



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

August 2017

## In This Issue

Can you believe it is August and summer break is almost over?

No worries - TVDSA still has lots of fun summer activities this month before the break ends. For the adults there is Paint Nite on August 6<sup>th</sup>. For the kids there are three outdoor activities with water planned. Something for all ages or water levels!

Please help us thank two TVDSA Board Members that have recently stepped down on page 3. Paul Auger and Reme Echevarria are dedicated individuals and will be difficult to replace! However, we do still need to find four more interested parties to join the TVDSA board. If interested, please contact one of the current board members for more information!

Have YOU started your Buddy Walk Team yet? This is the month to do it! Priority Registration closes August 31<sup>st</sup> is Priority Registration, which means lowest prices and guaranteed t-shirt sizes! Don't wait - start today! Share with family, friends, co-workers, and neighbors! This is our BIGGEST community event - don't miss it!

Buddy Walk time, also means Buddy Walk Dancers! Please see page 5 for details about how to be part of the Buddy Walk Dance Crew 2017!

Monthly and archived TVDSA newsletters are available on our website at: [www.idahodownsyndrome.org](http://www.idahodownsyndrome.org) for viewing and sharing.

## TVDSA Paint Nite #2

It is **NOT** too late to register! Come join the fun!



**Sunday, August 6<sup>th</sup>**  
**3:00pm-5:00pm**

**Big Al's in Meridian**  
**1900 N. Eagle Rd.**  
**Meridian, ID**

*Tickets are \$45.00 each  
\$15.00 of each ticket  
goes back to TVDSA!*

Inviting all creative spirits! Explore your inner artist while raising money for TVDSA!

Raise your glass to a NEW kind of night out! Paint Nite® invites you to create art over cocktails at Big Al's in Meridian. Grab your friends and spend two hours drinking, laughing, and flexing your creative muscles, all while giving back to TVDSA. There's no experience necessary and we'll provide all the supplies, so you don't have to worry about a thing (except having a great time!). Participants must be of legal drinking age (21+). Food and drink may be purchased at the event.

The event begins promptly at 3:00pm. Please arrive no later than 2:45pm and allow extra time to find parking and get settled. If you're coming with a group (yay, how fun!) make sure you arrive early to get seats together.

Tickets can be purchased here: <https://www.paintnite.com/events/-1197544>

We hope you'll join TVDSA for an afternoon of painting, laughing and socializing all while giving back to TVDSA and increasing awareness around Down syndrome so that the whole community will accept and recognize the greatness we see in our loved ones, not just the differences.

For more information please contact Reme Echevarria at [moms@idahodownsyndrome.org](mailto:moms@idahodownsyndrome.org) or call 208-866-4095.

August 1st:

**TVDSA Board Meeting**  
7:00pm-9:00pm at A New Leaf  
Contact: [George Taylor](#).

August 5th:

**Paddle Board and Beach Picnic Party** at Idaho River Sports (Quinn's Pond) 10:30am-2:00pm  
Contact: [Brenda Taylor](#)

August 6th:

**TVDSA Paint Nite** 3:00pm-5:00pm at Big Al's in Meridian  
Contact: [Reme Echevarria](#)

August 8th:

**Lil' Buddies** at Reid Merrill Park at 10:00am  
Contact: [Julie McConnel](#)



August 10th:

**Buddy Walk Committee Meeting** 6:30pm at Idaho Pizza off Broadway.  
EVERYONE interested in helping please come! Please RSVP to [Barbara Hiler](#) by 5th 208-598-5483

August 14th:

**Lil' Buddies & Best Buds** 11:00am: at Roaring Springs in Meridian  
Contact: [Danielle Williams](#)

## ~ Save the Dates! ~

<p><b>Inclusive Communities: Organize For Change</b></p> <p>Every person is born included! Common sense community organizing strategies can lead to positive change to ensure our communities welcome and include all.</p>  <p><b>Join TVDSA! Only \$10.00 per family.</b></p>	 <p><b>Kathie Snow,</b> national speaker, author of <i>Disability is Natural</i></p>
	<p><b>When:</b> Thursday, Sept. 14th, 6:30 – 8:30 pm <b>Where:</b> St. Lukes, Meridian</p> <p><b>FREE for TVDSA members. \$15 per person for non-TVDSA members</b></p>

For more information, please contact: [Charmaine Thaner](#)

## 2017 TVDSA Buddy Walk

### This is the last month of Priority (cheaper) Registration!

Event: Saturday, October 14<sup>th</sup>

Starting at Capital Park (in front of Capitol Building)

Ending at Julia Davis Park, Boise



YOU can win a RESERVED table at the Buddy Walk!  
Be the first two teams to REGISTER 21 PAID walkers – OR –  
Be the first two teams to raise \$521.

