

YEAR AT A GLANCE



Youth Conference

Date: Saturday, March 3rd

William Watson Lodge

Date: March 16-18

Annual General Meeting

Date: Thursday, March 29th

Telus World of Science and Creative Kid's Museum

Date: Saturday, April 14th

2007 Street Meet

Date: Saturday, June 23rd

Our Lady Queen of Peace Ranch Weekend

Date: July 27-29

Ups and Down BBQ

Date: Saturday, August 18th

Golf Tournament

Date: Wednesday, September 5th

Downs Syndrome Awareness Week Dinner and Dance

Date: Friday, November 2nd

Kid's Christmas Party

Date: Saturday, December 8th

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, and 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: March 19th
April 16th
May 21st

Time: 9:30 – 11:30 am

NOTE: There is no meeting in February as the Monday falls on Family Day.

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

Ups and Downs Contact Sheet

www.upsdowns.org

Amber Boyd: President	aboymd@blackmont.com	Barb Wilson: Communications	wilson.barbara@shaw.ca
Tyler Hermanson: Vice-President	archi_tec@shaw.ca	Michelle McIntyre: Programme Coordinator	manddmcintyre@shaw.ca
Krista Beaton: Secretary	krista.beaton@abbott.com		
Huei Eow: Co-Treasurer	eow.huei@yahoo.ca		

Address: West Hillhurst Community Centre, 1940 – 6th Avenue NW., Box 61180, Kensington RPO, Calgary, Alberta, T2N 3P9

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

18th ANNUAL OLDTIMERS HOCKEY CHALLENGE

Date: Wednesday, March 21, 2007
 Time: 7:00 p.m.
 Location: The Pengrowth Saddledome
 Cost: Free

Watch the Oldtimers when they come to town! It's a game of ageless passion that only the Oldtimers' Hockey Challenge tour can provide. Lines never seen before combine Legendary Hockey Players from the 60's and 70's like Bobby Hull, Guy Lafleur, Lanny McDonald, etc.

For tickets to the game contact Michelle McIntyre at 283-1949 before the end of February.

ANNUAL GENERAL MEETING

Date: Thursday, March 29th
 Time: 7:00 pm
 Location: Ups and Downs Office
 West Hillhurst Community Centre
 1940 - 6th Avenue NW

Support your Board! Come on out and find out what the plans are for the coming year! See screen shots of the new web page. Meet Keston Roberts, our new office manager. Coffee and snacks will be served.

FRIENDSHIP CLUB

The Friendship Club's next activity will happen in April. Details are being worked out now so watch for them in the upcoming months! Then, teens, get ready to have some fun!



TELUS WORLD OF SCIENCE AND CREATIVE KID'S MUSEUM

Date: Saturday, April 14th
 Time: 1:00 pm onward
 Location: Telus World of Science
 701 - 11 Street SW



Join us as we explore the Telus World of Science and Creative Kid's Museum. Set your imagination and curiosity free!

Members who would like to attend must RSVP to Michelle McIntyre at either 283-1949 or manddmcintyre@shaw.ca. When you RSVP please let her know:

1. How many adults attending?
2. How many kids attending? How many kids with Down syndrome attending? Ages of all kids attending?
3. Do any of you already have a membership at The Telus World of Science?

OUR LADY QUEEN OF PEACE RANCH WEEKEND

Date: July 27th - 29th, 2007



Ups and Downs has 18 teepees booked at Our Lady Queen of Peace Ranch (formerly known as No Ka Oi Ranch) on the weekend of July 27th - 29th, 2007. Hooray for 18 lucky Ups and Downs families will be able to enjoy a wonderful weekend in the outdoors near Bragg Creek.

Accommodation and Facilities: The Ranch provides large teepees for accommodation (they can actually fit 2 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 but please note that children 6 and under can only sit on the horses for a photo but are not allowed to actually ride the horses). The scenery is lovely, the fly-fishing is superb, and there is even a big open fire pit for roasting marshmallows each night. The Ranch's Trading Post Store is undoubtedly the most reasonably priced second hand clothing store that you will ever experience so be sure to pay it a visit during your stay.

What to bring? You will need sunhats and sunscreen, camera, cool clothes for the day, warm clothes for the night, bathing suits, and your personal bathroom necessities. There are flush toilets, sinks and showers all within easy reach of the teepees. Leave your beer at home because there is a "no alcohol allowed" policy but that will just leave more room for your fishing gear.

