



DownLink

LOWER MAINLAND DOWN SYNDROME SOCIETY

Understanding enhances acceptance

Spring 2009 Volume 17 Issue 1

Inside this issue...

Words Hit, Like a Fist.....	1
On your Mark, Get Set.....	2
Buddy Walk 2008.....	2
Christmas Party	3
General Meeting	4
Calendar of Events	4
Spring Dance	4
Evening of Laughter.....	5
Theatre Terrific: Beyond Disability.....	5
Dick and Don	5
New Library Resources	6
Down Syndrome 101	6
Support Groups	6
World Down Syndrome Day	7
Oldtimers' Hockey Challenge	7
CDSS National Conference.....	7
Handcrafted Cards & Candles.....	7
Leave a Legacy	7
Scholarships	8
Disability Savings Plan	8
Tyze—on-line service that works!.....	8
BCDS Connection.....	9
Good-bye Sammy.....	9
Office Depot.....	9
Youth Group	9
New Babies.....	9
Donations.....	10
LMDSS Info	12
LMDSS Membership Application Form	12

Words Hit, Like a Fist

Last summer, the movie *Tropic Thunder* came out, horrifying many with its blatant use of the word “retard” to get a few laughs. People in disability communities objected loudly and strongly, and succeeding to at least get the film studio to change its promotional advertising. The movie was boycotted by many and the movement against the “R” word picked up steam.

The problem didn’t start with that movie. “Retard” has become a standard insult tossed at someone who is doing something stupid, and “retarded” has become a common way to describe something that doesn’t work properly. Some ignorant people purposely fling those words at people with disabilities, but most who use them don’t think about how they’re insulting a whole community of people. They don’t see people with disabilities flinch, hurt by a word that perhaps wasn’t directly intended for them but nevertheless derogates their very being.

Someone decided to take action against this mindless use of the language. Dave Hingsburger, well-known Canadian advocate for those with disabilities, along with his agency, Vita Community Living Services, produced a special business card. On one side it reads: Words hit like a fist! On the other side it says: When you use words like “R#tard” or “R#tarded” it hurts people, I heard you and it hurt me. Many people with disabilities consider “R#tard” the most



offensive word referring to disability. I agree. Bigots use negative terms for minorities. R#tard is the same; it's hate speech used by bigots. Consider carefully your words in the future. Because... Words Hit, Hard As a Fist. So, JUST STOP IT.

Dave has allowed us to print and distribute these cards. The more who get the message the better! You'll find two of them enclosed with this newsletter and if you want more, please call the LMDSS office. Carry them with you, and if you hear someone thoughtlessly use the word "retard," hand them a card. Maybe it'll make them think a little.

Go to Dave Hingsburger's blog about the subject: <http://davehingsburger.blogspot.com/2008/08/words-hit-like-fist.html>

And watch a video clip of Soeren Palumbo, a high school student who speaks about his sister who has a disability. Go to <http://www.youtube.com/watch?gl=CA&hl=en&v=CoqaNG0Ozqc>

On your Mark, Get Set...

...Go Dream Riders! Spring is coming and so is your chance to give your child the freedom of wheels. Our three tri-wheeled bikes are in and waiting to feel the open road! We have three sizes that will accommodate toddler to adult riders. Two of the bikes come courtesy of generous grants from the Vancouver Sun Children's Fund and the Vancouver Foundation, and one gently used model was kindly donated by Dean and Fiona McLure.



The bikes will be available for three-week lending periods, to a maximum of six weeks. Renters will be required to pay a \$10 fee

per three-week period and fill out a Rental Agreement and Waiver Form. We're getting lots of interest already so don't delay. Call the LMDSS office at 604-591-2722 to book a bike for spring!

Buddy Walk 2008

September 20th may have been a grey wet day, but spirits were high in Bear Creek Park at the LMDSS 4th Annual Buddy Walk. The rain deterred some from coming, but those who came gave it their all. Angela Sargent from 600 AM enthusiastically warmed everyone up for the trot along the Buddy Walk trail, and afterwards, the hot sounds of The Jaime Dale Band, along with warm food and drink, prizes, and awards, kept participants energized and excited about the day.

