



WVDSA Monthly

Willamette Valley Down Syndrome Association

2003 Buddy Walk: Fun for Everyone!

For the second year in a row, our Willamette Valley Down Syndrome Group is sponsoring their own Buddy Walk (our third overall)! On Saturday,



10:00 AM. Special speakers for the 2003 Buddy Walk will be **Senator Frank Morse** and well-known self-advocate, **Karen Gaffney**. They're

looking forward to addressing our group! We look forward to hearing what they have to say! Young self-advocate, **Ian Ruter**, is also scheduled to say a few words.

Registration for the walk will begin at **9:30 AM** in front of the Carousel building. We have lots of volunteers who will be there to do face-painting, handing out balloons, selling t-shirts and doing other fun things while you wait for the walk to begin.

The official **Buddy Walk** program will be starting at

looking forward to addressing our group! We look forward to hearing what they have to say! Young self-advocate, **Ian Ruter**, is also scheduled to say a few words.

The reason we'll all be there, the actual **Buddy Walk**, will begin at 11:15 and will probably last for about 45 minutes. When we finish, we're going to do something a little different this year and hope to provide some picnic fare for **Buddy Walk** participants. You may want to bring picnic gear—

blankets, etc., along with items your family may want to eat with what we line up. The **Carousel** will be available after the Buddy Walk and we'll be handing out tickets for free rides, in addition to having some carnival-type activities for the children!

Plan to check out the **A.C. Gilbert Discovery Village** at the north end of the park. They're open from 10 AM to 5 PM on Saturdays. Admission is \$5 per person (children under 2 are free). This extraordinary children's museum is famous for its hands-on learning opportunities! (Go to <http://www.acgilbert.org/> for more information.)

We hope to see as many of you as possible at **Riverfront Park on October 4th!**

WVDSA
4292 NW Pintail Pl.
Corvallis, OR 97330

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Buddy Walk: Fund-Raising Opportunity for WVDSA

Members of the Willamette Valley Down Syndrome Association have been very faithful when it comes to turning the Buddy Walk into an opportunity to support a very worthy cause!

Please consider taking the Buddy Walk Pledge letter included in last month's

newsletter, make copies of it, signing your name, and sending it out to as many of your friends and family that you can! All donations are tax-deductible.



Last year we raised several thousand dollars, which have gone towards things like "New Parent Packets" (informational packets for people with new babies with Down syndrome), the monthly newsletter, special speakers, and other areas related to education and community awareness.

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Buddy Walk History: From the NDSS Website

The Buddy Walk was established in 1995 by the National Down Syndrome Society to promote awareness and inclusion for people with Down syndrome. It is a wonderful, heart-warming event in which thousands of people from coast to coast and around the world participate each year!

The Buddy Walk celebrates October, **National Down Syndrome Awareness Month**, and is sponsored by

groups, schools and other organizations.

The goal of the walks is to promote understanding and acceptance of people with Down syndrome. Whether you have Down Syndrome, know someone who does or just want to show your support, come and join the Buddy Walk.

Anyone can be a buddy!



NDSS, local parent support

All pictures in this newsletter taken by Salem's Lynn Howlett, our official 2002 Buddy Walk photographer.



No October Meeting

See you at the Buddy Walk in Salem's Riverfront Park

October 4th

9:30 AM

Directions to the 2003 Buddy Walk

From Interstate 5, take exit 253 (Stayton/Highway 22) and follow Mission Street west towards downtown Salem. Go 2.16 miles and take the "City Center" exit at the top of the overpass. Stay to the left side at the bottom of the ramp and turn left onto Bellevue Street SE. This becomes Pringle Parkway. Follow the signs to Front Street/OR 22. As you go around a turn to the right (onto Front Street), Riverfront Park will be on your left. The building

housing the Carousel will be in the building near the playground at the south end of the park area. There is some parking on the east side of the park. You may need to park in the Salem Center Parkade at Commercial and Cheme-keta, however, and walk over, if you can't find space in the limited parking near Riverfront Park.

The Buddy Walk registration will be set up near the "party room" in the Carousel building. Look for the balloon arch

and come prepared to have a great time!

Child of the Month Submissions:

Thank you to those of you who have submitted pictures and information about your children for our WVDSA "Child of the Month" Feature! Please see page 3 for information on where to send either a short story about your child or the information so we can write it up. Also include 1-4 pictures we can put in the newsletter. Pictures will be returned!

Buddy Walk T-shirts and Registration!

One of the best parts of the Buddy Walk is getting the official t-shirts. When we wear them we're all wearing the same color, which makes a terrific visual impact on those who observe the walk from a distance (or even up close)!

