

Down Syndrome *Information Network* of the Twin Tiers

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July 2004

A Buddy What???

Just to back up a few steps, exactly what is a buddy walk? It is a family oriented community event designed to increase awareness, acceptance and inclusion of individuals with Down Syndrome. Everyone is welcome to join us. If you wish to help us raise funds, you may print a pledge sheet from our website (available soon) and get pledges for the walk. Fund-raising is strictly optional. Your participation will be greatly appreciated with or without pledges. You can walk as an individual or as part of a group. Invite your friends, families, co-workers, classmates, churches, and organizations to join us. Registration forms will be available on the website and at the event itself. A free t-shirt will be given to each individual with Down Syndrome. Additional t-shirts will be available at a minimal cost. The walk will start at Wisner Park and end at Chemung Canal Bank and Trust. For Buddy Walk sites in other locations and more information about the National Down Syndrome Society, visit www.ndss.org. Thank you for your support.

Book Recommendation: "Riding the Bus with my Sister" by Rachel Simones. A disabled woman shares her joy life with her typical sister.

Summer Picnic.....

It's Almost Here!!

July 17th

**Thorne Street Park, Horseheads
Noon-?**

Bring family photos, dish to pass, place setting, baseball equipment, games to play and swimsuits.

Call Cindy at Chemung ARC at 734-6151 to RSVP and let her know what you plan to bring.

... news in brief ...

Raffle - We will have raffle tickets ready to be distributed at the picnic. We've had some great donations from the Jackles and other local businesses. The money earned will help with out initial costs of the buddy walk.

Website -www.downsyndromeintt.org. We have one!! Check it out. We will be posting the monthly newsletter, registration and pledge information for the Buddy Walk and whatever else is important to you. Contact Darryl with idea, pictures and information for the website at dheckle@stny.rr.com or (607) 734-6151.

Sponsored by:



Next Meeting:
6 p.m. March 24, 2004

Agenda

1. Introductions
2. Guest Speaker: Susan McMillan
3. Buddy Walk
4. Information Sharing

Down Syndrome Information Network
Of the Twin Tiers
c/o Chemung ARC
711 Sullivan Street
Elmira, NY 14901



Dates to Remember:

July 17

Picnic, Thorne St. Park, Horseheads Noon-?

July 28

Buddy Walk Meeting 6pm @ ARC

August 25

Buddy Walk Meeting 6pm @ ARC

September 15

Buddy Walk Meeting 6pm @ ARC

September 22

Monthly Meeting 6pm @ ARC

October 2

Buddy Walk, Wisner Park

10-11am Registration

11-11:30 Opening Ceremony

11:30 Walk Begins

October 27

Monthly Meeting 6pm @ ARC

November 17

(Note Date Change) Monthly Meeting 6pm @ ARC

December 8

Christmas Party 6pm @ ARC

New Faciliator

Welcome Marcelle our new facilitator. You can reach her at Chemung ARC 734-615 or MKS@Chemung.org. You can e-mail agenda items and speaker ideas to Macelle.

Meetings of the Down Syndrome Information Network of the Twin Tiers are held on the fourth Wednesday of every month (unless otherwise announced) at Chemung ARC, 711 Sullivan Street in Elmira. Child care is available for parents who register in advance. Contact Nora McQuaid at 607.734.6151 Ext. 149 for more information or to register for child care.