

YEAR AT A GLANCE



Coffee Mornings

Date: Third Monday every month
(break for summer)

Picnic in the Park

Dates: Monday, July 24th and Monday, August 21st

Summer BBQ

Date: Saturday, August 19th, 2006

Fundraising Golf Tournament

Date: Thursday, September 7th, 2006

Ups and Downs Open House

Date: Saturday, September 9th, 2006

Fundraising Cooking Event

Date: Saturday, October 14th

Down Syndrome Awareness Week Dinner and Dance

Date: Friday, November 3rd

Kids' Christmas Party

Date: Saturday, December 3rd

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 even 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 questions, please call Michelle at 283-1949.

Location: Ups and Downs Office

West Hillhurst Community Centre
1940 – 6th Avenue NW

Date: Third Monday every month starting
September 18th

Time: 9:30 – 11:30 am

If you need child care please call Michelle McIntyre at 283-1949 at least one week before the coffee morning to organize.

PICNIC IN THE PARK

In place of the coffee mornings for the months of July and August, Ups and Downs is hosting a "Picnic in the Park" for new Moms. The dates will be July 24th and August 21st, from 9:30 to 11:30 am at the West Hillhurst Community Centre. We will meet by the playground out back if there is sun, or upstairs on the second floor where our new office will be located (1940 – 6th Avenue NW), if it rains.

Ups and Downs Contact Sheet

www.upsdowns.org

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

UPS and DOWNS NEWS

July, 2006

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. There will be great door prizes and games and prizes for the kids! The Stampede mascots will be joining us for the fun!

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.



UPS AND DOWNS FUNDRAISING GOLF TOURNAMENT

Our fundraising tournament is booked for September 7th, 2006 at the Lynx Ridge Golf Course. The organizing committee is still in the early planning stages so watch for further information.

OFFICIAL UPS AND DOWNS OPEN HOUSE

Join us at our official Ups and Downs Open House on Saturday, September 9th from 11:00 am to 1:30 pm. We have booked the ice rink at the West Hillhurst Community Centre for an early season skate from 11:45 am - 12:45 pm so come and visit the office before and after. Drinks and treats will be served.

KIDS CHRISTMAS PARTY

So early to be thinking about Christmas but it's scheduled for Saturday, December 3rd out at the Symons Valley Ranch from 11:00 am to 3:00 pm. We'll keep you posted as we work out the details.

NEWS

Street Meet 2006

Saturday, June 24th:
As dawn spread crept across Calgary, hundreds of eyes focussed on the skies ...wondering...what will the day bring?
As a nearly flawless blue hue spread over the City,



hearts leapt for joy and engines roared to life, bringing family and friends to Fish Creek Park to take in the 14th Annual Street Meet.

Ups and Downs would like to thank the following individuals for their fundraising initiatives on our behalf:

1. Avis Roemer
2. Geoff and Candice Christie
3. Greg and Samantha Smith

The grand total raised for Ups and Downs was \$14,380.80. Thanks to all of you who participated and helped us out!

In addition, Ups and Downs would like to thank the following organizations who donated our grand prizes:



And thank you to the following organizations who sponsored Street Meet through donations of food, prizes or other items:

Axe Music ~ ATB Financial (Shawnessy) ~ Balloons for All Occasions ~ BJ Services ~ BOC Gases Division ~ Calaway Park ~ Cardel Place ~ Centennial Food Service ~ Co-Op (Shawnessy) ~ Costco ~ Dairy Queen ~ Dasani/Coke ~ Davlyn Design Inc. ~ Elbow Springs Golf Club ~ Everything But the Cake ~ Glamorgan Bakery ~ JB Music Therapy ~ Joey Tomatoes, Crowfoot ~ Kedde's Promotional & Sportswear ~ Home Depot (16th Ave NW) ~ Heritage Park ~ Lake Louise Inn ~ London Drugs, Brentwood Mall ~ Luciano's ~ McDonald's ~ Maple Leaf Foods ~ Mary Kay Cosmetics (Vivian Carruthers) ~ Murrieta's Restaurant ~ Post-Natal Helpers ~ Propel Fitness ~ Red Arrow Motor Coach ~ Remax ~ Supercuts (Shawnessy) ~ Smalltalk ~ Sobey's, Bridlewood ~ Southland Leisure Centre ~ Southcentre Mall ~ Sparkle the Clown (Cheryl Ann Oberg) ~ Spolumbos ~ Swizzlesticks Salon ~ TD Sparks (Beguiler's Guild) ~ Telus World of Science ~ The Banff Lodging Company ~ The Calgary Flames Foundation ~ The Chinook Mall ~ The City of Calgary ~ The Fairmont Banff Springs Hotel ~ The Gap ~ The River Café ~ The Sheraton Cavalier Hotel ~ The Westin Calgary ~ Tuxedo Source for Sports ~ UPS ~ Village Square Leisure Centre ~ Vintage Group Restaurants ~ Westside Centre

