



Northwest Gifted Child Association (NWGCA)

# Gifted Unlimited, II

Vol. 11, No. 3, Spring 2012

Chartered in 1963, NWGCA is a statewide, nonprofit organization of people with an interest in meeting the special needs of highly capable children

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Barbara Warren-Sams, editor

## Inside this issue:

Tips for hosting events	2
Lucille Beckman memorial	3
Summer opportunities	4
Creative Learning Today	5
Online math for gifted elementary students	7
Creativity-insomnia link	8

## SENG campaigns against misdiagnosis of ADHD in gifted

*Marianne Kuzujanakis, SENG*

POUGHQUAG, NY  
January 23, 2012—  
Intellectually gifted children whose needs are neglected or misunderstood may exhibit traits and behaviors that resemble those of Attention Deficit Hyperactivity Disorder (ADHD). They may be wrongly diagnosed, possibly resulting in unnecessary medication and unintended harm, according to the international nonprofit

organization, Supporting Emotional Needs of the Gifted (SENG).

SENG is developing a public awareness effort to alert the pediatric health-care community to the potential for misdiagnosis. Giftedness education is currently not a standard teaching component in medical schools and is addressed infrequently in the pediatric medical literature.

SENG recently sent a letter of concern to the American Academy of Pediatrics (AAP) in response to the AAP's new guideline discussed in "ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity in Children and Adolescents" (*Pediatrics*, 2011, Vol. 128 [5], November, pp. 1-17). The new AAP-directed guideline

*Continued on p. 3*

## Use resources at home when school is not enough

*Patrice Torres, NW Untest and NWGCA board member*

Parents often ask what they can do when school is not doing enough to challenge their gifted child. Following on p. 7 is a resource list of dynamic Web sites with wonderful resources for use at home.

You may also explore with your child's teacher,

or the gifted coordinator for your school district, the possibility that your child can use one of these resources in place of his or her regular classroom curriculum material. This will take extra effort, but may pay enormous dividends in your child's classroom

experience. (See also "Online math for gifted elementary students" on p. 6.)

Patrice Torres is a leader in homeschooling.

*Continued on p. 7*



## Tips for hosting an event

After years of hosting a variety of events, I thought I'd share some of my thoughts and experiences with the hopes of helping to make your next event easier.

### LOCATION

The first thing that needs to be considered is location. Most school districts are willing to allow parent organizations to use their facilities. There are a few things you should keep in mind when choosing your location:

- First, is it easy to find, accessible, centrally located and does it have adequate parking?
- Does it have a room or rooms that are the appropriate size for the group that will be attending?
- If you are planning on using computers, sound systems, video and/or a stage are they available?
- If you are planning on having refreshments, what are the rules at this location?
- Most locations will require you to have a school district employee as an onsite manager. This is often a custodian and requires your organization to pay a fee. They are normally responsible for unlocking and locking the site, managing the alarm system and making sure the facility is back in order when the event is over.

If you are planning on using any of the districts tech equipment, you are often required to also pay someone to attend and be responsible for and run that equipment. The only way to avoid paying for these services is to find someone willing to volunteer.

### REFRESHMENTS

Another significant cost for events is refreshments. Although they are not required, they are greatly appreciated

by the attendees, especially coffee and a pastry early in the morning and water and some snacks for all day events.

There are basically three ways to go about obtaining refreshments:

1. The most obvious is to just purchase what you want and either roll it into the fee charged to the attendees or have your organization pay for it.
2. A second way is to make a list of all of the items that you would like to have and send an email out to your parent group asking each person to choose one or two items off the list that they are willing to donate. This generally works pretty well as long as someone is responsible for organizing, setup and clean up. Don't forget to include napkins, plates, cups, plates, baskets and other utensils on your list as well as the refreshment items.
3. A third way is to solicit donations from local businesses. This may seem daunting at first, but once you get the system down, you will know who to contact for which items needed for future events. The best way to approach asking for donations is to generate a letter on your organization's letterhead (just create something if you don't have official letterhead paper).

Be sure to include information about your organization, what your event is about, when your event will take place, the specific item or items that you would like them to donate and your tax identification information. You can start by making phone calls, but hand carrying the letter and speaking directly to a store manager will get you the best results.

