



DSC Newsletter

Down Syndrome Community

September 2011 Issue

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:

| | |
|--------------------------|---|
| Can Bike Seattle | 2 |
| Bake a Difference | 2 |
| Self Advocate's Corner | 3 |
| Megarama Day | 3 |
| DSASC | 3 |
| Upcoming Events | 4 |
| 2012 Entertainment Books | 4 |

Puget Sound Buddy Walk 2011

This year's Buddy Walk will be held at Center Square at Seattle Center, near the base of the Space Needle. We'll be there from 1pm-4pm on Sunday, October 2, with a slate full of fun, networking and advocacy. Let's see if we can beat last year's attendance record!

We'll have t-shirts to wear and signs to carry as we take a walk around the Seattle Center. There will be a little something to eat after the Walk, a variety of community resource and information booths, and art and photography

created by artists with Down syndrome. Kids will enjoy face painting, balloons and the fishing booth. You'll enjoy entertainment and several guest speakers. The 501st Legion Vader's First will wear their authentic Star Wars

costumes, and the Boeing Klown Klub will visit again this year.

We have some great raffle prizes, so try to get your hands on some tickets. With fewer tickets issued this year, your chances at winning are better. Price is \$2 per ticket.

This event is open to everyone. You can preregister for the Buddy Walk and order your Buddy Walk t-shirts (we ran out of t-shirts last year, so preorder to guarantee yours) online at: www.PugetSoundBuddyWalk.com



Puget Sound Buddy Walk FirstGiving 2011

www.firstgiving.com/14286

Perhaps you received one of our **New Parent Packets**, or your child learned to ride a bike at our **Can Bike Seattle** event. How about **Megarama Day**, the **Sweetheart Dance** or the **Holiday Party**? We maintain our free **Sharing Library** and give you a meaningful **Conference** every year. **UPSIDE**, our Kitsap County affiliate is still going strong, and our new affiliate, **DSASC** is ready for action in Snohomish County.

What else do we have in store? It depends on you.

You can show your support for your DSC by joining this year's FirstGiving fundraising campaign. It's an easy, fun way to generate much needed capital for our work, and to share with your family and friends the important role the DSC plays in your world.



EXPANDED PRIZE LIST FOR TOP FUNDRAISERS!

BROOKS RUNNING \$900 MERCHANDISE GIFT CERTIFICATE

BROOKS RUNNING \$600 MERCHANDISE GIFT CERTIFICATE

ONE NIGHT FOR UP TO FOUR AT GREAT WOLF LODGE PLUS FOUR WATER PARK TICKETS

ONE NIGHT AT EMBASSY SUITES HOTEL SEATTLE AIRPORT PLUS DINNER FOR TWO AT BASIL'S

BROOKS RUNNING \$300 MERCHANDISE GIFT CERTIFICATE



Setting up a FirstGiving page is easy. Just go to www.firstgiving.com/14286 and click on *Start Fundraising*. Prize winners will be announced at the Buddy Walk.

DSC Newsletter

From the President

“The goose bumps I got were only trumped by the parents’ exuberance and joy, sometimes tears .”

In this issue you will note the wonderful new things surfacing atop the other good stuff already realized over the past couple years: Can Bike, Bake a Difference, DSASC, Talent Show. We have a widening, ever richer range of services .

I want to mention the profound impact the Can Bike Seattle event had on me. I was on the energetic and dedicated organizing committee and also volunteered to work with five kids over the course of the five-day event. The Lose the Training Wheels team was stalwart, coaching me and the other spotters expertly through the experience. By the last day of

camp, all five of the kids I worked with were riding bicycles independently (while I ran alongside, dead tired but smiling). These were kids whose parents had given up on ever teaching them bicycling, and the biggest thrill I got was running over to tell the parents midway through the week: “They’re putting him on two wheels right now. Here he comes!” The goose bumps I got were only trumped by the parents’ exuberance and joy, sometimes tears.

This amazing program touched so many lives, and will likely change the lives of most of the forty kids lucky enough to have participated.

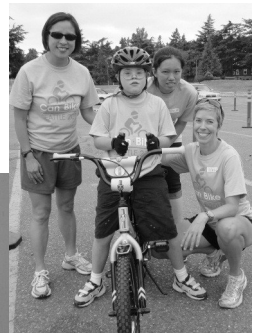
Even my son is riding his bike around the neighborhood now after one quick week—only 6.5 hours’ work—at Can Bike Seattle. I hope the DSC can help bring this inspiring, transformative event to Seattle again next year.

So, here we go, headlong into the Buddy Walk. Reserve the date now so you can experience the celebration. The bigger it gets, the better it is. And I hope you can join our 2011 FirstGiving campaign to raise a bit of cash for an organization that is doing so much for so many with so little. See you at the Buddy Walk!

—Sean King

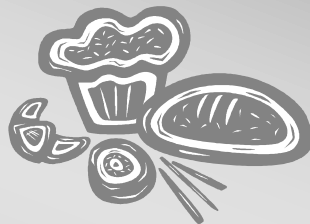
Can Bike Seattle 2011

40 kids with a wide range of special needs participated in this Lose the Training Wheels camp held at Magnuson Park and funded by DSC and NSF.



