



◆ **Down Syndrome** ◆  
C O M M U N I T Y  
n e w s l e t t e r

Building a caring, understanding and supportive community open to all individuals and families whose lives include a person with Down syndrome

## Country Kicker Dance

By Carla Snyder

The annual Country Kicker Dance was held November 6<sup>th</sup> in Kent at the Kent Resource Center. We had a great turnout of almost 100 members, friends and families. All enjoyed dancing and pizza from Papa Murphy's Pizza.

Martin Fore of Foremost DJs kicked things off with his great selection of country music—and even a few dance lessons! I think the Tush Push was the best, the Chicken Dance a close second. Thanks Martin for a fun night of boot scooting!

Thank you, event co-coordinators for all your hard work! Ms. Laurel Sturges; Ms. Sandy Cadwell; my honey, Jeff Snyder; and the Snyder kids, Jarrod, Josh and Cassie. We couldn't have done it without you.



## Sweetheart Dance

The 2005 Sweetheart Dance and Pizza Party is February 19<sup>th</sup> 5:30 - 8:00 at the Highland Center in Bellevue. Please RSVP if you will be eating pizza. 206.524.6124 or seangking@hotmail.com

## DSC Hits the Water

By Laurel Sturges

The first annual DSC Day of Sailing was held in July at the Leschi Marina. Working with Footloose Sailing Association, the DSC had two sailing sessions on the warm summer day. FSA provided two boats that each held five DSC sailors, all safety equipment, and a crew.

On a grassroots level, FSA's efforts promote sailing in a population not previously looked at as a single group. This includes both inexperienced disabled people and experienced disabled sailors who have been denied access to sailing because of their disability and who now have the opportunity and freedom to sail with Footloose.

Because of the diverse nature of the various handicaps, Footloose offers creative programs to meet the needs and desires of those involved. This includes everything from the simple pleasure of being a sailboat passenger, to learning to crew, to experiencing the full aspect of being a skipper. New ideas, safety measures, and technical innovations have evolved and are evolving as a result of this. For additional information, or for membership information, go to [www.footloosesailing.org](http://www.footloosesailing.org).

This new activity was quickly filled up by enthusiastic participants. If you attended and would like to have this repeated next summer, or if you didn't get a chance to attend this year, but would like to try this activity next year, please contact one of the DSC Board members.

## Board Members

Kirk Gillett, President  
360-668-7344  
Kirk.Gillett@verizon.net

Lynn Chittenden, Vice President  
425-222-7770  
lynn\_chittenden@msn.com

Linda Michael, Secretary & Membership  
206-241-0353  
ljmichael@cypressmail.com

Sean King, Treasurer  
206-524-6124  
seangking@hotmail.com

Anne Mullis, Recording Secretary  
206-842-9027  
amullis@telebyte.com

Sandy Cadwell  
425-917-2236  
imjuskidn@juno.com

Nick Kappes  
425-712-7060  
consult@cmc.net

Mangala Lonkar  
206-362-5963  
rionkar@hotmail.com

Rajeev Lonkar  
206-362-5963  
rionkar@hotmail.com

Denise Medgard  
425-271-3926  
caldenliz@comcast.net

Doug Milligan  
206-241-2628  
lmilli8022@aol.com

Barbara O'Kelly  
360-658-1755  
barbara\_okelly@msn.com

Carla Snyder  
425-432-2879  
jcsnyd@comcast.net

Laurel Sturges  
425-226-6335  
lesorcaces@yahoo.com

## LAUNCH

Lynn Chittenden  
425-222-7770  
lynn\_chittenden@msn.com

JoAnne Thelin  
206-431-9777  
jrt414@yahoo.com

Beth Angelo  
425-814-1753  
bangelo@juno.com

## CALENDAR OF EVENTS

All dates are tentative and subject to change.