Pledges and donations came to nearly double last



Photo by Boaz Joseph
Courtesy of the Surrey Leader

year's figure—our gross amount was \$13,970 and after expenses and our 20 per cent support to CDSS, the total profit was \$8,077—way to go everyone! Huge kudos to Jennifer Engele for raising a whopping \$5,650 walking for her son Sawyer; a feat made more impressive by the fact that the Engele family raised that amount

in just two weeks through their posting on Facebook. Jennifer won six tickets to a Surrey Eagles hockey game, five \$10 Tim Horton's gift certificates, and a framed and autographed Sami Salo photograph, all nicely wrapped with a CDSS Buddy Walk toque. For bringing the most buddies (21—good number!) to the walk, Melissa DePape, walking for Nevaeh DePape, won a \$50 Wal-Mart gift card. Two prizes went to runners-up in each category: Sam Ostheimer took home a box of Purdy's Chocolates for donations collected and the Allen family earned an Expressions Hair Design gift certificate for bringing all their buddies.

The Buddy Walk takes a lot of organizing: booking the venue (nearly a year in advance), approaching sponsors, soliciting prizes and donations, arranging

publicity, entertainment and volunteers, planning and getting the food, working on-site, and more. Participants talk it up with friends and family and collect pledges. Every little bit helps. Thanks so much to Theresa Preston and Edwina Jeffrey for their tremendous efforts coordinating the walk, and to all those who participated, helped out, and donated time, money, and/or product to make the event a success. We can all be proud of our LMDSS family.

Sponsors, Donors, and Contributors

Advertising: JRFM 93.7 Vancouver's New Country, 600 AM, Surrey Leader, Allegra Print & Imaging

Entertainment: The Jaime Dale Band, Koriki the Clown, Long & McQuade (Surrey), Bear Creek Train, Party Works, SurDel Party Rentals

Food and Door Prizes: Tim Horton's, McDonalds, Costco, Canada Bread, Calco Equipment, the Vancouver Canucks, the Surrey Eagles, the Guildford Lions, SNC Lavalin, Wal-Mart, Expressions Hair Design, ProSystems Beauty Centre, Purdy's Chocolates, Westminster Savings (Newton), Naked Smoothies (Cristobal Guadarrama)

Also, thank you to our CDSS friends for the promotions material, assistance, and guidance they provided.



Volunteers: Becky Greenlees, Rick & Edwina Jeffrey, Dean McLure, Alicia Boyd and friend Katie, Cindy Bain & Ron McGown, Anna Tsangarakis, Sandy Konowalchuk, Pam Nosworthy, Theresa & Randy Preston, Debbie

& Danielle Goss, Darin Riedel, Dallas Hinton, Terralyn Polege, Vicki Stratton, Mary Wareham, and Susan and Gem of the Lions Society.

Christmas Party

The December snow put a damper on many Christmas plans, but luckily, we got our celebration in before the white stuff brought the Lower Mainland to its knees! The LMDSS family enjoyed one terrific Christmas party on Saturday, December 6, at the Fleetwood Community Centre. Attendance was good, at 135, and the food was just right, featuring cold cuts to sushi plus all your yummy Christmas baking. The Panorama School of Dance students mesmerized us with their fantastic costumes and dance numbers, and inspired many of our kids to get on stage afterwards to show us their own moves. Wendy Bollard and Dorothy Dittrich led a great Christmas carol sing-along, and of course they had lots of company at the microphones.



We'd like to thank the Surrey Rotary Club for their generous \$2000 grant, which paid for the party. The Surrey Rotary Club has funded our Christmas celebration for a few years now; we owe them a huge thank you for their ongoing support.

Edwina Jeffrey and Theresa Preston once again did an amazing job of organizing this special annual event and lots of people pitched in to

make it run smoothly. Thanks to all of you who

came to spread Christmas cheer, and to all the volunteers who made our party happen.

Volunteers: Terralyn, Kayla & Katrina Polege; Edwina & Rick Jeffrey, Kirsten Rinezucn, Laurel Griffin, Pam Nosworthy, Lorenzo & Jessica DeArcangelis, Mr. & Mrs. Aldridge, Margaret Doyle, Vicki Stratton, Dick Mak, Mary Wareham, Sandy Konowalchuk, Theresa & Randy Preston



Donated Entertainment: Wendy Bollard & Dorothy Dittrich, Panorama School of Dance

Donated Door Prizes: London Drugs (Guildford), JYSK (Delta), Rona (Fleetwood), Art Knapp (Surrey), Rick & Edwina Jeffrey

And thanks to the Fleetwood Community Centre 15996–84th Avenue, Surrey, BC V3S 2N7

General Meeting

The General Meeting, held at the DSRF building on November 1, gave us all a chance to listen to Barbara Laird, our guest speaker for the event. We'd like to thank Barbara for sharing her wealth of knowledge; we're very lucky to be able to draw upon her professional experience, personal stories, and genuine interest in supporting the families of people with Down syndrome. At the meeting, members also reviewed and approved an updated Mission Statement for the Society and welcomed LMDSS' new Treasurer, Don Longstaff.

