

DOWN SYNDROME SUPPORT GROUP



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



September 2006

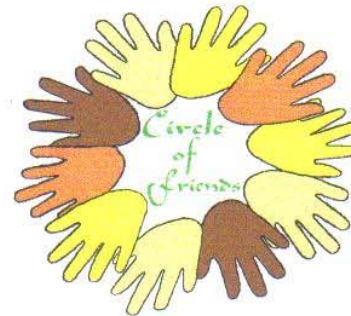
C.H.A.N.G.E.S.

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DSAO Provincial Conference

October 22nd—24th

Peterborough



KEYNOTE

**JACK PEARPOINT
OF INCLUSION PRESS**

We cannot do life alone – none of us! Loneliness is the “pandemic flu epidemic” that has infected our culture! Happily, there are remarkably gifted people who have an antidote – that could be released into our society! But there is a condition – we have to welcome the healers! An enormous number of people with disability labels have a remarkable capacity to meet, to greet, and to create hospitality – safe places that welcome us all! If we choose to welcome these people into full citizenship – they will instruct us how to welcome one another, restore relationships, build community!

HOLIDAY INN WATERFRONT

Register today as space is limited.

Check out www.aboutchange@bellnet.ca

A great opportunity for parents, caregivers, students, educators and the medical professionals in Peterborough to hear up to date information about Down syndrome!

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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.

M & C'S 5TH ANNUAL CHARITY GOLF TOURNAMENT

While the weather debated what it was going to do, C.H.A.N.G.E.S. and M & C Hydraulics Inc. hosted their 5th Annual Charity Golf Tournament at Keystone Links Golf and Country Club last Sunday, August 20th, 2006.

It was a day of shared wins as John D'Altoe and Cam McFarlane each had a hole in one at the putting contest. Then two foursomes tied for first place – the **Cane Welding Team** of Gary Benson, Kevin Warr, Will Crough and Bob Grimes and the **Cruickshank Cleaning Team** of Bob and Brad Cruickshank, Todd Bondy and Josh Burdick. It was a fun day as golfers battled it out to raise over **\$3,000** for programs and services to support people with Down syndrome.

Steve McNulty of M & C once again, did a phenomenal job putting together teams and obtaining prizes from his generous suppliers. C.H.A.N.G.E.S. sends a huge thank you to the following for their overwhelming support:

The McNulty Family, Keystone Links, Brant Office Supply, Peterborough Theatre Guild, Kraft Canada, Community Service Order, Reid's Dairy, Lakefield IDA, Apple Auto Glass, Trent Security Systems, Lazer Graphics, Rona, Pizza Hut, TSC Store, Jeff Purvey's, MarineLand, Canada's Wonderland, Fandango's, Baskin Robbins, J.Davis Studio, Jake's Neighbourhood Grill, Rambling Rose, Kingdom Tim-Br Mart, Kelsey's, Mexicala Rosa's, Liftlock Cruises, Port Hope Capital Theatre, Canadian Tire, Swish Maintenance, Mary Kay Cosmetics, M & M Meats Ltd., Marie Morgan, Lakefield Mobile Hydraulics, Villa Car Wash, PSC Cleaning Systems, Ian and Ruth Falkner, K & J Electric, National Hose, Praxair, TeamTube, Cane Welding, Rapid Lift Inc., Hydraulics Supply Company, Genuine Metaris, Scotiabank, Hydraulic Power Inc., Siemens, Vanguard Steel Ltd., Hercules Building Sealing Products, Paxton Transport, ADOX/OK1 Bearing, Liz Warr, Hydraulic Power (Toronto) Inc., Terry Parker, Molson's, City Welding Works, V.W. Eimicke Ltd., Cam McFarlane, Wainbee, Motion Canada, 4th Line Theatre, Parker Fluid Connectors and Peterborough Bearings.

Radio advertising was generously donated by the **Wolf 101.5** and hole sponsorships were purchased by Currie Tire, A.G. City Wholesale Ltd., Jim Rusk at Clarica, Greg McDougall of Kingston Husky Truckstop, Peterborough Transmission Service, Cathcart Trucking, Bryston Ltd., Frank Hammond, ServiceMaster of Peterborough and Flora McDougall.

And last but not least, many thanks to Andrea Dowey who welcomed the golfers on behalf of C.H.A.N.G.E.S.



WINNERS Team Cane Welding & Team Cruickshank Cleaning.



