



THE DSG NEWS

Down Syndrome Guild of Dallas

Affiliate of the National Down Syndrome Congress and the National Down Syndrome Society

downsyndromedallas.org

January 2007

JANUARY 2007						
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28	29	30	31			

Happy New Year

January 9 Board Meeting

January 20 IEP clinic

January 28 Mom's Night Out

February 18

Parent-to-Parent Meeting

Other Events of Interest

February 14 Capitol Day in Austin

February 28 – March 2

14th Annual Inclusion Works
Conference in Austin



**Keep Current!
Check**

www.downsyndromedallas.ORG

**for the most up to date
activity info and to read the
DSG newsletter online.**

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Se Necesitan Traductores

Se necesitan personas que puedan traducir artículos para este folleto. El motivo que no hay muchos artículos traducidos es por la falta de voluntarios. Si usted desea hacerse voluntario para que la comunidad de habla hispana este mas informada llame por favor a Patty Erbert al 972-412-3796. ¡Gracias!

- Submitted by Patty Erbert ☺



DSG Board Meeting

Monday, January 9, 2007
7:00 pm

701 North Central Expressway
Bldg 5-I
Richardson, TX 75080

All members are welcome to attend the regular meeting of the DSG board at the DSG office. ☺

4th Quarter – Recap & Thank You's!

What a busy 4th quarter – DSG Golf Classic, Fall Conference, Calendar, Buddy Walk & Snackin' with Santa!

October started off with the DSG Golf Classic on a stormy Tuesday but Golf Chair, Teresa Sims-Ramirez and her dedicated committee were undeterred - the rain and clouds cleared for a fabulous on-time tee-off! It was a great day of golf (quite reminiscent of Scotland!) with a wonderful dinner catered by Carrabba's and silent auction.

Fall Conference Chair, Katy Arbour, once again provided an exciting, motivating and inspiring conference with nationally-known speaker Rich Villa. Conference attendees were captivated with Rich Villa's insight and knowledge and left the conference with valuable information.

Once again, Calendar Chair, Marissa Easterling has outdone herself with another delightful calendar! The DSG 2007 calendar theme is vintage toys –make sure you buy one while supplies last. They are on sale at the DSG office for \$15 and make a great gift for friends, families, teachers, therapists and doctors!

Buddy Walk Chair, Anna Cardenas, broke all records with a fantastic Buddy Walk at Flag Pole Hill! With a chilly but sunny start to the day, everyone had a great time. Despite challenges of a new location and construction, the Buddy Walk was the best yet.

Fourth quarter events ended with a fun Snackin' with Santa. Thank you to Crystal Wells and Diane Whiting for volunteering last minute to provide a fun party for the kids!

Huge kudos go out to Volunteer Chair, Teresa Sims-Ramirez. She once again provided volunteers for all our events. We could not have the success of our events without the volunteers!

Thank you to all the Chairs and your committees for all your hard work, time and energy. On behalf of the families of the Down Syndrome Guild, we greatly appreciate all your efforts!

- Submitted by Elizabeth Longworth
DSG President and Katie's Mom ☺



Thank You Buddy Walk Sponsors, Volunteers & Participants

The Buddy Walk was a huge success. Thank you to this year's sponsors, volunteers, and participants! This event could not have been a success without you!

The 2006 sponsors are as follows:

Park Place Volvo	The Staubauch Company
W.R Starkley Community First Foundation	People Newspapers
The Bone	Ebby Halliday Realtors
Kimberly-Clark Corporation	Mead Johnson Nutritionals
Mr. & Mrs. Allan Huston	Deloitte
Byrne, Cardenas & Smitherman, LLP	Safeguard
Venturity Financial Partners	Verizon Yellow Pages
Sam's Club	NickelRama Arcade
Thompson & Knight Foundation	The Rise School of Dallas
Dr. & Mrs. Terry Watson	Jackson Walker L.L.P.
Teamsters Local Union # 745	Special Care and Career Services
The EMF Co., Inc.	Monkey Mouths
Medieval Times	Soul Doubt
David Chicken	Westland Ranch
Ms. Piggy's Cotton Candy	Resource One Credit Union
Jones Day	Kelsoe, Anderson, Khoury & Clark, PC
MJB Wood Group	



BUDDY WALK TEAMS ROCK!!!!