Calendar of Events

The postcard enclosed with this newsletter will not only remind you to come to our Lafflines Comedy Club fun night out, but also provide a handy reference list of the many LMDSS events scheduled for the year.

For example, you can plan for our

- **Spring Dance**, Saturday, April 4
- **Annual Summer Picnic**, Saturday, June 13
- **5th Annual Buddy Walk**, Saturday, September 19

And, now that you know the Buddy Walk date, you've got lots of time to build the excitement. Talk it up with friends and family; get your neighbourhood, your company, or your Facebook community involved! Help us beat our 2008 attendance and record income of \$13,970. To quote Barack Obama, "Yes we can!"

Spring Dance

When: Saturday, April 4, 6:00 – 10:00 p.m.

Where: Surrey Sports and Leisure Centre

Cost: Adults: \$18, Seniors/12–18: \$15, Children 4–12: \$6, Self-Advocates: \$10; under 3: free

After a dismal winter there's nothing like a taste of the tropics, and that's just what you'll get when our annual Spring Family Dance goes Hawaiian. On Saturday, April 4, come to the Surrey Sports and Leisure Centre (upstairs – rink entrance) where there'll be leis for everyone, prizes for the sauciest

grass skirts and loudest floral prints, and of course, those “little paper umbrellas” to go with the punch. We can’t promise a roast pig dinner but we’ll do our best to fuel your dancing feet. Last year, Disa the DJ kept us hoppin’ and boppin’ all night, so we’re glad she’ll be back to spin her tunes for us again.

We’re always looking for helpers or donations to make the party the best it can be. If you have something to offer as a prize, have some time to help organize the party, or want to demonstrate the hula (!!!) please call Theresa at 604-591-2722 or e-mail imdss@telus.net.

To reserve your tickets, please RSVP by March 26 to the LMDSS office at 604-591-2722 (no refunds after March 31). Payment by cash, cheque, Visa, or Mastercard.

Evening of Laughter

You deserve a good laugh. Don’t we all? And we’ll get one at the LMDSS Evening of Laughter

fundraiser on Thursday, March 12. Lafflines, Vancouver’s premier comedy club promises us all “top notch comics, top notch laughter.”



So, grab a group of friends, leave your cares at home, and have a low-cost, funtastic night out to support the LMDSS. For just \$10, you’ll enjoy a 90-minute show featuring a professional comedian. Drinks and appetizers will be available to purchase, and you can try your luck with a 50/50 draw and a silent auction with a twist. You could take home tickets to the Oldtimers’ Hockey Challenge, a VIP package for the game, or a Brian Trottier autographed jersey. Got a prize to donate? Call the LMDSS office at 604-591-2722 or e-mail imdss@telus.net

Lafflines seats up to 250 people, so it’s party time folks! For tickets, contact the LMDSS office. To reserve seats for a group, call Lafflines at 604-525-2262 (but book the tickets with LMDSS!). Because Lafflines is a licensed establishment, all those in attendance must be 19 or older.

Theatre Terrific: Beyond Disability

“What if you could be perceived as you are in your most secret—or wildest—fantasies?” Theatre Terrific explores that question in its upcoming production *The Glass Box*. A middle-aged wife and mother, a young woman living with quadriplegia, and a thirty-something man with Down syndrome play the iconic figure of their fantasies—Sophia Loren, Cleopatra, and Brad Pitt—revealing themselves with music, honesty, and humour.

The Glass Box is one of two upcoming productions from Theatre Terrific. This progressive theatre group has a vision: A world where the artistic voice of disabled artists is seen, heard, challenged, and respected. The group offers acting instruction and workshops for people with disabilities. Many of those students go on to collaborate with the Theatre Terrific artistic team to create original performances, including those featured in the Vancouver Fringe Festival.

