concert itself and a chance to meet Janet Jackson face-to-face after the show.

I was nominated by Lauren Saraisky Lewis, from The Three Dot Dash-Just Peace Summit (...-), and I am deeply honored to say that I have received this recognition and will be meeting Janet Jackson herself Saturday, August 6, 2011! This is such an honor to even be nominated, let alone win. I want to give another shout out to Lauren, thanking her for nominating me.

But I wasn't the only one in

...- to receive this honor. Another 2011 GTL, Muhammad Iman Usman, was nominated and recognized for his amazing contributions to his own community. Unfortunately, he will not be attending because he will be somewhere else on the 6th, but I'd like to congratulate Iman as well!

I can't wait to go and tell you all about it!! Pictures in the next newsletter!

The Its Not Who I Am Guestbook

The It's Not Who I Am Guestbook is a great place to talk and share stories and commentaries about Epilepsy and my website. I'm always looking for new ways improve www.itsnotwhoiam.com and would love everyone's input. So please, drop into itsnotwhoiam.com and click on guestbook. Once there, feel free to tell me what's on your mind.

While it is nice to receive compliments and praise, I would love to hear about you and your thoughts, concerns, and suggestions. Here are some ideas you may wish to use when completing a note on the Guestbook:

- Your personal stories about Epilepsy
- Your E-newsletter article suggestions
- Things YOU have done to make a difference in the lives of others

I can't wait to hear from all of you when I open the Guestbook next!



Q: What is the difference between seizures & epilepsy?

A: Seizures are a symptom of epilepsy. Epilepsy is the underlying tendency of the brain to produce sudden bursts of electrical energy that disrupt other brain functions. Having a single seizure does not necessarily mean a person has epilepsy. High fever, severe head injury, lack of oxygen -- a number of factors can affect the brain enough to cause a single seizure. Epilepsy, on the other hand, is an underlying condition (or permanent brain injury) that affects the delicate systems which govern how electrical energy behaves in the brain, making it susceptible to recurring seizures.

Quote of the Month: "Leadership is action, not position." – Donald H. McGannon

Sara's Strikes For Seizures



Please join us for our **NEWEST** event on Saturday, November, 19, 2011—**SARA'S STRIKES FOR SEIZURES!** Lane Assignments begin at 10:30a.m. and the pins start to fall at 11:00a.m. Our Host is Hoebowl Bowling Center, 1677 Route 8, Wappinger Falls, New York.

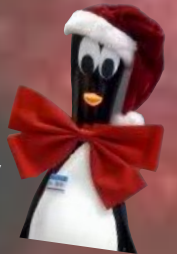
Enjoy an afternoon of bowling as we all sponsor the “**It’s Not Who I Am – Epilepsy Fund**” and raise awareness and donations to support educational services throughout the Hudson Valley.

BOWLING: We have room for 36 teams consisting of four or five bowlers each. Your \$25.00 per person donation includes: **TWO GAMES, SHOE RENTAL, AND A SLICE OF PIZZA OR A HOT DOG AND A SOFT DRINK.** (Tax deductible portion, \$15.00 for each bowler)

SPONSORSHIP: Please consider sponsoring a lane for “Sara's Strikes for Seizures”. Your personal message or company name, address and /or phone number will be displayed. Lane sponsorship includes a sign posted at a lane for everyone to see and you may bring your promotional material which can be displayed at the check-in table for distribution. Each

Sponsorship Sign is a \$100.00 Donation. (Tax deductible portion, \$100.00 for each sign)

DECORATE THE PIN CONTEST (TEAM ACTIVITY): Reserve your Bowling Pin today! For an additional \$10.00 donation, your team will receive a Bowling Pin ready to be decorated by your talented team of bowlers/artists. We will supply the markers – you supply the imagination! Trophies will be awarded to the top **THREE** designs at 12:45pm! Pin Decorating Suggestion: We will supply the markers, but you are not limited to this. Bring your own supplies to add to your pin for a totally unique pin. You are only limited by your imagination. (Tax deductible portion, \$5.00 each)



PRE-REGISTRATION IS REQUIRED: To register by Check please complete the form on the next page and mail it back with payment as noted on the registration form. To register by Credit Card please visit my webpage and click on the “Strikes for Seizures” link on the left hand side of the page and then click on the link at the bottom of the page to register by credit card on the Community Foundation of the Hudson Valley’s secure website.

SILENT AUCTION: Be sure to check out and place your bids at our silent auction—which is filled with fabulous items that have been donated to help support the “It’s Not Who I Am—Epilepsy Fund”. Photos of upcoming auction items will soon be available on the website.

Additional Supporters



- Mrs. Judy Elliot -

- Mr. Stephen Kairys -

- Ulster Savings Bank -



Sara's Strikes For Seizures

OUR HOST
Hoebowl Bowling Center
 1677 Route 9, Wappingers Falls, New York

Enjoy an afternoon of bowling as we all sponsor the 'It's Not Who I Am—Epilepsy Fund' and raise awareness and donations to support educational services throughout the Hudson Valley.



