



## Membership Renewal Changes

We're changing the way we manage our memberships. Effective in 2010, February 1 will become the annual renewal date for all members, regardless of their current renewal date. Also, the society will initiate a Group Annual Membership fee of \$30 for organizations. These changes were approved at the Annual General Meeting on June 27, 2009.

Using one annual membership renewal date will allow us to streamline the renewal process and effectively update our records, and you will be able to plan for regular renewals. Renewal notices will be sent out in January each year, and if necessary, reminder notices will follow in March and April. We hope that members will renew promptly, saving the society the extra time and money required for reminders.

If a membership is not renewed by May 1, it will become 'inactive' and membership rights will be revoked until it is renewed. A final renewal notice will be sent the following year. If no response is received, that membership will be removed from our database.

Making the transition from our previous renewal procedure to the new one might seem a little confusing, so we hope to clarify things here:

For new members, membership fees will follow a pro-rated schedule for the first year of membership. Renewal fees will be \$30 on each February 1.

<b>If you join in:</b>	<b>Fee</b>
February/March/April	\$ 30.00
May/June/July	22.50
August/September/October	15.00
November/December/January	7.50

For existing members, the same pro-rated scale works. Those members will have renewal membership fees pro-rated from their 2009 renewal date to February 1, 2010. For example, if renewal fees were due in August 2009 and have been paid (\$30), then the amount due in February 2010 will be \$15. The annual renewal date will then be February 1 with renewal notices sent each January.

If renewal fees were due in August 2009, but have not been paid, the amount currently due is \$15. On February 1, the renewal rate will be \$30, and renewal notices will then be mailed annually each January.

And, when you pay your fees, you'll want to feel sure that we're spending your hard-earned money wisely. Providing your e-mail address on the membership renewal form will allow us to reduce the valuable time and mailing costs associated with getting information to you. Your e-mail address will be kept confidential and used only for the benefit of the society.

If you have any concerns or questions about the new membership renewal procedure, please e-mail Edwina Jeffrey at [edwina-lmdss@shaw.ca](mailto:edwina-lmdss@shaw.ca). ♦

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# Upcoming Events

## Calendar of Events

Look for the *Calendar of Events* postcard included with your membership renewal package!

## LMDSS Annual Christmas Party 2009

Don't miss the party on December 5 at the Immaculate Conception Hall in Delta. A lively Christmas concert by The Maple Leaf Singers, a 60-voice show-choir, will get us into the festive spirit. See page 5 for details.

## Study Results

Did you fill out the thought-provoking questionnaire last year regarding a hypothetical cure for Down syndrome? Come to Semiahmoo House, 15306 – 24th Avenue, Surrey, on January 27, 2010, when the two UBC graduate students (completing their Master's program in Genetic Counselling) who conducted the study will present their findings.

## World Down Syndrome Day 2010

World Down Syndrome Day is March 21, 2010. Look for e-mail details in the new year about celebrating this day together and about other activities organized around town.

## An Evening of Laughter

Join us for our 2nd "Evening of Laughter" at Lafflines Comedy Club in New Westminster on April 1, 2010. Last year's event was a smashing success; the comedians were fantastic and we laughed until we cried. Plan to get a group together—with lots of laughs, door prizes, silent auction items, and good times, it'll be an evening of entertainment you won't want to miss.

# Buddy Walk 2009

The 5th Annual Buddy Walk was blessed with sunshine as well as hearts of gold this year. More than 120 people came out to jaunt 1 or 2 km around Bear Creek Park path or run 5 km on the track, raising Down syndrome awareness and grossing over \$10,000 for the society (before deducting our expenses and CDSS contribution). We'd like to thank everyone who came to this important event.

Congratulations to Jennifer Engele, who raised the most pledges and brought the most buddies for the walk. She earned the top prizes for both those categories, and her son Sawyer's photograph appeared in the LMDSS ad in the *Leave a Legacy* insert in local papers.

Many special people contributed to the day's special energy. JRfm's Terra

Lindsay was a terrific MC; Ronald McDonald brought out smiles in everyone; the Jaime Dale Band treated us to outstanding live music; Sirota's Alchymy students amazed us with their martial arts display; and the YMCA got us all warmed up. Our non-stop Energizer bunnies, LMDSS general manager Theresa Preston and President Edwina Jeffrey, did a wonderful job pulling everything together with help from volunteers.