In April, the 13-member cast of *The House of Seikilos* will combine a Greek tragedy with a true modern tale of fateful decision, exploring the choice between public or family honour. To learn more about Theatre Terrific, go to www.theatreterrific.ca

The Glass Box: February 18–28: Playwrights Theatre Centre Studio, Granville Island, Vancouver

The House of Seikilos: April 22–25: Roundhouse Community Arts and Recreation Centre, Vancouver

For tickets to either show, call 604-684-2787 or go to <http://tickets.ticketstonight.ca>

Dick and Don

We’d like to thank Dick Wareham, who recently left the LMDSS board for health reasons, for his three-year dedication to the role of the LMDSS Treasurer. We appreciate he took the time to lend us his excellent accounting and business skills despite the demands of his busy schedule. We wish him all the best and look forward to seeing him at society functions in the future.

Finding someone new to fill the position is always a challenge, so we're glad that White Rock resident Don Longstaff stepped up to the plate. Being a retired Chartered Accountant, Don comes well qualified for the job. Don believes in supporting his community; previously, he's been the treasurer of the Prince George Minor Hockey Association, the President of the B.C. Track & Field Association and the Director of the Canadian Track & Field Association. Welcome Don. We're glad to have you.

New Library Resources

Book: *Road Map to Holland: How I Found My Way through my Son's First Two Years With Down Syndrome*, by Jennifer Graf Groneberg

Groneberg tells the moving story of how the news that one of her prematurely born twin boys has Down syndrome changes her family's life. Devastated at first, she and her husband educate themselves, gradually alter their plans about raising their kids, and seek to help their son in every way they can.

Video: *Mr. Blue Sky*

This movie is described as an inspirational film that raises Down syndrome awareness and provides dignity, value, hope, faith, acceptance, tolerance, inclusion, integrity and opportunity for all children born with Down syndrome and other developmental challenges. The main message of the film is social inclusion and acceptance of those individuals born with intellectual or developmental challenges. If you'd like to see the trailer, go to <http://www.mrblueskymovie.com>

Down Syndrome 101

Recently, Montessori pre-school teacher Kathy Scott and husband Aaron spoke to their daughter Hazel's Kindergarten class about Down syndrome. Keeping in mind that hands-on activities help get the message across, she used different coloured pipe cleaners to represent chromosomes, and chose the hair/eyes combination to illustrate the different possible combination of genes.

First of all, she asked who had brown hair and blue eyes. When the students with that combination came up she gave them a brown pipe cleaner (three inches long) twisted with a blue one of the same size. She repeated this for other hair/eye combinations. Then she showed them a baggie marked chromosome # 21. The pipe cleaners were all sparkly blue and as she handed them out, she said, "two for you, one two...two for you...one two..." until she got to Hazel, and said "three for you!"

Afterwards she showed a short video of Hazel's life and read *Where's Chimpy?* by Berniece Rabe and Diane Schmidt. She also sent a note to the students' parents, inviting them to check out the LMDSS Web site and to join us at the Buddy Walk next year.

If you have a story to share or a tip to help out other parents, please share with us. It takes a village to raise a child...

Support Groups

Starting Wednesday, January 28, the Crescent Beach Community Services (Camp Alex) began offering a monthly coffee house the last Wednesday of each month. This fun evening is open to all adults with developmental disabilities, their caregivers, and the surrounding community! For more information, please contact Lisa Catallo at 604-535-00.

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
Susan Fawcett
604-444-3773/ susan@dsrcf.org

Vancouver & North Vancouver Down Syndrome Support Network and Upside Down Play Group

Fourth Saturday of each month, 10:00-noon
Lisa Cogan
604-551-0440/dssn@sloboda.bc.ca

Alternating at two locations:
Vancouver IDP
3445 Kaslo Street, Vancouver
North Vancouver IDP
706 E. 7th Street, North Vancouver

Fraser Valley Down Syndrome Society (FVDSS)
Second Thursday of each month, 7:30 p.m.
105-32868 Ventura Avenue, Abbotsford
Katrina Bosch 604-793-0019
Sylvie Fraser 604-853-5563

World Down Syndrome Day

Saturday, March 21

Come celebrate with the LMDSS, the DSRF, and the Developmental Disability Mental Health Services from Fraser Health as we co-host the screening of *Norm*, a CBC Newsworld documentary about family, love, aging, and hope.

