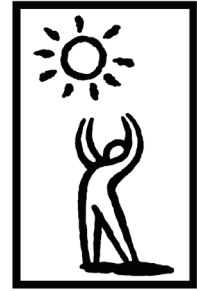


DOWN SYNDROME ASSOCIATION OF NORTHERN VIRGINIA



April, 2007

Upcoming Events

May 14th
3rd Annual DSANV Golf Tournament
12:30pm
Army-Navy Country Club
Arlington, VA

May 19th
Spring Party
11:00am-2:00pm
Bull Run Regional Park
Main Pavilion
Centreville, VA

July 28th
Summer Picnic
Knights of Columbus
Arlington, Virginia

October 13th
Buddy Walk
Fairfax County
Government Center

December 1st
DSANV Fashion Show
Details to come

Inside this issue:

TOPSoccer	2
Local Focus	2
IMDSAConference	2
President's Letter	3
In Memory	3



*First things first—save the date for **October 13, 2007**. That's our next Buddy Walk!*

The Third Annual DSANV Buddy Walk will be kicked off at 10 am on Saturday, October 13th at the Fairfax County Government Center Ellipse in Fairfax, VA. Following the Walk, participants will enjoy a non-stop, fun-filled day of activities.

The 2006 Buddy Walk was an enormous success, raising \$172,000, a 45 percent increase from last year. Estimated attendance at the walk was 1,600. Grand Marshalls were 1996 Olympic gymnastics gold medalist Kerri Strug, along with

Buddy Walk Talk

by Carol Kando-Pineda, DSANV Parent

Special Olympian Brendan Hammeke. Rachel Coleman, co-creator and host of the successful "Signing Time!" series was the entertainment headliner. Local talent included The Braeded Chord, VSA of Loudon County, Christina Sanchez, 66 West, Kids on the Block, Lawrence the Magician, Great Dogs USA, Freestyle Newf, The Legends Cheerleaders, and Just Clowning Around.

The 2007 Walk will be loaded with as much fun and excitement. Most importantly, it will raise awareness and much-needed funds so that all people with Down Syndrome in Northern Virginia can reach their full potential. To get more information about participating in or volunteering at the Buddy Walk, contact **Cheryl Maynard** at cherylm@dsanv.org.

"Fore" a Good Cause

At DSANV's Third Annual Golf Tournament, we are very pleased to have Congressmen Frank Wolf, Jim Moran, and Tom Davis as our Honorary Co-Chairmen. We invite you to join us in raising money and awareness for DSANV. The educational programs, family support, and scholarship funds DSANV provides are made possible from our fundraising events like this annual golf tournament.

If you're interested in a sponsoring or registering to play, visit our website at www.dsanv.org/golf. If you can't join us this year, please tell a friend or co-worker about the tournament. And if you have any questions about the event, or want to donate your time or an item to be raffled off at the tournament, please contact our event coordinators, **Kedron Simon** at (703) 629-0565 or **Suzanne Garwood** at (703) 347-4595 or email them at golf@dsanv.org.



THE WHEN AND WHERE

Monday, May 14, 2007
Shotgun start at 12:30pm
Army-Navy Country Club
Arlington, Virginia

For more information:
www.dsanv.org/golf

The Many Benefits of TOPSoccer

Playing sports is a great way to help teenagers and young children with Down syndrome improve social skills and dexterity. It's fun for the parents *and* the kids, and it's a great way to meet people.



TOPSoccer gives children ages 4-19 with learning and/or physical disabilities the opportunity to enjoy the game of soccer, improve communication skills, increase confidence, benefit from exercise, and have fun! If you're interested in learning more about TOPSoccer, becoming a coach, or enrolling your child in one of the many TOPSoccer programs throughout Virginia, please contact **Ariel Schwartz** at footballitis31@hotmail.com or (703) 527-7472; or **John Schlenker** at TOPSoccer10@comcast.net.

International Mosaic Down Syndrome Conference

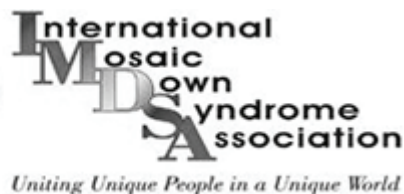
Scholarships Available

DSANV is offering its members five scholarships to the IMDSA conference. Each is for \$300 and is intended to cover entrance fees and relevant expenses. Please email **Sheila Erhardt** at SheilaE@dsanv.org, or see the mailing specifically on this topic for the forms to apply.

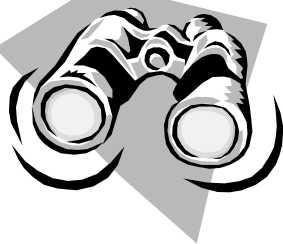
Volunteer Opportunities

DSANV will be assisting the IMDSA with their conference in Richmond, June 29-July 1. If you volunteer, you can attend this conference for their member rates (individuals for \$50 and families for \$75). No discounts can be given for the child care, youth conference or banquet tickets.

We will need volunteers for Friday night, Saturday morning, & Saturday evening for registration. We also need volunteers to run a booth to sell IMDSA bracelets and offer info. We may need volunteers to help run things and to help with the youth conference. Please contact **Heather Trammell** at heathert@dsanv.org if you would like to volunteer.