Food? 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 your car will not be parked anywhere near your lodgings so 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.

Cost? Free to any of our Ups and Downs members who register.

This year the Ranch has asked us to submit **before April 31st** all the vital details about the families who are registered to attend.

To book, call or e-mail Michelle McIntyre at 283-1949 or manddmcintyre@shaw.ca.

UPS AND DOWNS NEWS

Ups and Downs Office Manager

The Board is thrilled to announce that we have recently hired a new person to manage the office. We thought you would be interested in hearing a few words from him.

“Hi everyone, my name is Keston Roberts and I would like to say how excited I am to be the new Office Resource Manager of this wonderful organization. I just moved to Calgary from London, Ontario where I graduated from the University of Western Ontario with a B. Sc. Specializing in Anatomy & Cell Biology. I am also a classically trained pianist with grade 10 proficiency at the Royal Conservatory of Music. Having volunteer and employment experience in corporate, government, and non-profit offices, I hope to help facilitate the further growth and development of Ups and Downs. I look forward to meeting each and every one of you in the near future at events or when you drop by our office.”

Out of the Box Reading Program – Workshop Update

The board was really excited to have both Denise MacDonald and Karen Evershed from Out of the Box Reading Program in Calgary for a presentation to our

members in January. Not only was it interesting to hear about the program and how it works, but as an audience member I appreciated the video clips that Karen had brought of her daughter Robyn reading at only 18 months. While it has been determined that Robyn has Down syndrome, her abilities show not only that she can read, but that she's also a gifted writer and poet thanks to the methodology of this program.

The program and how it works is all laid out in an informative booklet that is provided with the kit. For more information on the program, you can visit their website at: www.outofthebox-earlyreading.com. If you or your family is interested in purchasing one of their reading kits, we still have four available in our office for a reduced price of \$309.95 (GST & shipping included), a \$20 savings. Just call the office if you would like to purchase a kit.

*Amber Boyd,
President*

New Library Books



To enhance the Ups and Downs library for our members, the Board approved the purchase of further library materials. We will let you know what's in the library as we receive the new books.

If you have read a book recently that you think should be included in the library, please let us know. We'd appreciate receiving a little synopsis of the book at the same time but don't let that stop you from recommending a good one!

Let's Play

On the evening of Sunday, January 14th, a total of six families, equaling twelve children, attended our monthly Ups and Downs event. The parents spent their time relaxing and chatting while their children ran, climbed, slid and crawled all over the wonderful facilities. Thanks so much to the owners of 'Let's Play' who put the facility aside specifically for 'Ups and Downs'.

Prizes Needed

We have been depleted of all our door prizes, silent auction items, and raffle prizes. Most of these were acquired for Street Meet 2006 and also from generous donations after the Aug 2005 break in at our old office.

If anyone has any new unused items that they would like to donate or knows of any companies that might like to contribute gift certificates, company products or even swag, all would be much appreciated for the upcoming 2007 year of Ups and Downs events.

Contact: Michelle McIntyre (Program Coordinator) - 283-1949 or e-mail: manddmcintyre@shaw.ca.

By-Law Amendment

To all members of Ups and Downs – Calgary Down Syndrome Association:

At the Board meeting session held on February 5, 2007, it was agreed that some changes should be made to the by-laws. The following will be presented at the Annual General Meeting on March 29, 2007 for membership approval.

Article VI: Officers

E. The treasurer shall assure that:

4. The books and financial records of the Association are audited at least once a year by a qualified auditor.

5. A properly audited statement is submitted to the Annual Meeting.

The new by-law shall read:

4. The books and financial records of the Association are to be compiled by a qualified auditor at least once a year.

5. A Properly compiled statement is submitted to the Annual Meeting.



News from the 2007 CDSS Conference Committee

Three and a half months left!

The Program and Registration Forms have been printed and should be mailed out during the next week or two.

Registration can currently be done by visiting the conference website at www.cdss2007.ca. At the bottom of the home page, follow the registration link. On the next page you will find links to both the registration form and the session information. Over the next couple of weeks, our on-line registration will be finalized.

If you are interested in staying at the Hyatt Regency Hotel, from the website, please click to the hotel logo to register and receive the conference rates.

Finally, the last few speakers are being finalized and speaker information will be going out. Hotel and event details are winding up.

If you are interested in volunteering, or know of anyone who might want to help out at the conference, please let Karen Hurley know at hurleyk@shaw.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.



