

## MEET THE BOARD

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## YEAR AT A GLANCE

### MONTHLY MEETINGS

We have booked



#128 - 6008 Macleod Trail SW  
Calgary, Alberta Canada T2H 0K1

for

Thursday, April 27<sup>th</sup>, 6:00 – 8:00 PM

Brings your kids, let them run and play while the parents visit!

### COFFEE MORNINGS

Puttin' on the coffee! Whether you are looking for someone to talk to or you can offer support to another, this morning is for you. Over coffee and treats, share stories, laughter, sympathy and maybe event get answers to those burning questions from other parents. Please come. The meetings will be in the same place on the third Monday of the month. If you have any question please call Liza on 640 7756.

Location: Varsity Church, 4612 Varsity Dr. NW

Dates: Third Monday EVERY month

Time: 9:15 – 11:00 am

Unfortunately, the babysitting service at the church, Tiny Tots, has closed so bring toys for your kids!

### MOTHER'S DAY SWIM

At The East Lake Recreation and Wellness Center

On May 14<sup>th</sup> 2006, give Mom a treat and let her really enjoy her family!

Take Mom and the kids to Airdrie's best kept secret. The East Lake Recreation and Wellness Center is less crowded than Cardel Place or The Westside Center and

yet it has a huge waterslide, a figure-eight lazy river, a dive tank and boards, a rope swing, a huge hot tub, a giant swimming pool, and a wonderful shallow play area for both babies and/or toddlers.

The cost of this event is being covered jointly by Ups and Downs and the Center itself. So give Mom the treat on us or take the kids without Mom and give her some down time alone...we're sure she would enjoy that too!

To get to the center just take the Deerfoot towards Airdrie. When you reach Airdrie, take the second exit and simply veer to your right, straight into the parking lot of the Recreation center. The family swim time will be from 12 to 3pm so you can have breakfast with Mom first.

We do need to know exact numbers of adults and children so please call Michelle McIntyre at 283-1949.

See you on the slide!

### THE SHRINE CIRCUS IS COMING TO TOWN

They're setting up in the West parking lot of Canada Olympic Park. The dates and times are as follows:

May 5<sup>th</sup> at 4:30 pm

May 5<sup>th</sup> at 12 pm, 4pm, or 7:30 pm.

May 7<sup>th</sup> at 1 pm and 5 pm.

May 12<sup>th</sup> at 7:30 pm

May 13<sup>th</sup> at 12 pm, 4 pm,  
and 7:30 pm

May 14<sup>th</sup> at 1 pm and 5 pm.



Call Michelle McIntyre at 283-1949 if you are interested in going. The tickets for Ups and Downs members are free. Please include the date and time for which you would like the tickets and how many tickets you will need.

### STREET MEET 2006

Book June 24<sup>th</sup> for our traditional Street Meet, marking the 14<sup>th</sup> event since its inception!

## UPS AND DOWNS CASINO

We're working the tables on July 20/21 and we're going to need some help! 36 spots needs to be filled. The shift times are:

10:30 am to 7:00 pm

6:15 pm to 2:00 am

10:30 pm to 2:00 am (count room)

If you can help out, please contact Nancy Hall @ 277-8784 or fax 277-9184.



## FAMILY CAMP OUT – NA KA 'OI (OUR LADY QUEEN OF PEACE RANCH)

Ups and Downs has 18 teepees booked at Our Lady Queen of Peace Ranch (*aka: No Ka Oi Ranch*) on the weekend of July 21<sup>st</sup> -23<sup>rd</sup> 2006. That means that 18 lucky Ups and Downs families will be able to enjoy a wonderful weekend in Bragg Creek Alberta.

The Ranch provides large Teepees for accommodation (they can actually fit two or more families if you want to stay with friends), sleeping bags with clean insert sheets, all meals and snacks, plus....canoeing, swimming, boating (life jackets are all provided), and horse-back riding (helmets provided). Please note that children 6 years and under can only sit on the horses for a photo but are not allowed to actually ride the horses.

In addition to all this, the scenery is lovely, the fly-fishing is superb, there is a big open fire pit for roasting marshmallows each night and, if we are lucky, they may even have Karaoke on Saturday night at the main Lodge. Also, The Trading Post Store at No Ka Oi is unlike any consignment store that you have ever shopped in so be sure to pay it a visit while you are staying at the ranch.

