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## Buddy Walk 2006

The 2006 Buddy Walk Committee has great things in store for this year's MVDSA Buddy Walk. We have some wonderful Corporate Sponsors that will be helping out with our expenses this year. New for this year will be ... NO REGISTRATION FEE, and A FREE SHIRT FOR EVERY "REGISTERED" WALKER. We are honored to have two Honorary Chairpersons for this year's walk... State Representative Arlene Setzer and Michelle Kingsfield; news anchor for 22/45. Expect more great family fun, food, information area, games, crafts, characters, and plenty of fun. We have more ideas to make our "Walk of Achievement" even better, but be forewarned... there will be an absolute deadline in August for submissions. We are really encouraging every walker to collect

sponsorship pledges for the walk since we have done away with the registration fees. Another thing we highly suggest is putting together a team for the 2006 Buddy Walk... it could be 3 people or 300 people. We will host a "Team Kickoff Breakfast" on July 15th for you to register your team, provide ideas to build your team, and gather lots of ideas for fundraising and collecting pledges. We really have a great committee putting things together this year, I personally appreciate all of their time and hard work. Look for registration brochures at the MVDSA May Spotlight Night, general meeting and Election night. We will also have "Walk of Achievement" forms available too. Saturday, September 30th will be here before we know it, hope you are all planning to attend!

Amber Thomas

# Spotlight Night \*

- Dinner from 6:30 – 7:00 p.m.
- Short business meeting
- Officer elections
- Scholarship distribution
- Spotlight on Talent



## FOOD

Thursday, May 18, 2006  
 At the Job Center Cafeteria

*\*An evening to feature our DS members.  
 You won't want to miss this meeting!*

## FUN

**Dear Members,**

It is with mixed feelings with which I anticipate this coming election. On the one hand, I am eager, because I need to be able to devote more time to my sons, helping them learn the many skills they need to lead healthy, happy and successful lives. On the other hand, it is with regret, for it has been a pleasure serving as your President of MVDSA. I hope it has been a positive experience for you as well.

Two and a half years ago, we had some turmoil in our organization, which resulted in a new Board being elected, many of whom had not served on a Board before. We had some tough decisions to make and a lot to learn, but everyone was determined to help turn the MVDSA into an organization that we could all be proud of, and which would better meet the needs of our members. We have made a lot of progress, but still have a long way to go. I can't thank the current Board members enough for the tremendous amount of effort and dedication each and every one of them has given to the MVDSA. They are a great group to work with, as well as to have as friends.

I have tremendous confidence in the Board members who are seeking to serve on the Board again this year—they are capable of helping MVDSA to achieve great things. I also have a lot of confidence in our newer members who may run for the Board or volunteer to serve as Committee Chairs, for they possess a great wealth of ideas, knowledge, and enthusiasm. But please remember that no matter how hard these talented individuals work, they will need our support.

I hope that you will come out and vote for our next Board, and that you will join me in supporting them as they guide our organization through this next year. Thank you again for allowing me to serve as your President and on your Board.

Sincerely, Mary Fischer

**Euchre Notes...**

Thanks to many donors, volunteers, and players, our Euchre Tournament was a great success. We had over 130 players, and raised approximately \$3300 to help fund our programs and scholarships.

The evening started with players coming in and finding tables to sit at, while Jim Shane played a great selection of music, which added to the festive atmosphere. As more and more people came in, the guys were setting up more tables and chairs to accommodate the crowd. Thanks to everyone who invited friends and acquaintances to help make this such a well-attended event.

Soon everyone was lining up for the buffet of delicious food that many of our members donated. We had a few power problems, which kept Larry Nartker and Ken Fischer busy, and we've decided that next year we need to streamline the food line, but everyone was well fed and ready for play.