2/19 – Saturday 5:30 – 8 pm	Sweetheart Dance / Pizza Party	Highland Center, Bellevue
2/17 – Thurs 6:30 – 9 pm	LAUNCH Meeting	Highland Center, Bellevue
3/1 – Tuesday	Newsletter submission deadline	
3/5 – Saturday 1:15 - 3:15 pm	Mountlake Terrace Swim Party	Mountlake Terrace Pool
3/11 – Friday 7-10 pm	<b>Board Meeting</b> (Open to members)	Fairwood Community Church Contact – Linda Michael
3/17 – Thurs 6:30 – 9 pm	LAUNCH Meeting	Highland Center, Bellevue
4/21 – Thurs 6:30 – 9 pm	LAUNCH Meeting	Highland Center, Bellevue
5/6 – Friday	<b>Board Meeting</b> (Open to members)	Fairwood Community Church Contact – Linda Michael
5/14 – Saturday 5:30 – 8:30 pm	<b>Board Meeting</b> (Open to members)	Location to be determined



By Anne Mullis

**Living With Down Syndrome by Jenny Bryan**  
**Raintree Steck'Vaughn Publishers © 1999**  
**32 pages**

This book introduces the reader to four individuals, of varying ages, who have Down syndrome. It briefly explains what Down syndrome is, then goes through a typical day for each individual introduced. The book is sensitive in its delivery and provides useful direction for obtaining further information.

We shared this book with my daughter's elementary school classmates. It proved to be a sturdy vehicle for opening the doors to proactive dialogue.

Living With Down Syndrome is highly recommended as a platform for discussion with family and friends.

## Kicking-off the 2005 Down Syndrome Community Calendar *Living It Up!*

The Down Syndrome Community 2005 Calendar (*Living It Up!*) Kick-off Celebration was held August 8, 2004 at the Issaquah Public Library. The consensus was, "We are going to have to find a larger venue for this annual event!"

This was a great opportunity for all of our members to meet the stars of the 2005 calendars, their families, and the volunteers who put the calendar together each year.

The photograph above (left) shows our "Cover Boy," Tucker Weg, (with a little help from his mom and Clara Link) cutting the cake that featured his picture on the cover of the calendar. Also pictured above (right) is "Mr. February," James Ryder, with his father, Andrew, accepting a signed, matted print from Clara Link.

Below (left), you can see "Miss September," Rachel Reineke, and "Mr. March," Spencer Gillett, watching one of the presentations. Finally, the entire group of the 2005 calendar models, along with our photographer, Clara Link, posed for one more picture at the end of the day.



Clara Link, James and Andrew Ryder

2005 Order Form  
Mail completed order form to:  
DSC Calendar  
12931 - 168th Ave. SE, Renton, WA 98059  
with a check or money order payable to  
**Down Syndrome Community**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Quantity: \_\_\_\_\_ @ \$10.00 each Sub Total: \$ \_\_\_\_\_

Shipping & Handling: @ \$1.50 each Sub Total: \$ \_\_\_\_\_

Grand Total: \$ \_\_\_\_\_

## In Memoriam

Raymond Heier of Burien died unexpectedly in November 2004. His family asked that remembrances be sent to his favorite charity, the Down Syndrome Community. The more than \$1300 contributed will support the Heidi Heier Memorial Lending Library, opened in 2002 and named in honor of Ray's daughter. The Down Syndrome Community thanks the Heier family for their generosity and offers our heartfelt condolences.

Another Down Syndrome Community member also died in November. Evelyn Higashi lost her battle with cancer on November 17, 2004. She leaves behind sons Benjamin and Andrew, and her husband, Toby. Evelyn was active in LAUNCH. A life-long Seattleite and advocate for the developmentally disabled Evelyn will be missed. The DSC extends our sympathies to Toby and the boys.

## Visiting Bobby

By Phil English

The disadvantage of living a three hour flight or 1600 miles from my grandchildren means that visits are spread out over a year and not as frequent as I would like. The real advantage, if there is such a characteristic, is that I see the changes and advances made in the behavior and performance of our grandson.