What to bring? Bring yourselves, and cool clothes for the day and warm clothes for the night, flannel pajamas to stay warm in bed, and bathing suits for the water hole. If you fish, bring your gear. Don't forget your bathroom stuff. There are flush toilets, sinks and showers all within easy reach of the Teepees.

If your children have food allergies or are picky eaters then remember to bring exactly what your children do eat because the Ranch does not offer a lot of different choices. They serve what they serve for meals and if

your child does not like it, then they will go hungry. You cannot keep any food in your teepee and since your car will not be parked anywhere near your teepee, all food will be kept at the main lodge. There is a fridge in the main kitchen but you will only have access to it during main meal times. There is a no alcohol allowed policy at No Ka Oi so I guess I'll be less obnoxious than usual.

Cannot wait to see you all there! Call Michelle McIntyre (283-1949) to book.

## NEWS

### Meet Teresa!

We welcome Teresa Sanges, mom of 2 (including 4 month old Elizabeth with Down Syndrome) and Step-mom of two, as our staff member for the Ups and Downs office. Here are a few words from Teresa:

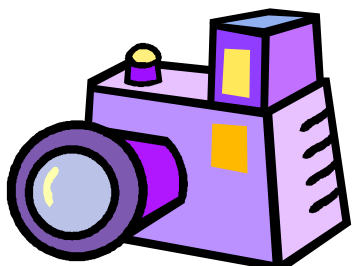
"When I had Elizabeth I was hungry for contact with other members of the Down Syndrome community. I really wanted to get involved in anyway that I could. When my husband and I read the newsletter and noted the ad for office help, we decided that I should apply. What better way to get involved then actually working for Ups and Downs. I have 5+ years experience in office work and am very confident that I will be an asset to the organization. I am looking forward to getting to know more about Down syndrome, as well as Ups and Downs. I am excited to get started in the office."

Thank you, Teresa, we are glad to have you. For everyone's information, Teresa's hours are Tuesdays and Thursdays, generally from 9:00 am to 2:00 pm.

### Membership Forms

If you have not done so, please return your completed forms to 811 – 14<sup>th</sup> Street SW. as soon as you can. Please call the office at 289-4394 if you have any questions.

## They've gotta be in Pictures!



We had a great response to our request for candidates for a photo shoot for greeting cards. Watch for announcements of these new greeting cards in future newsletters.

If you have any enquiries with respect to same, please e-mail Amber Boyd at: [aboyd@blackmont.com](mailto:aboyd@blackmont.com).

### Calgary Dolphin's Swim Club

The Calgary Dolphins Swim Club is looking for swimmers to participate in the 2006/2007 swim season.

They will be holding an Open House for prospective swimmers to watch the Swim Club practise and give the opportunity for questions to about the team. The targeted age is 10 to 25 years. Registration will be open at that time.

The Club is a competitive swim club aimed at promoting personal improvement and success in swimming for youths and young adults with Down syndrome. The Club develops the swimmer in the four swimming strokes and provides opportunities for competition at all levels with other swimmers and clubs within Alberta.

When: Tuesday, April 25<sup>th</sup>  
Time: 6:30pm to 8:00pm  
Location: Inglewood Pool  
1527 - 17 Ave S.E.

For further information, please contact the Calgary Dolphins Swim Club at 938-0874, by email at [swimmers@telus.net](mailto:swimmers@telus.net) or visit their web site at [www.calgarydolphins.com](http://www.calgarydolphins.com).

### Summer's Coming!

And what is your camper going to do? Here some ideas are offered through Between Friends and Easter Seals. For the integrated camps offered by Between Friends, please note that your camper must be a member of Between Friends.

#### BETWEEN FRIENDS

##### Butterfield Acres Farm

Address: 254077 Rocky Ridge Road (3km north of Crowchild Trail N.W.)

Phone: (403) 239 - 0638

Web site: [www.butterfieldacres.com](http://www.butterfieldacres.com)

##### TELUS World of Science

Address: 701 - 11 Street S.W., Calgary, Alberta

Phone: (403) 268-8300

Website: <http://www.calgaryscience.ca>

##### Talisman Sport and Wellness Centre

Address: 2225 Macleod Trail South

Phone: (403) 233-8393

Website: <http://www.talismancentre.com>

##### Mount Royal College - College Kids - Summer Programs

Address: Mount Royal College - Lincoln Park Campus  
4825 Mount Royal Gate S.W. Kerby Hall (East side of campus)

Phone: (403) 440-6001

Website: <http://www.mtroyal.ca/collegkids>

##### University of Calgary - Mini University

Address: 2500 University Drive N.W.

