

Fifth Annual Buddy Walk

TDSN will sponsor it's Fifth Annual Buddy Walk on October 11, 2003 at Bond Park in Cary. The Buddy Walk was developed by the National Down Syndrome Society in 1995 to promote acceptance and awareness of people with Down syndrome. There are more than 180 walks planned for 2003. Every participant helps promote understanding, acceptance and awareness concerning Down syndrome. Whether you have Down syndrome, know someone who does or just want to show your support, come and join TDSN at the Fifth Annual Buddy Walk. Anyone can be a buddy!!!

Schedule of Events:

2:30 p.m.:
Registration and Activities begin at the Kiwanis Shelter

Δ Clowns, face-

painting, balloon art and romping on the Lazy Daze Playground will fill the afternoon with fun.

Δ Trish Miller, Singer and Storyteller will perform in the amphitheatre.

4:00 p.m.: The One-Mile Fun Walk Begins

Δ Note: the trails at Bond Park are not paved but are heavily mulched.

Δ Sturdy strollers with large wheels and wagons are recommended.

5:00 p.m.: Light Dinner will be provided

Δ Hotdogs (donated by Barry's Café), chips (donated by Frito Lay), drinks and sweets are the fare.

Registration Information

Brochures will be mailed separately from the newsletter by early September.

Δ Individual

Registration will be \$10 per person if pre-registered on or before October 1, 2003.

Δ Individual Registration will be \$15 per person after October 2, 2003 or day of the walk.

Δ Child Registration will be \$5 for children 12 and under.

Δ Everyone who registers for the Buddy Walk will receive a Buddy Walk T-shirt.

Δ Additional Adult and Children's T-shirts can be purchased for \$10 each (while supplies last).

Pledges, Prizes and Support

The TDSN Buddy Walk is changing



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TDSN Officers

- **Chair**— Allison Jourdan
- **Co-Chair**— Stephanie Bednar
- **Secretary**— Ann Garrett
- **Treasurer**— Billy Zahn

Letter from the Chair

Hello everyone! Can you believe that summer is over our kids are back in school? Where does the time go?

Some changes have and will occur within the TDSN Board of Directors. However, everything is continuing to go well. It's the time of year that changes are going to be made and it can be confusing. But don't worry, our goal of meeting the needs of families of children with Down Syndrome is still our top priority. Allison and I have stepped up to temporarily co-chair this wonderful organization until our new board members are elected and we can choose a new chairperson. For those of you interested in becoming a board member, please contact Michelle Schwab at 557-0381. We meet once a month for a couple of hours and we always have a good time!

We are looking forward to fall and winter as we have some great

events lined up! Our first event is our annual Buddy Walk. This year's event will be held at Bond Park in Cary on October 11th. We are changing locations because Crowder Park just got too SMALL for our big bunch! The committee is working really hard to make this event wonderful, so please plan to attend.

In November, Learning Express in Cary, is once again holding their weeklong fundraiser to benefit TDSN. This year's dates will be the 3rd through the 7th. We all know SOMEONE who could use another toy, especially one that will help them learn, so visit Learning Express and support TDSN.

Our annual Christmas party will occur on December 13th, which just happens to be my birthday, but you don't have to bring me a present. It will be held at Laurel Hills Community Center on Edwards Mill Road, and it

will be from 10 a.m. until 12 p.m.

Info on all these events can be found in this and the following newsletters. These events are just icing on the cake, because in the spring we will once again have our Banquet, and the second annual Buddy Bowl. In addition to the special events are our monthly New Parent meetings. Just review the calendar in this newsletter and the website to help keep you up to date.

Sincerely,
Stephanie Bednar

***The TDSN Board meets
every month on the first Monday.
Meetings occur at 7 p.m. at Cary Travel.
For more information, contact Allison
Jourdan at 782-5722 or by e-mail
jam03@doc.state.nc.us***

Notes from the Board

August Board Meeting Highlights

- △ The Spring Banquet will occur in April at the Embassy Suites. A final date will be set soon. Speaker, Karen Gaffney has been tentatively scheduled. Approximately five awards will be presented at the event and nominations will be requested via the newsletter. A
- △ March deadline has been set to accept nominations.
- △ Reports were made on the continued planning of the Buddy Walk, TDSN Holiday Party and speaker for the November New Parent Meeting.
- △ Several individuals have expressed an interest in joining the TDSN Board. Elections will occur at the Buddy Walk.
- △ Robyn Trueblood-Noll has withdrawn her resignation and will continue as editor.
- △ *Bylaw updates are scheduled to be voted on at the August 16th parent meeting. The number of "in person" votes needs to exceed the proxy votes so people are encouraged to attend the meeting. Approval was obtained by the board for the bylaws to go to the membership for approval.*

Directions to the Parent Meetings

Directions to Parent Meetings

Parent Meetings are held monthly at White Plains United Methodist Church located at 313 S.E. Maynard Road. Childcare over age one is provided. For more information, contact Christy Manning at (252) 235-5911 or Leigh Menconi at 856-0391.