Check out our **NEW** webpage and register today to take advantage of the lowest registration prices through August 31<sup>st</sup>, at:

<http://tvdsa.ezeventsolutions.com/BuddyWalk/page/Home/>

TVDSA Members with Down syndrome can register for **FREE!**

Please email: [registration@idahodownsyndrome.org](mailto:registration@idahodownsyndrome.org)  
for the coupon code for TVDSA members!

**We need LOTS of help organizing and making this year's Buddy Walk a successful and grand time for all in attendance. If interested in being part of the Buddy Walk Committee, please come to our meeting, August 10<sup>th</sup> at Idaho Pizza off Broadway at 6:30pm.  
Contact: [Barbara Hiler](#).**

## Thank You to Two Excellent TVDSA Board Members!



Paul Auger, father of two children, Baylee (17) and Trevor (8), joined the TVDSA Board of Directors in June of 2010, after moving here from Texas in 2008. During the seven years he served on the board, he has worn many hats and helped with many projects, activities, and events. His first hat was as the Programs Chair. During his one year in this position he established the Cool Club social group for teenagers, researched and established the Dad's Appreciating Down Syndrome (D.A.D.S.) chapter to offer support to the fathers in the Treasure Valley, and he organized three mini-workshops for parents. He, with Kristie Yerger leading the Lil' Buddies at the time, organized the first TVDSA All Ability Easter Egg Hunt held in Eagle that year. The All Ability Easter Egg Hunt continues as an annual event.

In June of 2011, with a big change in the board of directors' membership, Paul took the leadership role of President. He served a two year term. He is always all business. Many of the common procedures that many before him had done became official board Policies, to streamline future endeavors by TVDSA. One of those policies was the annual scholarship supporting TVDSA members financially in gathering information at local and national conferences and/or workshops and for Self-Advocates to attend college courses.

After serving as President, he served as the Marketing Chair from 2013-14 because that was where the need was. While Marketing Chair, and with help from creative business friends, he helped design new TVDSA Awareness materials, and gave the Buddy Walk poster and postcards a new look. During the end of his year term, he and his wife, Celena, took on the leadership role to bring the iCan Bike Camp to the Treasure Valley, serving ALL individuals with disabilities and teaching them the valuable skill of riding a traditional two-wheel bike.

His last hat was as both Board Secretary & Membership Chair, from 2014-2017. During this time, he also continued his love of the iCan Bike Camp and would take a week of his vacation from work to dedicate to the camp three years in a row. A passion, a love, and the satisfaction of seeing 40 bikers each year, smile, grow confident, and succeed. Although Paul has stepped away from the board, he has committed to helping (probably leading) if the board chooses to bring the iCan Bike Camp back in the future. In 2015, he and Celena also took on the lead on the ATV Raffle which with help from many individuals selling tickets raised over \$10,000 for TVDSA that year. It was however too much for the couple to lead simultaneously with the bike camp and passed the reins for future raffles.

These are only the highlights – if you have ever met Paul, he is a pleasant man to speak with, a hard, detailed worker, and a dedicated family man. He stepped away from TVDSA to help prepare his daughter, Baylee, prepare for adulthood, and for the next chapter of her life, which includes college. The board would like to thank Paul for his time and dedication. Good luck to you!



Reme Echevarria is a busy mother of two girls: Isabella (8) and Abigail (Abi) (6). Reme took over the Mom's Night Out! Coordinator in July 2015 and she made it boom! She takes this job as seriously as she does her other two (paying) jobs! She makes an effort to rotate areas, food preferences, and activities, so all moms can find one (or more) activities through the year that may interest them, and celebrate the adventure all moms of individuals with Down syndrome share. She makes an effort to make sure each mom feels appreciated and deserving of a night off (although she herself is still working!) Out of all of the active TVDSA social groups, Mom's Night Out! consistently has the highest average turn out. This is because Reme takes the time to reach out to the active members and makes it a point to invite new moms to each meeting.

Reme stepped up when there was need and helped with the Buddy Walk Committee in 2015. She has continued her support as a crucial contributor to the success of the annual raffle held during the Buddy Walk ever since.

Reme was recruited as a board member in January 2016 and served as Co-Fundraising chair. She immediately took on the Disneyland Raffle project, raising over \$10,000 for TVDSA when it was done (a short seven months later). Reme has also organized the first TVDSA Paint Nite in March 2017 and now the second Paint Nite this month (it's not too late to join the fun!) Reme added to her busy life juggling responsibilities, the Communications Committee in the middle of last year. The Communications Committee reviews ALL printed materials, social media, and emails representing TVDSA (which there are a lot!) Despite stepping down as a board member, she continues to raise funds for TVDSA, getting TVDSA enrolled in the Macy's Charity Challenge also going on this month.