Phone: (403) 220-7749

Website: <http://www.ucalgarykids.ca>

##### YMCA Camp Riveredge

Address: Riveredge Park - 1215 - 50 Avenue S.W. (2nd gate)

Website: [www.ymcocalgary.org](http://www.ymcocalgary.org)

##### YMCA Branch Day Camps

Address:

Crowfoot YMCA (8100 John Laurie Blvd N.W.),  
Shawnessy YMCA (333 Shawville Blvd S.E.)

Eau Claire YMCA (101 - 3 St S.W.)  
 South YMCA (11 Haddon Rd S.W.)  
 Bishop McNally YMCA (5700 Falconridge Blvd N.E.)  
 Phone: Please refer to website for various locations  
 contact information  
 Website: [www.ymcacalgary.org](http://www.ymcacalgary.org)

### Calgary Zoo, Botanical Garden & Prehistoric Park Day Camps

Address: 1300 Zoo Road N.E.  
 Phone: (403) 232-9300  
 Website: <http://www.calgaryzoo.org/Education/KidsPrograms/summercamps.htm>

For further information on these camps, please visit the Between Friends website at [http://www.betweenfriends.ab.ca/programs\\_integrated.html](http://www.betweenfriends.ab.ca/programs_integrated.html).



### Camp MoonDance \*a satellite program of ESCH\*

July 30-August 5

Children with developmental disabilities and cognitive delays can finally enjoy a residential camp experience in Southern Alberta. Swimming, crafts, rock climbing and so much more make up this fun week.

Ages: 10-18 years old

Please note: Held at Scouts Canada Camp Gardner, site is not wheelchair accessible.

Cost: \$600.00

### SPRING ADULT CAMPS

#### Camp Kananaskis

- I June 5-10
- II June 12-17
- III June 19-24

A camp for adults with developmental and/or physical disabilities.

Cost: \$475.00

### YOUTH LEADERSHIP PROGRAMS

#### Leader In Progress (LIP)

July 3-15 (off July 8 & 9<sup>th</sup>)

A leadership program open to a variety of ability levels, focused on developing leadership in individuals who often cannot access traditional leadership programs.

Age: 16-21 years old

Cost: \$550.00

#### Leader In Training (LIT)

July 31-August 12, 2006

A leadership program focused on outdoor leadership skills, featuring an extended backcountry hiking trip.

Age: 15-18 years

Cost: \$650.00

#### Counsellor In Training (CIT)

I-July 17-29, 2006      II-August 14-26, 2006

A 14 day leadership program for youth who are interested in developing the skills to be camp counselors.

Age: 16-18 years

Cost: \$650.00



## News from 2007 CDSS Conference Committee

At the AGM, Karen Hurley, Chair of the 2007 Conference Organizing Committee, spoke to the attendees. She informed the attendees that Barbara Coloroso was our keynote speaker for the conference. In addition to having her speak as keynote speaker, she would also speak for at the Conference for an evening session, to which other organizations, and perhaps the general public, would be invited to attend.

In addition, the program ideas are being firmed up and the committee has been working on a general information brochure to be handed out at the World Down Syndrome Congress, and sent to other organizations across Canada.

**NOTE: WE ARE LOOKING FOR TWO VOLUNTEERS TO HELP ORGANISE THE CHILDREN'S PROGRAM FOR THE CONFERENCE.**

If you are interested in volunteering on this committee, please email the Chair of the Committee, Karen Hurley at [hurleyk@shaw.ca](mailto:hurleyk@shaw.ca).



Tuesday, March 21<sup>st</sup> marked the first World Down Syndrome Day, which was established to commemorate, create and achieve a greater level of awareness and understanding of Down syndrome, as well as highlight the potentials and abilities of people with Down syndrome to be an integral part of an inclusive community.

Folks in Calgary congregated on the Plus 15 Level of the Stock Exchange Tower between 11:30 am and 1:30 pm to celebrate the inaugural World Down Syndrome Day, and to launch the Helping Hand campaign of the.

The Down Syndrome Research Foundation held three events across Canada - in Vancouver, Calgary and Toronto. In Calgary, Jo Mills from the Down Syndrome Research Foundation had three very successful interviews with Leah Sarich from City TV, discussing how the Foundation helps support families directly and through the website, as well as what sort of Research is currently taking place, Nicole Vaive from the Calgary Sun, with a focus on family support, foundation services and research being conducted through the foundation, and Stirling Faux from CHQR Radio, to publicize World Down Syndrome Day, and the launch of the Marketing Campaign. The launch of the campaign was quite a success in all three cities. Thank you to everyone who came out and took part!