I am delighted to have the unfailing enthusiastic greeting from Bobby as he runs, arms outstretched, to embrace his grandmother and grandfather. Perhaps the easiest change to note is the physical dexterity, the even pace of his movements, the growing comfort of the combined use of arms and legs, and the ability to grasp and release a variety of objects without conscious thought.

Watching Bobby easily climb the steel rope ladder and the steps of the various jungle gyms (of which some would be a challenge for me) is simultaneously exciting and a bit tenuous for his safety, but they are performed without hesitancy or fear. Bobby tackles new and unique experiences with a certain detached air, but once engaged he shows confidence and joy at his own learning achievements.

At least equally thrilling to is his ability to converse in ever increasing sentences and explanations, the way he captures new words and meanings, enjoying for himself, and thus myself, his ever increasing vocabulary. The phone conversations, though often too brief for a full explanation of how he is doing, are rich enough with comprehensible words and phrases to quite adequately get his feelings across.

We have a game, Bobby and I, involving the lobbing of five-inch soft rubber ball from the landing where he sits, down to grandpa who has moved a kitchen chair to bottom of the stairs at the initial request, (or is it a command?) of “Sit,” from Bobby. His catching skills are good, and even more remarkable, his pitching skills are progressing very well with only a rare errant toss. (Mariners, take note: You may be overlooking a needed talent here.) At times his sister, Tibby joins in as short stop on an intermediate step, and the speed of the action increases—without any sibling friction—as they share giggles and guffaws and the bounding ball.

Admittedly, there are times that I do not recognize his word for a desired food selection, but he is patient with me and often will lead me to the pantry and without too much exasperation in his expression, point out the grocery items he desires. And being not quite five years of age, he ignores, or tests his granddad by appearing not to hear the sharp “NO!” or “STOP!” when is going off to some self-chosen destination faster than I can manage pursuit. I am advised that he probably thinks it is a part of a game we are playing. Wrong! But I am learning.

His depth of focus, the perpetual happiness and smiles while he plays or watches a TV program, these qualities of intentional learning are certainly encouraging. As grandparents, we look forward to our visits, the frequent phone calls, and his response to our question “How are you?”

“I’m OK, how are you?”

*Phil English is the proud grandfather of Bobby Sturges.*

## Thank you to everyone who contributed to the success of the 2004 Buddy Walk.

Co-Sponsors	Partner	Patron
 	  South Everett-Mukilteo Rotary  SWENSON SAY FAGÉT <small>A STRUCTURAL ENGINEERING CORPORATION</small>	BRIAZZ Catering Builder's Hardware & Supply Sound Image Solutions

### Donors

13 Coins Restaurant  
 5<sup>th</sup> Avenue Theatre  
 Anthony's Bell Street Diner  
 Argosy Cruises  
 Boeing Klown Klub  
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 COSTCO – Aurora Village  
 COSTCO – Silverlake  
 Crystal Springs  
 Duke's Chowderhouse  
 El Gaucho Steakhouse  
 Hokum Hall  
 Intiman Playhouse

Jeff & Carla Snyder  
 Jillian's  
 Kinko's  
 Maltby Café  
 Mount Si Golf Course  
 Northwest Puppet Center  
 Pacific Science Center  
 Red Lion Hotel (Seattle)  
 Residence Inn (Redmond)  
 Seastar Restaurant and Raw Bar  
 Seattle Children's Theatre  
 Seattle Supersonics  
 Seattle Theatre Group  
 (Paramount)

See's Candies  
 Spirit of Washington  
 Dinner Train  
 Sun Press Printing  
 Tacoma Rainiers  
 The Underground Tour  
 Tracy Kachtick-Anders  
 Total Rental – Everett  
 Tully's Coffee  
 Verity Credit Union  
 VSA arts of Washington  
 Westin Hotel  
 Yuen Lui Studio

### Guests, Entertainers, and Volunteers

Marybeth Poch, Region 4, DDD, Keynote  
 Patrick Evezich, Guest Speaker  
 Rep. Al O'Brien, 1<sup>st</sup> District  
 Rep. Mike Cooper, 21<sup>st</sup> District  
 Rep. Fred Jarrett, 41<sup>st</sup> District  
 Rep. Toby Nixon, 45<sup>th</sup> District  
 Clara Link, Photography