A lot of work goes into organizing the Buddy Walk and teamwork makes it so much easier for everyone. We are creating a 2010 Buddy Walk organizing committee; the first meeting will be in the new year on January 18. Be a part of something special—join us and bring your ideas and your enthusiasm.

## Buddy Walk 2009 Prize Winners



### Runners

1st Male: **Tom Skinner** (Time 21:43) – Sport Timer, Leed's Daytimer, Vancouver Giants Game Tickets for 4

1st Female: **Cindy Dalglish** (Time 25:03) – Make-up Bag, iPod, Step Counter

### Walkers (no times)

1st Female: **Sandi Mosher** – Scrapbooking Set, Make-up

1st Male: **Dwayne Allen** – Keychain, Notebook, \$25 London Drugs Gift Card

1st Child: **Shalyn Allen** – Joker Pez, Flute, Marvel Hero Video game, 4 Stencils

1st Teen: **Laural Judson** – Puzzle

### Highest Pledge / Donation Total

**Jennifer Engele** – One Night Deluxe Suite at Rosedale on Robson Suite Hotel, Calgon Exotic Collection, Leed's Daytimer, Purdy's Chocolate, Men's Cologne

### Highest Team Pledge / Donations

**Jennifer Engele** – Pharmasave Gift Basket, Tupperware, Wooden Clips, \$50 London Drugs Gift Card

### Most Buddies

1st Prize: **Sawyer Engele** – 3 months Sirota's Alchymy Martial Arts Classes & uniform

2nd Prize: **Alexander Bartsch-Reiger** – 3 months Sirota's Alchymy Martial Arts Classes & uniform

3rd Prize: **Adam Price** – 3 months Sirota's Alchymy Martial Arts Classes & uniform

### Prize Draws

Prize 1: **David Waden** – \$100 Pharmasave Gift Card

Prize 2: **Justin Price** – \$120 Wine Gift Card

## **A huge thank you goes out to the sponsors, donors and volunteers who helped make the 5th Annual Buddy Walk possible"**

### **LMDSS Buddy Walk Sponsors**

Alberto & Co.  
Allegra Print & Imaging  
Arbonne (Darla Dickson)  
Brothers Too Wine Makers  
Calco Equipment (BC) Ltd.  
Canadian Springs Water  
Coldwell Banker – Love Realty  
Costco – Surrey & Langley  
Creative Memories – Kim Alexis  
CTV  
Fraser Valley Regional Library  
GMP Painting  
HL Ventures  
Jaime Dale Band  
Julie Porter  
La belle fleur  
Ledcor Industrial  
London Drugs  
Mary Wareham  
McDonald's Restaurants of Canada Ltd.  
PartyWorks  
Pharmasave (Langley)  
Power Plus  
Purdy's Chocolates  
Rosedale on Robson Suite Hotel  
Schneiders  
Sirota's Alchymy  
SNC Lavalin Constructors (Pacific) Inc.  
Spring Advertising  
Surrey Crime Prevention  
Tong Louie Family YMCA  
Vancouver Giants  
Wallenius Wilhelmsen Logistics  
Vehicle Services  
Westminster Savings Credit Union  
Zinetti Foods  
*Acknowledgement: Bargains Group*

### **Advertising**

BC Down Syndrome Connection listserve  
Community Calendars – bclocalnews  
Developmental Disabilities Association  
JRfm  
Surrey/North Delta Leader  
Langley Times  
Maple Ridge/Pitt Meadows Times  
CTV  
Running Room  
Kijiji  
Coffee News  
City of Surrey

### **Buddy Walk Donors**

Arabsky, John  
Armenise, Jason  
Berman, Tara & Brian  
Burke, Jaime  
Chan, Doris  
Conway, Chardelle  
Dudar, Theresa & Trevor  
Engele, Melanie  
Engele, Ron & Vernice  
Evans, Joanne  
Gillis, Bob  
Hings, Leah  
Jeffrey, Edwina  
King, Iggy  
Kirk, Mike  
Lui, Alison  
Noble, Robert  
Porter, Kevin  
Schwartz, Lisa  
Slind, Shirley  
Vance, Lori  
Vetsch, Wendy  
Wagne, Patricia  
Ward, Tina  
Wilkinson, Candice