Starbucks stores are very generous with coffee donations. You can usually count on hot coffee to go, cups and setups for the number of people

that you request. Sometimes they will even donate pastries. Top Foods, Winco, and Fred Meyer are good places to ask for cookies, pastries, bottled water, and more. The secret is not to be shy. Ask. You will be surprised how willing they are to donate.

Once you gain a rapport with certain stores, it will just take a phone call as your next event approaches. Then you drop off a request letter when you go to pick up the donation. The best way to establish that rapport is to follow up every donation, again on letterhead, with a thank you letter that includes all the same basic information but extends a heartfelt thank you for the significant contribution that they made!

A well thought out and organized event can be a lot of fun! I hope these tips help you with the logistics side of the event so that your group can focus on what their message is for the event and how they want to get it across.

*Christine Holland, NWGCA board member*



According to Dr. Karen Rogers, not only are gifted students significantly more likely to retain science and math content when taught faster than a "normal" classroom pace, but they also are significantly more likely to forget or *mislearn* science and math when they must drill and review the information more than two or three times!



## Misdiagnosis, continued from p. 1

extends the range of ADHD diagnosis from ages 6-12 to ages 4-18, and fails to include the critical possibility that a child's intellectual giftedness may contribute to symptoms similar to ADHD. Thus, precocious preschoolers may be at even greater risk for misdiagnosis.

"There is a reasonable amount of professional literature supporting the need for physicians to consider intellectual giftedness....However, the ADHD rating scales have not yet incorporated this consideration into their manuals, and the Diagnostic and Statistical Manual of Mental Disorders (DSM) only mentions it in passing. Our opinion is that a substantial number of intellectually gifted children are being incorrectly diagnosed as having ADHD," according to a letter from SENG leaders James T. Webb, Ph.D., ABPP-Cl; Marianne Kuzujanakis, M.D., M.P.H.; and Rosina M. Gallagher, Ph.D., NCSP.

In response to SENG's letter, the AAP indicated that it will share the information with its committees reviewing the issue, consider the feedback in its next revision of the ADHD guidelines, publish an article on the topic in its news magazine, and pro-

pose a session on gifted children at its national conference.

James T. Webb, who also co-authored the book, *Misdiagnosis and Dual Diagnoses of Gifted Children and Adults*, and is highly published in the gifted field, believes that while ADHD can and does occur in gifted children, many traits and behaviors characteristic of giftedness are frequently misinterpreted as ADHD, particularly in the very young.

"Some of these traits include being strong-willed, impulsive, impatient with the relative slowness of others, and having the tendency towards heightened sensitivity, perfectionism, and intense focus on personal interests and experiences," Webb says.

"As pediatric healthcare providers become better informed on giftedness issues, they better understand the value of correctly identifying giftedness in their patient population, and are better able to make recommendations to meet their needs via strength-based planning and educational strategies prior to traditional behavioral and medical interventions," he adds.

SENG leaders finally propose future editions of diagnostic manuals (DSM and ICD) provide specific

codes for giftedness in the medical record. They recommend that pediatric clinicians routinely consider giftedness in all developmental assessments, particularly when diagnosing ADHD and relevant behavioral and mental conditions.

### ABOUT SENG

Founded in 1981, SENG is an organization that empowers families and communities to guide gifted and talented individuals to reach their goals: intellectually, physically, emotionally, socially, and spiritually. With more than 12,000 subscribers to its newsletter, and a board of globally respected authorities on gifted education, SENG offers online resources, shares research, and provides webinars for parents, educators, and healthcare professionals. ***Its 2012 national conference will be held July 13-14, 2012 in Milwaukee, Wisconsin.***

For more information, see [www.sengifted.org/](http://www.sengifted.org/). You may also contact Marianne Kuzujanakis, M.D., M.P.H., SENG Director and Medical Liaison; email [Marianne.Kuzujanakis@sengifted.org](mailto:Marianne.Kuzujanakis@sengifted.org); or write her at P.O. Box 488, Poughquag, NY 12570.