The Calgary Dolphins Swim Club officially came into being on March 30, 2005, when it received its Certificate of Incorporation within the province of Alberta. This was only after a few years of being a research initiative of Amanda Casey, a Doctorial student with the University of Calgary, Kinesiology Department.

The concept of a Learn to Swim and Training program for youths and young adults with Down syndrome first started as an 8-week pilot study involving 3 adolescents. The objective was to explore whether these three participants, who could not swim, would be able to not only learn to swim unassisted, but to complete 500 meters of freestyle swimming. The primary outcome of this study was a success. All participants not only met the minimum standard to survive in water, but they were able to freestyle swim the 500 meters, which indicated their ability to train. The success of this pilot study was the foundation for a larger study with 30 adolescents. The results were similar. After only 12 weeks, 100% were able to complete the 500 meter freestyle swim, and 50% were able to swim continuously for 200 meters.

This success and the reality that there were now 30 swimmers with no where to train prompted the formation of The Calgary Dolphins Swim Club. The study showed that people with Down syndrome can achieve a high standard of performance if the opportunity is provided. The Club provides that competitive training environment appropriately modified to meet each swimmer's unique abilities and challenges to ensure each swimmer succeeded.

The Club's Vision is focused on skill development with a competitive emphasis and aims to promote personal and physical improvement and success in swimming

for youths and young adults with Down syndrome. The Club develops the swimmer in the four swimming strokes. Being a member of Swim Alberta and the YMCA, The Club provides opportunities for competition at all levels with other swimmers and clubs within Alberta.

In our second full year of operation, The Club has 21 swimmers, 6 of which are in the Learn To Swim program. Training is three times a week for a total of four hours in the pool. One hour of practice is integrated with another swim club. To ensure all of the swimmers receive the necessary instruction, The Club has increased the level of support (coaching staff). The Club strives for an "athlete: certified coach" ratio of 4:1. These lower ratios allow for better segmentation of swimmers and targeted training opportunities.

In addition to the competitive training, The Club has an active "social" program during and outside of swim practice.

The Club always welcomes new swimmers, no matter what their ability level is. For more information on The Calgary Dolphins Swim Club, please visit our website www.calgarydolphins.com, or if you have any questions, please call Janice Patterson at 278-1709.



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Other Community Events

Family Support Services

Spring Break!

Just for Parents

Friday, April 20 and Saturday, April 21, 2007

**Cost: Couples: \$225.00 (based on double occupancy)
Single: \$165.00**

Relax, reconnect and refresh in the beautiful Rocky Mountains. The Canmore Radison Hotel & Conference Centre is the perfect venue to rejuvenate and re-energize. Chose an active or casual agenda, your time is your own, from down-time in your room, to shopping and hiking. The beauty of the Rocky Mountains in spring makes this a true get-away.

Your adult only get-away includes room cost, dinner for two Friday night and breakfast for two Saturday morning.

Guest Speakers include Dan Gascon and Andrea Friedman and guest. Dan is speaking on how effective and essential humour is to our overall health and well-being. He motivates audiences to achieve greater health and well-being by understanding and applying their own unique sense of humour to life's challenges. Andrea captures audiences with her wit and wisdom as she shares her story of being born with Down syndrome. At 36, Andrea is an accomplished actress and public speaker attributing her success to mainstream education. Andrea is currently living independently in Los Angeles, California.

Deadline for registration is February 28, 2007.

For further information, please contact Family Support Services:

Jan Jansen-Smith 282-5011 (102)
Annamarie Zobatar 282-5011 (125)
Barbara McHarg 282-5011 (130)

Or visit Support at www.prepprog.org.

Connections Counseling and Consulting Foundation

Sibshops

February 24th, March 3rd and March 10th

9:00 am to 12:00 pm

Cost: \$30

Connections Counseling will be running their Sibshops at **Providence Children's Centre** located at **5232 - 4th Street SW, Calgary.**

The Saturday morning Sibshop program is for 7 to 11 year old siblings of children with special needs. All those attending participate as a large group in the games and recreational activities. The groups are also divided into smaller discussion group based on age.

Register by calling Pat Morris at 209-1100 or e-mail at connect@calcna.ab.ca by February 16, 2007.



Bring on the Games!!

February 23 to 25 will bring hundreds of talented, spirited, energetic athletes to Calgary, Alberta. Participating around Calgary at Cardel Place, Canada Olympic Park, and Calgary Winter Club, Special Olympics athletes from all over Alberta will be treated to first class competitions at first class venues organized by the Games Organizing Committee.