“Bake” a Difference!

The Embassy Suites Hotel Seattle Airport is proud to partner with the Down Syndrome Community to create and publish a Cookbook! We would love to have as much participation from YOU and your families as possible, along with the team members of the Embassy Suites hotel. Together, we hope to create a beautiful book that can be sold to anyone who is interested, establishing a continuous flow of funds to the DSC.



The only requirement is that the recipe must be for a “baked” good: cakes, pies, cookies, bars, rolls, breads, etc.

Please submit your recipe to Kristie Richardson by **September 30, 2011** to:

Kristie Richardson
Human Resources Director
Embassy Suites Hotel Seattle Airport
15920 West Valley Highway
Tukwila, WA 98188
OR Email: kristie.richardson@hilton.com
OR Fax: (425)255-5183

Please include your name, email and phone number on your recipe.

Self-Advocate's Corner

Notes from Jennifer Mullis,
DSC Self-Advocate

This year the Buddy Walk will be on Sunday, October 2nd. It's the main fundraiser for the DSC and helps us do all the other activities we do throughout the year.

The Buddy Walk is for people with Down syndrome and their buddies, so make sure you bring your friends. It's a celebration. Everyone is welcome at the Buddy Walk.

It takes us hours to travel to the Buddy Walk, but it is worth the

trip. At the Buddy Walk there are activities for the kids like face painting and the fish tank, where you can catch prizes. There are speeches and entertainment for everyone.

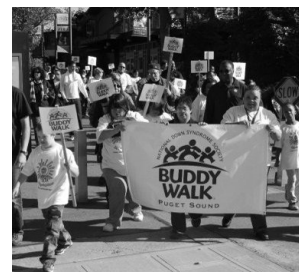
There is a raffle at the Buddy Walk. Last year my family won a lot of prizes. We gave one of our prizes away to someone who needed it more. I hope we win big again this year.

For the walking part, everyone walks around the Seattle Center and the International Fountain led

by bag pipers and the Buddy Walk banner. There are lots of people carrying Buddy Walk signs so that the people in the community know who we are. There are so many people and they are all smiling. They are proud to be a part of the Buddy Walk.

We end up back where we started, and then we get something to eat. After that there is more entertainment. It's a great day to see old friends and make some new ones. And then we go home.

—Jennifer Mullis



Down Syndrome Association of Snohomish County

The DSC is pleased to announce that a new organization is forming – the Down Syndrome Association of Snohomish County (DSASC). The group hopes to offer outreach, activities, speakers, a spring Snohomish County Buddy Walk, and more!

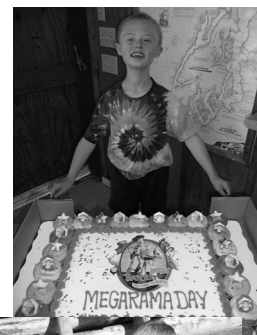
A potluck is being planned for fall as an opportunity for families to connect and have their voices heard.

This group is for everyone, and they'd like to hear your ideas and needs. To be added to the group email list and get updates on the potluck and other activities, you can join the Yahoo! group DS-Snohomish, or email Stephanie Taylor-White at taylorwhite84@hotmail.com or Amy Patterson at mama2emma@comcast.net. You can also email Stephanie or Amy if you're interested in helping the

group plan and organize activities, and you can check out their Facebook page—search for Down Syndrome Association of Snohomish County.

The DSASC is looking forward to working with the Down Syndrome Community to serve families from all over Snohomish County. Let's all support them as they get up and running!

“DSASC hopes to offer outreach, activities, speakers... and more!”



Megarama Day XIV

170 people came to Megarama Day at the M-Bar-C Ranch on Whidbey Island for the biggest and bet Megarama Day EVER!



♦ **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

Upcoming Events

15th Annual Buddy Walk of Puget Sound

Sunday, October 2, 2011, Center Square at Seattle Center
The date is set and plans are underway for our 15th Buddy Walk. **Register at www.pugetsoundbuddywalk.com**

If you can help out in any way, please give us a shout.
Contact: Lynne Palmisano, 425-681-2957, lyntoy1@aol.com
Sharing Library Event

Holiday Gift Wrap

Sunday, December 11, Pacific Place, Downtown Seattle

Annual Holiday Party

Saturday, December 17, Community Center at Mercer View

Sweetheart Dance, Pizza Party, Dessert Auction

Saturday, February 18, Highland Community Center

Conference 2012

Coming in April 2012

Annual Meeting, Dance and Talent Show

Saturday, May 12, Highland Community Center

Board Meetings

Tuesday, 9/6 and 11/1 Pacific Market Center, Contact Sean at 425-228-3391, president@downsyndromecommunity.org



We're selling the 2012 Seattle/Eastside Entertainment book again this year for \$25 each. They pay for themselves with a few uses, and they make a great gift!

To purchase yours or to sell on behalf of the DSC, contact Anne Mullis: anne@oldmillmicro.com, 206-842-9027.

Board of Directors

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