## Lucille Beckman, pioneer in gifted education

On January 1, 2012, Lucille Beckman, director for 21 years, at Seattle Country Day School (SCDS) for Gifted Education in Seattle, passed away. Her memorial will be at SCDS on Saturday *July 21, 2012, at 2:00 p.m.* Lucille was a pioneer for gifted education in the Seattle area by helping create the first gifted education private school in the Seattle area (SCDS). She was a pioneer in testing by

researching and writing in *the Gifted Child Quarterly*, about the importance of the Wechsler Intelligence Scale for Children (WISC) block design in determining giftedness. She also lobbied to secure the first funding for public school gifted programs within the state of Washington. Her daughter Lois Beckman works in the fifth-grade highly capable program in the Mukilteo School District.



# 2012 summer opportunities for gifted



## ENRICHMENT FOR HIGHLY CAPABLE KIDS

### Eastern Washington University Cheney, Washington

#### 2012 SATORI Camp, July 22-28

Satori (Japanese for "Ah ha") Camp provides an opportunity for academically and intellectually talented students to experience their first taste of college with others who share their enthusiasm for learning in an academic and social environment.

Residential, Ages 12-18

800-999-8363

Registration and applications for scholarships start on April 30, 2012.

[www.satoricamp.org](http://www.satoricamp.org)

[infor@satoricamp.org](mailto:infor@satoricamp.org)

### Western Washington University Bellingham, Washington

#### Summer Odyssey of Science & Arts, July 9-13 and July 23-27, 2012

#### Variety of other day programs (see Web site)

Elementary, grades 4-6

Global Connections, July 23-Aug 10

High School College Quest, July 15-20

Early registration by May 15

360-650-3308

[youth@wwu.edu](mailto:youth@wwu.edu)

[www.acadweb.wwu.edu/eesp/youth/odyssey/odyssey\\_smr.html](http://www.acadweb.wwu.edu/eesp/youth/odyssey/odyssey_smr.html)

### University of Washington

#### Robinson Center/Young Scholars

#### University of Washington, Guthrie Annex 2, Seattle, Washington

*Summer Challenge, grades 5-6*

July 9-27, First day to apply Feb. 6

Multi-disciplinary learning experiences for three weeks on UW campus.

*Summer Stretch, grades 7-10*

July 2-27, 2012

First day to apply March 5

Math, humanities, science and writing at an accelerated pace.

Commuter only

206-543-4160

<http://depts.washington.edu/cscy/programs/summer/>

Summer programs: [rcsummer@uw.edu](mailto:rcsummer@uw.edu)

### Washington State University

#### *Cougar Quest, Pullman, Wash.*

Residential

Registration opens in December

Grades 7-9, July 15-20

Grades 9-12, July 22-27

509-335-1235

[www.cougarquest.wsu.edu/camp\\_info.asp](http://www.cougarquest.wsu.edu/camp_info.asp)

### Summer at Seabury

#### Tacoma, Washington

#### Weekly day camps, 9 a.m. – 3 p.m.

Enrichment makes make learning fun and engaging for children K-8.

Before and after care available June 18 through August 10

[seaburydirector@comcast.net](mailto:seaburydirector@comcast.net)

[www.seabury.org/summer/summer.php](http://www.seabury.org/summer/summer.php)

## Online Courses

### Education Program for Gifted

#### Youth Summer Institutes

#### Stanford University

<http://epgy.stanford.edu/courses/index.html>

### Center for Talented Youth

#### John Hopkins University

<http://cty.jhu.edu/ctyonline/courses.html>



## ENRICHMENT FOR ALL KIDS

### University of Washington

#### Seattle, Washington

#### iD Tech Camps, ages 7-17

Week long day camps and overnight camps

#### iD Gaming Academy, ages 13-18

Two weeks overnight

The World's #1 Summer Computer

Camps for Kids, Teens, & Youth at over 60 universities

Ages 7-17

[www.internaldrive.com/locations/wa-summer-camps-washington-computer-camps/university-of-washington-seattle-area](http://www.internaldrive.com/locations/wa-summer-camps-washington-computer-camps/university-of-washington-seattle-area)

### Port Townsend Marine Science Center

#### Port Townsend, Washington

#### Fort Worden State Park

Marine science day and residential (week-long) camps

Daily interpretive programs for families and beach walks.