A special thank you to Country 105 for advertising Street Meet for us and for coming to Street Meet and entertaining us with their music!



Last but not least, Ups and Downs would like to give a HUGE thank you to Liza Maurette and her dedicated team for the time and effort they put into organizing Street Meet 2006. No small feat! The volunteers include:

Krista & Chad Beaton
Sandra, Ariel & Sarah Belmont
Bill & Amber Boyd
Joan & Dave Boyd
Joanne Burt
Danielle Dyke
Heather Eachett
Huei Eow
Greta, Dave, Holly, Kate & Calub Ellsworth
Fif Fernandes (Saucy McCuddle)
Dan Geddes

Craig Hazel
Tyler & Karen Hermanson
Candice Kohout
Leslie & Gregg Lavery
Liza Maurette
Michelle & Drew McIntyre
Robin Parkhurst (Ellie)
Kim Pomares
John & Theresa Sanges
Nicholas Semeniuk
John Williamson
Leanne Wilson

Ups and Downs is on the Move

A reminder that we are relocating, however, our move date has changed to July 27th! We are moving to the West Hillhurst



Community Centre, 1940 – 6th

Avenue NW. Our mailing address is: Box 61180, Kensington RPO, Calgary, Alberta, T2N 3P9.

Our telephone number will remain the same. Please drop by and visit any time after July 27, 2006.

Visiting Parents

We are in the process of revamping our Visiting Parents material. Hopefully our material will be brighter and contain information that is current and reflects the organization we are today.



Artist: Daniela Ruiz Porras
10 years old

(child we sponsor through World Vision)

Parents Advisory Committee Family Support for Children with Disabilities

Family Support for Children with Disabilities is looking for parents to join a Parent Advisory Committee.

They need parents from urban and rural areas who will bring insights into different disabilities, children's ages and cultures, as well as a variety of perspectives and philosophies.

The Committee will meet 6 to 8 times per year (about every two months), as well as gathering and disseminating information to and from other parents and parent groups.

The FSCD Program will provide support and reimburse costs associated with the Committee work.

This Committee is replacing the old Community Coordinating Council. Unfortunately, at the time that this Committee was in operation, the Down syndrome community did not have a voice as we had no representative attending these meetings. Please, it is imperative that our community be represented on this Committee.

If you are interested in being on this Committee, please contact FSCD directly at 297-2081 for more information. As well, if you are applying to this Committee, please contact Barb Wilson at 256-6035. We would like to provide updates to all of our members.



News from the 2007 CDSS Conference Committee

10 months and counting! The program outline has been finalized. The committee will start working on pulling together specific speakers and sponsors for the event. If you know of any organization you think may be interested in being a sponsor of the 2007 CDSS

Conference, please email the Chair of the Committee, Karen Hurley at hurleyk@shaw.ca.

HELP! We are *STILL* looking for two volunteers to help coordinate the Children's Program for the Conference. The 2007 CDSS Conference Committee is planning to contract out the service so the volunteers would not be required to put together a complete program, but would simply facilitate it.

If you are interested in volunteering on this committee, please contact Karen as above.

Photos Needed

Do you have a picture or several that truly illustrates inclusion? We need pictures that show people with AND without developmental disabilities, capturing the bonds of family, friendship, inclusive education and community inclusion across the life-span.

The Alberta Association for Community Living (AACL) produces a number of posters, brochures and information material throughout the year. The intention of this material is to inform Albertans about important issues and events that are happening across the province.

In order to help people understand what inclusion is all about, we feel it is important to clearly illustrate what we mean. And nothing says it better than a picture.

We are particularly interested in pictures showing inclusion in schools from playschool to post secondary. So if you have any pictures of inclusion in the classroom you think would look good on the National Inclusive Education Poster, please consider forwarding them to AACL.

