

YEAR AT A GLANCE



Coffee Mornings

Date: Third Monday every month
(break for summer)
Time: 9:30 - 11:30 am

Street Meeting 2006

Date: Saturday, June 24th
Registration starts at 9:00 am

Ups and Downs Casino

Dates: July 20/21st

Family Camp Out at Camp Na Ka Oi

(Our Lady Queen of Peace Ranch)
Dates: July 21 - 23, 2006

Summer BBQ

Date: Saturday, August 19th, 2006
Time: 11:00 am - 3:00 pm

Fundraising Cooking Event

Date: Saturday, October 14th

UPS AND DOWNS EVENTS

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 Michelle at 283-1949.

Location: Varsity Church, 4612 Varsity Dr. NW
Date: June 19, 2006
Time: 9:30 - 11:30 am

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

STREET MEET 2006



Lace up your runners, oil the strollers! We're heading back to Fish Creek Park for the 14th Annual Ups & Downs Street Meet on Saturday, June 24th.

9:00 to 10:45 am - Registration
11:00 am - 5 Km Run Starts
11:10 am - 3 Km Walk Starts
12:00 noon - Post-race activities

Ups and Downs Contact Sheet

www.upsdowns.org

Amber Boyd: President	aboymd@blackmont.com	Huei Eow: Co-Treasurer	eow.huei@yahoo.ca
Tyler Hermanson: Vice-President	archi_tec@shaw.ca	Barb Wilson: Communications	wilson.rod@shaw.ca
Krista Beaton: Secretary	krista.beaton@abbott.com	Michelle McIntyre: Programme Coordinator	manddmcintyre@shaw.ca
John Sanges: Co-Treasurer	jsanges@shaw.ca	Sandy Belmont: Member at Large	bellmontfamily@yahoo.com

Address: 811 - 14 St NW, Calgary, AB, T2N 2A4

Tel: (403) 289-4394 - Fax: (403) 289-4339

BBQ, fun and games for the whole family. Great raffle prizes!

Brochures and fundraising sheets are being mailed out. Watch for them! If you don't receive yours, call the office at 289-4394 to make arrangements to get one!

UPS AND DOWNS CASINO

We're working the tables on July 20/21 and we're going to need some help! 36 spots need 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 21st -23rd 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.

Cannot wait to see you all there! The teepees are booking up fast so call Michelle McIntyre (283-1949) asap to reserve your spot.

SUMMER BBQ

We're slapping on the dogs and the burgers at Rotary Challenger Park on Saturday, August 19th from 11:00 am to 3:00 pm.

Cost: \$5 per person, \$10 per family

Directions: Travel East on McKnight Blvd to Barlow Trail. Turn left on Barlow Trail to 45th Avenue (Sandman Hotel on the corner). Turn right on 48th Avenue to the very end. For further information on the park, visit www.challengerpark.com.



NEWS



Ups and Downs held a gathering at Adventure Zone on Thursday, April 27th. While our turnout was relatively low, that didn't stop the enthusiasm of the kids who

attended. Jumping, climbing and chasing were activities in abundant supply!

Mother's Day Swim

Swimming at the East Lake Recreation Centre in Airdrie was a wonderful way to spend Mother's Day. Some of the kids were having so much fun, it was difficult to get them to leave. One little girl had the opportunity to experience her first waterslide ride - first with Dad and then solo. We thought we heard her crying all the way down but, in fact, what we heard was actually peels of laughter! The children seemed never to tire of running up all those stairs to come down the waterslide one more time - again and again and again...

What a wonderful place for our kids to just be kids. No crowds, no line-ups, no expectations, and no stress. It was living! Hope everyone else also had a wonderful Mother's Day!

Ups and Downs Website

We are finally, finally redoing the Ups and Downs website. We are going to take advantage of today's technologies that allow the maintenance to be a much simpler process. Please bear with us as we go through this process - if you need information, call Teresa at the office - 289-4394.

Membership Forms

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

Changing of the Guards

When life gets too busy, hard decisions need to be made. Thanks, Barb McHarg, for your last year on the Board. The Board welcomes Sandra Bellmont as our new Member at Large. In addition, we welcome Huei Eow as co-Treasurer.

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

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.ymcacalgary.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

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.



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 & 9th)

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

PREP Skill-Builders Summer Sessions

A limited number of individual therapy and tutoring sessions are available during July to enrich your child's summer. Individual sessions are great for teaching new skills, skill maintenance over the summer break, and for identifying goals that parents can easily incorporate into home activities. Summer is prime time to learn and Skill Builders offers the 1-1 for accelerating learning!