## The Ups and Downs Weekend March 2006 William Watson Lodge

The William Watson Lodge weekend was great fun this year. Thirteen families attended and everyone participated in the Saturday events.

The men cooked a magnificent Saturday breakfast this year, including fruit salad, cereal, bagels and cream cheese, mini-yogurts, and French toast, in addition to all our regular staples such as sausages, bacon, pancakes and scrambled eggs. I'm pretty sure I wasn't the only one that needed to be rolled out of the Lodge after such a filling meaty meal! I don't think anyone needed lunch on Saturday. Thank goodness I didn't have to do the clean up. Thank you so much to all the men for doing such an amazing clean up job...and thanks to any women who helped too.

Jennifer Buchanan from JB Music performed for all the kids right after breakfast. Her voice is so beautiful and her face so animated that I get quite emotional watching her. As a special treat Jennifer's own daughter was there this year to participate and join in with all the Ups and Downs kids. Jennifer actually sings such wonderful personalized lyrics to each and every one of the kids that you would think they were all her own children.

The Delta Lodge at Kananaskis once again allowed our families to use their amazing Pool facility this year. I always feel a bit overwhelmed walking into The Delta because it is such a glamorous fancy establishment and I just can't believe that they welcome our families into their hoity-toity spa. We look a bit of a rag tag lot having had no sleep at William Watson and arriving with our somewhat disheveled, runny-nosed children. OK, well my child was disheveled and runny-nosed anyways! Five of the Ups and Downs families swam at 1 pm and then another 6 families or so swam at 2:30 pm. It was heavenly, especially floating back and forth in their indoor/outdoor hot tub. I would float through the hot tub's plastic curtain to arrive outside, where the sun would be shining through the trees, while a few snowflakes drifted down around me. I think perhaps next year Ups and Downs should have the whole weekend at The Delta! That failing, the Delta has already said that they will welcome us back for the same swim times next year. Yay! Thanks to all the families for being polite, well-behaved, and appreciative of our use of the Delta's facilities.

The Saturday night Potluck dinner was massive this year. There was tons of food with certain dishes such as the Larson's

huge and yummy meat stew and the Christie's mega-sized gourmet salad being real high-lights. Well done everyone for being organized and managing to bring up a dish with you so that there was lots of variety. Drew and I went a little overboard on the chicken strips and fries but we hoped that the kids would be ravenous for them. An extra special mention must go out to all those who actually cooked from scratch because the homemade dishes are always the best and some of us (namely me) are not that ambitious. Lisa Maurette's bought cheesecake may have been an exception to the rule and I saw people helping themselves to slices of it before anyone had even started dinner! I did too and I ate it after my enormous meal, only to toss and turn all night long on my bloated belly...not that I expected to get any sleep anyways...it is William Watson Lodge after all...it is uniquely difficult to actually obtain any sleep on the WWL mattresses.

After dinner, Smalltalk performed for everyone. I've seen them perform on four different occasions now but their performance at WWL was the best by far. I was amazed at how well the children sat and watched for a whole hour...well, my own child only sat still for 20 minutes or so, but then he has seen them perform several times before and he never sits still. The two young women of Smalltalk, Tanis and Audrey assembled their mini-set and a large transportable speaker system with wonderful music to accompany their dance, sign language and numerous costumes as they performed dance numbers as well as the fairy tale stories of Jack and the Beanstalk, The Three little pigs, and even the Tortoise and the Hare. My thanks go out to Tanis and Audrey not only for their brilliant performance on Saturday night, but also for the additional help and support that they provided for the kids on Saturday morning and evening at the main Lodge, and also for not complaining a fig about the long drive to and from Kananaskis!

We were sad to pack up and leave on Sunday morning. The sun was shining through the snowy trees and our daughter Sophie was feeding the Whiskey Jack birds out on our deck. Another beautiful peaceful and fun-filled weekend at William Watson Lodge. See you next year! Remember to mark December 1<sup>st</sup>, 2006 on your calendar because that is the day to call and book.

- Michelle McIntyre -

## MARK YOUR CALENDARS!

### Calling All Teens!

If you have a teen in your house (12 to 20's), your teen is invited to come to No Ka 'Oi Ranch on Saturday, May 13<sup>th</sup> from 11:00 am to 3:30 pm.