We can accept pictures digitally as well as photographs. If you would like your photographs returned, please indicate this and we will do so.

Photos should be sent to:

Deb McLean
Executive Assistant
Alberta Association for Community Living
11724 Kingsway
Edmonton, AB T5G 0X5

OR

Emailed to: dmclean@aacl.org

You will be required to fill out a photograph release form which **MUST** be completed and sent along with **EACH** picture. Each photo requires a separate release form. If you are forwarding a digital photo, please indicate that on the release and mail it as we must have the original signatures.

You can help make a difference for a child or adult with developmental disabilities. These pictures have an impact and will be most appreciated!

Looking For a Good Home

Does your child need a modified bike?

The Janzen family purchased a modified bike when their son was 9 years old. Now he's in junior high school and he's gotten too big to use it. The family has graciously offered to give the bike to another family for their use. Here are some of the details:

- 2-wheeler with big (golf cart size) training wheels
- Foot pads the shape of shoes with straps so feet do not slide-off
- Handle bars safety feature
- Can attach to back of parents bike or child can ride independently

For more information please contact: Judy Janzen (259-5317).

Between Friends Club - Adult Adventure

What is Adult Adventure? Adult Adventure is a program for our young adults (18 - 30 years), which takes place during the summer. There are a combination of both weekend trips and week long trips. These trips will provide our members with a variety of outdoor adventures. Individuals must be members of the Between Friends Club to attend these trips.

Red Lodge Guest Ranch

Monday, July 24 – Friday, July 28

10:00 am Monday - 4:00 pm Friday

Let's hope for hot sunny weather this week! We are returning to Red Lodge Guest Ranch to enjoy the quiet beauty of the Alberta prairies. We'll also head up to Sylvan Lake during the day for fun at the beach! Drop off and pick up will be at Emily Follensbee School, 5139 14 St. SW.

Cost \$300

William Watson Lodge

Monday, August 7 – Wednesday, August 9

3:30 pm Monday - 1:00 pm Wednesday

Nestled in the heart of Kananaskis Country we will enjoy a beautiful three day trip. We will be relaxing, hiking, barbecuing and taking in the scenic views of the Rocky Mountains. Drop off and pick up will be at Emily Follensbee School, 5139 14 St. SW.

Cost: \$140

Waterton Springs Campground

Friday, August 11 – Sunday, August 13

9:00 am Friday – 3:00 pm Sunday

Waterton Springs Campground borders Waterton Lakes National Park. We will be enjoying the full camping experience by sleeping in tents. Bring your swim suit and towel so we can go for a dip in the lake. This is the perfect place to view spectacular scenery, wildlife and enjoy recreational opportunities. Drop off and pick up will be at Emily Follensbee School, 5139 14 St. SW.

Cost: \$140

To register, contact:

Between Friends Club
304, 501 - 18th Avenue S.W.
Calgary, Alberta T2S 0C7

Phone: (403) 269-9133

Fax: (403) 269-3919

Email: info@betweenfriends.ab.ca

www.betweenfriends.ab.ca

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.



Renfrew Educational Services is a not-for-profit society and registered charity that has been offering a broad range of specialized programs for children since 1973. Fully accredited by Alberta Education, their programs and services are specially designed for children with special needs.

Renfrew has five centres in Calgary accommodating over 700 students from preschool to grade 6.

Main School:
2050 - 21st NE

Bowness Centre
100, 8604 – 48th Avenue NW

Falconridge Centre
265 Falshire Drive NE

Franklin Atrium
100N, 3015 – 5th Avenue NE

Sundance Centre
75 Sunpark Drive SE

Renfrew also offers a broad range of programs and services for children attending other Calgary area schools through their Community Services department. They share their expertise with the community by offering a full complement of workshops for both parents and professionals. Renfrew also offers several highly specialized programs both within their facilities and in the community for children with Autism, Fetal Alcohol Spectrum Disorders (FASD) or motor disabilities.

Renfrew offers an inclusive environment that brings together children with special needs and children who are typically developing. The idea is that the children together grow to love learning and to value the differences in others. Through this inclusive environment the staff at Renfrew has seen children demonstrate compassion and recognize the strengths in others at an early age

The programs at Renfrew are designed to meet the needs of the individual child and the family requirements and so that each child has the opportunity to reach his or her full potential. To achieve this goal, staff works closely with families to provide insight on solving problems, offer education and support, and address individual family concerns. Low student-to-teacher ratios allow the individual needs of the child to be met.

