

GREATER CLEAR LAKE Families Exploring Down Syndrome

Calendar of Events

Monthly Meetings:

6:30 pm Pizza & talk
7:00 pm Speaker
United Way-Bay Area
1300 Bay Area Blvd.
Conf. Room A.
Child care provided.

December

4 Christmas Social, 4-7pm
Life Church,
9901 Windmill Lakes Blvd., Houston 77075
RSVP to Tiffany at 832-385-0596 or novick.tmarie75@yahoo.com

January

1 Happy new year
20 Monthly meeting, "The Promise of DS Cognitive Research," Robert Schoen & Paul Watson

February

5 T21 Conference
8 am - 5 pm
The Church of St. John the Divine,
register at www.fathersjoy.org

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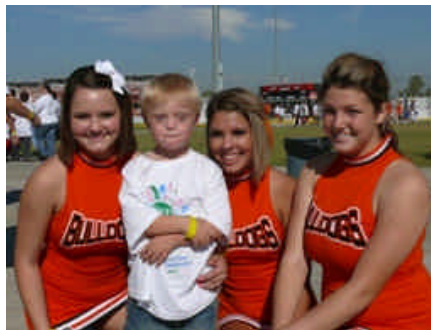
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Step Up for DS Walk a Huge Success

\$36,000, 28 teams and 837 walkers! These figures say it all: the Step Up for Down Syndrome Walk held on October 16th was a big success.

Big League Dreams Sports Park in League City on a bright and sunny Saturday morning. Already before 9am a line has formed before the entrance with people wearing the 2010 Step Up for Down Syndrome shirt. They all want to get in on time to see Rachel McNeill, anchorwoman of KPRC. She will serve as the master of ceremonies and will open this special day with a warm welcome to the more than 800 participants.

It took months of hard work to organize the day. Alicia Dague, chair of the walk committee: "I was amazed by the awesome support we received, evidenced by the number of participants and donations collected for this our 1st Annual Step Up for Down Syndrome Walk".



After her warm words, the orange dressed LaPorte High School cheerleaders showed the way and within a few minutes the 800 walkers started their mile for GCLFEDS. The Step up for Down Syndrome Walk was finally here.

28 Teams were formed; every team worked hard to find sponsors and members. Alicia: "The team captains were amazed at how easily and readily their friends, families and co-workers rallied around them to support their family member with Down syndrome both in donations and attendance". The spirit of that Saturday morning in League City, all those people walking for the same goal and organization formed the real success of the day. Alicia: "Until you have participated in a Walk of this kind you just cannot understand the spirit of the day or the feeling you get from being a part of this type of event."





GCLFEDS is most grateful to Anne Bernay and the amazing amount of work she did to establish our organization and bring it to the point we are now: blooming, active and with a bright future. Thank you, Anne, for being our president. We're sure you'll stay involved and help GCLFEDS flourish by sharing your experience. We wish you and your family all the best.



Please contact any of us with suggestions, questions or offers to help!

A Word from the Board by Anne Bernay

When the four founding moms started GCLFEDS, we had this dream of a group of active parents working together to give their special kids the best future possible. We wanted to change expectations for our children and involve the community so that our kids had the same opportunities, with the necessary support, as our typical kids. Saturday morning, October 16, I could see this dream beginning to become reality! It was heartwarming and truly touching to see so many people and so many kids stepping up for individuals with Down syndrome and the organization we started only three and a half years ago. Seeing my son Peter's baseball team and their families walking with him, his friends from school proudly escorting him, brought tears to my eyes.

It took a lot of work and many hands to make this event the success it was. But as in any endeavor, the leadership of one individual inspired and motivated

the rest of the team. Alicia Dague did an outstanding job chairing this event and I am so grateful to her. She started organizing way back in March and hasn't stopped yet – in fact, she is already recruiting for next year! Thanks to her dedication and enthusiasm, along with the hard work of her committee, over 830 walkers honored our children and adults with Down syndrome and had a great time along the way. In addition, we will have the means to continue to grow our services and implement new programs to help our families and influence our communities!

Besides the walk committee, I would like to give a big hug to all the team captains: they raised the money and talked friends, family, and co-workers into walking. It was truly inspiring to see all of the wonderful faces of Down syndrome gathered at the walk. A special thank you to Rachel McNeill and the folks at KPRC for broadcasting the story about GCLFEDS and the walk. It was such fun to share GCLFEDS' story with our community.

“Our future is bright”

And of course, the thank you's would not be complete without mentioning our sponsors and volunteers. We are so fortunate to have such giving, caring individuals and organizations to support us.