### **Volunteers**

Kim Alexis (Creative Memories)  
Cindy Bain (Calco Equipment)  
Sahiba Bath  
Crystal, Amber & Alicia Boyd  
Lorenzo DeArcangelis  
Ash & Jennifer Engele  
Anne Foley  
Danielle Goss  
Laurel Griffin  
Mary Harris  
Laura Howard  
Rick & Edwina Jeffrey  
Jesse & Lesley Kiss  
Ronald McGown  
Dean McLure  
Donita Meyer  
Randy, Theresa & Chantel Preston  
Terralyn Polege  
Sue Porco  
Mackay Potter  
Anna Belfare  
Dave & Tyler Tellier  
Janine Vischer ♦

*Special thanks to Kim Antifaeff and the staff of CDSS for working with LMDSS to produce the Buddy Walk Registration and Pledge forms, as well as the posters.*



# Support Networks

## Down by the Bay

Last Wednesday of each month  
7:30 – 9:00 p.m.  
Semiahmoo House  
15306 – 24th Avenue, Surrey  
Lorraine Allen  
**604-538-8570**  
Sylvia Tudhope  
**604-882-8628**

## DSRF Support Group

First Thursday of each month  
6:30 – 8:30 p.m.  
Down Syndrome Research  
Foundation  
1409 Sperling Avenue, Burnaby  
Joy Hayden  
**604-444-3773**

## Upside Down

Fourth Saturday of each month  
10:00 a.m. to noon  
**Vancouver IDP**  
3445 Kaslo Street, Vancouver  
Lisa Cogan  
**604-551-0440**  
upsidedown@sloboda.bc.ca

## Fraser Valley Down Syndrome Support

Second Thursday of each month  
7:30 p.m.  
105 – 32868 Ventura Avenue  
Abbotsford  
Katrina Bosch  
**604-793-0019**

Congratulations to the FVDSS for running a successful Buddy Walk on a sunny Saturday in May 2009. Over 350 people attended and the group grossed close to \$6,500 from pledges, registration fees, a silent auction, and awareness item sales.

# IDP Developments

The BC Government has eliminated the Provincial Advisory office for Infant Development Programs (IDP), claiming that services to children will not be affected, that trimming administrative and infrastructure costs will allow more money to be used where it's needed—on the front line.

IDP Provincial Advisor Dana Brynelsen writes that the Provincial IDP Office and Aboriginal and Supported Child Development Provincial Offices are not bureaucracies, nor are they administrative structures; they provide direct services and up-to-date early intervention information to families and professionals.

Community IDP offices will continue to offer programs and services that families currently receive, and family consultants will stay the same. What will be affected will be the Provincial IDP office, Support Child Care programs, and Aboriginal IDP. The Provincial IDP office Web site will be shut down and the training and resources the office provided will be discontinued.

To learn more, go to [www.idpofbc.ca](http://www.idpofbc.ca). To support the ongoing operation of the Provincial IDP Office and the sister Provincial Aboriginal and Supported Child Development Offices contact your MLA; Honourable Mary Polak, Minister Children and Family Development; and Premier Gordon Campbell. ♦

# Saving for the Future

On December 1, 2008, the Registered Disability Savings Plan (RDSP) officially became a financial savings mechanism in Canada, benefitting Canadians with disabilities. An RDSP can now be opened at any of the financial institutions approved by the Federal Government to offer the plan.

If you haven't yet set up an RDSP for your eligible child or loved one, or haven't made a contribution this year, now is a good time to do so. If you set up a plan and make a contribution by December 31, 2009, you can apply for the 2009 Canada Disability Savings Grant (federal contribution) or the Canada Disability Savings Bond (federal contribution).

Applications for the Grant and Bond are required in the first year you set up an RDSP, but in subsequent years, federal contributions will be automatically deposited, based on your tax return from two years prior.