On behalf of the Buddy Walk committee, I would like to extend a HUGE THANK YOU!! to all of this year's Buddy Walk teams and their captains. In total, 22 teams turned in close to \$60,000...more than double last year's totals!!

The captains did an awesome job motivating their teams to really raise the bar this year. I hope everyone had a great time and is looking forward to next year. If you happen to talk to one of the following team captains, please congratulate them on their efforts (and you can probably get some great fundraising tips as well):

White Rock Elementary - Kari Urban
S&J's Heroes - Kelly Waterman
Cooper's Troupers - Jennifer Penrod
Team DC - Daneen Bundgus
Trekkin' Team - Abby Munn
Team James - Charlie Bronson
Dakotah's Dawgs - Jaimye Davis
A Team 4 Change - Maureen Tignor
Josie Mac's Pack - Jennifer McDonald
C2 - Susie Luttrell
Team Landon - Betty Methvin
Orange Team - Paul Leininger
Road Runners - Talor Zidell
Castle Hills - Angela O'Brien
Blake's Buddies - Ruth Fix
WR Starkey Community First - Patricia Hall
Tommy's Team - Bree Baich
Avery's Friends - Karin Harbour

Jesuit Rangers - Anne O'Brien
Celebration Gang - Julie Hopkins
"CNC" - Darlene Molencupp
Anna "A" Team - Rhonda Waites
The Rockin Walkers- Austin Davenport

The following teams brought in over \$1000:

Cooper's Troupers
 Team DC
 Team James
 CNC

The following teams brought in over \$5000

Road Runners
 A Team 4 Change
 WR Starkey Community First
 Trekkin' Team
 The Rockin' Walkers
 Jesuit Rangers
 Castle Hills

While more money continued to come in from many of the teams, including our winners, the team competition officially ended with the totals turned in as of October 29th. These were the totals as of that date:

3rd Place: JESUIT RANGERS
\$8,545.00
2nd Place: THE ROCKIN' WALKERS
\$9,227.00
1st Place: CASTLE HILLS
\$16,538.54

Congratulations! And Thank You EVERYONE for all of your dedication and hard work. We hope to see you again next year!

-submitted by Maureen Tignor

Comments from 2006 Buddy Walk Team Captains

Being a team captain this year was humbling and yet so motivating! I could not believe the generosity of our friends and community; we only had to ask for their support and they gave it! In addition to a very successful letter writing campaign, our team hosted a wonderful community garage sale and got many neighbors in Castle Hills to donate their items, raising over \$3000 in two days! Many of our doctors and therapists were also contributors to our team, anxious to donate, once asked! Finally, we had a very successful night at a local restaurant, who donated 15% of their day's proceeds to our team! Again, all we had to do was ask!

Thanks to all who contributed to our team and to the Buddy Walk! We can't wait for next year!

Angela O'Brien, Captain of Castle Hills



It was a fun time getting together with old friends and also meeting some new friends my age. I felt good raising money for the Guild that has helped me and my family a lot.

**Abby Munn,
Captain of Trekkin' Team**



This was my first year as a team captain of Blake's Buddies, as it's my first year to have my beloved son, Blake, now 4 months old with DS. Family and friends were so supportive and willing to join in the fun. Even as a mom taking care of two who are 13 months apart, it was relatively simple to just "ask and receive," so to speak. I put the word out on email, had everyone return their donations and signed forms to me, and I picked up the t-shirts. Our little team of 13 adults and 5 children only raised a little over \$200, but the awareness we hope to raise by our participation this year (and in the years to come) is priceless.