The rough schedule of events is as follows:

Friday, Feb. 23	Opening Ceremonies Max Bell Arena
Saturday, Feb. 24	Competitions begin at 8:30am sharp and include alpine skiing, curling, figure skating, floor hockey, nordic skiing, speed skating and snowshoeing.
Saturday Evening	Fabulous banquet and dance Coast Plaza Hotel

Sunday, Feb. 25 Final competitions and 2:00 pm medal presentations. Closing ceremonies will be held at each sporting venue.

Between Friends

14th Annual Skate (or Walk)-A Kid-to-Camp

Saturday, March 10,

2:00 - 5:00 pm

The 14th annual Skate (or Walk) - a-Kid-to-Camp will take place on from at the Olympic Oval. Sharpen your skates or lace up your walking shoes and get ready for our family, fun-filled, relay-style skate/walk-a-thon with 100% of pledges raised going to Camp Bonaventure's fee subsidy program. You will enjoy prizes, entertaining activities and a fun afternoon on the ice or running track. For more information, or to register your team of eight, call Sam Birkett at 508-0111 or visit our website at www.betweenfriends.ab.ca

Challenger Little League

Registration deadline: March 15th, 2007

Cost: \$50

Challenger Little League is a league for physically and developmentally challenged children and young adults, aged 5 and up. We promote the basics of ball, while encouraging fun and exercise, regardless of skill level or ability.



The 2007 season runs Saturdays, April 21st - June 23rd. Teams are divided into various age groups and play one game each Saturday. Game times will depend on enrolment.

Games are played outdoors at Calgary Rotary Challenger Park, 3688 - 48th Avenue N.E.

For further information, new registrations, or volunteer opportunities, please contact:



Mary Storey @ 279-1760 wstorey@shaw.ca or Patty Steiert @ 254-6407 or psteiert@shaw.ca

Special Olympics Calgary

Sports Celebrities Festival

Friday, March 16th

Special Olympics Calgary will host the 10th annual Sports Celebrities Festival at MacEwan Hall on the University of Calgary Campus - an event that is sure to be LARGER THAN LIFE!

Come out and take part in festivities that will showcase Special Olympic Athletes competing along side sports celebrities in various over-sized sport events. Enjoy gourmet food and wine, take a shot at purchasing some great silent auction items and mingle amongst some of the brightest stars of the sporting world.

This year we are very pleased to announce that Darryl and Wanda Sutter have agreed to act as honorary co-chairs. "Special Olympics is a cause that is very close to our hearts", explained Darryl Sutter. "I'm really honoured to be a part of something that will generate much needed funding and allow Special Olympics in Calgary and across Alberta to continue to expand upon the year round programming they offer to the community."

For further information, call Special Olympics Calgary at 735-1022. Buy your tickets now and experience a reward that will be LARGER THAN LIFE!

Caregivers Revitalize Day!

Sunday, May 6, 2006

Time: 8:30am to 4:00pm

Location: FCJ Centre at 219 - 19th Ave S.W Calgary

Cost: \$20 per person and \$30 per couple

Children's Link is hosting a Caregiver's Revitalize Day. Join them for a day to nourish the mind body and spirit of non-paid family caregivers - come to re-learn the art of recreation and relaxation! They will be having a guest speaker and fabulous door prizes.

For more information or to register for the event please call Angie at The Children's Link Society at 403-230-9158.

Registration deadline is Monday, April 23, 2007.

Respite

This section lists various sources for respite. Please note that Ups and Downs has not completed any security or reference checks on these individuals and organization. It is up to the individual or family to conduct these checks in a manner that they see fit for the safety and security of their families.

Angela Tims – I am currently enrolled in the Early Childhood Diploma program at Bow Valley College. In addition, I have lots of experience working with children with special needs. Please contact me at angelatims3208@hotmail.com.

Stephanie Leblanc - Evening and weekends!! I am a registered Social Worker with CPR Level C training. I currently work for a PDD funded agency. I have extensive experience working with developmentally delayed individuals of all ages - children, adolescents and adults. I am available for approximately 20 hours per week, shifts that are 3-4 hours. Saturday and Sunday I am willing to discuss on an individual basis; evening start time would be approximately 5:30pm. I have references that will be supplied upon request. Please call if you have any further questions. Thank you. I'm looking forward to hearing from you!! #697-2195/#390-8732

Campbell Respite Ranch: The Ranch offers a unique alternative in 24 hour out of home respite care. Only a short drive from Calgary, the Campbell Respite Ranch is a home away from home for up to three clients with special needs. A place where they can enjoy a full country living experience with highly qualified caregivers and an abundance of experience based activities for the clients to participate in daily. Contact them at info@campbellrespiteranch.com or 403-546-2557.

