



# DSC Newsletter

## Our Goals:

- Build a caring, understanding, supportive community open to all individuals and families whose lives include a person with Down syndrome.
- Share and nurture a climate where every human being is recognized, their strengths appreciated, and their accomplishments respected and valued.
- Strengthen the network of individuals and groups working with issues affecting the lives of those with developmental disabilities and their families.

## Inside this issue:

From the President 2

Puget Sound Buddy Walk Raffle 2

Tacoma Rainiers Game 2

Megarama Day 3

Our Newfangled Sharing Library 3

Entertainment Books for Sale 3

Upcoming Events 4

## Down Syndrome Community

### 13th Annual Puget Sound Buddy Walk October 4th

The Puget Sound Buddy Walk happens on Sunday, October 4th at 1:00PM at the Seattle Center Fisher Pavilion. It is a one-mile stroll around the Seattle Center grounds that anyone can do. It includes all ages of people with Down syndrome, and people whose lives have been touched by someone with Down syndrome. It is a wonderful, heart-warming event that celebrates the many abilities and accomplishments of people with Down syndrome.

It is a day to appreciate the gifts people with Down syndrome bring to our lives, and a time to network with people who have Down syndrome and those who support them.

It is a day filled with guest speak-



ers, music, food, t-shirts and kids' activities like face painting, clowns, tattoos, balloon artists, fishing for prizes, crafts and more. Hooping Allure will offer a variety of different hula hoops for everyone to try out. Many talented artists with Down syndrome will display and sell their photography, art and jewelry.



Please take a moment to register when you arrive at the Walk. Or you can register online this year at [www.pugetsoundbuddywalk.com](http://www.pugetsoundbuddywalk.com). Tickets for our traditional raffle fundraiser will be available for purchase (see page 2).

Funds raised at the Puget Sound Buddy Walk support the advocacy, educational, and social activities of our non-profit organization, the Down Syndrome Community, and the national programs of the National Down Syndrome Society.

The Buddy Walk® was started by the National Down Syndrome Society in 1995 and has grown to over 280 walks worldwide today. The walks serve to promote acceptance and inclusion of people with Down syndrome and to celebrate National Down Syndrome Awareness Month. Contact: Linda Michael, 206-431-9777, [info@pugetsoundbuddywalk.com](mailto:info@pugetsoundbuddywalk.com)

### 2010 Conference Follows on Heels of Huge Success

Last year's DSRTF Conference presented by the Down Syndrome Community was a huge success with nearly 200 people attending. We're moving forward with plans for another educational conference on April 10, 2010.

Relying on input from attendees of last year's conference, we want to present a conference that offers

something for both parents and professionals, while addressing issues that occur through varied ages and stages of life with Down syndrome. We're planning a keynote address, breakout sessions, lunch, a self-advocate panel, then more breakout sessions.

For the breakout sessions we plan to query UW researchers, Chil-

dren's Hospital specialists, a legal firm, a dental practice, and folks who deal with housing options and community recreational opportunities.

Contact Anne Mullis, DSC Conference Coordinator, with questions, suggestions or a desire to help at 206-842-9027, [anne@oldmillmicro.com](mailto:anne@oldmillmicro.com). Please let Anne know of any organization that might like to provide sponsorship to defray expenses.

# DSC Newsletter

## From the President



Loving the fun at the 2009 Sweetheart Dance and Pizza Party.

I've been on the Down Syndrome Community Board of Directors for over nine years, so I've seen a lot of changes. Now comes my biggest transformation: I've taken on the role of President. As I fumble along getting my bearings, I hope you'll stay with me.

I know at times our direction has been confusing to some. I'm aiming to clear up the confusion and sharpen our focus. I want every DSC event to have a lasting effect.

I hope you will join with me in renewing your membership to the DSC. Simply fill out the form

included with this newsletter and make whatever contribution you can afford.

If you have ideas about what you want to see *your* organization doing, please let me know. I'm anxious to find out more about what our membership thinks, and I'm sincerely looking forward to meeting all of you as my role expands. There are so many opportunities for improvement and growth. You can help us realize them.

Our biggest event, the Puget Sound Buddy Walk, always ties a

neat bow around summer right before fall really hits. I hope you, your family and friends can make it this year. Those of you who have attended know it's a satisfying day, a celebration of people with Down syndrome. Please thank the Buddy Walk Committee volunteers when you see them at this year's walk. It's easy to overlook their efforts, especially when the event runs smoothly. Thank you Buddy Walk Committee!

See you in October,

Sean King

## Puget Sound Buddy Walk Raffle

*"[Selling raffle tickets] is an easy way to volunteer your time on behalf of the Down Syndrome Community."*

The Puget Sound Buddy Walk Raffle is an annual fundraising event for the Down Syndrome Community. Two dollars buys you one ticket and a chance at winning a raffle prize!

Prizes this year include: (2) round trip tickets on Alaska Airlines, (2) round trip tickets on Jet Blue airlines, tickets to the Museum of Flight, a Hoodspout Winery private wine tasting for ten, many

restaurant gift certificates and dinners for two, a beautiful dollhouse, tickets to Seattle Children's Theatre—and much more.

The Buddy Walk Committee can use some help selling raffle tickets. If you think you can sell a few tickets to support the Down Syndrome Community's slate of upcoming events, please contact Doug and Linda Milligan at 206-241-2628 or 206-310-2311 or 206

-310-2312. It's an easy way to volunteer your time on behalf of the DSC because the tickets practically sell themselves.

The drawing is held during the Buddy Walk on October 4th. You don't need to be present to win. Of course, tickets will be available for purchase at the Buddy Walk.

The raffle is the DSC's main fundraiser, so please support it!