Andrea Dowey and her team. From left—Kim Aubin, Brenda Dowey and Jeff Boulet



"AGES AND STAGES" SUMMER CAMP 2006



This year fourteen campers attended our camp at Westdale United Church. Our campers enjoyed an array of activities such as foozeball, croquet, soccer, scrapbooking, baking, crafts, duck duck goose, musical chairs etc. All the campers enjoyed our music circle which gave the campers an opportunity to try out various instruments such as the guitar, spoons, drum, maracas and play them together. Thanks to Ben and his instruments, we were privileged enough to have live music daily. New this year and a welcome addition was Twister Moves, an interactive dance game that allows up to four dancers to show their moves. We wrapped up camp with a surprise visit from OSCAR the Clown who entertained the campers with balloon animals, juggling, uni-cycling and horn tooting fun. All the campers had the opportunity to join in the fun and learn some clown tricks.

This year we also had a Special Olympics Day with events such as croquet, bean bag toss, egg & spoon races, and many more. A big thank you to all the participants & volunteers who made



camp a
GREAT
success.

Kacee, Josh and Tyler



Ben, Mark and Josh Playing Foozeball

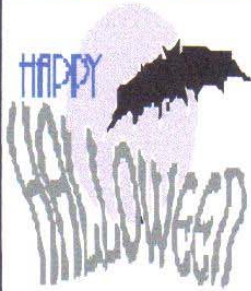
**Below Randi, Luke & Samuel
Baking Cookies**

Thank you Camp Volunteers

Clare Kennedy, Emily Vanhorn, Randi Hardy, Ben Blakey,
Donna Akister, Julia Pak, Mary Kennedy, Amy Peers and
Bhavneet Randhawa.

A special thank you to Oscar the Clown!





C.H.A.N.G.E.S. 7TH ANNUAL MONSTER MASH BOWL-A-THON

Place: Lakeview Bowling Alley (Market Plaza)

Date: Sunday, October 29th, 2006

Pledge and sign up sheets are included with this newsletter
and are also available at the office.

First prize for **most pledges** collected by a family is
a box suite to a hockey game with the

Peterborough Petes

Let's make this Monster Mash the biggest and best event of 2006!

*Santa's Farm Special Needs Day
Saturday September 30th 2006
10 am - 4 pm*



Entertainment, pony rides, horse drawn hay rides, animals and lots, lots
more.

Complimentary BBQ and drinks. Lucky draws.

Please call Santa's Farm @ (705) 657-7669 and let them know the number attending.
All donations are gratefully accepted.

Friendship Club

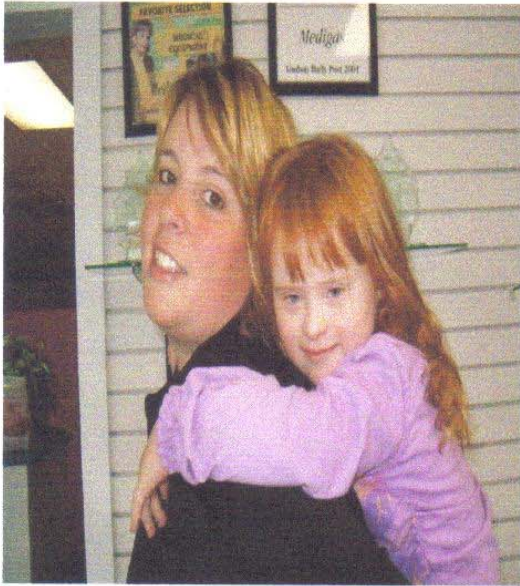
Ages 19+

Once again it is time to begin planning activities for our Friendship Club. We had six members participate in a variety of activities over the past few months, which included dinner & a movie, mini- putt golfing, bowling, Festival of Lights concerts, a lacrosse game and the Blue Jays game.

Just a reminder, the last activity this month will be a dance on September 29th from 7:30-9:30 pm. at St. James Church on Romaine Street. Please call the office 3 days prior to this date to confirm your attendance to ensure sufficient support.

A planning meeting to organize activities of interest for the Club for the next six months is scheduled for Wednesday, October 11th from 5:30 pm. to 7:30 pm. Bring your favourite food dish for the potluck and your ideas of new activities. Please confirm your attendance before October 6th to the office. See you there!

**BUDDY WALK
"UP FOR PUMPKINS"
with C.H.A.N.G.E.S.**



*Pledge Sheets are available
at the following locations:*

- *Lindsay Library*
- *Lindsay Boys and Girls Club*
- *Medigas in Lindsay*
- *Lindsay Post Office*
- *Bobcaygeon Post Office*
- *Fenelon Falls Post Office*

**JEANETTE PENNEY OF
MEDIGAS IN LINDSAY AND
NIECE, HANNA PURDY
INVITE YOU TO JOIN THEM
IN THE FIRST ANNUAL
BUDDY WALK. BRING YOUR
FRIENDS AND FAMILY
MEMBERS AND WALK TO
PROMOTE ACCEPTANCE AND
AWARENESS OF
INDIVIDUALS WITH
DOWN SYNDROME!**