Born with Down syndrome in 1949, Norman Llewellyn began life in an era that assumed children like him would be



sent away to institutions and that their life expectancy may not exceed 15 years. He spent much of his childhood with his family, but was ultimately placed in foster-care. His sister Karen vowed to get him back one day; sixteen years ago she did. This film tells their story.

The screening will begin at 1:00 p.m. at Pacific Cinematheque, at 1131 Howe (near Davie). To see a promotional video for the film, go to www.cbc.ca/documentaries/thelens/2008/norm/#

Oldtimers' Hockey Challenge

Tuesday, March 24

The LMDSS has 26 tickets for the Oldtimers' Hockey Challenge! For just \$20 each, head to the

Pacific Coliseum to see Vancouver fire and police forces challenge hockey legends like Brian Trottier, Billy Smith, and Dave (Tiger) Williams. You can even lace up your skates before the game and practice with the ol' pros on the ice. At this price, you'll want to get your tickets soon—all proceeds benefit the LMDSS.

CDSS National Conference

Halifax, May 15-17, 2009



The CDSS 22nd National Conference is being held May 15-17, 2009, in beautiful Halifax, Nova Scotia. The national conferences give us great opportunities to discover the latest therapies, connect with like-minded people, share concerns and compare notes, and just get a taste of another part of the country. What a great opportunity for West Coasters to discover the Eastern Maritimes. For more details and registration information, go to www.cdss.ca

Handcrafted Cards & Candles

E-mail cards are fun but giving a handmade card or gift shows special care went into your choice. Get unique handcrafted quality greeting cards for any occasion and beautiful candles made by those with disabilities who earn income from their creativity.

Participants in the Semiahmoo House Employment Training and Support Program proudly make the individual cards and various types of paraffin or beeswax candles. Look over their fine selection or find out how you can place a custom order at www.trainingandsupport.ca

Leave a Legacy

Did anyone catch the LMDSS advertisement in local newspaper Leave a Legacy supplements this past



fall? In our ad, we were pleased to feature one of our youngest members, Sawyer Engele, who captured the hearts of many at our Buddy Walk.

Leave a Legacy is a national public awareness program designed to encourage people to leave a gift through their will or any other gift-planning instrument to a charity or non-profit organization of their choice. If you or your loved ones are planning your wills, please consider a bequest to the LMDSS. The support would be greatly appreciated by many.

Scholarships

Since 2006, the LMDSS has offered two \$250 scholarships a year to encourage and assist those with Down syndrome to pursue post-secondary learning. The application process isn't difficult, yet few have taken advantage of this opportunity. Douglas College, Kwantlen Polytechnic University, and Vancouver Community College offer post-secondary studies, as do Semiahmoo House and the Down Syndrome Research Foundation.

If you have a different program in mind, just ask if it will fit the bill. The scholarships are for you, our members. To learn more or ask for an application, call 604-591-2722 or e-mail imdss@telus.net

Disability Savings Plan

By now, you've likely heard of the new Registered Disability Savings Plan (RDSP). Introduced last December, this plan encourages planning and self-reliance for Canadians with disabilities.

The RDSP allows anyone already eligible for a disability tax credit to invest savings tax-free until withdrawal, up to a lifetime limit of \$200,000. Friends and family members can also contribute to the RDSP of a loved one.

As an incentive for people to set up an RDSP and contribute to the plan, the federal government has created the Canada Disability Savings Grant and the Canada Disability Savings Bond, both of which will multiply RDSP contributions. In B.C., any assets built and income withdrawn through the RDSP are exempt from B.C. disability benefit claw backs.

The deadline for opening an RDSP and receiving those added benefits for 2008 is March 2, 2009. At the moment, the Bank of Montreal is the only financial institution prepared to deal with RDSPs, but others will catch up later in the year.

In addition, Vancouver Foundation has established the Endowment 150 Fund, made possible by a donation of \$5 million from the Province of British Columbia to assist persons with disabilities. A contribution of \$25 to an RDSP by any eligible Ministry of Housing and Social Development (MHSD) client will gain a one-time contribution of \$150 towards their RDSP account.

Planned Lifetime Advocacy Network (PLAN), a non-profit organization committed to helping families secure a good life for their relative with a disability, advocated strongly for the RDSP. Learn more about the RDSP or PLAN at www.plan.ca

Tyze—on-line service that works!

