



# C.H.A.N.G.E.S.

## Down syndrome Support Group



July 2005

C.H.A.N.G.E.S.  
360 George Street N.  
Peterborough, On  
K9H 7E7

Website  
[www.aboutchanges.com](http://www.aboutchanges.com)

Email  
[changes@pipcom.com](mailto:changes@pipcom.com)

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## C.H.A.N.G.E.S.

### 4th Annual Charity Golf Classic

Sponsored by  
**M & C HYDRAULICS INC.**

Sunday, August 14th, 2005  
At Keystone Links  
Golf and Country Club

**WE NEED GOLFERS, HOLE SPONSORS AND PRIZES  
IF YOU CAN HELP US OUT, CALL THE OFFICE!**



**Brad Chaplin, Amy, Bonnie and Kelly Nolan  
Golf Tourney 2004**

#### Mission Statement:

To support each other in our quest to normalize and enrich the lives of our children so that they will reach their fullest potential.

## PICNIC 2005

C.H.A.N.G.E.S. held its 3rd annual family picnic on Sunday, June 12th at the Riverside Park and Zoo. Once the rain subsided, 56 members including families and friends shared a hot afternoon of games, water sports, conversation and good food! Members shared salads, desserts and snacks as the agency provided the drinks, hamburgers, hotdogs and sausages. A special thank you goes out to Amy Peers who once again organized a variety of games and purchased prizes that were awarded to the winners. The pictures capture the highlights of the games and socializing around the barbeque. Many thanks to Al Peers and Tony DeNoble who arranging the delivery of BBQ's and cooking for us all!! Our picnic continues to grow as our children and families continue the support of our agency and each other—have a safe and happy summer!!



*Cooking can be a thankless job!  
Anne says 'will you hurry up Al,  
my plate is ready!'*



*Everyone's trying not to get wet!!!*



*Hurry, let's run, they're not looking!!!*

*Now,  
they're  
looking!*





### **SCOTIA EMPLOYEE VOLUNTEER PROGRAM**

Linda O'Connor joined our Board of Directors in September 2004 and was appointed Treasurer. Linda brings with her a wealth of financial knowledge through her many years as an investment advisor with the Scotiabank here in Peterborough. As a volunteer Board member, Linda was successful in acquiring a donation of \$1,000 from Scotiabank's Employee Volunteer Program for a designated program at the agency. Pictured above receiving the cheque from Linda are Josh Peers and Meagan Glaeser, both students and members of C.H.A.N.G.E.S. Many thanks to Linda for her dedication and support in making a difference in the lives of people with Down syndrome!

C.H.A.N.G.E.S. would like to thank the following for their generous donations to help support our services and programs in the community:

- Leslie Goode—Polar Plunge
- City of Peterborough Grant
  - Lakefield Lioness Club
  - Lakefield Lions Club
- St. Joseph's Knights of Columbus
- Rotary Club of Peterborough Kawartha Inc.

**CDSS 17TH NATIONAL CONFERENCE HELD IN WATERLOO IN MAY 2005**

I had the pleasure of attending the conference in Waterloo where I had a wonderful time. I met some very nice people and attended some wonderful sessions. Brain Gym conducted by Liz Jones-Twomey and Carol Johnson's session were outstanding presentations and certainly worth your while to attend. I visited the Market in St. Jacobs on Saturday morning and then my husband Ron and daughter Emilia arrived with the Traynors to dance the night away. The kids had a blast and were so adorable. Thanks to C.H.A.N.G.E.S. for providing some financial support to the parents who attended the conference. By Anne Allison.



Kelly and Eric Sinclair boogying!



Emilia on Saturday Night!

**My Birthday Present to C.H.A.N.G.E.S.**  
**by Trevor James**

“When you get to be 11 years old, you’re not as into toys as you used to be but you still want to have a party with your friends! My mom said I could always ask for donations to a charity instead of presents and I thought that was a great idea. I picked CHANGES because of a boy at my school who has Down syndrome. He’s really cool and a lot of fun. I sometimes get to be his helper and do stuff with him like reading. I really enjoy that and I want to help him more next year.”

Trevor kindly donated **\$155.00** to our agency in lieu of gifts this year. We wish Trevor much success in the future and thank him for his generosity and forward thinking.