Reme needs to focus on her family right now, though she won't give up her Mom's Night Out! and Communications Committee responsibilities. AND you may notice she loves her Paint Nites! The board would like to thank you, Reme, for your love of TVDSA. We appreciate you!



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## Social Groups Page

### Mom's Night Out!

There will be no Mom's Night Out! in August. Get your kids ready for back to school and we will see you in September!

For more information on Mom's Night Out! Contact: [Reme Echevarria](#).



### Lil' Buddies

#### Two outings this month!

Come meet with **Lil' Buddies** on Tuesday, **August 8th, 10:00 am** at Reid Merrill Park, 500 E Shore Drive, Eagle. There is a splash pad for the kids to enjoy as well as a partially fenced playground. Bring your park chairs, blankets, hats, sunscreen, and a sack lunch if you'd like to stay and enjoy a picnic. TVDSA will provide snacks and bottled water.

As always, older children and siblings are welcome to join us as well.

If you have any questions about **Lil' Buddies**, please feel free to contact [Julie McConnel](#).



Best Bud's & Lil' Buddies will be spending the day at **Roaring Springs** (located 400 West Overland Rd. in Meridian.) on **Monday, August 14<sup>th</sup>**. The park opens at 11:00a.m. and closes at 8:00p.m.

TVDSA will pay for children with Down syndrome that RSVP. Tickets will be held at will call. Additional tickets can be purchased for \$15.00 for a full day pass at the gate. Caregivers can come for free with their paycheck stub or their badge.

If you do not pick up your tickets and use them there will be a cancellation fee. We only need a 24-hour notice for cancellation with no charge prior to the event. So



### Adults in Motion & Cool Club

Come try one of the fastest growing water sports in the world, stand up paddle boarding.

Adults in Motion and Cool Club will be gathering for a **Paddle board and Beach Picnic Party** at Idaho River Sports (Quinn's Pond) on **Saturday, August 5th from 10:30 am to 2:00 pm**.

People of all ages, skill levels, and experience can be up and riding in no time. If standing isn't for you though, you can also sit on the board with/without another person. Additional volunteers will be there to assist. You can also bring your own water equipment (kayaks, tubes, etc.).

TVDSA will pay for the paddle board rental up to 2 hours for those with Down syndrome. This includes paddle board, paddle, and life

please make sure that you come and have a great time!

We've also rented an umbrella at Calypso Cove so look for the big purple umbrella to the left as you walk through the gates. More information will be sent closer to date to those who RSVP! See you all very soon!

**Please** send your **RSVP by August 12<sup>th</sup>** by text message, including your name and child's age and if they're going to bring a caregiver **to Danielle Williams**: 208-794-8995.

Please remember to bring towels and sunscreen for your children and we suggest wearing water shoes for the hot concrete.

If you have any questions about **Lil' Buddies**, please feel free to contact [Julie McConnel](#).

If you have any questions about **Best Buds**, please feel free to contact [Danielle Williams](#) or call: 208-794-8995.

jacket. TVDSA will also provide sandwiches, chips, cookies, and drinks for a beach picnic. Cost is \$20.00 for 2 hours for any additional friends or family members that may want to participate.

Please wear swim wear and bring a towel, chair, and sunscreen. Come join us for all or any part of the event. We will be meeting behind Idaho River Sports.

Please let us know if you are planning on attending so we know to look for you and if we need to try to add to the rental count.

For more information about Cool Club, please contact [Brenda Taylor](#) by email or text/phone: 208-724-5226.

For more information about Adults in Motion (AIM), please contact [Kathy Briz](#) or phone: 208-863-1423.



## Workshops, Webinars & TVDSA Scholarship Information

**IPUL Workshop**  
**Wednesday August 9<sup>th</sup>**  
 from 6:00pm-9:00pm  
 at Idaho Parents Unlimited  
 4619 W. Emerald, Ste. E, Boise

**Topic: Success with the IEP**

This training will provide information and resources on special education and related services. This interactive workshop will give parents the tools needed to understand the IEP process and write meaningful goals.

[Please RSVP](#)

To contact IPUL: 208-342-5884 or  
[parents@ipulidaho.org](mailto:parents@ipulidaho.org)

### TVDSA Scholarships

**Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?**

The TVDSA Scholarship program is NOT income based, so all TVDSA members are eligible. Please see our [Scholarship application](#) for the guidelines and how to apply today.