The next couple of hours were filled with Euchre playing, snacks and beer, and the awarding of the door and raffle prizes. Thanks to Mike Lee and Stefan Bridenbaugh for emceeding the evening, and Jennifer Bridenbaugh and Cathy Nartker for all of their hard work in securing donations for the raffle prizes. The top raffle prize was "\$500 Hard Cold Cash" and was won by Myrna Mescher. The second place raffle prize was dance lessons donated by Elegance in Dance and was won by Ed Miller. Peggy Larson won the \$100 Kroger shopping card. Many other great prizes, which included DVD players, a signed Cincinnati Bengal football, and many restaurant gift certificates, were also awarded.

When the dust settled, winners were selected for the 50/50 drawing, the Euchre Tournament, Most Euchres, Most Loners, and Most Euchred. Congratulations to all!

Thanks again to the many members who donated their time and efforts to help make this Euchre Tournament a great success. Next year's tournament will take place on March 24<sup>th</sup>, so please hold this date and join us for an evening of Euchre and fun!

***Editor's Corner May 2006—Epilog***

In the last issue of the MVDSA Newsletter, I did a write-up of one of our members, Joe Nartker. As an epilog, Joe's mom asked that the following be added to this newsletter.

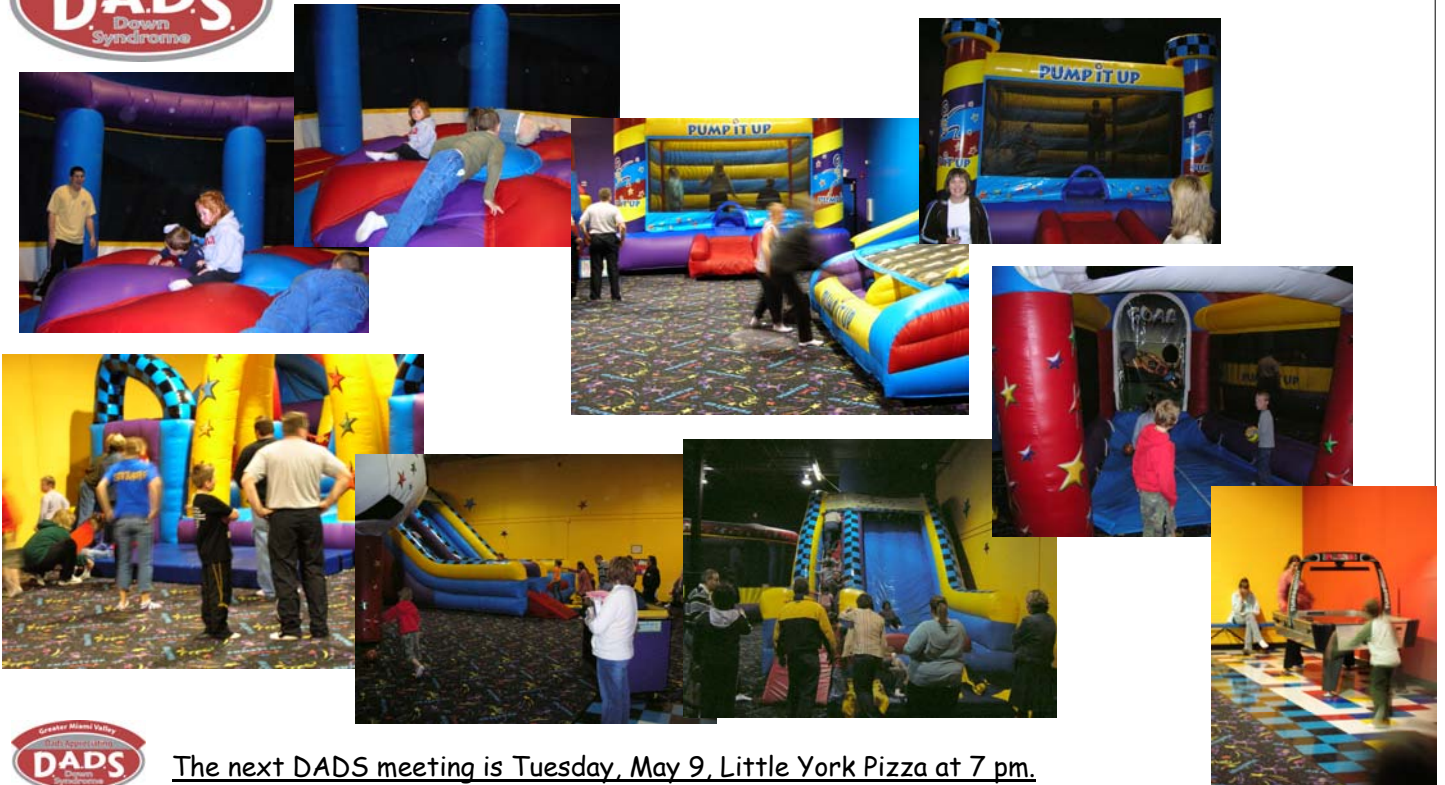
"Thank you for putting the story about Joe in the newsletter. We would be remiss if Larry and I did not acknowledge all the people that helped along the way. Thank you to Mindy and Allen and Ray and Robin and Laurie and Brian and Brook and Nick and Janice and Jeff and Krista and Paul and Jennifer and Megan and Dawn and Jessica and Jimmy and Stuart and the rest who have taught us the joy of the journey and their families that have given us the courage to travel sometimes in the night. We truly are a part of each