From Sanford:

Take Hwy. 1 North to Cary. Exit at Cary Parkway.
Take a left onto Cary Parkway.
At third light, turn right onto Kildaire Farm Road.
At third light, take a right onto S.E. Maynard Road.
WPUMC is about one mile on the left.

From Chapel Hill/Durham/Raleigh:

Take U.S. 1 South/Hwy 64 to Cary.
Take Walnut Street exit.
Turn right onto Walnut Street.
At third light, turn left onto S.E. Maynard Road.
WPUMC is about one mile on the right

TDSN Calendar Items

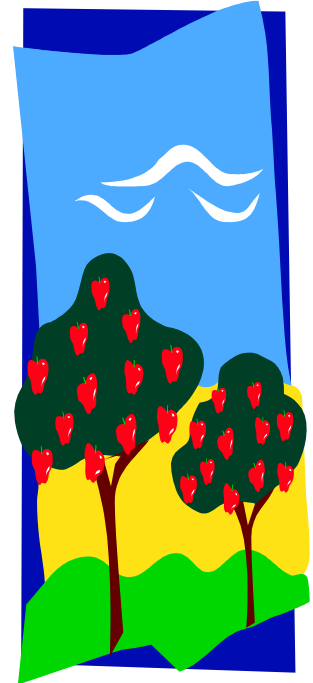
SEPTEMBER

- 9/8 Board Meeting at Cary Travel at 7 p.m.
- 9/20 Parent Meeting at White Plains Children's Center at 10:00 a.m (directions to meeting on previous page)
- 9/22 Mom's Night Out (Meet at *On the Border* in Cary. Contact Stephanie Bednar @ 752-0313 to RSVP and get directions)

OCTOBER

- 10/6 Board Meeting at Cary Travel at 7 p.m.
- 10/11 Buddy Walk at Bond Park
- * *No Parent Meeting in lieu of Buddy Walk*
- 10/25 Fall Teen Social at 7 p.m. (Contact Dona Hess @ 319-9975 to volunteer or get information)
- 10/27 Mom's Night Out (Meet at the **Cheesecake Factory* at Crabtree Valley Mall. Contact Stephanie Bednar @ 752-0313 to RSVP and get directions)

* *Subject to change-If you are interested in hosting MNO at your home, please contact Stephanie Bednar @ 752-0313*



For add'l info on activities
call the
Information Line at 919-788-3646
or visit the
TDSN web site at
www.Triangledownsyndrome.org

Birthday Superstars!

SEPTEMBER SUPERSTARS!

- 9/9/98 Dylan Kinlaw
- 9/11/01 Idriss Scott
- 9/11/99 Olivia Dixon
- 9/12/99 Nicole Bell
- 9/13/90 Rebekah Yilling



If your child has a birthday coming up and you would like to include it in the newsletter, please contact Leigh Menconi at 856-0391 or lmconconi@earthlink.net.

OCTOBER SUPERSTARS!

- 10/10/96 Lucia Romano
- 10/11/97 Steven Talbot
- 10/13/00 Elliot Kuehn
- 10/16/94 Unique Lewis
- 10/16/96 Megan Czejkowski
- 10/22/97 Matthew Schwab
- 10/29/94 Tyler Jones

Fifth Annual Buddy Walk

(Continued from page 1)

location and time this year, but that's not all! The Buddy Walk committee wanted the focus to be more about our children, awareness and raising money. Pledge prizes will be awarded based on money collected by individuals and will be given to recipients the day of the walk. Prizes will not be mailed and you must be present to receive a prize. Prizes are not cumulative and the pledges must be turned in by October 11, 2003 to qualify for the prizes.