Parents drop their child off at PREP for the morning and then at the end of the session(s) receive a summary of summer fun activities. Each child will be supervised at all times and break time refreshments & activities are included in the Skill Builder fee.

INTENSE - 9 AM – 12 PM Fee \$450/week

(Includes 3 Individual Therapy/Tutoring Sessions)

Early Bird Rate: \$405 if paid in full by June 1

- Week 1 (July 4-7, TWR)
- Week 2 (July 10-14, MWF or TWR)
- Week 3 (July 17-21, MWF or TWR)
- Week 4 (July 24-28, MWF or TWR)

MEDIUM – 9 AM – 12 PM Fee \$300/week

(Includes 3 Individual Therapy/Tutoring Sessions)

Early Bird Rate: \$270 if paid in full by June 1

- Week 1 (July 4-7, TR or WF)
- Week 2 (July 10-14, MW, TR or WF)
- Week 3 (July 17-21, MW, TR or WF)
- Week 4 (July 24-28, MW, TR or WF)

OCCASIONAL – To book please speak to your child’s therapist or tutor or if you are a non-member contact PREP to book afternoon only appointments in July.

	Members	Non-Members
Speech	\$60	\$80
Occupational Therapy	\$60	\$80
Reading/Math	\$40	\$60

Therapy and tutoring sessions are 45 minutes in length. There is an additional charge for report writing. Parents will be invoiced at the end of July for the # of sessions attended.

May is the time to book as spots are limited!. To receive the Early Bird Rate for Skill Builders, full payment for all sessions booked must be received by June 1, 2006.

Contact Info: Tanya Nermerich, Summer Session Coordinator, at PREP. Call 282-5011 ext. 101 or email tanya@prepprog.org

*Once your child is booked for sessions, refunds will only be considered for a medical or family emergency.



News from the 2007 CDSS Conference Committee

The 2007 CDSS Conference has its own website. It is still in the development stages, but you may view it at www.cdss2007.ca.

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.

A Note from Kids Up Front

We’re no longer putting ticket attachments on the tickets we distribute as it is so time consuming. However, we’ve noticed a continuing decrease in the amount of thank-you letters we receive. Some agencies are terrific about having the ticket recipients send in thank-you notes, and we so appreciate it. We can’t tell you enough how far these letters go in helping us to secure ticket donations. We often hear from individuals and corporations that the reason they continue to donate is because of the letters they receive.

We do understand that not every recipient is able to send in a letter, but we would like to ask that you remind everyone to do so as often as possible – and if they can please send a letter specific to each event. While it’s great to receive a letter that says thank you for five different events, we can’t forward that out as there is more than one donor and we only have one letter.

Even if ticket recipients aren't aware of who made the donation, a letter addressed to Kids Up Front is still great, and we do forward them on to the donors.

Mailing Address:

5th Floor, 630 - 3rd Avenue SW
Calgary, AB T2P 4L4

Calgary Alternative Support Services

Supported Self-Employment Program for Persons with Disabilities- Accepting Referrals for 2006 Intake

Calgary Alternative Support Services is currently accepting referrals for the supported entrepreneurship program (SEP). This program is an initiative aimed at facilitating participation of persons with (primarily intellectual) disabilities in the labour market and community through exploration and development of self-employment opportunities. Through participation in self-employment activities, program participants are able to create their own schedules, work at their own

pace and do something they are passionate about. Many of the program participants have come to us with hobbies that we have fine-tuned and turned into viable businesses. There is no business idea that is considered too big or too small.

SEP is funded through Service Canada's Opportunity Fund, and provides workshops, business plan development, research and marketing as well as financial tracking resources to individuals with disabilities who want to explore self-employment. Essentially, SEP is a 'value-added' resource to persons with disabilities, their families and the agencies who support them. There are no fees for service. Our resources are provided to clients and support-workers alike in order to provide the knowledge and tools for clients and their support agencies to continue business operations over the long term.

Please feel free to contact Carly Scrymgeour at 283-0611 if you need to make a referral or you need more information about the program.

Community Support Corner

The Community Support Corner will feature different support organizations found in Calgary. It is intended to inform and educate Ups and Downs members with respect to the resources we have in our Community. We hope you find this useful.

The PREP Program

PREP was founded in 1988, the year of the Calgary Olympics, by speech therapist, Barbara Tien, who continues as the Executive Director. Her goal was to provide affordable speech-language therapy services to a group of kids that couldn't find it anywhere else in the city. Barbara has fond memories of attending an Ups and Downs meeting in January 1988 and being overwhelmed by parents, holding their little ones in their arms, eagerly signing up. PREP at the time stood for Preparation and Readiness for Entry In to Preschool. Barbara thought she would say goodbye when the children were ready to go to school, but she and her staff quickly learned that PREP was needed to support children, educators and parents on their journey.