other and we thank you for the path you laid for us. If not for you we wouldn't have the opportunities that we enjoy. We remember when our children were finally "allowed" in the regular school, in the regular classroom, on the regular teams, in the regular workplaces, even the doctor's waiting rooms. Larry and I remember when life went from no expectations, to give it a try, to surprise, to why not. What fun to see our younger children and sweet new babies, and their parents. You are starting at a different crossroad further down the road, hopefully less rocky, and it is with excitement that we watch your send-off. To be loved and to love, have self worth, to receive and give back, to be happy—is this not what is written in the sand for all of us at the end of our destination? Life truly is a beach!"  
by Cathy Nartker



**Shall we Dance?** We found there is a lot of interest in dance classes and having a social dance on the last evening of the session. We will be working with Terry Cavanaugh of 'Elegance In Dance', to set up a schedule. We will send a notice out when we can start getting definite dates together. This would be for our members with Down syndrome, siblings, and family members. Please call the office at (937) 222-0744 or email at office@mvdsa.org with your questions.

**D.A.D.S. SPONSORED an MVDSA KIDS "Pump It Up Party"!** As you can tell by the pictures, the kids (young and a little older) had a good time and were ready for bed afterwards. A big thank you to the DADS group for putting on a great activity.



**The next DADS meeting is Tuesday, May 9, Little York Pizza at 7 pm.**



**New Beginnings Playgroup**

I wanted to take this opportunity to thank all of the mom's who have been coming to the playgroup. I really enjoy our time together to just talk and get to know everyone a little bit better, and discuss what's going on with our kids. The kids seem to have fun playing together. I know that there are quite a few new families in the association that I don't know and don't have on my mailing list for the playgroup. I would really like to make sure everyone knows about the playgroup that wants to be apart of it. The playgroup is for children 0 - 5 years old with Down Syndrome; siblings are welcomed. We meet on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of every month, from 10 a.m. - 11:30 a.m., at The Living Word Church in Vandalia. If there is anyone who would like to be added to the mailing list, please give me a call (937-236-2004) or email me at [paula.bier@gmail.com](mailto:paula.bier@gmail.com). Thank you!

Paula Bier

**Strawberry Festival Parade, Saturday June 3. parade starts at 8:45 am.**



This years theme is "All American Berries" Anyone interested in helping with the design, construction of the MVDSA entry for this year or who wish to ride on the float, please contact Stefan at SBriden104@aol.com or call the Office at (937) 222-0744 for more information.