Local Focus



Loudoun County. Sign up to meet other parents of children with Down Syndrome online -- go to Yahoo Groups and look for Down Syndrome Parent Network of Loudoun (DSPNLoudoun). The purpose of this group is to form a network for Loudoun parents of children with Down syndrome; provide a forum for discussion of Loudoun-specific school questions; facilitate meetings for playgroups, etc.; and

increase awareness of local meetings and events that would be valuable support to Loudoun families. This group doesn't replace DSANV but it's a way to discuss and share information that pertains only to Loudoun County. If you are interested in joining, please send an email to DSPNLoudoun-subscribe@yahoogroups.com.

Fredericksburg Area (including southern Stafford, King George and Caroline counties). A group called "dsfred" supports people with Down Syndrome and their families living in the Fredericksburg area. dsfred holds informal get-togethers, playgroups and informational meetings on the fourth Saturday of every month at the disAbility Resource Center in Fredericksburg. For more information, call Carol at (540) 372-6520. Look for the dsfred group and email listserv on Yahoo Groups.

DSANV President's Note by Phil Pedlikin

Fellow DSANV Members:

On behalf of the Board of Directors, I want to wish you a happy, healthy and productive new year. This will be another great year for DSANV; we look forward to accomplishing a great deal together.

At the end of last year, I had the pleasure of attending our first annual adults' holiday party, hosted by the owners of Lofty Salon on Maple Avenue in Vienna. The young adults that attended were, to a person, people that I am now proud to say I know. For those of us with younger children, it is always great to see such accomplished people who happen to have Down syndrome. For me, they are a constant reminder of why we at DSANV do this. And of course they could teach us all a thing or two about how to party. If the world could meet these folks and spend time with them, DSANV might not even need to exist.

We recently added a second self-advocate to our board, Erin Thompson. Erin will be filling the unexpired portion of the term of a board member who left last year. Erin graduated from Paul VI and is now a freshman in the GMU Life program. She is a tremendously talented person and we are very excited to learn from her. David Egan, our other self-advocate on the board, was such a huge success that we decided to add a younger person to help us reach out to the teen community.

Shortly after Erin joined us, we learned that there would be two additional openings on the board. We are very sorry to see Jenn Sikora and Deb Balderas leave the board. Jenn and Deb, who both are moving out of town, have been integral parts of this organization since it became DSANV. The past two years, they have been primarily responsible for the success of the Buddy Walk and have been involved in nearly every other event we have held. We will miss them terribly.

These board openings are an opportunity for more parents to get involved, help us grow this organization, and show the world what people with Down syndrome are actually capable of. Deb will be leaving at the end of March which has given us a transition period. Jenn will be leaving at the end of June so we will have the opportunity for a longer transition with her. The positions will be filled by Michelle Ray and Natalie Marquez. Both are excellent, well qualified additions to the Board and we look forward to their energy, enthusiasm and ideas.

This year we will of course be repeating our Buddy Walk and Golf Tournaments. We will add a series of new advocacy and education events, not the least of which is next month's Wrightslaw seminar. We will be adding a new, exciting advocacy event in December. Our government affairs committee is moving its first bill through Congress; you will hear more about that as the year progresses. There will be many other exciting events so stay tuned.

As always, if you have other ideas for us, want to help, or need our help, reach out to us. We are always here.

In Memory

The DSANV community expresses our sadness at the loss of Evan Rosenberg, who had Down syndrome and was born July 21, 2006. He passed away January 21, 2007. DSANV offers our prayers and best wishes to his family and extends our gratitude for the generous donations of the friends and family of the Rosenbergs and Lins in Evan's memory.

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|-------------------------------|---------------------------|
| Rafic Barrage | Richard Ben-Veniste |
| Amy Clark Bigart | David Bloom |
| Cheye Calvo | John and Cindy Dragovich |
| Richard and Francine Favretto | Trudy Ann Flournoy |
| Lily Fu | Simeon Kriesberg |
| Rosemary Morgan | Cathy and Jasper Reynolds |
| Linda Rhodes | Carole Rosenberg |
| Colin and Ashby Rushing | Evan and Anne Tager |

CONTACT US

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**Send us
your news!**

We want to hear from you, our members. Send us news -- learning to sign, toilet training, graduations, first steps, first jobs -- you name it. We want to share with the DSANV community your accomplishments and triumphs. Email the editor at newsletter@dsanv.org

Always wanted to write?

Interested in writing for the newsletter? Or would you just like to pass along an idea for an article? Contact the editor at newsletter@dsanv.org.

Sports with a Side of Inspiration

Please come out and see many athletes with Down syndrome and other intellectual disabilities compete in these great events. It's inspirational, fun, and the athletes love an audience!

Our next event is an Aquatics Meet on April 22, 2007 at George Mason University in Fairfax.

For more information please call **Coach Pat** at 703-278-8266 or e-mail CoachPatH@aol.com.



In the News

St. Coletta's school in Washington, D.C has been renovated by famed architect Michael Graves. The new bold and colorful design was unveiled in September. The building was revamped to reflect the school's mission: to teach life and job skills to students with the most severe cognitive disabilities. St. Coletta was founded in 1959 as a private school by the parents of a child with Down syndrome.

Over the years, it has occupied basements and churches, but the need for its services continued to grow. The school expanded (to 271 students, ages 3 to 22) and redefined itself as the St. Coletta Special Education Public Charter School. The \$32 million building, with almost 100,000 square feet, was financed, in part, by \$12.4 million appropriated by Congress.

Learn more about St. Coletta's at www.stcoletta.org

DSANV's Mission...

...to ensure that all individuals with Down syndrome and their families receive the support necessary to participate in, contribute to, and achieve fulfillment of life in their community.