The kids will be able to participate in:

- horseback riding
- hayrides
- pontoon boat ride
- dancing
- lunch

First priority given to teens with Down syndrome. Pre-registration is necessary. No Ka Oi Ranch rules are that names, ages and the names of adult supervisors be submitted 2 weeks minimum before the event. We need 1 adult for every 4 participants.

**Registration Deadline is April 28<sup>th</sup>.**

*Call Linda Tanigami at 403-362-5254 to register or email [tanigami@telusplanet.net](mailto:tanigami@telusplanet.net)*

### 9<sup>th</sup> World Down Syndrome Congress August 22 – 26, 2006, Vancouver, BC

The early registration deadline has been extended to April 28<sup>th</sup>. If you are planning on attending this conference, you can save yourself some money by booking prior to the early registration deadline.

As well, the program is about half completed, so visit the website at [www.wdsc2006.com](http://www.wdsc2006.com) and have a look.

### 4<sup>th</sup> Annual Let's Talk Hockey

September 30<sup>th</sup>, 2006

Join Kelly Hrudey at Brewsters Brewing Co. & Restaurant  
For more information please contact The PREP Program  
403.282.5011 or [office@prepprog.org](mailto:office@prepprog.org).

## RESOURCES

*This section is a selection of exceptional and useful resources for our membership. If you are aware of any that you feel should be included in this section please contact [info@upsdowns.org](mailto:info@upsdowns.org).*

**Children's Link** - holds regular coffee socials for parents and caregivers of children with special needs. Various times and locations are offered. Call 230-9158 for details.

**LEAD Foundation** - manages IBI and PUF funding programs and is located at Suite 203, 1201- 5th Street SW T2R 0Y6. LEAD can be reached at 270-7912 ext 209.

### Family & Community Resource Centre: LAUGHTER CLUB

\* No Membership \* No Dues \* All Ages \* FUN Exercise \*

1st Thursday of each month 6 – 8 PM at the Alberta Children's Hospital Gymnasium

A laughter club session typically lasts about thirty to forty-five minutes. For more information, visit [www.worldlaughtertour.com](http://www.worldlaughtertour.com) 403-943-7629.

### PREP

#### Family Support

Join the Family Support team for a monthly Down Syndrome Chat Night.

This evening is hosted by parents for parents and is an excellent opportunity for parents to network with each other.

- Tuesday, May 9
- 7:00 – 9:00 P.M.
- Lisa Low, Uma Thakor , Family Support for Children with Disabilities

They will review and highlight changes that have been made to the new Act. Come with your questions!

In addition, the Family Picnic is scheduled for June 3<sup>rd</sup> and is being held at Edworthy Park. More details to follow.

*For more information, contact:*

The PREP Program  
2004 12 Ave. N.W.  
282-5011 (130)

### Winter Stroll and Roll

- **Who:** Families who have preschool children
- **What:** Exercise and conversation
- **When:** Every second Wednesday starting March 1st at 9:30 (Weather permitting; 0 °C and warmer)
- **Where:** Edworthy Park - located at the intersection of Memorial Drive and Shaganappi Trail N.W.



Ample parking space is available. Meet on the North side of Edworthy Park at the base of the foot bridge.

Parents are responsible for their own children at all times.

Please call Barbara McHarg at 282-5011 (ext 130) for further details.

## Early Learning at PREP

The Early Learning Program at PREP offers parent-child classes that assist parents in understanding child development and nurturing their child's love of learning. A Speech Language Pathologist, an Occupational Therapist, and a Physiotherapist are an integral part of the program.

Thanks to the generosity of the Stampede Queen's Alumni, there is no fee for these services.

The Early Learning Program is accepting ongoing registration for Learning Through Play (children 12-18 months) and Language Group (children 1 1/2-2 1/2yrs.).

The classes are held weekly at the Woodridge PREP Centre located at 2004 12 Ave. N.W.

Please call Bonnie Moschopedis at 282-5011 (ext.121) for more information.

## NATIONAL SERVICE DOGS

If your child is under 10 years of age and has been diagnosed with both Down syndrome and Autism, you may be eligible to apply for a National Service Dog. These are dogs specifically trained to assist children who have Autism. These dogs have the same authority as a Guide Dog so they are permitted in public places such as malls and schools. If you want to know more phone The National Service Dogs Organization in Ontario at (519) 662-4697.