DSC families near the Tacoma Rainiers dugout, learning lots of history and trivia before the game.

## Tacoma Rainiers Game

On August 16th, the Down Syndrome Community sponsored a group event at Cheney Stadium in Tacoma. For under \$10 per ticket, DSC members watched the Tacoma Rainiers host the Iowa Cubs. It was a perfect evening for baseball in the rejuvenated stadium, and for watching Rhubarb the Reindeer, the Rainiers mascot, perform.

Although the Rainiers lost, 4-7, our group had a great time. A voucher for a hot dog, chips and soft drink was included with each ticket. A knowledgeable member of the Tacoma Rainiers event staff gave a guided pregame tour of the field during warm-ups.

The DSC covered the cost of tickets for individuals with Down syndrome.

## Megarama Day

On August 22nd, 124 cowpokes made the trek to Whidbey Island's M-Bar-C Ranch to partake in the DSC's Megarama Day, an event free to all our members and hosted by our own Ms. Kitty (aka, Louise Avery).

The ranch's "Stagecoach" bus shuttled DSC members from the Clinton ferry dock to the ranch. At the ranch cowboys roamed the dusty frontier town, and the visiting buckaroos got to dress up in cowboy gear themselves. There were horseback rides for every

kid and hayrides for all, replete with a banjo sing-along, adventure and wild critters. The ranch offered heaps of active fun, as well as places to kick back and enjoy the views of the surrounding territory and sparkling Mutiny Bay.

The non-profit Forgotten Children's Fund owns and operates the fifty acre ranch. Many thanks to their volunteers for helping make a memorable DSC event. If you missed out, you're more than welcome to tag along next summer!



Some Megarama Day hayriders gather with their cowboy hosts near a pond to play rhythms and lure mischievous varmints.

## Heidi Heier Memorial Sharing Library

The Down Syndrome Community has a library of books to share with you! We are changing our lending library into a sharing library. Come to an event and browse the selection. If you want to read a book, take it. When you are finished, bring it back for others to share. Of course, we encourage you to bring in any book related to Down syndrome or special needs, add it to the

library and share it with others.

The sharing library will be available at most events following the 2009 Puget Sound Buddy Walk. So plan on bringing your books to share and taking one or two home with you at our next event. You can find a representative sample of library media on our website.

The Heidi Heier Memorial Lending Library was established in 2000

using contributions to the DSC in memoriam of member Heidi Heier who passed away in July of that year. Since its inception, we have tried to operate it like a real library, but it became too cumbersome and time consuming to manage lent books. The sharing library concept will reopen this valuable resource to our members.

*"If you want to read a book, take it... Of course, we encourage you to bring in any book...and share it with others."*

## DSC Sells Entertainment Books

The Down Syndrome Community is selling 2010 Seattle/Eastside Entertainment books again this year for \$20 each. If you would like to buy (or sell them on behalf of the DSC), contact Lynne Palmisano, the Board member in charge: [lyntoy1@aol.com](mailto:lyntoy1@aol.com), 425-681-2957. Books will also be available at the Buddy Walk. Or you can order over the Internet by browsing to the Support page

of our website. Click the blue Entertainment logo and then click the orange "Help Us Raise Money..." picture. This way you can buy an Entertainment book for any community in the country and still benefit the DSC!

An Entertainment book pays for itself in just a few uses. Thanks for choosing us as your Entertainment book source.



To order online, drill down via the Support page on our website, or enter the following in your browser's address bar: <http://www.entertainment.com/discount/?groupID=911586> (Our Entertainment Group ID is 911586.)



♦ **Down Syndrome** ♦  
C O M M U N I T Y

17930 Normandy Terrace SW  
Normandy Park, WA 98166

The Down Syndrome Community is a registered 501(c)(3) non-profit organization whose mission is to improve the lives of individuals with Down syndrome and their families by focusing on education, communication and advocacy. Our service area includes the entire Puget Sound region and Western Washington. Our members include a wide cross section of families and professionals across the United States.

You can find more information and make a tax-deductible donation through PayPal by visiting our website at [www.downsyndromecommunity.org](http://www.downsyndromecommunity.org)

## Upcoming Events

### Events

#### **Puget Sound Buddy Walk**

October 4, 2009, 1-4pm  
Seattle Center  
Fisher Pavilion

#### **Annual Holiday Party**

December 12, 2009

#### **Sweetheart Dance & Pizza Party**

February 20, 2010, 5-8pm  
Highland Center, Bellevue

#### **DSC Conference**

April 10, 2010  
Blackriver Training and  
Conference Center, Renton

#### **Annual Meeting & Dance**

May 2010

### Board Meetings

Board meetings are open to all members. Bring your ideas and energy. Please let Sean know you are coming: [president@downsyndromecommunity.org](mailto:president@downsyndromecommunity.org), 425-228-3391

September 8, 2009, 7pm  
Mercer Island Library (future locations to be determined)

November 10, 2009, 7pm

January 12, 2010, 7pm

March 9, 2010, 7pm

April 11, 2010, 7pm

### Board of Directors

Sean King, President  
[president@downsyndromecommunity.org](mailto:president@downsyndromecommunity.org)

Louise Avery, Vice President of  
Community Relations  
[dsc\\_relations@comcast.net](mailto:dsc_relations@comcast.net)

Carla Snyder, Secretary

Curtis Thelin, Treasurer  
[treasurer@downsyndromecommunity.org](mailto:treasurer@downsyndromecommunity.org)

Anne Mullis, Recording Secretary

Sarah Holcombe

Nick Kappes

Mangala Lonkar

Lynne Palmisano

Laurel Sturges



**The Sweetheart Dance and Pizza Party is one of our most popular social events.**