Over the last 18 years PREP has evolved into so much more that the not for profit board had to change the name! PREP now stands for Pride, Respect, Empowerment and Progress. PREP is renowned around the world for the resource guide, *Effective Strategies for Successful Inclusion*. The book has even been translated into Greek! In 2001 the Board of Directors purchased a permanent facility on the North Hill that is a welcoming, safe haven for families. PREP is unique in that many families have been involved since their young adult was a toddler. Now nearing graduation these PREP All Stars embody what PREP stands for.

Barbara is the first to tell you that the key to PREP's sustained growth has been parent commitment. PREP

has a policy of parent involvement that builds relationships, fosters sharing and connects families in invaluable ways. PREP's over 180 member family registry reflects the cultural diversity of Calgary. Parents volunteer their time, energy and resources to ensuring that all families can access the services their children need to integrate successfully in home, school and community life. PREP proudly offers families, for only the cost of a \$40 membership:

- PREP 1 – Early Learning – parent and tot therapy group for 0 -2 ½ year olds
- PREP 2 – ECS Classes – accredited PUF program for 2 ½ - 5 ½ year olds
- PREP 3, 4 & 5 – providing Services for School Age Students & Young Adults
- Family Support Registry – connecting families with community services and agencies
- PREP Links – one stop centre for training and educational materials *additional user fee
- Continuing Education – workshops for parents and educators

As PREP nears 20 years of service to families who have a child with Down syndrome, our vision articulated 10 years ago is being achieved. It is indeed "okay to have Down syndrome".

PREP welcomes all families who have a child with Down syndrome to join the Family Support Registry. Information is knowledge and knowledge is the key to parents becoming their child's best advocate for the education, health care, and social opportunities each so richly deserves.

Please visit www.prepprog.org for more information or call 282-5011 to book a tour.

Other Community Events

Ponoka Stampede Rodeo Challenge 2006

Come and join us at the 7th Annual "Stampede Rodeo Challenge" for all physically &/or mentally challenged children between the ages of 5 and 18 on Saturday July 1, 2006 from 9:45 a.m. to 1:00 p.m.

Each contestant will be partnered up with a cowboy/girl to enjoy all the modified rodeo events. A hotdog lunch will be served following the rodeo.

Friends & families are welcome to watch from the stands.

One companion only allowed on the infield with the contestant & cowboy.

Rodeo proceeds **RAIN OR SHINE**, so please bring your child prepared for the weather. Rain and mud go hand in hand!!!

Rodeo Events

Flag Picking - Contestants ride quiet, specially selected horses

Calf Roping - Contestants learn to rope a wooden calf

Bull Riding - Contestants ride hand-rocked bull for 8 sec.

Chuckwagon Races - Hand-pulled chuckwagons race around the barrels

Wagon Ride Horse drawn wagon ride, wheelchair accessible

Petting Zoo- Small farmyard animals for petting

Face Painting - Hypoallergenic makeup upon request (siblings too)

Registration Deadline: June 2, 2006

Please call Marjorie Krossa @ 403-783-3507 for the registration form.

9th World Down Syndrome Congress August 22 – 26, 2006, Vancouver, BC

The early registration deadline has expired but there is a second level of registration. This deadline is June 23rd and will be a savings for professionals and first family members registering. If you are planning on attending this conference, you can still save yourself some money by booking prior to June 23rd.

Visit the website at www.wdsc2006.com.

4th Annual Let's Talk Hockey

September 30th, 2006

Join Kelly Hrudehy at Brewsters Brewing Co. & Restaurant

For more information please contact The PREP Program 403.282.5011 or 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.

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 403-943-7629.

PREP

Family Support Services

2nd Annual Summer Picnic

Celebrate the start to summer at Edworthy Park on Saturday, June 3rd from 10:00 to 12:30. We will be at campsite #9 (very west end of the Park) – look for the balloons!

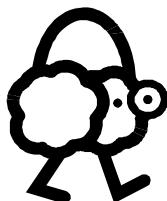
Families are responsible for their picnic lunches and/or barbeque supplies. P4 students will be on-site selling pop, water and chips.

RSVP by May 26th.

Contact Annamarie Zobatar – 282-5011 (ext 125), Jan Jensen-Smith – 282-5011 (ext 102) or Barbara McHarg – 282-5011 (ext 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.

GYMBOREE

Your Membership with Ups and Downs has its benefits!

Is your child between the ages 0 - 5 years old? If so, you may be 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 up to \$100.00 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.

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 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. Books are available online at 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!