If you can't make the Buddy Walk, but would really like a t-shirt, you can order them from WVDSA. Just send \$15 (\$10 for the shirt and \$5 for shipping and handling) to Keri Prince at 1490 NE Carly Court, McMinnville, OR 97128. The t-shirts are sunshine yellow with a navy blue logo and printing and can be ordered in sizes YS, YM, YL, and Adult sizes M, L, XL,



XXL, and XXXL. The price is the same regardless of the size. (If you really wanted an Adult Small, the Youth Large is almost identical in size.)

Do you know you'll be getting t-shirts? Call Keri at (503) 434-8618 by Friday, October 3rd and have her make a note of the sizes you'll want.

Then you can make your check out ahead of time (made payable to WVDSA) and just figure \$10 per shirt in your total. All you have to do is hand us the check and get your family's t-shirts!

If you haven't sent in the "Buddy Walk Registration" included in last month's newsletter, take the time to fill it out and plan to bring it with you when you come to the Buddy Walk. Make sure you fill in the Member Info section on the back, too. Our goal is to have our database more complete, with names and birthdates of our "kids" with Down syndrome, e-mail addresses, etc. We have someone who wants to make it her job to send out birthday cards on those special days! We'd also like to eventually have



a directory of active members.

For those who can't make the Buddy Walk, please send us the Member Info sheet anyway! Membership dues aren't due until January 2004, but we'd like to work on the database before then.

Don't forget that our Buddy Walk is a fund-raiser for WVDSA! Take the sample letter included in one of the last newsletters and make copies to send to your family and friends!

We hope to see you at the Buddy Walk, Saturday October 4th!

Submit your
child's
information to:
Gretchen
Davey

370 Center St
Lebanon, OR
97355

wvdsa@ookla.com

WVDSA News—Coming Soon...

There won't be a regular group meeting in October, but we will have a meeting for anyone who helped with this year's Buddy Walk and/or wants to help with the one next year.

October 21: Post-Buddy Walk Meeting at Grace Lutheran Church in Corvallis (or Starbucks if we can't get into the Fellowship Hall!). We'll pull information together and draw up a time line for the 2004 Buddy Walk. If you want to participate, plan to come to this meeting!

November 18: Topic and location will be

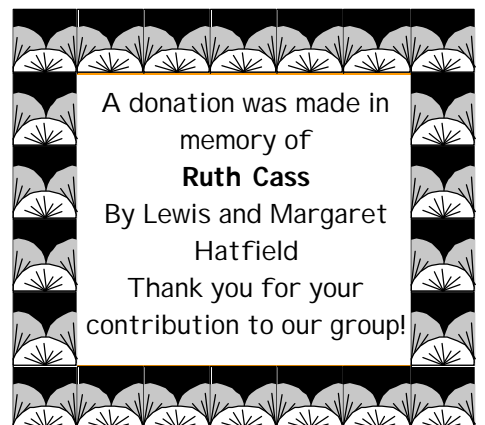
announced in the next newsletter.

December : Family Christmas Social - Details to be announced in the next newsletter.

January 20: TBA

February 17: TBA

(We're concentrating so much on the Buddy Walk that we don't have the next few meetings scoped out, but will discuss them at the October 21 meeting.)



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President's Corner

Dear friends,

Many of you, like me, must have hours and hours of video tape conveniently stored in a shoe box. The shoe box represents our efforts to carefully capture every precious moment on the infamous camcorder. This past week I came across my movie memory box, dusted it off, chose a tape to explore and put it in the machine wondering what I would find. Surely you can appreciate that my passion for labeling tape boxes has never really kept up with my ability to use new tape.

As it turned out, the tape was an amazing documentation of the birth of our daughter, Megan Nicole Moore. Megan is now 11 ½ years old and yet the movie brought back all the emotion of having a new baby, the pain of learning that she would always have something called Down syndrome, the red eyes reflecting hours of tears, the forced smiles covering up our sadness, the embraces of family and friends who truly loved us and our new daughter, etc.

As I reflected on this experience, it

was clear that most of our suffering was founded on our own ignorance. What impact will this have on our sweet little girl? On her health? On her ability to live and appreciate a fulfilling life? On our family? I could fill the whole newsletter with a list of the questions that we had. The interesting thing is that my movie also showed many of the answers: Brayden (her older brother) holding and kissing Megan's baby cheeks, a therapist showing us how to teach Megan to crawl, her sweet smiles, her first bite of solid food, and her determination to roll over.

Soon after Megan's birth the pain was replaced with appreciation, determination, and love. Ignorance was replaced with wonder and understanding. Sadness was replaced by hope.

Last year at the

Buddy Walk I met two families who had new babies with Down syndrome. They had great love and support from their families and friends, but I know they were struggling as each of us has. Our group embraced them, too.

One year later these two families have both volunteered to help further the WVDSA mission. Their pain has been replaced with appreciation, determination, and love. Ignorance has been replaced with wonder and understanding. Sadness has been replaced by hope.

Mission Accomplished.