Ruth Fix, Captain of Blake's Buddies



Dates for 2007 IEP Clinics are Set and Speakers Confirmed

By Kelly Drablos

Please note: LOCATION OF THE JANUARY 20th CLINIC HAS CHANGED

After a great reception in 2006, our IEP Clinic series returns in 2007. Please email kelly@thompson-realty.com, or call Kelly Drablos at 972-562-8997, to confirm your reservation(s). SPACE IS LIMITED!

January 20, 2007 Two Sessions: 10 am-12 pm and 1 pm-3 pm (Attend both sessions to hear both speakers)

American Red Cross,
Dallas Area Chapter
4800 Harry Hines Blvd.
Dallas, TX 75235

Charlene and Jim Comstock Galagan will be presenting at the same time but in different rooms – so if you want to hear both of them, you'll be there from 10am – 3pm. Charlene is a long-time advocate for people with disabilities, is associated with Inclusion Works, previously was with the ARC of Texas, and speaks widely on topics related to IEP planning and inclusion. She will discuss a number of issues including effective goal writing. Jim is an attorney with years of experience representing people with disabilities and the former executive director of Advocacy, Inc. in Texas. Jim will bring us up to date on recent changes to special education statutes and regulations, as well as discuss effective win-win negotiation strategies. Charlene and Jim are now living in Mississippi and this is an invaluable opportunity to hear them both!

February 17, 2007

One Session: 10 am-12 pm
Region 10 Education Service Center
904 Abrams Road
Richardson, TX 75081

Gail Wayman will present on the topic, "Toilet Training-A Complete Program for Teaching Independence". Gail is an experienced special educator with a Master's Degree in Special Education, and is also a Board Certified Behavior Analyst. She has opened the Wayman Learning Center, a private center serving children with autism spectrum disorders and other developmental delays and providing consultation services for school districts. Gail comes highly recommended by DSG member, Rachel Wolverton.

March 3, 2007

One Session: 10 am-12 pm
Location TBA

Lynn Campbell, a local private speech pathologist with extensive experience working with children and adults with Down syndrome, will speak on the topic of reading, a major key to lifelong learning. Individuals with Down syndrome typically are strong visual/motor learners so it is critical that reading instruction be presented in a unique way that helps them to read for meaning and not just call out the words. Lynn will provide information about how to get started with the printed word at an early age and also how to ensure continued development with comprehension as reading skills progress. Lynn's clinic on language and education in March of 2006 was very popular and this clinic on reading is a direct result.

Please note: all the IEP Clinics are on Saturdays and **RSVP is REQUIRED for each date.** ☞

Fechas y Profesionales de las Charlas de IEP Son Confirmados

Por Kelly Drablos, Traducido por Patricia Erbert

Please note that all the clinics are on Saturdays and **RSVP is REQUIRED!**

Haga Nota: LUGAR PARA LA CHARLA DEL 20 DE ENERO HA CAMBIADO.

Despues de una gran recepción en 2006, nuestras charlas en serie de IEP regresan en 2007. Por favor envíe mensaje a kelly@thompson-realty.com o llame a Kelly Drablos al 972 562 8997, para confirmar reservación (es) (ESPA-CIO ES LIMITADO).

ENERO 20, 2007

Dos Secciones: 10am- 12pm y de 1pm – 3pm (Venga a las dos charlas para oír a dos profesionales)

Cruz Roja Americana,
del Area de Dallas
4800 Harry Hines Blvd
Dallas TX 75235

Charlene y Jim Comstock Galagan estarán presentándose al mismo tiempo pero en diferentes habitaciones, así si usted quiere oírlos a ambos, tendría que estar allí de las 10 am a las 3 pm. Charlene es una persona que ha abogado por las personas con discapacidades por un largo tiempo. Esta asociada con Inclusion Works (La inclusión trabaja) anteriormente ella estaba con ARC de Dallas, y habla ampliamente de temas relacionados al planiamento y la inclusión. Ella discutirá un número de temas incluyendo como escribir efectivas metas para el IEP. Jim es un abogado con años de experiencia

representando a personas con discapacidades y fue el director ejecutivo de Advocacy Inc. en Texas. Jim nos pondrá al tanto de los recientes cambios de Educación Especial también discutirá formas efectivas para poder ganar en ambos lados y estrategias de negociación para las reuniones de ARD. Charlene y Jim ahora viven en Mississippi y esto es una gran oportunidad para oírlos a ambos.