To learn more, visit the Canada Revenue Agency's Web site at [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca), PLAN's at [www.rdsp.com](http://www.rdsp.com), or contact one of the Federal Government Approved Financial Institutions (listed below):

**Bank of Montreal Investment Centre**  
1-800-665-7700  
[www.bmo.com/rdsp](http://www.bmo.com/rdsp)

**CIBC**  
1-800-465-3863  
[www.cibc.com/ca/investing/rdsp/index.html](http://www.cibc.com/ca/investing/rdsp/index.html)

**Royal Bank of Canada**  
1-800-463-3863  
[www.rbcroyalbank.com/products/rdsp/index.html](http://www.rbcroyalbank.com/products/rdsp/index.html)

**TD Canada Trust**  
1-866-280-2022.  
[www.tdcanadatrust.com/rdsp/index.jsp](http://www.tdcanadatrust.com/rdsp/index.jsp)

In addition, Endowment 150 offers one-time \$150 gifts to some Registered Disability Savings Plans. To learn more, go to [www.endowment150.ca](http://www.endowment150.ca). ♦

# LMDSS' Annual Christmas Party '09

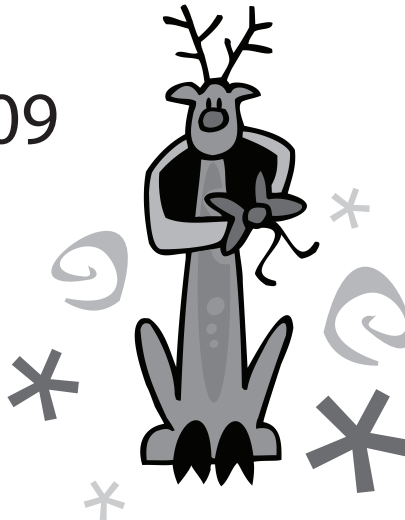
Saturday, December 5

12:00 – 3:00 p.m.

## Immaculate Conception Parish Hall

8842 – 119th Street, North Delta

(doors open at 11:30 a.m.)



The LMDSS Annual Christmas Party, on Saturday, December 5, will get you into the Christmas spirit. Santa and Mrs. Claus will be there as well as The Maple Leaf Singers, a 60-voice show choir that will share their Christmas music and energetic tunes.

Enjoy the festive lunch, a crafts table, treat bags, and a chance to win some great door prizes. Bring your Christmas spirit and a plate of your favourite Christmas baking to share!

There's no charge for this event for members, but we do appreciate donations and suggest the following:

Members:  
adults.....\$2  
children and self-advocates..... free  
Non-members.....\$5

Do you have a knack for photography? Can you help with the set-up or clean-up of this event? Are you an organizer? We need help! Melissa Sabatini is our volunteer coordinator for this event and she would like to hear from you. Contact Melissa via e-mail: [melissasabatini@royalpage.ca](mailto:melissasabatini@royalpage.ca)

Please R.S.V.P. by December 2:  
call 604-591-2722 or e-mail  
[lmdss@telus.net](mailto:lmdss@telus.net). ♦

## Fresh Ideas Wanted

Writer and Editor Vicki Stratton volunteers, along with Graphic Designer Sandy Konowalchuk, to produce *DownLink*, our tri-annual newsletter. But, change is in the works. First of all, the newsletter will become a bi-annual publication to reduce the society's annual printing and mailing costs. Secondly, the publication's volunteer team of two needs help with stories and photos for the newsletter. That's where you come in.

Vicki wants to hear from you. Write a profile about your child. Brag about his or her accomplishment. Send in a favourite picture or a shot of a piece of artwork they've done. Tell us something that you've learned—chances are you'll teach someone else. Share your perspective. Hopes and dreams for the future? We all have them. Please contribute to your newsletter—it's not hard. Call the LMDSS office at 604-591-2722 or e-mail [lmdss@telus.net](mailto:lmdss@telus.net). ♦

## LMDSS Notes

### New LMDSS Board Members Needed!

We would like to thank Deb Goss and Kathy Scott for their outstanding support but, regretfully, both are unable to continue as Board members due to personal commitments. We wish them well and look forward to seeing them at LMDSS events.

Congratulations to Melissa Sabatini who is going back to university full-time and, with a young family, needs to give up her Board position.

We would like to appoint three members to fill these vacancies until the next AGM in June 2010. The term for a director is two years, which means that in June, the appointed members have the option of being elected for the remainder of the two-year term: July 2010 until June 2011. Please contact LMDSS President Edwina Jeffrey at [edwina-lmdss@shaw.ca](mailto:edwina-lmdss@shaw.ca) to say you're interested!