***Sunday,
October 1st, 2006
City of Kawartha Lakes
Boys and Girls Club
1:00 PM. Registration
Activities to Follow
For more information,
call 705-731-9972 or
1-866-656-9677***

SPONSORED IN PART BY

Pogue's Gourd & Pumpkin Farm, Bobcaygeon
Bobcaygeon Auto Tech, Bobcaygeon
Sisters Pace Fitness Inc., Bobcaygeon
Mac Doo's Restaurant, Bobcaygeon
Buckeye Source for Sports, Bobcaygeon
Tom McMorrow Custom Carpentry, Lindsay

Bank of Montreal, Lindsay
Access Renovations, Lindsay
Jan's Haircutting, Fenelon Falls
Caygeon Collision, Bobcaygeon
Manley Motors, Lindsay

Wee Ups & Downs

Infant & Toddler Playgroup/Parent Support Group

Join us every second Tuesday of the Month

Place: Westdale United Church

Time: 10:00 am - 12:00 pm

Facilitated by:

Peterborough County & City Health Unit

Nutritious snacks and childcare
provided by C.H.A.N.G.E.S.



A special thank you to Shawna Goode and her in-laws for hosting WUD's in their pool this summer! It was a special treat!

*Thank You For Your
Generous Donations!*

*Knights of Columbus St. Alphonsus
Knights of Columbus St. Anne's
Kawartha Rotary Club
Rotary Club of Peterborough*

ATTENTION YOUNG ADULTS
JOIN THIS SITE AND START CHATTING
THE CANADIAN DOWN SYNDROME FORUM WELCOMES
YOU

This forum is for adults with Down syndrome.
A forum is a place for people to chat with each other and learn about the VATTA program.

There are two sections on our forum:

Awesome Adults:

You can discuss things that are important to you.

You can share your stories.

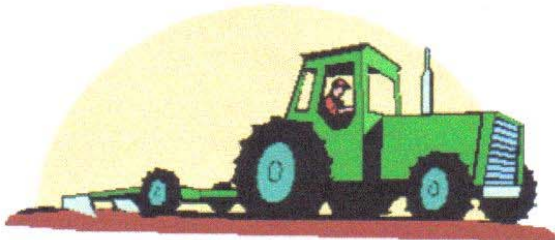
You can tell jokes!

VATTA Advocacy Talk:

You can learn about the VATTA program and how to advocate in your community.

Check out the website at www.voices@cdss.ca

**Watch for our display at the International Plowing Match
September 19th–23rd, located in the United Way Tent.**



Julie Henry's picture will be flying from the rafters! There will be lots to do and see at this once in a lifetime event!! Check it out!!!



Volunteer Mary Kennedy and Julie Henry pose for the camera while doing a puzzle at Camp 2006!



SPECIAL OLYMPICS
DAY—CAMP 2006

2006 SUMMER SPECIAL OLYMPICS BRANDON, MANITOBA

Swimming is my favorite sport this is the first time that I have won three gold medals. It was also my first time to visit Western Canada. I really enjoyed myself and the competition was great. When I go to games I also enjoy meeting new friends.

By Kelly Gellatly.



My Experience at the National Summer Games

By Luke Allen

I went to the Games, and also I went on an airplane. It was so cool. I got two 1st, 2nd and 3rd. I was happy. My mom was the coach. My dad and sister and my 2 grandmas and my grandpa came also. My aunts/uncles and cousins 14 altogether came from Winnipeg to cheer me on. They were happy and proud. My mom and I went out for lunch with the rest of my family. My best part is getting the medals. I met a new friend named Geoff, he is a big guy but he is nice and funny. I also met Neil. He is my friend from Provincial Games. I had a good time at the Games. Since I have been home, me and the other athletes have received a certificate for our outstanding achievements presented by Mayor Sylvia Sutherland. We were also introduced at a recent Lakers playoff game and I got to ride around in the car at the Memorial Centre. It was fun. Thank you Peterborough citizens~!

By Luke Allen



Third Place Winners—Golf 2006
(from left)
Greg McDougall, Kingston Husky, Jeff
Reid, Matt Stetson and Hugh Skeldon.

Down syndrome Awareness Bracelets Coming Soon!

Buy one for yourself, your friends
and family members

\$3.00 each

Or \$2.50 (on orders of 10 or more)

In Adult and Youth Sizes

Support DS Today!



Special Olympics National Summer Games July 17 – 23, 2006

I traveled to Brandon Manitoba as one of the coaches for Team Ontario Swim Team. There were 56 swimmers in total from across Ontario, 12 female coaches, 2 male and 1 Head Coach, Bill Strode. It was a new experience for a lot of the athletes and first time flying. I was responsible for 3 athletes from the moment we stepped on the bus in Peterborough to the moment we arrived back in Peterborough one week later.