As my final year as President of GCLFEDS draws to a close, I am so grateful to see our little organization continuing to grow and gain support in our community. I know that the future is bright for GCLFEDS and our amazing kids. Thank you so much for helping make my dream come true and I look forward to seeing everyone at the 2nd Annual Step Up for Down Syndrome Walk!
Anne



Thank You to our 1st Step Up for DS Walk Sponsors

Greater Clear Lake Families Exploring Down Syndrome is grateful to the following businesses and families for their sponsorship of the 2010 Step Up for Down Syndrome Walk

 **Barrios
Technology**

 **Frost** BANKING
INVESTMENTS
INSURANCE

 **Father's Joy**
Celebrating the Blessing of Children with Special Needs

 **Prudential**
CART GREENE
REALTY

 **Gimmie
A Break**
Hourly Childcare & Preschool
Late Nights & Weekends



Clear Lake / Bay Area Chapter

 **VCAV**
FAMILY AUTO
SINCE 1948



Pearland Pediatrics

"Serving the Pearland Area for 15 Years"

Metroplex
core

 **SHUMAN**
SERVICES • CONSULTING • SOLUTIONS

 **VALERO**

 **-your propaganda-**
"visual manipulations"
llc

 **DENTISTRY
FOR
CHILDREN
&
ADULTS**



**Children's Ear, Nose & Throat
of Houston**

A Texas ENT Consultants Center of Excellence

Kevin's Cowboys by Jackie Ingram

"We started late. I told Anne (Bernay) I didn't know how much we could do. She told us to do whatever we could and that's what we did!" tells Jackie Ingram, team captain of Kevin's Cowboys. She sure did: Kevin's Cowboys won first place for both the largest team -110 walkers- and the team raising the most money, \$ 6,820. Jackie tells her story.



"So who were Kevin's Cowboys? We were a team made up of the family and many friends of my son Kevin. Kevin has always been fond of cowboys, and he'd already given himself the nickname 'Kevin Cowboy' at school. So coming up with our team name was pretty easy."



"Recruiting Cowboys and Cowgirls for our team was also easier than I expected it would be. It only required us to be bold enough to ask anyone and everyone to participate! In fact, here's my best piece of advice for next year's team captains: assume that everyone you know will be interested and don't rule anyone out. On many occasions I was pleasantly surprised at how generous and excited people were to give and participate."



As for the walk itself, it was truly a special day for my entire team. We came dressed in our cowboy hats, bandanas and buttons, and we felt proud to be a part of such a wonderful cause. It was a fun day had by all! The day after the event, Kevin asked if we could do another walk with his Cowboys. I told him not to worry; next year's walk would be here before he knows it!"

Trenton's Troopers by Silvie Warmerdam

"We used Facebook to get friends to donate," tells Tiffany Phillips, the mom of Trenton. "And I made a little bucket up with Trenton's pictures on it and placed it in my church and called it Dollars for Downs."

Tiffany was team captain of 'Trenton's Troopers' and brought 92 walkers to the walk, enough for second place in the largest team competition.



Together with her husband she organized her team to make it as easy as possible for friends, family and church friends to join them. They went to local businesses to raise money, and once they explained about GCLFEDS and how the organization had helped them to learn so much, the donations kept growing. The team reached \$ 3,970, enough for another second place finish.



"Keep reminding people," is Tiffany's advice for new teams. "At first I did think I was bugging people, but most of them thanked me because it did slip their mind."

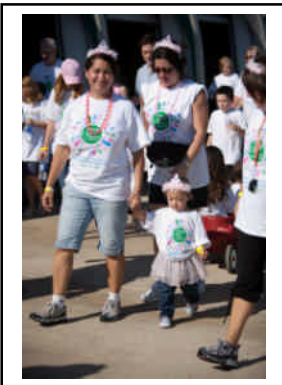
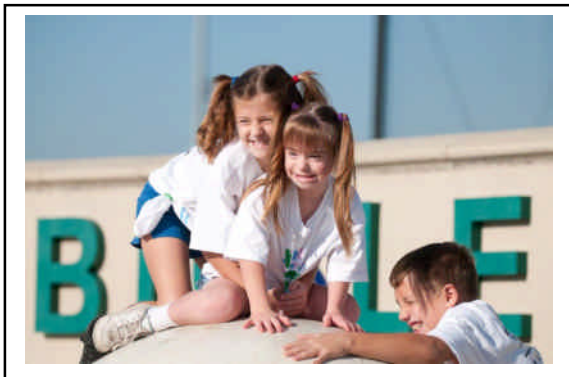
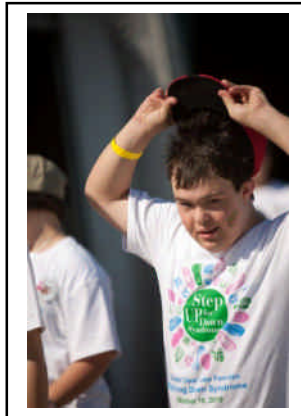
Trenton is a precious little boy of two years old, adored by his three big sisters. Breanne, the oldest even came up with the name for the team. "She loves to get involved," says her mom.