Lupita Cano, Artist  
 Bruce Savadow, photographer  
*Ke Liko A'e O Lei Lehua* – Hawaiian Dance Group  
 Brian Waite Band  
 Bruce Poliak – bagpipes  
 Boeing Klown Klub  
 VSAarts of Washington

**A special thank you to the hardworking volunteers.** Months of behind the scenes work takes place to create the Buddy Walk. Volunteers solicit donations for the raffle, search out entertainment and invite speakers, legislators, and guests. They invite and organize volunteers who come out and help the day of the Walk. They send out press releases, process registrations, and order t-shirts. They label, stamp and mail. Then there are the many volunteers who help to sell the raffle tickets. It takes every one of you, working together, to create the wonder and joy of the Buddy Walk. On behalf of the Down Syndrome Community, the Buddy Walk Committee thanks each and every one of you from the bottom of our hearts.

## 2004 NDSC Annual Convention Update

By Laurel Sturges

The National Down Syndrome Congress annual meeting was held this year in Minneapolis, Minnesota, August 21-22, 2004.

There were great sessions over the three day period. The opening session included the Welcome Address by Judy Martz, David Tolleson and Richard Robison, a speech by Miss USA 2004, Shandi Finnessey, and a presentation by Nayef Albinali, a local self advocate. The participants were of all ages. There were people attending their first conference (including myself), and others who had been attending for years.

There were two simultaneous sessions, the main session and a session for brothers and sisters. Among topics covered were pre-school music, friendships, literacy, oral motor exercises, inclusive education, transition from school to adult life, sexuality education, estate planning. The DSC library has a copy of the compendium with all of the presentations.

On Friday night, there was a banquet and auction. Saturday night was the big dinner, awards presentation and dance. Everyone looked fabulous!

Next years conference is in Anaheim, California, July 29-31, 2005. Information can be found at [www.ndsccenter.org](http://www.ndsccenter.org). Hope to see you there!

## Odds 'n Ends

### Membership Update

Please help us keep the information in the Membership Directory up to date. Current mailing or email addresses save time and money as we share notices of upcoming events and other information. Send updates to Linda Michael at [ljmichael@cypressmail.com](mailto:ljmichael@cypressmail.com) or 206-241-0353. Please notify Linda if you would prefer to receive your newsletter and flyers via email.

### Statement of Policy and Disclaimer

This newsletter reports items of interest relating to Down syndrome and will provide a forum for others. The Down Syndrome Community does not promote or recommend any therapy, product or treatment. The contents of the newsletter are for informational purposes only.

### Down Syndrome Community is online!

Check out our website at [www.downsyndromecommunity.org](http://www.downsyndromecommunity.org). Also, if you would prefer to receive our newsletter and DSC flyers via email contact Linda Michael at [ljmichael@cypressmail.com](mailto:ljmichael@cypressmail.com)

### Albertsons Community Partner Cards

As part of the Albertsons Community Partners Program, The Down Syndrome Community continues to receive a rebate from Albertsons on every dollar we spend there each quarter. Thank you to all of you who have been using your cards. It's so easy! Just show your Community Partners card at the checkout stand and the DSC will receive between 2% - 5% of our total purchases. Ask your friends & neighbors if they would like a card to help support the Down Syndrome Community. For cards contact Sean King at 206-524-6124 or [seangking@hotmail.com](mailto:seangking@hotmail.com).

### DSC Yahoo Group

The Down Syndrome Community has an email announcement group through Yahoo Groups. Through this group information is shared about upcoming DSC events, as well as other events of interest, resources, and legislative news. You can join this group by sending a blank email to:

[DownSyndromeCommunity-subscribe@yahoogroups.com](mailto:DownSyndromeCommunity-subscribe@yahoogroups.com).

If you have a Yahoo Profile, you can edit your group membership at any time – update your email address, change from individual emails to digest, or search the archives for past messages. Please consider setting up a Profile.