### Bikes a Hit

The LMDSS Dream Riders program is a tremendous success so far. Our three tri-wheeled bikes have been rented steadily, but openings remain for winter. For more information, call the office at 604-591-2722.

### Stocking Stuffers

For your minimum \$2 donation at the Christmas party, you'll receive a bright blue LMDSS tote bag that celebrates our 20th anniversary! The bags are strong and can be neatly folded away into a built-in pocket.

Looking for stocking stuffers? Look no further—we have some great items already gift-wrapped! Available at the Christmas Party or at the office are: Nail Care Kit \$2; Magnetic Picture Frame \$4; Fleece Blanket \$7; LED Lantern \$13; Stainless Steel Water Bottle \$12.

## Youth Group Schedule

The Youth Group has enjoyed an amazing 10 years and there's more to come! LMDSS volunteer Melissa Hawkes is working on next year's schedule and wants your ideas.

### Here's what is on the 2010 schedule so far:

- Art Project with Julie
- Bowling
- Skin Care & Colour Party
- Bose Family Corn Maze
- Halloween Party at De Dutch Pannekoek House

Other possibilities include

- Laser Tag
- Club Colour—pottery
- Hip Hop class
- Stanley Park or Bear Creek Christmas Train
- Mini Golf

### Here are the activities for the remainder of 2009:

November 28, 2009

Arrive: 4:30 p.m., Start 5:00 p.m.

#### Laser Tag at Planet Laser

20104 Logan Avenue, Langley  
604-514-2282

Cost determined by group size.  
(LMDSS subsidy lowers the cost per person.)

December (date & Time TBA)

#### Planet Java Coffee House and Billiards

10312 – 152A Street, Surrey  
(This event might move to January 2010, depending on Christmas schedules.)

Family members are welcome to attend. If you have questions or would like to suggest other events, please contact:

**Melissa Hawkes**  
604-536-2299  
melissahawkes@hotmail.com

## Buddies for Life

By Monique Tamminga  
Published in *The Langley Times*  
September 9, 2009

Jennifer and Ash Engele were given the best gift of all on Christmas Day, 2007. Their second son Sawyer was born, a happy, healthy 10 pounds at Langley Memorial Hospital. He looked just like his big brother, three-year-old Rowen. After he was born, the Engeles didn't wait long to bring Sawyer home.

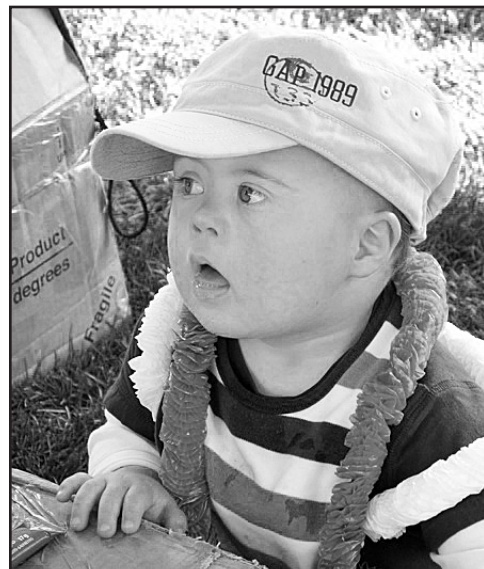
"Sawyer has a magnetic personality and he's the happiest kid you'll meet," said Jennifer.

While breast-feeding, Sawyer had trouble latching on at first, but that's pretty common among newborns. When Jennifer was pregnant she didn't want the triple screen test which indicates if a baby has indicators of Down syndrome or a birth defect.

"I wasn't in the age bracket and it wasn't important. This was our child no matter what."

The Engeles went home with their new bundle of joy and life as a busy, happy family resumed. At one point, Jennifer had a private moment where she thought Sawyer may have some of the characteristics of Down syndrome, but she carried on, too busy to give it much more thought. One day, when Sawyer was around one-month-old he started vomiting more than what is usual for a baby. The Engeles took him to emergency where the doctor saw the signs immediately and called their family doctor to come in.

"My doctor came in and told us we have a healthy boy with Down syndrome," said Jennifer. For the Langley couple it was not sadness that overwhelmed them, but an eagerness to know the best ways to care for him and to continue on their happy journey together as a family. They went home and started Googling everything they could find out about DS. That's where Jennifer found the Lower Mainland Down Syndrome Society.