- Δ \$100 Buddy Walk Sports Bottle
- Δ \$250 TDSN Hat
- Δ \$500 TDSN Boaters Tote Bag

The Buddy Walk committee is encouraging you to organize a group from your workplace, school, or community to walk and support people with Down syndrome while building team spirit. Create signs and banners with your team name for everyone to see! Come support someone you know and love with Down syndrome. Bumper stickers stating "*Someone I love has Down syndrome*" will be available at the walk for \$2. Bring a picture of your child and have it made into a button! The cost is \$2 as well.

Volunteers Needed

Volunteers are always needed on the day of the Buddy Walk to help set up, give directions, hand out

information, T-shirts and more. Call Julie Lanning at (919) 557-5721 or email her at jbemlanning@aol.com if you are interested in volunteering. Volunteers will be invited to a special orientation meeting prior to the walk.

We would like to have a group of volunteers to help coordinate the hotdog dinner (cooking, wrapping the hotdogs, etc.) If anyone knows of a church, boy scout troop, school group, etc. that might be interested in volunteering on the day of the Walk, please call Julie Lanning at (919) 557-5721 with a contact name and number.

(Continued on page 6)

Coffee House begins a New Season

The Resurrection Lutheran Church in Cary and Good Shepherd Lutheran Church in Raleigh are hosting a "Coffee House" for teens and adults with special needs. The get-together will be held twice a month with the churches alternating in hosting the events. Friends and families are also invited to join the group for live music, refreshments, and fellowship. Admission and refreshments are free. The Coffee House occurs from 7:00 p.m. until 9:00 p.m. Locations and dates follow.

Please feel free to attend either or both each month.

Resurrection Lutheran Church

107 Lochmere Drive W
Cary, NC 27511

*Contact John and Kathy Sherman
at 467-2090

September 12
October 10
November 14

Good Shepherd Lutheran Church

7000 Creedmoor Road
Raleigh, NC

*Contact Gail Vaughn at 847-8183

September 26
October 31
*December 12

** In December, a special event is planned and begins at 6:30 at Good Shepard.*

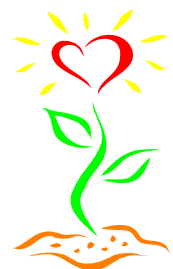
If I Had My Child To Raise Over Again

By Diane Loomans

If I had my child to raise all over again, I'd build self-esteem first, and the house later.
I'd finger-paint more, and point the finger less.
I would do less correcting and more connecting.

I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
I'd see the oak tree in the acorn more often.

I would be firm less often, and affirm much more.
I'd model less about the love of power, And more about the power of love.



Learning Express Fundraiser

**Save 10%
and
Contribute to
TDSN!!!**

Learning Express of Cary at Wellington Shopping Center located at 6400 Tryon Road (corner of Cary Parkway and Tryon Road) is sponsoring TDSN through a pre-holiday shopping fundraiser that is a *win-win* situation for you and TDSN! Customers that present a special TDSN flyer



during the week of November 3rd through 7th, will receive 10% off their purchases. In addition, TDSN will receive a donation of 10% from the total purchases made that week. Flyers will be distributed soon, so check your mailboxes!

Informative Websites

Disney Learning Tools

This website offers learning activities for teachers and families to share with their children. The website address is www.disney.go.com

Carolina Pediatric Dysphagia

This website offers information about feeding issues and dysphagia. Experts are available to answer questions. The website address is www.feeding.com

Employment

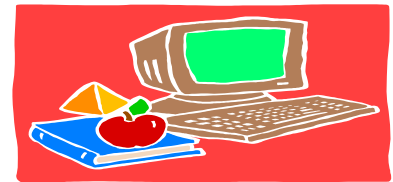
This is for individuals interested in employment issues for young people with disabilities. It is by the National Collaborative on Workforce and Disability for Youth. The address is www.ncwd-youth.info

The Transition Coalition

This site is for individuals interested in information on transitioning students from school to adult life. Free downloadable publications of interest to students and par-

ents include "Planning for the Future" and "Rights at the Age of Majority: What does that really mean?" Publications about transitions and IEP are available in English and Spanish. The website address is

www.transitioncoalition.org



Interesting Facts or Not

Taken from the internet-sharing these facts may be a way to start an interesting conversation

- ☉ Butterflies taste with their feet.
- ☉ A duck's quack doesn't echo and no one knows why.
- ☉ On average people fear spiders more than death.
- ☉ Elephants are the only animals that can't jump.
- ☉ It's possible to lead a cow upstairs but not downstairs.
- ☉ Women blink nearly twice as much as men.