After arriving in Brandon on Monday and settling into our rooms at Brandon University, we were all invited to a big barbecue hosted by Staples. Following the barbecue we had a chance to explore the City. Brandon has a population of about 45,000. The people are very and friendly and helpful.

On Tuesday afternoon Ontario held a pep rally at the University. There were over 350 of us including athletes, coaches and mission staff. We waved our Ontario flags and chanted. We were up for the competition! Following the pep rally we headed to the Keystone Centre for the Opening Ceremonies. Each Province was paraded in to music and applause from a large audience. There was entertainment from Doc Walker and the Police were on hand to bring in the torch to light the flame for the week. Everyone was up for this event and cheered and chanted for their Province. It was a very uplifting celebration.

The competition started Wednesday morning. The pool venue was very adequate, very hot. Seating was limited so very crowded. The semi-finals were run in the morning with a break for lunch followed by the final races in the early evening. The days were very long and we didn't eat our dinner till after 10 pm at night. We made sure we had lots of fruit and granola bars, etc. for the athletes. This continued each day, up at 6:00 am for breakfast, head to the pool for 8:00 am for warm-up and competition till 12:30, back to the university for lunch and rest and back to the pool at 4:30 for medal presentations and final competition till 9:30 or so.

The Ontario swimmers did amazing and won lots of medals. The 4 swimmers from Peterborough did well. Kelly Gellatly won 3 Gold; Luke Allen won 2 Gold, 1 Silver, 1 Bronze; Stephanie Smith won 2 Silver and Steve Caban won 2 Bronze, 1 Silver.

I met a lot of people from all across Ontario. It was truly amazing and by the end of the week the coaches and athletes alike had made many new friends. Everyone was snapping pictures and exchanging e-mail addresses. We did have a chance to watch some of the Track & Field competition as it was just outside the pool venue. I wish we could have taken in some of the other events like powerlifting, rhythmic gymnastics, 5 & 10 pin bowling, soccer, and softball. However, we were just too busy! I should mention the other athletes from Peterborough, Lisa Butler, Nick Ryback and Adam Guthrie came home with medals in Track & Field and Jeff Walker did well in 5 pin bowling just missing out on a medal.

The Closing Ceremonies held on the Saturday night ended with a huge dance for the athletes, they had a blast! No one was actually wearing their medals or gloating about what they had won, they were there just to have fun!

On Sunday we loaded up our gear, said our goodbyes to all our new friends and headed home for a rest!

I was amazed at the high caliber of competition and could see that athletes had trained hard and they were certainly happy to be given the opportunity to be there! They were encouraging to others, giving high fives at every chance, cheering their fellow athletes on, but when someone was feeling down.

keeps you involved! I am also proud about anything (I had a few complaints about anything (I had a few the number of coaches that do not Olympics and are volunteering their If these 8 athletes from Peterborough bags next year and going to China for wouldn't that be an experience!!



also giving hugs and encouragement This is what gets you involved and amazed that I never heard any myself, but...). I was also touched by have a child or sibling in Special time because they love it! qualify, they could be packing their the World Summer Games. Now Good Luck everyone!

Submitted by Vicki Allen

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 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: _____

Would you like your newsletter sent via email? Yes No

Please detach and mail with cheque, payable to C.H.A.N.G.E.S., 291 Charlotte Street, Unit # 3, Peterborough, Ontario. K9J 2V6

John D'Altoe
and
Cam
McFarlane

PUTTING
WINNERS
GOLF
TOURNEY
2006



UPCOMING EVENTS

October

Lindsay Buddy Walk

Sunday October 1st

4th Annual DSAO Conference

October 20th - 22nd

Monster Mash Bowl-A-Thon

Sunday, October 29th

November

Down syndrome Awareness Week

November 1st - 7th

Peterborough Petes Game

November 2nd

December

Christmas Party

Sunday, December 10th

If you are interested in helping out with any of these events

Please call the office @ 749-6695

'FALL PROGRAMS STARTING SOON'

C.H.A.N.G.E.S. is pleased to announce their fall line up of programs for all members beginning the week of September 18th, 2006

Wee Ups & Downs - Newborns-5

One to One Tutoring (varied) - ages 5+

Fine Motor Skills (Tuesday evenings from 6-7 pm.) - ages 5-8

Cooking Class (Wednesday afternoons from 3:30-5:30 pm.) - ages 13-17

Cooking/Social Class

(to be announced - ages 18+)

Friendship Club (twice monthly) - ages 19+

Volunteer Placements (varied) - ages 22+