"We signed up and my parents signed up too." Immediately after joining, she was sent a package full of vital resources, phone numbers and information about being a parent to a baby with DS.

"I joined a parents group through the society that brings together parents from Langley, Surrey, White Rock, Delta," she said. "We meet once a month and share information and talk about things going on with our kids. Sometimes we have speakers like an occupational therapist, which Sawyer might require one day."

The OT gave them information that was invaluable to the Engeles. Babies with Down syndrome often have a difficult time eating and moving food around because they have larger tongues and smaller mouths and have difficulty swallowing because of lower muscle tone.

"When the OT talked about it, a light bulb went on for us about why he was having difficulty eating," she said. Following that meeting, Jennifer organized a feeding team to come to her home and within an hour, the team showed her how to resolve Sawyer's eating issues.

"He's one-and-a half now and he just ate an entire cheeseburger by himself, so I'd say he's doing pretty good," she said laughing. After all the society has done for her family, Jennifer felt she needed to give back.

“You can’t just be on the receiving end of things all the time,” she said. She decided her family would raise the most money for the society’s Buddy Walk last year. An avid Facebook user who has posted pictures of both of her kids since they were born, she asked her online friends to pledge her for the two km walk.

“The response was overwhelming,” she said. “I was getting cheques in the mail from people I haven’t seen in years. With lots of help from family too, we raised \$5,700 in one week.”

It was nearly three-quarters of the total amount the society raised that day. Since the walk last year, Jennifer has become a director on the LMDSS board and has a new goal for this year’s walk. She hopes to bring out the most amount of walkers. The society has given her family so much, she wants to ensure it continues to thrive for years to come.

It was at the LMDSS she learned that half the children with DS will have a heart defect of some sort.

She had Sawyer checked out and at first, doctors found a hole but it was small. But they asked he be checked again. At 19 months old, Sawyer had to have open

heart surgery to repair a hole that had become two centimetres wide. He braved the operation courageously, she said.

“I was warned by the cardiologist that Sawyer would have more energy after his surgery, but I’m not sure that’s possible,” she laughed. Within weeks Sawyer was back playing with his brother, climbing on the play equipment in the backyard and all over the furniture. He learns a lot watching Rowen and mimics what he does, she said. “He’s just crazy about Rowen.”

He hasn’t hit the milestones of walking or talking yet like other babies his age, but he’s getting there,” she said. “He won’t develop at the same pace as other children his own age but we are very happy about where he is at. We are happy and grateful in general. Until we had Sawyer we took for granted the little things and now we have a new way of looking at life.”

Sawyer, like so many children in Langley, is on a waiting list for a speech therapist and Jennifer is already looking into the child development programs he will be entering soon. “We have to continue to advocate for children with special needs.” ♦

## Special Glasses for Special Eyes

We’ve learned about an eyewear company in Langley that offers glasses particularly suited to the facial features of children and adults with Down syndrome. Here’s what the SpecialEyes Web site says:

SpecialEyes is one of Western Canada’s leading retailers of eyewear for special people. We carry a large selection of special fitting and flexible frames to suit all shapes and styles of faces. SpecialEyes is the proud Canadian distributor of “Erin’s World” frames by Specs4us, the world’s only precision crafted



eyewear for kids and adults with Down syndrome. Our Opticians are experts in the fitting of Special Needs eyewear and can make your special person feel special!

For more information, call 604-513-3100 or e-mail [specialeyesinfo@yahoo.ca](mailto:specialeyesinfo@yahoo.ca). You’ll find the Web site at [www.specialeyesopticians.com](http://www.specialeyesopticians.com). ♦

## LMDSS Notes

### Donate to LMDSS On-line

Donations to the LMDSS can now be made on-line. It’s easy for you and for the society—go to the link

CanadaHelps.org ▶



at [www.lmdss.com/donations](http://www.lmdss.com/donations)

The process is simple for you, your family, and friends: choose the LMDSS as the charity you wish to support, identify any special requests or memorial designations associated with your gift, and make your payment. A PDF tax receipt will be sent to you via e-mail. CanadaHelps then sends your donation to us.