- ☉ A snail can sleep for three years.
- ☉ No word in the English language rhymes with "Month."
- ☉ It's physically impossible to lick your elbow.
- ☉ Our eyes are always the same size from birth, but our nose and ears never stop growing.
- ☉ All polar bears are left-handed.
- ☉ An ostrich's eye is bigger than its brain.
- ☉ *TYPEWRITER* is the longest word that can be made from using the letters only on one row of the

keyboard.

- ☉ "Go" is the shortest complete sentence in the English language.
- ☉ A crocodile can not stick its tongue out.
- ☉ Americans on average eat 18 acres of pizza a *day*.
- ☉ The main library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.

Fifth Annual Buddy Walk

(Continued from page 4)

Sponsors and Donations

We have already either collected or confirmed some very generous corporate sponsors and also donations for the hotdog dinner. Thank you to the following corporate sponsors: The Knier Foundation, WakeMed, Prudential Financial, Gress's Landscaping, Barton Development, ENT & Audiology Associates, Pediatric Therapy Associates, Heritage Bank, Dr. Moran and Dr. Brooks, Pediatric Dentistry, Accident Research Specialists, Ko & Associates and Shigley Family Services. Additional thanks to Barry's Café, Frito-Lay, Middlesex Grocery, Bear Rock Café and Kerr Lake Caterers for donating items for the hotdog dinner.

Directions to Bond Park

△ *From US-64 in Apex*, take the NC 55 exit and go west towards Durham. Go approx. 2.8 miles and turn right at traffic light onto High House Rd. Go approx. 3 miles and turn right onto Bond Park Drive. Follow signs to the Kiwanis Shelter.

△ *From the Beltline (I-440)*, take US-1 South to Cary Parkway exit. Turn right at the end of the ramp. Go approx. 5.9 miles and turn right onto High House Rd at the traffic light. Go approx. 0.6 miles and turn right onto Bond Park Drive.

△ *From I-40 East*, take the Aviation Parkway exit #285 toward Morrisville. At the end of ramp, turn right. Go approx. 1.4 miles and turn left onto Evans Rd. Go approx. 1.5 miles and turn right onto NW

Cary Parkway. Go approx. 2.7 miles and turn left onto High House Rd. Go approx. .6 miles and turn right onto Bond Park Dr.

Buddy Walk Committee

Julie Lanning and Kelly Nestle (Buddy Walk Co-Chairpersons) would like to thank the Buddy Walk Committee for all their hard work. Committee members are Julie Lanning, Co-Chair, Kelly Nestle, Co-Chair, Christy Manning, Stephanie Bednar, Christie Coghill, Dona Hess, Michelle Schwab, Jeannie Ammons, Zoe Playe, Allison Jourdan, Sue Talbot and Ann Garrett. We are still working hard to make the Buddy Walk a success. If you are interested in helping out, please contact Julie at 557-5721 ASAP.

NOTE: TDSN is creating posters to line the one mile walking trail at the

Parent Workshops

Project Enlightenment, Lucy Daniels Center for Early Education and the Jordan Center offer workshops and parent education for families. A list of topics, although not fully inclusive follows: △ *toilet training* △ *discipline strategies* △ *the Spirited Child* △ *play skills* △ *helping your child express feelings* △ *setting limits* △ *tips for tantrums*

△ *social and emotional kindergarten readiness* △ *becoming and growing as a parent* △ *sibling rivalry and relationships* △ *advocating for your child in school* △ *play and creativity* △ *Touchpoints* △ *fears and phobias in young children* △ *raising boys to be sensitive and girls to be strong.*

Project Enlightenment

856-7774

Lucy Daniels Center

677-1400

Jordan Center

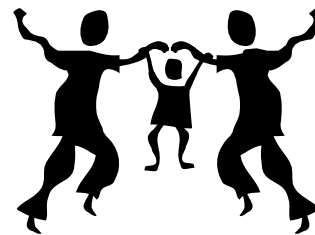
833-5428

Family Support Network

Family Support Network of Wake County has a new mailing address at P.O. Box 5567, Cary, NC 27512. FSN is a non-profit organization for parents and run by parents. Their mission is "Supporting, Educating, and Informing Families of Children with Special Needs." Family Support Network of Wake County sponsors workshops on topics of interest to parents of children

with special needs, publishes a quarterly newsletter for parents and professionals, and provides a Parent-to-Parent Program to match parents of special needs children with trained volunteer parents. FSN serves as a "special needs guidepost" for families in Wake County and is affiliated with FSN of North Carolina. We sponsor parent support groups for

moms and dads and social outings for the whole family to enjoy. Visit us online at



Upcoming Special Events

Fall Teen Social

Put on your party clothes and your dancing shoes! The Fall Teen Social is right around the corner and is scheduled for October 25th at White Plains United Methodist Church in Cary. The social will be from 7 p.m. until 10 p.m. and is costume-optional. There will be a D.J. and refreshments. Contact Dona Hess at 319-9975 if you would like to volunteer or get additional information and details.



