

# Down Syndrome *Information Network* of the Twin Tiers

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Not that last year was all that bad!

I remember...**Kim** doing a great imitation of Brittany Spears at the March Madness talent show, cooling off in the pool at the summer picnic, **Katie** dancing at the Buddy Walk, **Elizabeth** zooming down the

slide at the Chemung Canal Fall Festival, Sienna eating cookies at the Halloween Party, Santa HoHoing and the Hepcats playing at the Christmas party. Wow, that was quite a year full of fun activities for the whole family. If you have any suggestions for 2006, please come to a meeting, 6pm 4th Wednesday of every month at the Chemung ARC and let your wishes be known.

## The Lending Library is now on wheels!

We have a rolling lock cart so we can roll our books into the meetings for you to browse and borrow at no cost. Having a Lending Library with up-to-date resources was one of the original goals of our group so we are very pleased to have met that goal. There are resources on a number of topics: education, siblings, medical issues, transitioning.



Please come and explore and feel free to make suggestions for new purchases.

## January's Meeting

The election of officers will take place at the February meeting. Our by-laws only allow us to serve in one position for 2 consecutive years so we need some new blood to help keep the group moving and growing. If you'd like to throw your hat in the ring, please come to the meeting on January 25th or contact Marcelle Sadler at [MKS@chemungarc.org](mailto:MKS@chemungarc.org) or Cindy Gilbert at [CJG@chemungarc.org](mailto:CJG@chemungarc.org) or call one of them at 734-6151.

***Your help with keeping the group functioning would be greatly appreciated.***

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## Next Meeting:

*January 25, 2006 6pm Chemung ARC*

### Calendar of Events:

Wednesday, January 25th, 6pm, Monthly meeting @ Chemung ARC

Wednesday, February 22nd, 6pm, Monthly meeting @ Chemung ARC

BUDDY WALK 2006, SATURDAY SEPTEMBER 30TH.  
MARK YOUR CALENDARS NOW.

## Ho! Ho! Ho!

Who was that jolly little elf in the red suit handing out presents and good cheer to everyone? **Hal** did a great job at the Christmas party, posing for pictures and hamming it up. Many Thanks!!

The HepCats were awesome! What a treat to have such a professional band play for us. We broke a new record of over 70 people at our holiday party. Thanks to everyone who helped with the food, setting up and clean up.

It was a great evening!



## Words of Wisdom for the New Year

*Life is an opportunity, benefit from it.*

*Life is beauty, admire it.*

*Life is bliss, taste it*

*Life is a dream, realize it.*

*Life is a challenge, meet it.*

*Life is costly, care for it.*

*Life is wealth, keep it.*

*Life is love, enjoy it.*

*Life is promise, fulfill it.*

*Life is sorrow, overcome it.*

*Life is a song, sing it.*

*Life is a struggle, accept it.*

*Life is an adventure, dare it.*

*Life is luck, make it.*

*Life is too precious, do not destroy it.*

*Life is life, fight for it!*

*Mother Teresa on her philosophy of life.*