Family and ages 5-13

*Marine Biology*

Residential program, ages 9-13

360-385-5582, 800-566-3932

Research cruises for the family

[www.ptmsc.org](http://www.ptmsc.org) or [info@ptmsc.org](mailto:info@ptmsc.org)

### Oregon Museum of Science and Industry

#### Portland, Oregon

503-797-4661

[www.omsu.edu/camps-classes](http://www.omsu.edu/camps-classes)

### Portland State University

Portland, Oregon

*Saturday Academy*

20 week-long day camps, grades 4-12

All classes project oriented

*Continued on p. 5*





## Opportunities

*Continued from p. 4*

www.saturdayacademy.com  
503-200-5858  
Portland Metro area

### **Pacific Science Center**

Five locations in Puget Sound area  
Summer science day camps  
Grades K-9  
www.pacsci.org  
206-443-2925

### **Centrum**

Music, dance, and creative writing  
www.centrum.org  
info@centrum.org

### **Centrum Young Artists Project Port Townsend, Washington**

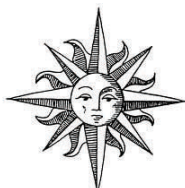
Blue Heron Tales, Texts & Theater  
June 4-8  
DANCE This, grades 9-12  
August 7-11  
360-385-3102, x. 120  
www.centrum.org/youth/hs.html

### **Camp Invention**

Day camps for grades 1-6  
Numerous sites in Washington and  
Oregon.  
800-968-4332  
www.campinvention.org

### **U.S. Space Camps & Space Academy**

Ages 7-18; adult programs, and  
adult plus child programs  
Commuter/residential  
Huntsville, Alabama  
800-637-7223  
www.spacecamp.com



## Creative learning today

Discover (or re-discover) the Center for Creative Learning's newsletter, *Creative Learning Today*. This newsletter offers articles and reviews on creativity, Creative Problem Solving, problem-solving style, and talent development. A new issue, Volume 18, No. 4, has just been posted on our Web site, and many back issues are also available. You are welcome to download these, at no cost, as PDF files.

We also invite you to visit other areas of our recently updated and expanded Web site [www.creativelearning.com](http://www.creativelearning.com), at which you will find other resources we believe will be valuable to you in your work in gifted education or other initiatives relating to "21st Century Skills" including creativity, innovation, problem solving, and teamwork, or school improvement programs. Our resources include:

- Many free articles and reports in PDF format
- Free and inexpensive downloadable teaching activities ("Thinking with Standards") that illustrate ways to integrate tools for creative and critical thinking with academic topics.

- A wide variety of inexpensive downloadable booklets on creativity, CPS, talent development, and style
- Books and other "hard copy" print resources
- An extensive database of information about instruments for assessing creativity
- A comprehensive set of 13 distance learning modules— a complete Creative Problem Solving course that you can pursue at your own learning pace, entirely web-based.
- Case studies of our "Levels of Service" approach to talent development in action

We hope you will visit our website and also share this information with other colleagues who are interested in these professional areas.

We are also available for workshops or conference presentations throughout the year. Please visit our team's biographical sketches to learn more about us, and feel free to contact our office for more information: Center For Creative Learning, P. O. Box 53169, Sarasota, FL 34232 (USA), [www.creativelearning.com](http://www.creativelearning.com).

## Creativity-Insomnia, continued from p. 8

munity is a first step. Or buy your doodler a sketch pad and some pastels—and be sure to allot some time for drawing each day. If he or she starts sleeping better, you're on the right track. If you're not sure which creative activity to choose, trial-and-error is a good way to start.

Healthier than medication, nurturing your child's creativity has the advantage of directing that special kind of self-expression that really won't go any other way because it's hardwired.

Read an entire sample chapter of Rebecca Hein's *A Case of Brilliance* at [www.caseofbrilliance.wordpress.com](http://www.caseofbrilliance.wordpress.com).

Rebecca L. Hein has a master's degree in cello performance. She is the author of *A Case of Brilliance*, her memoir about the discovery that her two children are profoundly gifted.