Febrero 17, 2007

Una sección 10 am – 12 pm

Region 10 Centro de Servicio de la Educación
Education Service Center
904 Abrams Road
Richardson, Texas 75081

Gail Wayman representará un tema. Entrenamiento para ir al Baño- Un programa Independiente de guía Completo. Gail es una experta en la Educación especial con la Maestría en Educación Especial y es también una Certificada con el Board como Analisista en Conducta. Ella ha abierto The Wayman Learning Center, un centro privado que sirve a los niños con autismo y otros retrasos de desarrollo y provee servicios de consultas para distritos de escuelas. Gail viene altamente recomendada por el miembro de DSG Rachel Wolverton.

Marzo 3, 2007

Una Sección 10 am – 12 pm

Lugar: Será anunciado.

Lynn Campbell, una patóloga en Terapia privada de lenguaje que reside en Dallas tiene una extensiva experiencia trabajando con niños y adultos con Síndrome de Down, hablará el tema de Lectura, una enseñanza fundamental perduradera. Personas con Síndrome de Down son típicamente fuertes en apre-

nder visualmente y fisicamente, asi que es crítico que la instrucción de Lectura sea presentada en una forma única en que les ayude a aprender por significados y no solo por decir las palabras. Lynn proveerá información acerca de como empezar a escribir con letra de molde a una edad temprana y tambien como asegurarse segun avancen , en continuar al entendimiento a lo que escriben. La Charla de Lynn en lenguaje y Educacion en Marzo de 2006 fué muy popular y esta charla en Lectura es un resultado directo.

Por favor note:Todas las Charlas de IEP son Sabados y necesita llamar para hacer reservación para cada Charla. ☞

Mom's Night Out

TRAVELING VINEYARD

Paula Acosta's house

7519 Woodthrus Drive

Dallas, TX 75230

(contact Maureen for directions)

Sunday, January 28, 2007

3:00pm-5:00pm

Please join us for the first Mom's Night Out of the new year at the home of DSG member, Paula Acosta (she is Maureen's sister). We will be sampling wines not available in stores! You will learn more about wine, the best foods to pair with them, and participate in an informal, fun and educational wine tasting. You will also have the opportunity to order wines that you enjoyed tasting! And, your order enters you in a drawing to be the "mystery host" for our event, receiving all the host discounts and benefits.

We need at least 15 people so please RSVP early!! Feel free to being a wine loving (female) friend or family

member. Please be on time so you won't miss any of the wines!

RSVP and let us know your favorite type of wine.

Maureen Tignor - tignor1@verizon.net or 972-691-2458

And, if you are unable to make it, but would like to place an order and be in the "mystery host" drawing, please contact our wine expert, Shannon Bordelon, at sbordelon@pobox.com for information on available wine and wine accessories.

See you there!! ☞

Parenting: Children can take some lessons about money to the bank

By Nancy Lambert Davenport

Unfortunately money begins ruling our kids' lives sooner than we like. Early on, they figure out that it takes coins for gum machines. Kids of all ability levels learn this reasoning. Mothers learn not to take their kids with them to the grocery store. They want to avoid at all cost the constant stream of requests to spend money because kids of all cultures think money grows in her pocket.

When I was a child I thought checks were the greatest invention around. It appeared to me that all my mother had to do was write a check for any amount she needed. What a great way to live. Unfortunately, I held on to that belief for a long, long time.

Because of that slight void in my education, I felt a strong need to educate our children about money early on. For years with our older children we had

painted jars for various types of allowances. One jar was for a portion for the church. Another was for saving (the type you put away forever). Another was for short-term savings for something specific. As they got older the allowance got more and more complicated. About the time we were all going to have to open our own money management company, the kids went off to college and began managing their money on their own. I think we got the lesson across, at least that money must come from places other than bottomless check books – and credit cards.