## CLASSIFIEDS

*This section is a courtesy for our members and those businesses that add value to the lives of individuals with Down syndrome and their families. If you would like to place your free advertisement or announcement in this section, please contact [info@upsdowns.org](mailto:info@upsdowns.org).*

## GYMBOREE

### Your Membership with Ups and Downs has its benefits!

Is your child between the ages 0 - 5years old? If so, you may interested to hear that Gymboree Play & Music is offering Ups and Downs members a **50% discount** on their child's enrolment! Depending on the type of class, that could be a savings of \$65.00 or more per set of classes! Each set of classes run for 10 weeks and with Gymboree Play & Music offering 14 different weekly classes you'll have a few options to choose from. The activities in each class are designed to help children develop balance, coordination and other sensory stimuli while having fun in a group play environment.

The best way to understand what Gymboree Play & Music is all about is to join in the fun. If you haven't been to Gymboree before and you're interested to see what it's all about, you and your child are invited to try a free play, music or arts class together.

For more information, to enrol or to preview a class, please call: 278-5264 or visit [www.gymboree.com](http://www.gymboree.com).

## EVERYTHING BUT THE CAKE

everything but the cake creates birthday party invitations, centerpieces, treat bags, theme parties and more to help parents plan and put together creative parties for their kids. Check out their website at [www.everythingbutthecake.ca](http://www.everythingbutthecake.ca) or call them at 667-5364.

**everything but the cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.**

These are women who know what kids like and know how to provide unique products at a fair price.

## SMALLTALK – Visual Therapy

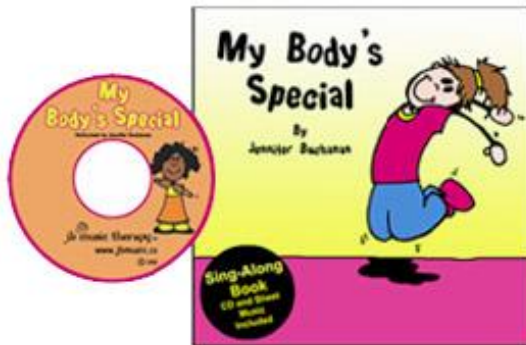
Two talented young women provide a unique and highly entertaining production through the use of sign language, accompanied by music, sets, and costumes. Watch as your children experience the wonder of cultivating a new language solely through the use of their visual learning skills. Signing is no longer just the dialect of the deaf. It can provide an extra means of communication not only for people with disabilities, but also for those without disabilities including very young babies and any individual who thrives on learning. American Sign Language is beautiful to watch, easy to pick up and great fun to use. Watch, learn and enjoy!

Smalltalk can be hired to perform for small private functions (example: 2006' Ups and Downs William Watson Lodge Weekend) or for large public functions. They have performed for the entire population of several of Calgary's Public Elementary Schools. Speak to the Principal of your child's Elementary School about requesting a booking for a presentation by Smalltalk.

Smalltalk will give a school a **10% discount** if a member of Ups and Downs provided the booking.

Contact Person: Tanis Audette: (403) 836-0274.

jb music therapy inc.



My Body's Special written by Music Therapist Jennifer Buchanan, is a recently published children's book and song CD that celebrates differences. Jennifer is the President of JB Music Therapy Inc. a music therapy company that has offered music therapy services to Calgary and area since 1991. She wrote the words and music to My Body's Special years ago and integrates it with her clinical practice when working with young children. "Through our music and therapy practices, we strive to let children know that they are valued for who they are," says Jennifer. The song's chorus says it all:

*My body's special  
Especially for me  
There are so many parts that I can touch and see  
They may not always do what others do so easily  
But my body's special,  
Especially for me.*

Children, parents, and child care workers at various settings across the city have been singing and moving to My Body's Special for some time! It seemed a natural step to make the song into a book for enjoyment outside of clinical settings. The book is filled with bright colours, whimsical characters, and even includes sheet music and song CD for sing-a-long fun! It is a great addition to family libraries and child-care settings for story times, sing-a-longs, and self-esteem program plans.

Fran Herman, Chair of the Canadian Music Therapy Trust Fund writes, "Every so often, a little song-book comes along which caters to kiddies who have special needs! My Body's Special is such a book. You can listen to it, sing to it, look at its groovy pictures, AND really enjoy this little WOW of a book!! It will be enjoyed by parents and kids alike".

Books are available online at [www.jbmusic.ca](http://www.jbmusic.ca) or by contacting 403.240.3877. A 10% **discount** will be applied to orders that mention reading about the book in this newsletter!