### United Way

Contribute to the Down Syndrome Community through your employers United Way/Combined Campaigns. It's easy to do. Just write in 'Down Syndrome Community' and the dollar amount you would like to contribute on the forms distributed to you during these campaigns. The campaigns direct the appropriate funds to us. Thank you for your financial support of the Down Syndrome Community.

## TOPSoccer for the Whole Family!

This fall, two more TOPSoccer (The Outreach Program for Soccer) teams have started: One in Marysville and one in Tukwila. That means more fun activities for you and your child(ren) with special needs ages 4-19 years. This program is under the umbrella of U.S. Youth Soccer and supported by the Washington State Youth Soccer Association (WSYSA). It offers fun and participation for everyone by supporting and encouraging our athletes. Providing physical activities for our kids benefits many areas of their lives: More and better social and communication skills by playing as a team, improved motor skills, stimulated and enhanced mental alertness, a stronger sense of value, and an "I can do it" outlook on life. This sport can provide a positive and meaningful outlet for expression and release. Overall, being involved offers your child(ren) overall fitness, a rewarding experience, and can help prepare them for any level of independent living. TOPS is an exciting program for the whole family and when you get involved everyone comes out a winner!

### For more information call:

Barbara O'Kelly (360-658-1755) Marysville  
JoAnne Thelin (206-431-9777) Tukwila (You can also ask her for information on the Highline YMCA year-round sports programs for kids with special needs.)  
Kinda Kautz (ljkotr@aol.com) Snohomish  
Bob Sanchez (bobsanchez52@aol.com) Seattle



2004 Buddy Walk

## Help Wanted!

### Calendar Volunteers Needed

The Down Syndrome Community is actively searching for motivated people who want to contribute their talents toward the improvement of our nationally distributed calendar. If you have some talent and time to contribute, please contact Denise Medgard at 425-271-3926 or caldenliz@home.com

### Buddy Walk Volunteers

The 2005 Buddy Walk needs you! Please contact one of the committee members if you can help. We need:

Sponsors – to help with the costs of the t-shirts, publicity, and meal.

Raffle prizes – the better the prizes the more tickets we'll sell!

People to sell raffle tickets – 5000 tickets is a lot of tickets!

Publicity – distribute posters or flyers, post info on web sites, help spread the word.

Volunteers -- need help the day of with set up, clean up, manning tables, etc.

Greeters – teens or young adults to pass out programs and welcome Walkers.

### Contacts:

Kirk Gillett, Co-Chair, 360-668-7377  
Kirk.Gillett@verizon.net  
Linda Michael, Co-Chair, 206-818-3652  
ljmichael@cypressmail.com  
Mary Jo Kelly, Volunteers, 206-440-8469  
kellymj66@hotmail.com  
Doug Milligan, Raffle, 206-241-2628  
lmilli8022@aol.com

### Event Volunteers

The DSC has lots of events throughout the year. Can you help with the mailings, set up, clean up or any other part of planning one of our great activities? Contact a Board member to learn more! (see list on page 2)

# M E M B E R S H I P

## Yes! I want to be a member of the Down Syndrome Community.

Your check helps defray the cost of publishing this newsletter and sponsoring social events. *Thank You!*

Enclosed is my check for:  \$15.00  Other \$ \_\_\_\_\_

(Please make checks payable to *Down Syndrome Community*)

Renewal  New Member


Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_


Name and birthdate of child with DS \_\_\_\_\_

- I can not help financially, but please keep me on the mailing list.
- To help defray costs, please send me the Down Syndrome Community newsletter electronically via email only.  
Email address \_\_\_\_\_
- Please add me to the DSC Email announcement list on Yahoo.  
Email address \_\_\_\_\_

Mailing Address:  
**Down Syndrome Community**  
**c/o Sean King, Treasurer**  
**116 NE 59th**  
**Seattle, WA 98105**

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(425) 778-8095

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**Down Syndrome**  
COMMUNITY  
318 S. 174th Place, Unit H  
Burien, WA 98148