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.

Aids to Daily Living

A new pilot project is assisting Albertans who cannot speak. The project, which runs until March 2009, provides funding to Albertans with severe communication disabilities to purchase speech generating devices.

All Albertans with severe communication impairments may be eligible to use a speech generating communication device. The impairment must be severe enough that the person cannot speak or be understood by others.

To be considered for assistance, a person needs to be assessed at the Augmentative Communication and Educational Technology Service (ACETS).

Contact Alberta Aids to Daily Living for more detailed information by calling (780) 427-0731. To dial the number toll free, dial 310-0000 and then the number, including the area code.

ACH Down Syndrome Treatment Group

If you have a child with Down syndrome who is **three years of age or younger** and is **not accessing Program Unit Funding (PUF)** to attend a program, this group may be of interest to you.

The Down syndrome team is offering group sessions on Friday mornings from 1000 – 1200 hrs and no appointment is needed, just “drop by” on the dates that work for you. Since our space is limited, we are unable to accommodate brothers and sisters in the group and ask that you make alternative arrangements for care. Emily’s Backyard is available at the new hospital and can be booked one week in advance by calling 955-7997. Since treatment is done in a group format, we will be reminding families for the need to honor the privacy & confidentiality of other families in attendance. Please call Donna Heerensperger at 955-7275 if you have further questions or concerns, or talk to your child’s Developmental Specialist.

*Note: Information / educational sessions on specific topics will also be offered based on the group’s wishes, and advance notice will be provided.

Group Dates:

2007

February 23, March 9, March 23, April 13, May 4, May 18, June 1, June 15, June 29, July 13, July 27

We look forward to seeing you!

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.

Parents Forever, Children's Link

A grief support group for parent's who have had a child with a disability pass away.

This group is facilitated by parents who have had a child with a disability pass away. We will be sharing, celebrating and honoring the journey we shared with our children as well as the journey we are now on. Connecting with other parents is a great way to get support and to support those that are at a different point on their path.

Date: The first Monday of the month.

March 5th, 2007

April 2nd, 2007

Time: 7:00 pm - 9:00 pm

Location: Phoenix Foundation
Bay #1, 2821 3rd Ave NE

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 0-18 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. NW.

Please call Bonnie Moschopedis at 282-5011 (ext.121) for more information or visit the website at www.prepprog.org.

Canadian Internet Group for Parents of Children with Down Syndrome

For the last three years I have been a member of the Yahoo Group called 'Down Syndrome Canadian

Parents'. It is a great support group and has a large following from across Canada, plus a few members from the UK, New Zealand, and elsewhere.

For new parents it is a great place to ask questions and you can count on sensible replies from experienced parents. The Group is closed -- the messages and other information are not available to internet search or such -- thus your privacy is protected and respected by the group properties and the membership. You need not be afraid to ask any questions -- most of the members have 'been there, done that'.

As well, there is a lot of good general information posted on the group. There is also a photo album where you can post photos of your family and kids. A lot of us on the group spend a lot of time bragging about our kid's accomplishments. There is an awful lot to be learned from the experience of others.

One of the mothers described the site as follows: "If a computer can wrap you up like a warm blanket, that's what this website does for me." by Jennifer (Ellen's Mom). A lot of good friendships have begun and developed within the group. There are some absolutely amazing people there.

Membership is free, and joining is simple. Just go to the site <http://groups.yahoo.com/group/Downsyndromecanadianparents/> and ask to join by clicking on the 'JOIN THIS GROUP' icon. You won't have any problems. Tell them 'Grampa' Irv sent you. I'll be watching for you! If you have any problems please let me know via e-mail (finkirv@shaw.ca).

- Grampa Irv

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.

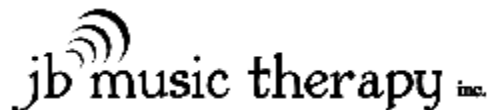
SMALLTALK – Visual Therapy

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. Watch, learn and enjoy!