**Upcoming Activities—July—Air Show or Pool Party for Teens and Adults**

July 20—General meeting (Ice Cream Social, Delco Park)

August 12—Picnic

August 17—General Meeting (Curriculum Adaptation)

August 26—Miniature Golf

**Calendar of events**



**Saturday, May 6<sup>th</sup>**

Zoo Outing  
See page 5 for details

**Thursday, May 18<sup>th</sup>**

Dinner at 6:30 p.m.  
General Meeting 7:00 p.m.  
**Spotlight night**

**Saturday, June 3<sup>rd</sup>**

**Strawberry Festival Parade**  
See page 4 for details

**Thursday, June 15<sup>th</sup>**

Dinner at 6:30 p.m.  
General Meeting 7:00 p.m.  
**Bingo night**

**Saturday, 24<sup>th</sup>**

Horseback riding  
Teens & Adults  
Call the Office for details

**Going to the Columbus Zoo ?** It should be gr-r-reat fun !

Date: Saturday May 6 Time: 10:00 am Call the office for details (937) 222-0744

Plan to meet at the Zoo's Group Entrance at 10:00 am for a fun day of talking to the animals (as well as walking and talking with friends!) We will need to know number coming & whether attendees are adult, child, or senior.

For direction information, go to the web at <http://www.colszoo.org/visitorinfo/drive.htm>, or call Columbus Zoo general information line at (614) 645-3550.

**Stress Management...**

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it.

If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden.

So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. Relax; pick them up later after you've rested. Life is short. Enjoy it!

And then he shared some ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour. Have a wonderful day and know that someone has thought about you today! (That would be me!) — Unknown

**STILL SEEKING...**

We are still seeking members that would be interested in joining our new Planning Committee. We have received a grant from the Mathile Foundation that will provide us with the materials and resources' to facilitate this Planning Committee. The committee will be comprised of MVDSA board members, a physician with interest in Down syndrome, an educational professional from the community, members of the MVDSA representing all stages of life, as well as an individual with Down syndrome. We have only had two positive responses of interest for the 10 positions available at this time. The Planning Committee will discuss the short and long term planning for the Miami Valley Down Syndrome Association. Please contact the MVDSA office if you would be interested in this opportunity to share your vision.

**Nomination Names, Bio's and Pictures received so far...**

**President**— (Amber Thomas), It has been almost six years since the birth of our son, Andy. It's amazing how much our lives have changed since the day Andy was born and they told us that our beautiful little boy had Down syndrome. We started attending MVDSA when Andy was just a couple weeks old, and have made irreplaceable friendships with families who "truly" know what we are dealing with. MVDSA has also provided a place for our oldest, Abbey, to have friendships with people who "understand" her little brother. In addition to the great support the MVDSA has been to our family, we also invest our time to make sure that the organization is around for Andy as a teenager and adult. We want a place for Andy to build "true" friendships with like peers. I have served on the MVDSA board as the Historian for two years. I have also served as the Chairman for the MVDSA Buddy Walk since our first real Buddy Walk in 2004. I look forward to the Buddy Walk with great anticipation to exceed our standards from last year of over 900 walkers and \$27,000+; with the help of an "OUTSTANDING" committee for 2006. I want to serve the MVDSA in any capacity, simply because of how important it has been to our family, and will continue to be not only to our family but the new families who continue to be blessed with a child with Down syndrome.

Willing to Serve, Amber Thomas

**Vice President**—(Erin Hannan), no bio available. Erin currently holds the position of Vice President.

**Treasurer**—(Mike Lee) I am running for the position of treasurer. It has been an honor serving as your treasurer this past year. I have also served as chairperson of the Finance Committee the year before being elected Treasurer. I have been employed at Liberty Savings Bank for 9 years and have an associate degree in Financial Management from Sinclair. My family has been members of MVDSA for 3 years. Yes, there have been challenges serving on the MVDSA Board. However, the rewards of making a positive commitment and contribution to the MVDSA have made it worth the effort.