When it came time to teach our youngest son with Down syndrome about money we were stumped. We seemed to go from one minor money management crisis to another. Often I think he charmed his way into events when he didn't have quite enough money or convinced the popcorn lady that he really needed a larger popcorn than his ready cash allowed.

He struggled for a long time with handling money. It was difficult for him to grasp the difference between denominations. He knew for sure that a \$20 bill would get him farther than a dollar or even a \$5 bill, but he did not really grasp how far.

Finally a wise friend whose son was a young adult with disabilities told me about a system she worked out with envelopes. She and her son decided on a certain amount of money he would need for a week, then they would get the money out of the bank in small denominations. He put the money in envelopes labeled according to the money's use. He put in a certain amount for bus fare in one envelope, for lunch another, and entertainment in another and so on.

There were natural consequences if money slipped from one envelope to another—he walked or he went hungry for a meal. Neither consequence harmed him, and both made memorable impressions.

We tried the system with our son fairly successfully. He was a pretty straight arrow—not much fudging. The hard part was for us not to bail him out when he ran out altogether because he could be pretty persuasive. Ask the popcorn lady at the theater.

If nothing else, it was a good visual start for him. He's grown past it and probably manages his checking account and debit card now better than most single men in their twenties.

Of course that isn't saying much.

Contact Nancy at nancdave@swbell.net

☞

Order your 2007 DSG calendar!

The 2007 calendars are available and the price is the same as last year - \$15. The calendar features beautiful photos of the children of DSG members. You will OOOH and AHHH! We are very pleased and grateful that underwriting for this year's calendar has been provided by a grant from the Ginger Murchison Foundation.

Contact the DSG office to place your order: 214-267-1374 or dallasdsge@sbcglobal.net. ☞

Plan NOW for the 14th Annual Inclusion Works Conference Feb. 28th - March 2nd

Renaissance Austin Hotel
9721 Arboretum Boulevard
Austin, Texas 78759
Phone: (512) 343-2626

The state's premier conference designed for teachers, administrators and parents working to educate students with disabilities in more inclusive settings has a new addition- the Inclusion Works for Parents, Too!. The workshop for the parents is scheduled for March 2nd -3rd, 2007 and located at the following address:

Registration for Professionals is \$175 (Or \$75 for Saturday only). Registration for Parents and Students \$50 (or \$25 for Saturday only)

The presenters for the Inclusion Works Conference are Dr. Paula Kluth,

Dr Wendy Murawski, Dr June Downing, and many more

The conference will cover the following topics:

- Co-Teaching for Inclusion
- Brain Research
- Differentiating Instruction to support Inclusive Education
- The Nuts and Bolts of Inclusive Education
- Including students with:
- Emotional Disabilities
- Autism
- Learning Disabilities
- Inclusive Practices at the Secondary Level

and MUCH MORE!

Special conference day with sessions designed for parents (school staff are welcome, too) to help achieve inclusive education for their children! ☺

Meeting for Parents of Babies

Sunday, February 18, 2007
3:00 - 5:00 pm

St. Luke Episcopal Church
5923 Royal Lane, Dallas, Texas

The DSG's next Parent/Infant get-together will be Sunday, February 18, 2007. These informal meetings provide information and support for families, especially those with newborn or young children. Families who have children with Down syndrome of all ages are welcome.

Directions: Take the Dallas North Tollway to Royal Lane. Exit Royal Lane and go east on Royal to Jamestown,

the first street east of the Tollway. Turn left on Jamestown (the only way you can turn). The church is on the corner of Royal and Jamestown; you will be able to see the church clearly from Royal. Parking is in the back. Contact Daneen Bundgus at 817-490-6545 for more information. ☺

Reunión Para Padres y Sus Bebés

Domingo, 18 de Febrero del 2007
De 3:00 – 5:00 pm

En la Iglesia Episcopal de St. Luke
5923 Royal Lane, Dallas, Texas

La próxima reunión para padres y sus bebés del DSG será domingo, el 18

de Febrero. Estas reuniones informales son muy informativas y ofrecen mucho apoyo para las familias, especialmente para aquellos con recién nacidos y niños pequeños. Familias con niños de todas las edades con el síndrome de Down son bienvenidos.