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# Online math for gifted elementary students

The Mount Vernon School District is still working on implementing the Education Program for Gifted Youth (EPGY) from Stanford University. EPGY provides email courses to allow each student to progress through mathematical concepts at their own rate. Stanford offers three courses in their open enrollment program: mathematics K-7, beginning algebra, and language arts and writing.

The goal of Mt. Vernon's program is to allow highly capable (Hi-Cap) students, fourth through sixth grades (the district does not identify/recognize Hi-Cap until the fourth grade) to use the program during regular class time. The district has decided that at the beginning of each new math unit, the teacher will give identified Hi-Cap students a pre-test. If a student passes the test with a 90 percent or above score, he or she will then be allowed to use the program 20 minutes a day, three times a week until the rest of the class moves on to the

next unit. Currently, 45 students are enrolled in the program.

Many students are required by most teachers to complete nightly homework which is still assigned at their grade/age level. However, because students can also access the program at home, some students are now allowed to use the EPGY program in place of regular required homework.

Having an online program is an easy sell, because the district and individual teachers don't have to engage continually in developing new materials. However, some areas in which obstacles have been encountered include disbursement of log-in information to students, district-wide computer set up, connecting with Hi-Cap parents, and teacher participation/resistance.

Program cost, which the district pays, is very reasonable and comes to approximately \$160 per student for a 10-month course when there are eight or more students who register together either per school or per dis-

trict. Although the district pays for the program, it also relies on a support associate to troubleshoot computer problems, maintain contact with each student's parents, and keep updated information on all students' progress.

If districts decide not to use the EPGY program, there are other free online programs that would work also well for gifted kids, and they can use the same set up that has been implemented at Mt. Vernon—giving identified Hi-Cap students a pre-test at the beginning of a unit and then offering online programs for them to work on during that unit's lesson time slot in the classroom schedule.

The Web address for the Stanford's EPGY open enrollment program is <http://epgy.stanford.edu/school/openenroll/index>.

If you have questions, don't hesitate to email Tawna Eggert, volunteer parent support associate, Mt. Vernon School District, at [Qplus2@ymail.com](mailto:Qplus2@ymail.com).

*Tawna Eggert, NWGCA board member*

**If your membership is about to expire, save volunteer time and energy by sending in your membership dues today. Your membership expiration date appears next to your address label.**

### NWGCA Membership Application

Does your employer match contributions?  Yes  No

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

School District \_\_\_\_\_

I don't want to share my information with other Washington organizations for the gifted.

Please cut or copy this form and send it with a check for \$35 (yearly dues) to:  
NWGCA Treasurer, PO Box 10704, Spokane, Washington 99209. Make check payable to NWGCA.



## Resources for home use, continued from p. 1

### MATH WEB SITES

**Cool Math** [www.coolmath.com](http://www.coolmath.com). An amusement park of math and more, designed for fun!

**Math Whizz** [www.whizz.us/](http://www.whizz.us/). Math-Whizz Tutoring Plus is a leading online math tutor program that improves your child's math.

**DreamBox Learning** [www.dreambox.com/](http://www.dreambox.com/). Adaptive learning technology that can change the paradigm of learning, integrating individualized instruction and continuous, embedded assessment with a rigorous engaging, and motivating approach.

**Visual Math Learning** [www.visualmathlearning.com/pre\\_algebra/chapter\\_6/chap\\_6.php](http://www.visualmathlearning.com/pre_algebra/chapter_6/chap_6.php). This is a free interactive multimedia online tutorial for math students. Its first level, *Numbers and Arithmetic*, is a pre-algebra course for middle-schoolers.

### BROAD ONLINE LEARNING

**Time 4 Learning** [www.time4learning.com/](http://www.time4learning.com/). This is a convenient, online homeschool curriculum that combines education with interactive fun. Animated lessons, interactive activities, printable worksheets, and detailed reporting make the learning system a top selection of the Homeschool.com "Top 100 Educational Websites" year after year.

**BrainPop & BrainPop Jr.** [www.brainpop.com](http://www.brainpop.com). Animated, curriculum-based content that supports educators and engages students. Resources include movies, quizzes, experiments, timelines, activity pages, and much more covering hundreds of topics within math, science, social studies, English, technology, arts & music, and health.



