

## DSIN Newsletter

Our apologies that this did not reach you in time for the May meeting.

**A BUDDY WHAT?**

Our First Annual Buddy Walk will be Saturday, October 2nd. A Buddy Walk is an event meant to promote acceptance and awareness of people with Down Syndrome. It is a fun and community centered way to show support of the Down Syndrome community. GREAT NEWS! We have site approval for Wisner Park in Elmira. We are mapping out a route for the walk from the Park where the opening ceremonies will be, to the site of the Chemung Canal Trust Fall Festival. Many thanks to Mike and Rob for attending the city planning meeting and making our pitch. But that's not all! Chemung ARC has generously provided us with event insurance for the Buddy Walk. Once again the ARC has come to our rescue. We will soon be sending out Corporate sponsor letters. If you know of a business or organization that might be willing to be a sponsor of the Buddy Walk, let Mike, Michelle or Rene know. We're going to be setting up some sub-committees to help with the workload, such as T-shirts, registration, advertising, and fund-raising and could really use your help. We are also on the look out for a dignitary to start the walk. If you know of anyone who may be willing to donate services such as t-shirts or the printing of the t-shirts or a tent or advertising, please let us know. You can e-mail Rene at [rjones36@stny.rr.com](mailto:rjones36@stny.rr.com) or Michelle and Mike at [mbatters@stny.rr.com](mailto:mbatters@stny.rr.com).

Darryl Heckle and Rene Jones attended a meeting of the Sunrise Rotary Club in Horseheads as guest speakers on May 6th. We received a warm welcome and a sincere interest in our concerns. They would like us to come back again with a progress report. We also had the opportunity to express our heartfelt thanks for their donation.

**WEBSITE:** Darryl Heckle was able to find someone to donate his services to setup and run a website for us. Way to go Darryl! We will be responsible for providing the content. We'll keep you updated on our progress.

**KEEPING IN TOUCH:** Not only will we have the website but we also can be connected by e-mail. Darryl has set up a message center for us at [topica.com](http://topica.com). You can join - [DSIN@TOPICA.COM](mailto:DSIN@TOPICA.COM) by sending an e-mail to [DSIN-SUBSCRIBE@TOPICA.COM](mailto:DSIN-SUBSCRIBE@TOPICA.COM). After you have subscribed, any message sent to the message center address will be forwarded to all subscribers. It will be an efficient way for us to contact the group all at once with information and updates.

**MAILING LIST UPDATE:** Chris Heckle has volunteered to update our mailing list. You can e-mail or call her with your address, phone number and e-mail address if yours has changed or if you're not sure you're even on it! You can reach Chris at [hecklece@stny.rr.com](mailto:hecklece@stny.rr.com) or 607-739-2229. Thanks Chris.

**SUGGESTED READING:** Check out the following book. [RIDING THE BUS WITH MY](#)

SISTER by Rachel Simon. A touching story about life with a developmentally disabled sister and her joy for life.

Three Cheers for DORIS FARMER-FERRIS and KATE FARNSWORTH, last month's speakers. They provided us with incredible insight about our "engines", our energy levels and how we respond to different stimuli and use different techniques to enhance or inhibit our responses. They gave us some strategies to use with our loved ones who may respond inappropriately to certain stimuli or may need assistance to stay on track in class. Very interesting. I'll never look at swinging the same way.

SUMMER PICNIC: Bring a dish to pass, your table setting, swimsuits, games to play and baseball equipment. Cindy Gilbert is our chair again this year. You can reach Cindy at the ARC at 607-734-6151 or [cmg@chemungarc.org](mailto:cmg@chemungarc.org) to volunteer to help and to RSVP with number attending and what you will bring. A SPECIAL REQUEST for the picnic-PLEASE BRING PHOTOS OF YOUR CHILDREN AND FAMILIES. We would very much like to fill a photo album to bring with us to special events to show who we are as individuals, as a group and as a part of our community. These photos will not be returned so be sure they are ones you can part with. Thanks for your help with this project.

We are full of projects these days; how about a RAFFLE? In an effort to raise some funds for the various projects in the works, we want to sell raffle tickets. We may have a great item like an autographed Jackals jersey, and gift certificates or merchandise from local businesses. If you know of someone who would like to make a donation to the raffle, contact Mike at [mbattersby@chemungcanal.com](mailto:mbattersby@chemungcanal.com). We hope to distribute the raffle tickets at the picnic.

Just a note, participation in all fundraisers is optional. If there is any reason that you are not comfortable with raising funds for the group, you may excuse yourself from these activities, no explanation necessary.

MARK YOUR CALENDARS FOR THE UPCOMING EVENTS:

WED. JUNE 2, BUDDY WALK MEETING, 6 PM CHEMUNG ARC

WED. JUNE 23, DSIN MONTHLY MEETING, 6 PM CHEMUNG ARC

SAT. JULY 17, SUMMER PICNIC 12-? THORNE ST PARK,

HORSEHEADS, PAVILION #2.

THURS. JULY 22-25, NDSS ANNUAL CONVENTION, WASH DC VISIT [www.ndss.org](http://www.ndss.org) for more information

WED. JULY 28, BUDDY WALK MEETING, 6 PM CHEMUNG ARC

WED. AUG. 25, BUDDY WALK MEETING, 6 PM CHEMUNG ARC

WED. SEPT. 22, DSIN MONTHLY MEETING, 6 PM CHEMUNG ARC

SAT. OCT. 2, DSIN FIRST ANNUAL BUDDY WALK, WISNER PARK,

ELMIRA (Schedule of events to follow in future newsletters)

We've been so busy lately with our terrific speakers and planning the Buddy Walk that we haven't had a chance to really talk so the meetings in May and June will be open forum. Bring your thoughts and concerns and we'll have some time to share. SEE YOU SOON.