Trevor presents a cheque to  
Deb Reid, Office Coordinator  
June 2005

**Wee Ups and Downs**

**This wonderful group of children and parents have continued to meet monthly at Westdale United Church this past year. This play group offers parents an opportunity to share their daily struggles and successes with the support from each other, our agency and a facilitator from the local Health Unit.**

**A variety of guest speakers presented programs to parents while the children played with several new toys purchased with funds received from local service clubs.**

**This group will meet over the summer for a pool party in July and a special surprise in August!**

**If you know of other parents of young children in the community who would like to join this fun group, please call the office. These youngsters and their parents are the future of C.H.A.N.G.E.S.!**

## Blue Jays Bus Trip



PLACE: TORONTO SKYDOME

DATE: SUNDAY, SEPTEMBER 18TH, 2005

COST: \$20.00 FOR MEMBERS

\$25.00 FOR NON-MEMBERS

DEPARTURE TIME: BUS LEAVES AT 10:00 AM.

RETURN TIME: APPROXIMATELY 7:00 PM

GAME STARTS AT 1:05 pm

BUS LEAVES FROM THE EVINRUDE CENTRE'S  
BACK PARKING LOT, MONAGHAN ROAD

**TORONTO BLUE JAYS VS NEW YORK YANKEES**

Call 749-6685 to get your tickets today!

Seating is limited!!!

## UPCOMING EVENTS

### MARK YOUR CALENDARS!!!

#### **4th Annual Golf Tournament**

Sunday, August 14th

•

#### **Blue Jays Bus Trip**

Sunday, September 18th

•

#### **3rd Annual DSAO Conference**

October 21st–23rd

•

#### **6th Annual Monster Mash**

**Bowl-A-Thon**

Sunday, October 30th

•

#### **Down syndrome Awareness Week**

November 1st - 7th

•

#### **Christmas Party**

Sunday, December 4th

The 2006 CDSS Calendar  
Accepting Photographs

The 2006 CDSS Calendar is now  
accepting photographs of individuals  
who have Down syndrome.

Please go to [www.cdss.ca](http://www.cdss.ca)  
and click on Calendar to download the  
release form or contact them at  
1-800-883-5608 for further  
information.

Photo deadline is July 31st, 2005.

**C.H.A.N.G.E.S.** is seeking an  
individual with experience in  
Human Resources management to join  
their Board of Directors in  
September 2005.

If you know someone who could fill this role,  
please contact the office  
for further information.

## Membership/Donations

C.H.A.N.G.E.S., Peterborough & Area Down syndrome Support Group Membership Form

- Yes, I would like a membership with C.H.A.N.G.E.S., I have enclosed my membership fee of \$20.00
- Yes, I would like to subscribe only to the newsletter, I have enclosed \$10.00.
- Yes, I would like to make a donation to help keep these programs alive and support future initiatives for children, youth, and adults living with Down syndrome \$\_\_\_\_\_ Donation.

Charitable Registration # 86149 5547 RR0001  
Receipts available for donations of \$10.00 or more.

Name: \_\_\_\_\_

Name of child/youth/adult with Down syndrome: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please detach and mail with cheque, payable to:  
C.H.A.N.G.E.S.,  
360 George Street North,  
Peterborough, Ontario K9H 7E7

## REMINDER!!

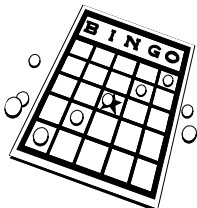
Your membership fees are due in August 2005. The application form will be sent out with the next newsletter. Family memberships cost **\$20.00**.

As a C.H.A.N.G.E.S. member, you will receive the following benefits:

1. Newsletters by mail or email 6 times a year
2. Access to Resources:
  - Educational and daily living info packages designed by C.H.A.N.G.E.S. for members
  - Tutoring and Fine Motor Skills Classes
  - Social Events—Family & Individual
3. Support and Advocacy
4. Entitlement to voting privileges regarding agency policies and procedures
5. Information regarding community partnership activities

SO WATCH FOR YOUR MEMBERSHIP RENEWAL IN THE MAIL AND HELP SUPPORT **YOUR** AGENCY.  
NEW  
MEMBERS ALWAYS WELCOME!

## Bingo Volunteers Needed



Bingo runners are desperately needed on Saturdays from 12:00 to 3:30 p.m.

Can you commit one Saturday afternoon a month to help C.H.A.N.G.E.S.? Please call the office at 749-6695. Money raised helps support resources and programs. Thanks!

## Thank You Volunteers!

Paul Guilfoyle, Jamie Jackson,  
Don McMaster, Anita Record,  
Rebecca Allen, Terri Lynn Nolan,  
Christine Wright, Amy Peers and  
Allyson DeNoble, Bev Handlechner,  
and Daniel Eggleton

HAVE A SAFE AND  
HAPPY SUMMER!