**Discovery Education** [www.discoveryeducation.com](http://www.discoveryeducation.com). Provide engaging digital resources to schools and homes with the goal of making educators more effective, increasing student achievement, and connecting classrooms and families to the world of learning.

**Starfall** [www.starfall.com/](http://www.starfall.com/). Starfall.com opened in September 2002 as a free, public service to teach reading using phonics.

### CURRICULA

**Math in Focus** [www.greatsource.com/singaporemath/](http://www.greatsource.com/singaporemath/). Brings to U.S. classrooms Singapore's top-ranking approach to teaching mathematics in grades K–5.

**Singapore Math** [www.singaporemath.com](http://www.singaporemath.com). A company dedicated to excellent service and quality products.

**Life of Fred\*** [www.stanleyschmidt.com/FredGauss/ndex2.html](http://www.stanleyschmidt.com/FredGauss/ndex2.html). Offers a complete math education from fractions through two years of calculus and beyond. More mathematics than most homeschooling curriculum.

**Northwest Untest's Blazing Trails Homeschool Curriculum** [www.goblazeatrail.com](http://www.goblazeatrail.com) (coming soon). Learning is a journey. Untest offers a curriculum for visual, kinesthetic, and generally "out-of-the-box" learners. If you'd like to learn more or possibly beta test, email [info@nwuntest.com](mailto:info@nwuntest.com).

### BOOKS & MATERIALS

*Remember, titles marked with an asterisk may be purchased at a discount through Northwest Untest. Contact them for pricing or to place your order: [ptorres@nwuntest.com](mailto:ptorres@nwuntest.com).*

**Living Math** [www.livingmath.com](http://www.livingmath.com). This site is dedicated to sharing resources for learning, exploring and enjoying math in a dynamic and holistic manner, for all ages.

**Mindware** [www.mindware.com](http://www.mindware.com). A good resource for educational toys for kids that engage and entertain. Your children will learn—and have fun—while they play!

**Chester Comix\*** [www.chestercomix.com/](http://www.chestercomix.com/). Comic books that teach history and economics in a highly visual and engaging approach.

**Horrible Histories\*** <http://horrible-histories.co.uk/>. When the very first Horrible Histories® were published back in 1993, it became clear that history books for children would never be the same again...

**Horrible Science\*** [www.horrible-science.co.uk/](http://www.horrible-science.co.uk/). It's science with the squishy bits left in.

**Murderous Maths\*** [www.murderousmaths.co.uk/](http://www.murderousmaths.co.uk/). Maths with laughs added in! How can maths rescue someone in deadly peril? Which famous mathematician was murdered? How did time begin? Find out in Murderous Maths - all the tricks, tips and short-cuts not taught at school.

**Times Tables the Fun Way\*** [www.citycreek.com/](http://www.citycreek.com/). City Creek Press offers 20 original products that serve one purpose—to make learning a fun and memorable experience for children throughout the nation.





## The creativity-insomnia link

Rebecca Hein

When you can't trace your gifted child's insomnia to any of the usual causes, such as stress or unresolved problems, it's time to consider thwarted creativity. The creative urge is powerful, especially in youth. At this early stage it most often appears as undirected energy.

If your child has already asked for music lessons, is writing poetry or stories, or is doodling on every scrap of paper in sight, you have some guide to his or her creativity. If not, insomnia might be an early clue that his or her creative needs aren't being met.

The problem with creativity and sleep is that when a creative child (or

adult) has no outlet, or if their unstoppable drive is somehow pushed in the wrong direction, that intense energy has to be discharged. In the night, when all other stimuli are absent, the muse stirs and wakes like a hungry tiger, and the sleeper has no peace.

You can test the insomnia/creativity connection by "feeding the tiger." And sometimes just a morsel or two will tell you if you've chosen right.

Thus, for a thwarted writer, setting aside even five or ten uninterrupted minutes for any kind of creative writing can do wonders as a beginning. For a young actor, investigating stage opportunities at school or in the com-

*Continued on p. 5*

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