Tyze (pronounced "ties") is a new on-line service that makes it easy to reach out to friends, family, neighbours and caregivers. It helps you to build a network of care—make plans and share stories—and make a real-world difference in the quality of life of someone you love.

Tyze is a Web site where members of a network can have their own private communication centre. Rather like a private Facebook! There's a calendar, a tasks list, private messaging, and a place to record the story (with pictures) of the person at the centre of the network. All messages are private—only network members can see them—and each member must be invited (by the network Tyze "animator") before they even know the site exists.

Tyze is much more than a way to make appointments and track tasks. It's a place to celebrate the contributions and achievements of the person at the centre of the network—and a way they can stay connected to friends and loved ones. And for the network's members, it's a chance to feel connected and effective in a whole new way.

Tyze is built on the proven methodology of PLAN, the Planned Lifetime Advocacy Network, which for nearly two decades, has built, sustained, and strengthened personal support networks. For more information, or an invitation to form a Tyze network, please contact support@tyze.com

BCDS Connection

Rosalie Wagner of Vernon and Katrina Bosch of Abbotsford have created a listserv called the BC Down Syndrome Connection. Its purpose is “to connect parents or caregivers of children with Down syndrome within B.C. to discuss provincial funding issues, respite benefits, and additional services that should be available to our children.”

To become a member of this listserv, visit <http://mailman.listserv.com/listmanager/listinfo/bcdsc> or e-mail bcdsc-request@listserv.com, using “help” in the subject line. To contact the listserv manager, e-mail bcdsc-owner@listserv.com

Good-bye Sammy

The otter has left the building! The beautifully sculpted otter by local artist Cathryn Jenkins, affectionately known at the LMDSS office as Sammy, has long been waiting for a home. We’re happy to say he’s finally found one.

Mary Wareham and her family will enjoy the beautiful sculpture for years to come, having placed her generous winning bid. Her special purchase is just one more way that Mary and her husband Dick Wareham have supported the LMDSS over the years; we hope they enjoy their new treasure.

Office Depot

Need some office supplies? If you buy them from Office Depot, please mention the LMDSS phone number. The society account gets credited with points to put towards LMDSS office items. Office Depot also recycles print cartridges—another program that benefits the society—every bit helps.

Youth Group

March (date & time TBA)
Hip Hop Class

Saturday, April 25, 5:00 p.m.
Casino and Dinner, Cascades Casino
20393 Fraser Hwy., Langley
604-530-1500
Cost: dinner and casino expenses

Saturday, May 23, 5:00 p.m.
Tour China Town, Dinner, and Night Market
Cost: dinner and shopping expenses

June (date & time TBA)
Mini Golf at Art Knapp Plant Land
4391 King George Hwy, Surrey
604-596-9201

July/August
Annual Camp at Zajac Ranch
Call LMDSS office (604-591-2722) for details

September (date & time TBA)
Bose Family Corn Maze
156th Street, Cloverdale
5 and under: Free
6–18: \$5/19 and up: \$7/60 and up: \$5
Family of 4: \$20

Friday, October 30, 6:00–9:00p.m.
Halloween Party at De Dutch Pannekoek House
#101–15235 Fraser Hwy., Fleetwood
\$5 each for pannekoek, coffee, tea or pop

November (date & time TBA)
Laser Tag, Planet Laser
20104 Logan Ave., Langley
604-514-2282
Cost determined by group size

New Babies

Welcome to our newest and youngest members. We hope to “coochie-coo” them at a social event soon!

Charlie Gleeson (Born July 10/08)
Blake Devisser (Born Nov 14/08)
Raphael Voscovic (Born Nov 18/08)

Donations

Leave- A- Legacy

Mr. Ian & Shirley Hoodless

Grants

Surrey Rotary Club

Personal Donations

Linda Bryan
Steve Pavlic & Linda Bryan
Mr. & Mrs. Christian
Wesley & Rietta Friesen
Brian & Laura Gaudet
Ian & Janet Gendall
Ann Griffin
Dallas & Ardith Hinton
John & Bonnie Hunter
Martin & Janice Hutchinson
Rick & Edwina Jeffrey
Steve & Eva May
Catherine Rayment
James & Lily Reich
William & Phyllis Ross
Hiromi & Miyuki Sawamoto
Sylvia Tudhope
In Memory of Frances Guzsky
Leonard Gusikoski
Donald Kerr
Bethany Penn