Dirección es 5923 Royal Lane, Dallas, Texas. Tome el Tollway y sálgase en Royal Lane diríjase al este hasta que llegue a Jamestown, esta es la primera calle al este del Tollway. Vire a la izquierda en Jamestown la cual es de un solo sentido. La iglesia esta en la esquina de Jamestown y Royal y esta a la vista desde Royal Lane. Parqueo esta atrás. Comuníquese con Daneen Bundgus al 817-490-6545 para más información. ☺

A New Name for AAMR

The American Association on Mental Retardation (AAMR), a 130-year-old association representing developmental disability professionals worldwide, has changed its name to the American Association on Intellectual and Developmental Disabilities (AAIDD). This will establish a new standard in disability terminology and make way for a more socially acceptable way of addressing people with intellectual disabilities. The AAIDD is arguably best-known for officially defining the condition of mental retardation for the world, and its successful advocacy in abolishing the death penalty for people with this condition in the United States. The name change will take effect January 1, 2007.

The old name has been an ongoing source of contention in the disability community. While it is widely perceived that mental retardation (MR) is a condition that exists, it was also recognized that the term is prone to abuse,

misinterpretation, and has devolved into an insult, especially for people with disabilities and family members. Further, the name AAMR was perceived as not in keeping with the progressive orientation of the information, products, and services offered by the Association.

The applause from the community of people with disability was unanimous once the name change was announced. "In taking 'MR' out of your name, you've set a precedent for it to be taken out of the classrooms, the doctors' offices, personal case records, and eventually out of the vocabulary of people walking down the street," says Amy Walker of Illinois Voices, a group working on behalf of people with intellectual disabilities.

Despite the new name, the core mission of the Association still remains the same-to promote progressive policies, sound research, effective practices, and universal rights for people with intellectual and developmental disabilities. For more information go to: www.aamr.org.

- submitted by Kelly Theriault ☺

How to find who has been elected to represent YOU in the Texas Legislature

In order to be an advocate for your child (and others with developmental disabilities) during the 2007 session of the Texas Legislature, you will need to know the name, address and phone number of your State Senator and State Representative. Not information that most of us have at our finger tips – but it's EASY to find. Go to: www.capitol.state.tx.us.

Look in the right hand column of this web page for the block entitled, “Who represents me?” Enter your address. You will find a list of the people who represent you in Washington, D.C. and in Austin. Keep this information handy – you’ll need it when you receive an email via the DSG’s Yahoo Group regarding an issue that will have an impact on families who have a child with Down syndrome or other developmental disability.

- submitted by Minnie Blackwell ☞

Como encontrar los que fueron electos para representarte en la legislatura de Texas

Para poder abogar por su hijo(a) o por otros con discapacidad de desarrollo durante la sesión legislativa de Texas este año del 2007 tendrán que saber el nombre, dirección, y teléfono del senador y representante del estado. Es información que quizás no tendremos a nuestro alcance pero es fácil de obtener. Vayan a: www.capitol.state.tx.us.

En la columna derecha de esta página de red verán un cuadro titulado, “Who represents me?” (“Quien me representa”). Entre su dirección. Verán una lista de personas que te representan en Washington, D.C. y en Austin. Guarden esta información porque la necesitaran cuando reciban un correo electrónico por parte del grupo de Yahoo del DSG en referencia a asuntos que impactan a familias con niños con síndrome de Down u otras discapacidades de desarrollo.

-sometido por Minnie Blackwell
Traducido por Myrna Castillo ☞

Let’s Roll!

