

*The *DSAF Newsletter*

www.dsafnebraska.org

***Down Syndrome Association for Families**

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2006

4th ANNUAL BUDDY RIDE



The 4th Annual Buddy Ride will be **Saturday, July 8**; registration is **9:30 am - 12 noon**. A local motorcycle club, the Roughriders, will again be sponsoring this event to benefit the ***DSAF**. Motorcycles, hot rods, & even the family station wagon are welcome to make the trip. There will be 3 stops: starting at Frontier Harley Davidson, 2801 N 27: Weston, Memphis, Manley & back to Lincoln. This year the ride will end at a real "biker bar" so will not be appropriate for kids. We want to really encourage everyone to come to the Frontier Harley Davidson store in the morning. If you choose to take part in the ride the cost is \$15 per hand or you can just ride along. There are 2 great raffle packages, first a **50" HDTV** (donated by Schaefer's TV & Appliance) & a **LA-Z-Boy Recliner** (donated by Ernie's in Ceresco) & second a **Professional Stainless Steel Grill** (donated by Douglas Hearth Shoppe) & a **whole processed hog** (donated by Tom & Kathy Niedfeldt). The raffle tickets are \$3 each, 2 for \$5, or 5 for \$10. You do not have to be present to win.

Last year, families could buy a t-shirt, take pictures of their kids sitting on a Harley, & they had goody bags for our kids. Some of us were on TV. All of the funds stay locally to benefit the ***DSAF** group & individuals with Down syndrome. The Roughriders donated nearly \$19,000 to our organization last year! This group of local business people have really taken our group to their hearts. We would like to have a large turnout of individuals with Down syndrome & their families at the registration time. (If some of you are involved in Challenger Baseball come by after your game. It's straight up N. 27th St. on the west side of the road just after the overpass.) Those of you who have sold raffle tickets need to turn in your money & ticket stubs by that day. If you need more tickets to sell, or wish to buy raffle tickets let me know.

The Roughriders are asking for VOLUNTEERS to help with registration that morning & handing out arm bands & maps; you will be helping with their people. If you could help, please call Deb Safarik, 466-7641 or Sally Ludwig, 483-0609 or email deb@dsafnebraska.org so we can give them an idea of how many helpers we might have. They can use helpers as early as 9 am. Please help us support this great fundraising effort for our group & thank the Roughriders for their efforts on behalf of our kids.

The ***DSAF** meetings are open to anyone who has a relationship to,
an interest in, or desires to learn more about Down syndrome.

Our meetings are also open to anyone who has an interest in the meeting presentation

Upcoming Summer Events

Thursday, June 29
9:30 am – 11 am
Parent's Coffee

Saturday, July 8
4th Annual Buddy Ride
Registration 9:30 am – 12 noon

Monday, July 10
CCBW Board
6:45 pm – 7:45 pm
**DSAF* Board
8 pm – 9 pm

Sunday, July 16
3rd Annual Family Picnic
& Swim Party
4:30 pm – 7:30 pm

Monday August 7
CCBW Board
6:45 pm – 7:45 pm
**DSAF* Board
8 pm – 9 pm

Capital City Buddy Walk Kickoff
August 15

Capital City Buddy Walk
Saturday, September 30
Registration 8:30 am
Walk 9:00 am



3rd Annual Family Picnic & Swim Party

Our next summer event will be the 3rd Annual Family Picnic & Swim Party, **Sunday July 16**. We have reserved the UNI Park outdoor shelter on 49th & Garland St. HyVee on 48th & Leighton will provide their grill & grill person. We'll have hot dogs, brats, & hamburgers. We really appreciate Matt & Sally Ludwig's help arranging this. Matt is the manager of this HyVee. The meat, drinks, & table service will be provided. Please bring one or two side dishes to share. You can either park at the 49th & Garland St. parking lot for the park or at the UNI Pool parking lot, 200 N 48th (48th & Francis). If you park at the pool parking lot just follow the sidewalk past the tennis courts & across the bridge to the outdoor shelter. There is a play area for kids. We'd like to have folks **start gathering about 4:30 pm** & we'll plan to **eat right at 5 pm**. The **pool is reserved from 6 pm to 7:30 pm**. Last year the lifeguards came looking for us when no one showed up at 6 pm! We're inviting Zac Taylor to join us but haven't heard yet if he can come.

UNI Pool has zero entry, a sand area, water umbrellas, a pipe fountain you can adjust the water on, a floating crocodile to climb on, & a water slide that does go into deep water. Children who are not toilet trained need to wear swim diapers (the pool does sell them but their supplies do get depleted quickly); life jackets are available for the little ones. We will have the whole pool to ourselves with lifeguards on duty. Feel free to invite extended family or friends to join us in the fun event. It would be helpful to have a head count to know how much food to order. Please call Jody Bartels 483-5348 to RSVP. (If you forget to call & find you can come please come on ahead.)

****DSAF** funds help provide this activity.*



PARENT COFFEE



Our next Parent Coffee will be Thursday, June 29, 9:30 am – 11 am at Stacey Kuszak's house, 4619 Buffalo Creek. Children & siblings are welcome to come. This is just nice relaxed time to get to know each other & visit with other families. Please let Stacey know if you can come, 421-0145. You can plan to come & go as your time permits.