TDSN Family Holiday Party

TDSN will host a holiday party for children and families on December 13th from 10 a.m. until 12 p.m. at the Laurel Hills Community Center located off of Edward Mills Road in Raleigh. Mary Zahn is coordinating the event and is requesting volunteers. Please contact her at 467-7740 if you would like to volunteer or need additional information.



TDSN Float in Christmas Parade

The holiday will be here before you know it! The Raleigh Christmas Parade will occur on Saturday, November 22nd and TDSN will have float in the parade! Ann Garrett is coordinating the arrangements. Individuals interested in riding on the float will be chosen on a "first come-first serve" basis. Riders under age twelve will need to be accompanied by an adult. If you are interested, please contact Ann Garrett at 556-8732 or by e-mail at ann.o.garrett@gsk.com. Include your name, your child's name and age and a phone number.

Newsletter Policy

General Information: TDSNews is published bi-monthly by the Triangle Down Syndrome Network, 109 Raphael Drive, Cary, NC 27511. Current circulation is over 550 issues. You can view the newsletter via the TDSN web site. Robyn Trueblood-Noll is the editor of the newsletter. Her e-mail address is rocknrobyn2@yahoo.com.

Change of Address: TDSNews is mailed 3rd

class bulk-rate and will not be forwarded if you move. Please send address changes to Leigh Menconi at lmconci@earthlink.net or leave a message on the TDSN Information Line at 919-788-3646.

Deadline: Submissions to the newsletter are due by the 12th of even numbered months. Any information received after that will be considered for the next newsletter.

Submissions: Submit ideas, articles and pictures for the newsletter to Robyn Trueblood-Noll at rocknrobyn2@yahoo.com.

October 12th is the deadline for the November/December newsletter.

TDSN Information

TDSN Website

The TDSN's website at www.triangledownsyntax.org was established in January 2000 as a resource for our families and professionals that assist and support us with the well-being of our children. To include stories about your children on the site contact Patti Dudek at pdudek@nc.rr.com. Indicate if you have photographs that can be posted.

We also provide an e-mail list for those who would like to stay in touch and share information about local resources.

To subscribe, send an e-mail to TDSN-subscribe@yahoogroups.com.

Newsletter available on the Web!

The newsletter can be viewed on the TDSN website. Information on how to download the Adobe Acrobat viewing software that you will need is also on the site. If you would like to receive a notification via email when the newsletter is available to view rather than receive a hardcopy in the mail two weeks later, please email lmconci@earthlink.net with your full name and email address.

TDSN Information Line 919-788-3646

Get the latest information about TDSN meetings and other activities and events by calling our new information line. A member of the TDSN Board will retrieve the messages and return calls as soon as possible.

The TDSN Website address is
www.triangledownsyntax.org



TDSN

Triangle Down Syndrome Network
109 Raphael Drive
Cary, NC 27511

Phone: 919-788-3646

TDSNews

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We're on the Web!
www.Triangledownsyndrome.org

October: Nat'l Down Syndrome Awareness Month



October is National Down Syndrome Awareness month. Down syndrome affects people of all ages, race and economic levels. It is one of the most frequently occurring chromosomal abnormalities, occurring once in every 800 to 1,000 live births. More than 350,000 people in the United States alone have Down syndrome. Down syndrome is a genetic disorder that results from extra chromosomal material. This additional genetic material alters the course of development and causes characteristics associated with the syndrome. Recent studies have provided important information and has opened the door to great advances in Down syndrome research. Individuals with Down syndrome are people first and are entitled to equal protection and opportunity under the law. Progressive legislation, self-advocacy movements, family and community support has greatly increased opportunities for individuals to become actively involved in defining their own lives and negotiating their roles within community and family. *Individuals with Down syndrome can and will continue to reach their full potential just as anyone else.*