**Recording Secretary**—(Jennifer Bridenbaugh) I will be running for Recording Secretary again for the upcoming elections. My son Michael is 9 now. I am married to Stefan. My other son, Matthew is 6. I have enjoyed my time serving on the MVDSA Board. It has been nice getting to meet all the families and knowing that I have a great support system when needed. There have been many friendships made on account of Michael and I feel really blessed for that. I look forward to another year of wonderful memories!



**Historian**—No declared candidates at this time.

**Newsletter Editor**— No declared candidates at this time.

Editors Note: software, training, and support will be available for the new Editor. If you feel comfortable with Microsoft Word, you will be able to use Microsoft Publisher.

**Librarian**—(Jennifer Turner) Almost two years ago, my son Andy was born. Though it has been trying at times, his life has changed me in positive ways too numerous to mention. I remember our first MVDSA meeting, entering the doors as a terrified new family, yet leaving empowered from all the supportive people we were embraced by. I knew then that I wanted to be a part of such a wonderful group and help in any way I could. Running for librarian is a position of interest because I spent the first year of Andy's life researching anything that would educate me and benefit Andy. Knowledge is power and I want to as many resources as possible to our library making easy for anyone interested to find answers and support. I hope I can give back to MVDSA what all of you have given to me!



**New Books in Library**

**I Just Am**—A story of Down syndrome awareness and tolerance. Introduction written by Cheryl Rogers-Barrett, daughter of Roy Rogers and Dale Evans

**Who Says You Can't Change the World?** - a Legacy of Love and Faith. By Barbara Avis

**IEP Tips for Parents and Teachers**—By Anne Eason, Attorney at Law and Kathleen Whitbread, PhD

**From Emotions to Advocacy** (donated by Becci Willoughby) - The Special Education Survival Guide, by Pam Wright and Pete Wright

**Adventures in the Mainstream**—A book about coming of age with Down syndrome and the transition from High School to work. It offers reassurance to other parents and enlightens us about what's really involved in a young's important journey from adolescence toward adulthood. By Greg Palmer

**Happy Birthday!**

<b>May Birthdays</b>	<b>Date</b>
Robin Foster	4
Robyn Johnson	5
Joseph Nartker	9
Julian Vagedes	9
Rodney Rounds	11
Walter C May III	12
Christopher Simpson	13
Liliana Durig	14
Jonathan Holmes	17
Phillip Weikel	20
Nathan Nevels	21
Carter Suttle	28
Victor Shambo	30
Andrew Hangen	31



<b>June Birthdays</b>	<b>Date</b>
Justin Vance	1
Jason Pinches	2
Bridgitte Fannin	7
Kayley Rose McGovern	10
Rick Mosher	15
Shawn Scanlon	15
Brandon Fischer	16
John Joseph Varmuza	16
Joshua Sanders	18
Laurie Schramm	22
Dawn Miller	23
Janice Brun	25



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## May Happenings

### ◆ Spotlight Night—May 18

See page 1 for details

- ◆ Dinner, General meeting, elections, Scholarships, and the Spotlight Performances.
- ◆ Saturday, May 6, Columbus Zoo



## Other Happenings

- ◆ Strawberry Festival, page 4
- ◆ June 15, General meeting, Bingo
- ◆ Play groups, Page 4



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**Publishing Information:** SOMETHING EXTRA is published six times a year by MVDSA.

**Mission Statement:** MVDSA is a not-for-profit organization of people with a common goal to provide information, support, and resources to individuals with Down syndrome, their families, and their communities.

**Policy Statement:** The MVDSA does not endorse, recommend, or support any particular regime, therapy, or treatment.

**Areas Served:** Clark, Darke, Greene, Miami, Montgomery, Preble, Shelby, and Warren counties.

**Printing of Articles:**

We welcome articles from parents, professionals, and other interested parties. Material for consideration must be submitted to the MVDSA, 1133 S. Edwin C. Moses Blvd, Suite 190, Dayton Ohio 45408-2071, or send to Editor@mvdsa.org.

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