## 2017 Buddy Walk Dancers Needed!

The Elevated Dance Project's Verge Dancers are once again inviting individuals with Down syndrome to perform with them during the Buddy Walk on October 14<sup>th</sup> at Julia Davis Park.

This opportunity is open to anyone with Down syndrome ages 8 and up! They will be learning the routine from 4:30pm-5:30pm on Friday nights, September 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, October 6<sup>th</sup> & 13<sup>th</sup>. The Elevated Dance studio is located at 1396 Iron Eagle Drive in Eagle.

**Only the first 10 will be taken.**

If you or an individual with Down syndrome you know would enjoy dancing on stage or if you have additional questions, please contact: Celena Auger at [newsletter@idahodownsyndrome.org](mailto:newsletter@idahodownsyndrome.org).



**2016 Buddy Walk Dance Crew**

## TVDSA Needs YOUR HELP!

In order to continue to bring awareness to the Treasure Valley and continue to have the activities and events TVDSA is known for, **we need your help!**

**Please think about where YOU may be able to help!**

Here are some current openings to volunteer:

**Buddy Walk Committee Meeting** 6:30pm at Idaho Pizza off Broadway. EVERYONE interested in helping please come! Please RSVP to Barbara Hiler by 5th 208-598-5483. Please contact [Barbara Hiler](#) to offer your help!

**TVDSA Board Members:** Seeking **FOUR** individuals willing to serve on the board, meet once a month, and help advance TVDSA's mission. Available board positions include: Marketing Chair, Vice President, and Fundraising. Please contact [George Taylor](#).



We are really excited to let you know that TVDSA is a part of the Macy's Shop for a Cause Charity Challenge. It's a friendly fundraising campaign launched by Macy's where local charities across the country compete to raise the most money with the top teams winning grand prize cash donations. A total of \$300,000 will be given away to organizations in the Challenge. We're ready to raise as much money as we can so we can win the \$100,000 grand prize donation.

Donors win too! As a thank you for donating \$5 or more, **each donor will receive an exclusive savings pass to shop at Macy's during the annual Shop for a Cause event, August 10<sup>th</sup> - August 13<sup>th</sup>.**

The best part of the Challenge is that even if TVDSA doesn't win any of the grand prize money, the money you donate during this campaign will directly go towards TVDSA for future projects/activities.

### How You Can Help

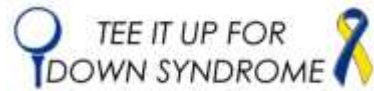
**Please** consider joining our team as a fundraiser. By setting up a fundraiser for our cause and reaching out to your network of supporters, you can help us make an even bigger impact and get us closer to that grand prize.

It takes less than five minutes to set up a fundraiser. All you have to do is [Go Here](#) and click 'Fundraise for This Campaign.'

Every donation makes a difference, no matter how big or small.

**Thank you in advance for your support.**

## Recap of the 2017 TVDSA Trisomy 21 Open



Thanks again to our title sponsor Western Trailers and all the other sponsors, participants and volunteers. It was a little hot but we did get a slight reprieve with some overcast skies in the afternoon and even a few rain drops. There were 55 registered players total that braved the heat. We had 3 players with Down syndrome participate and they all received a medal for their fantastic performance. Many prizes and trophies were won during the event. The final numbers are still being crunched but the event was a success and brought in about \$4,500 to support TVDSA.

We look forward to seeing you all (and your friends) next year!



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

PO Box 1404  
Meridian, Idaho 83680  
(208) 954-7448

We're on the Web!

See us at:

[www.idahodownsyndrome.org](http://www.idahodownsyndrome.org)

Check us out on  
[Facebook](#) and [Twitter](#)!



*The mission of the Treasure Valley Down Syndrome Association is to enhance the quality of life for persons with Down syndrome by promoting inclusive environments, providing accurate information to parents, families, and the community, and by advocating respect, dignity, and appropriate supports for people with Down syndrome.*

### Board of Directors:

President: [George Taylor](#)  
Secretary & Membership: [Jen Rice](#)  
Buddy Walk Chair: [Barbara Hiler](#)  
Self-Advocate Chair: [Dylan Thaner](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)  
Community Outreach Chair: [Erin Rosenkoetter](#)  
Programs Chair: [Andrew Kopping](#)  
Board Member: [Charmaine Thaner](#)

For more information, articles, past newsletters and more, please visit our website: <http://idahodownsyndrome.org>  
Mailing: PO Box 1404 Meridian, ID 83680; Check us out on [Facebook](#) and [Twitter](#)