It may be cold outside, but folks it is time to start rolling-up your sleeves! January doesn’t just bring us a new year; it also brings us a new legislative session in Austin. As you know, our Texas Legislators only get together to do the things they do every two years. (If you need help in remembering which year they will be in session, just think of all they odd things they do and bam! There you have it...the odd year.)

Legislative advocacy is a lot like the New Year’s resolution to exercise more. We all know we need to do it and no one else can do it for us, by golly. We will start first thing next week which turns into the next week which flows into the next week. This year pledge to give your family and friends the best gift of this season. Give them your promise of their and your voices being heard in Austin.

Let’s take this one step at a time. First, join the ARC of Dallas’ “Rapid Response Team.” This is an email group made-up of people who are interested in being updated on critical legislative issues so they can respond with an email, letter or call. Just email me with your contact information at ddixon@arcDallas.org. Would veteran team members please email to ensure I have your current information and confirm your willingness to stay in the group? For those of you who would prefer to communicate in Spanish contact Eliza at ealvarado@arcDallas.org.

Second, make a reservation to attend Capitol Day in Austin on Wednesday, February 14, 2007. I will be honest with you-it is a long day. We will leave by bus early in the morning and not get

back until around 12 hours later. But what a day it is. When we have hundreds of self-advocates, families and friends rallying outside the Capitol, the term “empowered” takes on a whole new meaning. Just contact me at the email address above or call me at 214-634-9810. Eliza is at the same phone number.

After the last Capitol Day and the actions of the “Rapid Response Team” our Legislators committed more funding for community based programs for people with developmental disabilities then EVER BEFORE.. Coincidence? I don’t think so.

- submitted by Drew Dixon
Chairman of the DSG’s Advocacy Committee ☞

¡Mangas hacia Arriba!

¡Estará frío afuera pero es tiempo de remangarse las mangas! Enero no solo nos trae un año nuevo, también comienza una nueva sesión legislativa. Como saben, nuestros legisladores de Texas solo se reúnen cada dos años. (Para ayudarlos a recordad en que año se reúnen piensen en todas las cosas raras que hacen y que las hacen en los años impar).

El apoyo legislativo es como una promesa que se hace uno mismo cada año nuevo. Sabemos que debemos cumplirlo y nadie más lo puede hacer por nosotros. Decimos que comenzaremos al empezar la semana, después la semana se convierte en dos y luego tres semanas. Este año promete dar a tu familia y amigos el mejor regalo de esta temporada. Promete que la voz de ellos se escuchara hasta Austin.

Vamos a tomar esto un paso a la vez. Primero, hay que unirnos al equipo Respuesta Rapida “Rapid Response” que es un grupo de correo electrónico compuesto de personas que están interesadas en estar al tanto de asuntos legislativos críticos y poder responder vía correo electrónico, carta o teléfono. Solo manden un correo electrónico a ddixon@arcDallas.org con su información de contacto. Si ya son parte del grupo por favor manden algún cambio en su información de contacto y si están dispuestos a permanecer en el grupo. Si prefieren información y contacto en español comuníquense con Eliza a ealvarado@arcDallas.org. Segundo, hagan una reservación para estar presentes en Día de la Capital “Capital Day” en Austin el miércoles 14 de Febrero. Seré honesto con ustedes, es un día muy largo. Saldremos en camión en la mañana y regresaremos más o menos 12 horas después. Pero es un gran día! Cuando hay más de cien abogados, familiares, y amigos reunidos fuera de la Capital, La palabra poder cobra otro significado. Solo contáctenos al correo electrónico mencionado arriba o llamen a 214-634-9810. El número para Eliza es el mismo.

Después del último “Día de la Capital” y de las acciones del equipo Respuesta rápida “Rapid Response”, nuestros legisladores designaron más fondos que nunca antes fue hecho para programas basados en la comunidad. ¿Coincidencia? No creo.

Escrito por Drew Dixon
Traducido por Myrna Castillo ☞



The Arc of Texas: Getting to the "Heart of the Matter"

Mark Your Calendar for Capitol Day 2007!