### Prenatal Testing Study

The LMDSS has received a request from genetic counselling student researchers at UBC, who are working with BC Children’s and Women’s Hospital to investigate what factors influence an individual’s decision whether or not to have prenatal screening or testing. They are having focus group meetings with people from different backgrounds, including a group of parents of children with Down syndrome. The study will involve a two-hour group interview and participants will receive a \$10 honorarium for taking part. If you are interested, please contact Ashley Smith at 604-875-3496 or [asmith11@cw.bc.ca](mailto:asmith11@cw.bc.ca).

### Safe and Secure: RDSP Edition

Visit any London Drugs pharmacy to obtain the *Safe and Secure: RDSP Edition* book produced by Planned Lifetime Advocacy Networks (PLAN). The book offers helpful information related to disability benefits, taxation, trusts, Representation Agreements, wills, estate planning, and the new Registered Disability Savings Plan (RDSP).

## Lower Mainland Down Syndrome Society (LMDSS)

#201 – 13281 72nd Avenue  
Surrey, BC V3W 2N5  
phone: 604-591-2722  
e-mail: lmdss@telus.net  
Web site: [www.lmdss.com](http://www.lmdss.com)  
office hours: Monday – Thursday  
8:00 a.m. – 2:00 p.m.

The LMDSS strives to promote opportunities for individuals with Down syndrome. We do this through supporting families, promoting public awareness, networking with other organizations and individuals, and lobbying for appropriate educational, vocational and social opportunities.

**President:** Edwina Jeffrey  
**Vice-Pres:** Terralyn Polege  
**Past-Pres:** Fiona McLure  
**Treasurer:** Don Longstaff  
**Secretary:** Mary Wareham  
**Directors:** Jennifer Engele  
Laurel Griffin  
Laura Howard  
Sandy Konowalchuk  
**Manager:** Theresa Preston

### Statement of Policy & Disclaimer

The LMDSS newsletter, DownLink, is a means to share and promote news and views about Down syndrome, the families and members who are a part of this Society, and the events of the LMDSS. References to articles on therapy or treatment, or viewpoints expressed within the newsletter are for information purposes only, and are not necessarily supported or endorsed by the LMDSS. Contributions of stories, photos, or ideas relating to Down syndrome are welcome. Please submit articles to the LMDSS office address above.

**Newsletter Editor:**  
Vicki Stratton

**Layout and Design:**  
Sandy Konowalchuk

**Printer:**  
Allegra Print & Imaging

# We Need Your E-mail Address

Want to keep abreast of the latest information and events? We all get busy and need those extra little reminders, and you'll get them if we have your e-mail address. It takes just a few seconds. Send a quick note to [lmdss@telus.net](mailto:lmdss@telus.net).

If you've changed any contact information, such as your mailing address, phone number, work number, cell number, and yes, e-mail addresses, please take a few minutes and pass on this information to the LMDSS office. ♦

## Donations

**United Way**  
Canada Revenue Agency  
Coast Mountain Bus Company  
(Port Coquitlam)  
Surrey Memorial Hospital—Acute

**Personal Donations**  
Jeanne Amundsen  
Louise Watson  
Jean Miller

**Niamh Elith's 2nd Birthday**  
Christine Williams

**Nicholas Pearson's 1st Birthday**  
Lisa Schwartz  
Mike Kirk  
Tina Ward  
Declan Ward  
Lana Kirk



BRITISH COLUMBIA  
The Best Place on Earth



LEAVE A LEGACY™



CanadaHelps.org  
Giving made simple.

## LMDSS Membership Application Form

name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_ province \_\_\_\_\_ postal code \_\_\_\_\_

home tel \_\_\_\_\_ business tel \_\_\_\_\_

cellular \_\_\_\_\_ e-mail \_\_\_\_\_

Yearly Membership: **\$30**

Self-advocate: **Free**

Members receive the LMDSS DownLink newsletter; notice of meetings and workshops; annual social events; use of available resources such as library.

LMDSS is a non-profit society that solely relies on fundraising, membership fees, and donations. We greatly appreciate your tax-deductible donation of \$ \_\_\_\_\_

Tax receipts are issued for donations over \$10. Federal Tax No. 89162 1666 RR0001

**TOTAL AMOUNT ENCLOSED (membership and donation)** \$ \_\_\_\_\_

Send application and payment to:

**LMDSS Membership, #201-13281 72nd Avenue, Surrey, BC V3W 2N5**