Trenton stole his mom's heart. He loves to sing and ride his four-wheeler and was the center of his team during the walk.



Tiffany says about the walk, "Everyone who attended had a fantastic time, and many people were surprised how organized it was for it being its first year. My plan is to walk every year for our son and all others with Down syndrome. My goal is to raise more money every year."

Pictures



Kari Noser Photography (<http://www.karinoserphotography.com/>) generously donated their time to take pictures at the walk. They have donated the pictures to GCLFEDS to distribute to the team captains so that you can share them with your teams. Each team captain can pick up their DVD at the Holiday Social on December 4th or call (281) 736-8008 or email gclfeds@clearlaked.org.

Join the 2011 Step Up for Down Syndrome Walk

We are beginning to plan the 2011 GCLFEDS Step Up for Down Syndrome Walk and are in need of volunteers. If you think you might be interested or might know someone who would be interested, please contact Alicia Dague

sec@clearlaked.org

We'll provide information on the 2011 Walk date and location soon.



Monthly Meetings
United Way Service
Center-Bay Area
1300 Bay Area Blvd.
Room A

6:30 pm
Pizza and informal
parent discussion
7:00 pm
Speakers
Child care provided.
For more information
call (281) 736-8008 or
email gclfeds@clearlaked.org.

Upcoming Conference

T21: Down Syndrome in the 21st Century

February 5th,
8:00 a.m.- 5:00 p.m.

Presented by Texas Children's Hospital, Baylor College of Medicine, Father's Joy, The Rise School of Houston, Greater Clear Lake Families Exploring Down Syndrome and Down Syndrome Association of Houston.

TRISOMY 21 is a cutting edge conference designed specifically for medical professionals, teachers and parents to provide new insights, address current trends, and answer complex questions related to Down syndrome. Our Tri-strand learning model allows professionals and parents to choose specialized topics related to their field of expertise or area of interest.

Keynote Speakers:

- Michael M. Harpold, Ph.D., Chief Scientific Officer, Down Syndrome Research and Treatment Foundation

- Austin Davenport & Christi Hockel-Davenport self advocates

For more information or to register go to

www.fathersjoy.org and click on "T21" or call (713) 532-7473



Upcoming GCLFEDS Meetings and Events

MONTHLY MEETING

Join us on January 20 for an informative update on the progress and promise of DS cognitive research, including a summary of promising drug targets identified by researchers at Johns Hopkins, Stanford and UC, San Diego. These drug targets provide the promise of the development of biomedical therapies that could improve memory and learning in persons with DS.

Speakers are Robert Schoen, PhD, and Paul Watson of Research Down Syndrome.

Holiday Social



Crafts, games and pictures with
Santa

Saturday Dec.4th
4pm~7pm

~Life Church~
9901 Windmill Lakes Blvd.
Houston 77075

RSVP & sign up to bring a side dish or
dessert

to Tiffany at 832- 385-0596 or
novick.tmarie75@yahoo.com



We welcome articles and contributions to the newsletter. Send them to Silvie Warmerdam at gclfeds@clearlaked.org.

The deadline for submissions to the February newsletter is January 15.

Greater Clear Lake Families Exploring Down Syndrome

Phone
(281) 736-8008

E-mail
gclfeds@clearlaked.org

Web site
www.clearlaked.org



Thank You!

Our volunteers make all of our programs possible. Special thanks to:

- Alicia Dague – for organizing the wonderful Step up for Down Walk 2010.
- The 2010 Walk Committee: Patty Cortez, Beth Haas, Vince & Laura Johnson, Anne Bernay, Karen Hall and Nancy Spanial
- Outgoing Board members Melissa Collins (treasurer), Joanie Garro (education), and Alexi Marchenko (PR) for their many contributions to the success of GCLFEDS
- Beth Haas for spearheading our CFC campaign once again.



- Anne Bernay for organizing GCLFEDS' participation in the Wings Over Houston Special Air Show.
- Silvie Warmerdam for taking over the GCLFEDS newsletter.

About Our Organization

GCLFEDS provides support and resources to individuals with Down syndrome and their families. Our family support programs educate and empower families to ensure the success of their children in the larger community. Monthly meetings, socials, new parent support, a lending library and annual conference are a few of our activities.

GCLFEDS promotes awareness, understanding and inclusion in our communities. Through presentations and

the DVD entitled "Living with Down Syndrome: Turning Fear Into Hope" we help medical professionals and hospitals provide a more positive outlook to new parents. We are working with local school districts and colleges to ensure the best education for our children.

GCLFEDS focuses on ensuring a positive community outlook and ample opportunity for individuals with DS to succeed. We believe in our kids and know that they can do great things! Won't you join us?

The Greater Clear Lake Families Exploring Down Syndrome newsletter is published every other month and is a benefit of membership in GCLFEDS. Copyright © 2008 – All Rights Reserved.