Saturday, November 19, 2011
 Check In Begins At 10:30 a.m.
 The Pins Start To Fall At 11am
 \$25/PERSON - 4 or 5 PERSON TEAMS
 INCLUDES 2 GAMES, SHOE RENTAL, AND A
 SLICE OF PIZZA OR A HOT DOG
 AND A SOFT DRINK

Team Contact: _____
 Address: _____

Phone Number: _____
 Email Address: _____
 Team Name: _____

Team Captain: _____
 Team Member: _____
 Team Member: _____
 Team Member: _____
 Team Member: _____

Lane Sponsorship: Please consider sponsoring a lane for "Sara's Strikes for Seizures". Your personal message or company logo will be displayed at one of our lanes for the day. Lane Sponsorship includes a sign posted at a lane for everyone to see, and we will display your promotional material at the check-in table for distribution.

Lane Sponsorship Message: _____

Decorate the Pin Contest (Team Activity): Reserve your Bowling Pin for an additional \$10.00 donation. Your team will receive a Bowling Pin ready to be decorated by your talented team of bowlers/artists. We will supply the markers – *Bring your own supplies to add to your pin for a totally unique pin. You are only limited by your imagination.* Trophies will be awarded to the top THREE designs at 12:45pm!

Mail registration And payment to: The Community Foundation P.O. Box 3045 Kingston, NY 12402-3046	No. of Bowlers:	_____	at \$25.00 each	_____	Total
	Lane Sponsorship:	Yes No	Lane(s) at 100.00 each	_____	Total
	Pin Contest:	Yes No	\$10.00 each	_____	Total
				_____	Grand Total

This registration form is for CHECK payment only, checks should be made out to:
 The Community Foundation of the Hudson Valley (Note: Its Not Who I Am Epilepsy Fund in the memo field).
 To register using a credit card please visit www.itsnotwhoiam.com and click on the 'Strikes for Seizures' tab.

Questions? Please contact Sara-Elizabeth at sara-elizabeth@itsnotwhoiam.com



It's Not Who I Am

THE IT'S NOT WHO I AM ADVISORY COUNCIL

Chairwoman: Sara-Elizabeth Clark

Ann Marie Bezuyen
Robert Bomba
Shawn Clark
Tanya Yuro-Clark

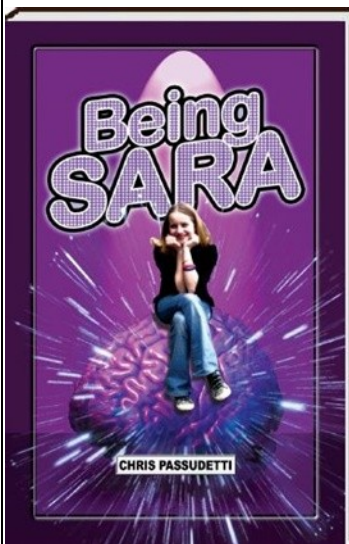
Our Mission

"It's Not who I Am" promotes the idea and belief that nothing is impossible and I will not let my epilepsy define me as a person.

I ask that no one judge a person wrongly because they have epilepsy or anything else that makes them different, but to embrace them as we can learn something new from them and their personal experiences.

Order your own copy of Being Sara

Visit The Epilepsy Foundations Website Store at:
<http://shop.epilepsyfoundation.org/store/p/862-Being-Sara.aspx>
to purchase your copy of "Being Sara"!



Product Details

Author: Chris Passudetti
Cover Type: Paperback
Pages: 71
Publish Date: 8/1/2009
ISBN: 1-934713-90-2

Product Description

Growing up, Sara Elizabeth Clark struggled with a serious brain disorder that made even the simplest activities extremely difficult.

Now a healthy teenager, Sara hasn't mastered the art of predicting the future, but she has done some pretty incredible things. Whether starring in a local play, appearing in a commercial or even auditioning for a Hollywood movie, Sara is well on her way to making her red carpet dreams come true. But what she's accomplished as an epilepsy activist is probably the most amazing thing about Sara. She is one teenager who knows exactly who she is and plans on making a difference simply 'Being Sara'.

To Order by phone, call
1-866-330-2718 (24 hours a day)

Would you like to make a donation to the It's Not Who I Am—Epilepsy Fund?

Yes, I would like to make a donation to the It's Not Who I am—Epilepsy Fund in the amount of:

\$25.00 \$50.00 \$100.00 \$250.00 \$500.00 Other \$ _____

Name _____ Card# _____ Amount _____

Card Type: VISA MASTER CARD Exp Date _____ 3 Digit Control Number _____

Mailing Address _____ City _____ State _____

Signature _____

Please make check payable to: The Community Foundation of the Hudson Valley—The It's Not Who I Am Epilepsy Fund.

Check and this form should be mailed to: The Community Foundation of the Hudson Valley, P.O. Box 3046, Kingston, NY 12402-3046

Or on-line at: www.cfdcn.org