Buddy Walk Donations

Zoltan Barabas
Jennifer Engele
Mackay Potter
Rick & Edwina Jeffrey
Kathy Scott
Rick & Janet Luschtinetz
Brinna Ellis
Colleen Allen
Jean Sturrock
Lee Duval
Charmaine Duval
Rachel Brown
Roger Stratton
Michael Aldridge
Ann Griffin
Lindsay Hope Ross
Roxy M. Hope Ross



Buddy Walk Pledges

Simon Ager
Lalaine Alpnerto
Fredie Arcardo
Kari Arthur
Donna Balfour
Dayle Ball
Mike Bamba
Russel Banes
S. Basi
Sharon Beard
Linda Beckstead
Levi Belisle
Cec Berggren
Tara & Brian Berman
Daniel Besoiu
Don Biewert
Erica & Darren Black
Patricia Blackstock
Mike Booth
Doris Borland
Lewis Borland
Ron Borland
Wayne Borland
Corinne Boyce
Pat Boyce
Lori Breen
George Brown
Rachel Brown
Mike Browning
Sue Browning
Judy Lynn Bryan
Lori Ann & Dale Budding
Barry Burke
Gloria Buxton
Helen Byer
Bryan Calderon
Teija Carrier
Rick Cederlund
Frank Cenedese
Dawn Chan
Cinji Chon
Judy Christie
Daphne Clegg
Shannon Clift
Kari Collins

Elizabeth Collyer
Dino Condilenios
Chardelle Conway
Judy Conway
Rick Cope
Wendy Cox
Heather Cram
Zinetti Crew
Muriel Crutch
Dan & Patti
Mona Daub
R. Daub
Tracy Degenstein
Bill Der
Linda Detlor
Darla Dickinson
Andrew Dubbing
Christine Durig
Jacquie Dzidoa
Jean Dzioba
Carlo & Anita Elstak
Ash & Jennifer Engele
Jeanette Engele
Julia Engele
Kimberly Engele
Melanie Engele
Miles Engele
Ralph & Pat Engele
Shaun & Tracey Engele
Vernice & Ron Engele
Grant Eustergerling
Jeff & Jill Evans
Daniel Federkevic
Terry & Ronald Ford
Lee & Ilona Francois
Rebecca & Christian Fruhm
Diane Fuller
Michelle Fuller
Liz Gaige
Trina Gauthier
Will Gibson
Leah Gledhill
Stacey Godding
Christine Gonzalez
Alison Greenhough
Becky Greenlees
Brendon Guenelte
Ryan & Amanda Gugyelka
Gerald & Helen Gursky
Lee & Bea Gursky
Fovad Haf
Shirley Hall
Tracey & Steve Hall
Bill Hammond
Sonia Hare
Kathy Hart

Mary Lou Hazelwood
Brenda & Alf Hefford
Rob & Sinead Hibbert
Doris Hickey
Doris Hirschi
Rick Hutchings
L. Illes
Jeff & Christina Ingwersen
Sydney & Andy Irvine
Renee Jaeb
Eva Jason
Jessica
Doug Johnson
Michelle Johnson
Nettie Johnson
Thulaseeharan Kanagaratnaraja
Amin Pouv Kaveh
Janet & Mikkel Kenna
Jesse Kiss
Lesley & Zoltan Kiss
Maureen Klassen
Sharon Kondra
Nadine Korsiger
Greg Krantz
Burk Kube
Myrna Kutcher
Eldon Lafrenicre
Lars & Aldine Larsen
Debbie Larson
George Lawton
Shannon Lindenberg
Steve & Alison Lui
Rick & Janet Lushtinetz
Nina MacKenzie
Gayle MacLean
Jen & Evian MacMillan
Noel & Amalia Manucduv
James Marta
Adam Mauer
Chelsea McCoouy
Maureen McCulloch
Pam McLure
Terry McStravick
Sarah Meloney
Ian & Rene Merkel
Mark Mooney
Ginny Moore
Raymond & Marie Moreau
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Lower Mainland Down Syndrome Society (LMDSS)

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

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The LMDSS newsletter, DownLink, is a means of sharing and promoting 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 in 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.

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providing services, public awareness, resources, educational workshops to individuals, families, professionals, educators

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