Early schooling is the critical time to teach positive learning skills. This can only be done effectively in a positive learning environment, which is a combination of many factors. Renfrew's Kindergarten, Junior Kindergarten and Elementary Education programs offer an environment that fosters enthusiasm, a love of learning and openness to new ideas where children can experiment and explore with the guidance and encouragement of caring professionals. This prevailing atmosphere builds confidence so children can grow and take risks

Highly-trained, professional teams work with classroom staff to facilitate learning and development. In addition to teachers and Child Development Facilitators, members of Renfrew's team at all of their locations include Speech-Language Pathologists, Occupational Therapists, Physical Therapists, Psychologists, Family Support Specialists, Assistive Technology Specialists, Therapy Assistants and Behaviour. Teams monitor each child's progress and, in partnership with parents, set and review individual goals on a regular basis.

For more information about Renfrew's programs call them at 291-5038 or visit their website at www.renfreweducation.org.

Other Community Events

9th World Down Syndrome Congress

August 22 – 26, 2006, Vancouver, BC

Visit the website at www.wdsc2006.com.

Between Friends

August 28/29, 2006

Registration for fall programs at Between Friends begins August 28th and 29th, however, anyone wanting to register for programs needs to be registered as a member before the 28th as they will not be accepting new memberships during registration. Watch for more information in the newsletter or visit their website at www.betweenfriends.ab.ca.

Special Olympics Registration

September 6, 2006

The location and times are yet to be determined but make a note of this date. For further information on the various sporting activities offered by Special Olympics please visit their website at www.calgaryspecialolympics.ab.ca.

Na Ka Oi Ranch (Our Lady Queen of Peace)

September 9, 2006

Attention Teens (ages 12 – 20's)! You are invited to come to No Ka Oi Ranch on September 9th from 11:00 am until 3:30 pm.

There will be:

- Horseback riding
- Pontoon boat rides
- Dancing
- Hayrides
- Lunch



First priority will be given to teens with Down Syndrome. Pre-registration is necessary. No Ka Oi Ranch rules are that names, ages and the names of the accompanying adults be submitted 2 weeks minimum before the event.

REGISTRATION DEADLINE: August 25th

Call Linda Tanigami at 403-362-5254 to register or email her at tanigami@telusplanet.net.

Please pass this invitation on to any of your friends with Down Syndrome.

Brothers and Sisters of People with Special Needs: Too Important to Ignore!

September 22 and 23, 2006

Connections Counselling and Consulting Foundation, Community Inclusion Support Society, Calgary SCOPE Society, Between Friends Club, Family & Community

Resource Centre (ACH), and Renfrew Educational Services will sponsor are hosting a conference consisting of workshops conducted by Don Meyer, Director of the Sibling Support Project and creator of the Sibshop model. Workshops will focus on the life-long issues faced by brothers and sisters and, for professionals, the procedures required to start your own sibshops.

Parents and other adult family members, and service providers from educational, mental health, social services, and public health fields won't want to miss these workshops.

For more information, call (403) 209-1100 or e-mail us at connect@calcna.ab.ca.

Sibshops

October 14, 21 and 28

Connections Counselling and Consulting Foundation is hosting its Fall 2006 Sibshops. Sibshops provide opportunities for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational context.

Sibshops are for 7 to 11 year olds and run from 9:00 a.m. to noon. There will a parent and participant orientation on Wednesday, October 11th from 7:00 to 8:30 p.m.

The cost for the Saturday morning program is \$30.00. The program is available to all, and no one will be turned away due to inability to pay.

Register by calling Pat Morris at 209-1100 or e-mail at connect@calcna.ab.ca.

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.

PREP

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.

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.

J.C. PHOTOGRAPHY

J.C. Photography specializes in black and white photography with hand coloring for a unique touch. They do sittings for pregnancies, babies, children and families in the studio or outdoors. The proofs are yours to keep. Their prices are very reasonable and the experience is enjoyable!



Call Judy at 254-4798 today to book your sitting or make a sitting a perfect baby shower gift.

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.

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.

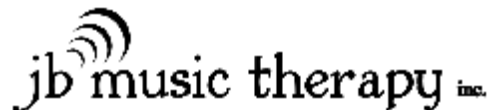
Everything But The Cake will offer any of our members who want to use their services no GST charges, plus a 5% discount.

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.



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!