CAPITAL CITY BUDDY WALK

The Capital City Buddy Walk (CCBW) plans are coming right along. Our brochure mailings should go out yet this week. This is probably our best-looking brochure yet! We want to thank Dean Fuelberth for all his hard work on the brochure & to Jacob North Printing. If you have an interest in volunteering the people to contact are: Annette Powers 435-6743 raffle & silent auction items & goodie bag donations, Sherrie Hanneman 525-4942 corporate & business donations & team leader volunteers, Joel Zinnecker 797-8106 morning set-up & parking volunteers.

SPRING ACTIVITIES

What a busy springtime we had! First there was our March Madness Ball Night. It was our biggest ever. We had over 100 kids & adults there to play with basketballs, volleyballs, big balls, & balloons. We enjoyed pizza & pineapple with a tropical theme at the tables.

Zac Taylor was a great sport feeding basketballs to the kids & tossing the football around with kids at the end of the night. Zac shared with us about growing up with his sister Kathryn, who is 21 & has Down syndrome. He had some really nice & sometimes funny stories to share with us. It's very clear he loves & enjoys his sister.

Out next big event was our April Inclusion Conference. We had about 90 professionals & parents attend. Dr. Richard Villa was just an excellent speaker! He shared about inclusion for all children. Nancy Brown & her daughter Bridget were a delight! Bridget, who is a year out of high school was so organized & read her notes for her speech over the lunch hour. She was explaining to me how people with Down syndrome have more troubles with their weight as we went to get a diet pop.

Some of the comments we received on the evaluations were, "Great day! Well organized, beautiful setting—food, decorations, music, displays, childcare & speakers! Thank you!" "I enjoyed & was moved by information & stories

of success & opportunity." "I can share information/teaching strategies w/peers."

We had 7 different Lincoln schools represented. LPS paid for books to go to LPS teachers & the **DSAF* provided books for other teachers/professionals. We want to thank the Omaha Down Syndrome Network for their grant towards this conference, the Regional DD Council for their grant, Lincoln Early Intervention Planning Region Team for their help with parent scholarships, St. Mark's Church & staff for all their help in setting up & scheduling this conference, Pat Stull for designing the fliers & Dean Fuelberth for editing & getting the fliers to the printer, Jacob North for printing the fliers so quickly, Sue Brott & the VOICE students for their help in preparing & sorting the mailing, Matt Ludwig & Dan Safarik for being "go-fors" & manual movers during the set-up & take down time, Sally Ludwig & Deb Safarik for co-chairing this conference & other family & friends of the **DSAF* for their help. This conference fulfilled one of our major goals for use of our **DSAF* funds. We hope to host a conference about every 2 years.

"LIFE GOES ON" DVD

I remember watching the "Life Goes On" TV show & really enjoying watching Chris Burke playing the part of Corky. I was amazed how well an individual with Down syndrome could act! After Paul was born I wished I could see those shows again. Well the DVD of the first year is now out on video. The **DSAF* has purchased a copy for our book cart & it is available for check out. It's really nice to see a family show featuring an individual with Down syndrome. There was quite a writing campaign to Warner Video encouraging them to put this out on video.

"I don't think anyone can grow unless he's (she's) loved exactly as he (she) is now, appreciated for what he (she) is rather than what he (she) will be."

Mister Rogers

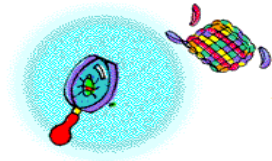
TIMES SQUARE PHOTO CONTEST

Celebrate the Buddy Walk's 11th anniversary by entering the Times Square video Contest. The video, which showcases the contributions that individuals with Down syndrome make to their communities, will air on the Panasonic Astrovision screen in Times Square on September 17 at 10:30 am. Each year, the NDSS receives thousands of photo submissions for the Times Square Video Contest. Because the Buddy Walk promotes acceptance & inclusion of individuals with Down syndrome, the winning photographs feature children, teens & adults with Down syndrome working, playing & learning with friends & family. Please limit photos to no more than three per individual with Down syndrome. July 21 is the cutoff date. Grant Fehlhafer was chosen last year to have his picture in the Times Square Video. Go to the NDSS website www.ndss.org & click on "Enter the Times Square Video Contest!" You can enter online or by mail. I'm including the permission form.



SUMMER FUN

Please remember we have scholarships available for enrichment activities & lessons this summer. If you are considering swimming lessons, music lessons or other lessons, a camp, etc you can apply for a scholarship. Scholarships are open to any child/adult with Down syndrome. Preference is given to members of the **DSAF*. We may not be able to fund the whole amount depending on the cost but we can help. We are sending copies of the scholarship application with this newsletter. We cannot fund ongoing lessons but if you want to try an art camp or acting workshop, a sports camp, or tutoring this summer don't be afraid to try & we can help with the cost. We do ask for a receipt to show you've paid for it & we will reimburse you. We are unable to help pay for services that should be provided in other ways (through the schools, insurance or Medicaid) or pay for equipment & supplies. The purpose of these scholarships is to encourage individuals & families to become more involved in community activities, to encourage new experiences, & to help with the initial cost of such activities.



*This newsletter reports items of interest relating to Down syndrome & will provide a forum for others. The **DSAF* does not promote or recommend any therapy, treatment, etc. Any medical articles included in this newsletter are solely for information & any medical question should always be referred to one's family physician. **DSAF* will not support any particular political or religious view. This publication or its editor does not necessarily endorse individuals or organizations referred to. We wish to bring together those interested in Down syndrome & attempt to create a positive, optimistic outlook & attitude. We want to help our kids reach their fullest potential & be included in their schools & communities.*