DATE: Valentine's Day—Wednesday, February 14th

THEME: "The Heart of the Matter"
Over 100,000 Texans with disabilities are waiting to receive supports & services in their community.

TIME: 10:00 a.m. to 3:00 p.m.
(LUNCH WILL BE PROVIDED!!)

PLACE: South Steps of the State Capitol

HOW YOU CAN GET INVOLVED

- Plan to attend Capitol Day 2007 and bring a friend!
 - Wear **RED** on Capitol Day!
- Make appointments with your state legislators!

**MORE INFORMATION COMING SOON! Be sure to check with
your local Arc or Texas Advocates Chapter for updates!**

8001 Centre Park Drive, Suite 100, Austin, TX 78754
Phone: (512) 454-6694 Fax: (512) 454-4956
<http://www.thearcoftexas.org>





DSG Newsletter Available Electronically

Save the DSG money, save yourself some time and save a tree! The Down Syndrome Guild newsletter is available on our website — generally before the 1st of every month. Now members have the option to completely forgo the paper copy of the newsletter. You can receive a notice via the Yahoo Group when the newsletter is available on the website. Members can *“opt out of paper” at any time* – just contact minnieblackwell@comcast.net. ☺

El folleto Informativo del DSG esta disponible electrónicamente

¡Ayuden al DSG ahorrar dinero, ahórrense tiempo y conserven árboles! El folleto informativo de la Guilda de Síndrome de Down esta disponible en nuestro sitio de Web – Normalmente antes del primero de cada mes. Ahora nuestros miembros tienen la opción de renunciar a su copia de papel del folleto informativo. Pueden recibir un aviso vía el grupo de Yahoo cuando el folleto informativo ha sido puesto en el sitio. Los miembros pueden “optar, no al papal” en cualquier tiempo – Solo contacten a minnieblackwell@comcast.net. ☺



HELPFUL NUMBERS:

Adult Issues	Minnie Blackwell	972-239-8771
Advocacy	Drew Dixon	214-634-9810
Buddy Walk	Anna Cardenas	214-824-3937
Calendar	Marissa Easterling	214-987-4575
Children's DS Clinic	Joanna Spahis	214-456-2357
Fall Conference	Katy Arbour	972-930-0117
Fund Development	Tamara White	972-788-0964
Golf	Teresa Sims-Ramirez	972-252-1512
Historian	Phyllis Mallalah	972-393-9115
Mom's Night Out	Maureen Tignor	972-691-2458
Parent to Parent	Merit Dureau	214-351-4497
Spanish Network	Yadira Keepers	972-248-6845
Spring Picnic	Maureen Tignor	972-691-2458
Volunteer Coordinator	Teresa Sims-Ramirez	972-252-1512
Young Adult Activities	Teresa Sims-Ramirez	972-252-1512

OUR VISION

People with Down syndrome
- valued and included.

OUR MISSION

The Down Syndrome Guild of Dallas provides accurate and current information, resources and support for people with Down syndrome, their families and the community.

NUESTRA VISIÓN

Las personas con síndrome de Down - apreciadas e incluidas.

NUESTRA MISIÓN

El Down Syndrome Guild de Dallas proporciona información precisa y actual, así como recursos y apoyo para las personas con síndrome de Down, sus familias y la comunidad.

"Are you moving?"

Don't forget to provide us with your change of address so you will continue to receive important mailings and the DSG News, our monthly newsletter. You may submit address changes on our website at www.downsyndromedallas.org, or by leaving a message on the DSG's voicemail system.

"¿Cambio de Dirección?"

Por favor ayúdanos a mantener la lista de correspondencia y directorio al corriente regresando tu correo viejo y poniendo tu nueva dirección y número de teléfono a: The Down Syndrome Guild of Dallas, 701 N. Central Expwy., Bldg. 5-1, Richardson TX 75080, O Llamando a Yadira Keepers al: 972-248-6845.