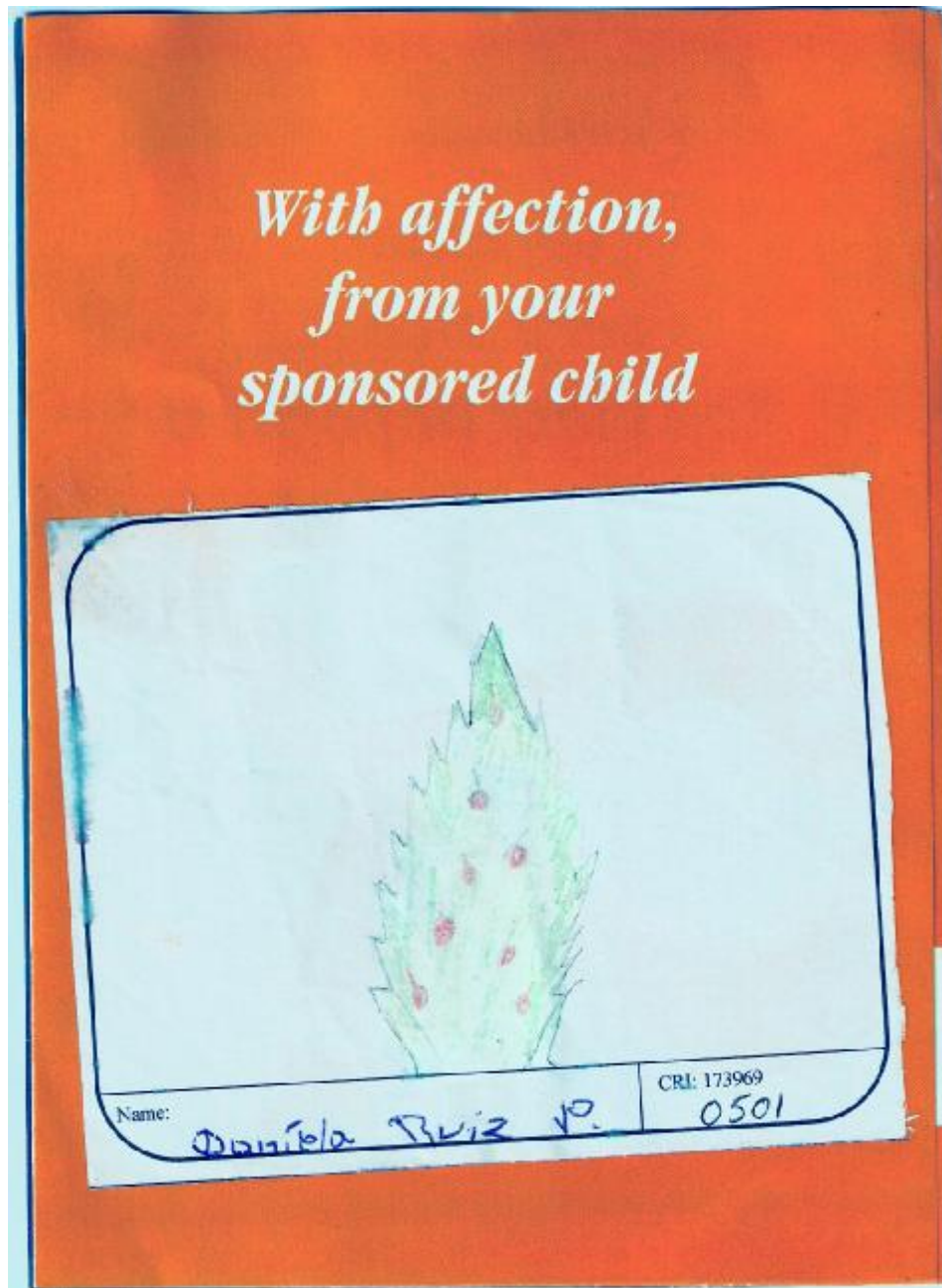
Smalltalk can be hired to perform for small private functions (example: 2006' Ups and Downs William Watson Lodge Weekend) or for large public functions. They have performed for the entire population of several of Calgary's Public Elementary Schools. Speak to the Principal of your child's Elementary School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





**Artist: Daniela Ruiz Porras
11 years old**

(The child with Down syndrome who we sponsor through World Vision)

Statement of Policy and Disclaimer

The opinions and views expressed in this publication may not necessarily be those of the organization or its members. Ups and Downs does not promote or recommend any therapy, treatment, service or product. Where service providers are mentioned, please be advised that Ups and Downs has not conducted any checks on these services. Therefore, it is up to the individual accessing services to ensure the security and safety of the individual they are accessing these resources for.