



SEPTEMBER 2013/ OCTOBER 2013

12<sup>th</sup> ANNUAL CAPITAL CITY STEP UP FOR DOWN SYNDROME WALK NEWS

Step Up Walk Brochure

The 2013 Step up walk full brochure is now on the Step Up walk website. A mini version of the brochure was mailed during the week of August 11<sup>th</sup>. There is a QR code on the back of the mini brochure that you can scan to get to the Step Up Walk site or go to <http://secure.ezeventsolutions.com/fr/DSAF/StepUp2013>. If you have moved in the last year, and did not receive one, please go to the DSAF website (<http://www.dsafnebraska.org>) and log in to update your contact information or email your new address to [dsafnebraska@gmail.com](mailto:dsafnebraska@gmail.com)

All Individuals with Down syndrome get a free Step Up Walk T-shirt!

Please help us ensure that each individual with Down syndrome gets their free Step Up T-shirt this year. Even if you are not planning to form a team, please be sure to register before the September 15 deadline.

Stars Tent Posters

The DSAF wants to recognize all the accomplishments of our membership of EVERYDAY STARS by displaying a free poster in the Star's tent at the walk. All individuals with Down syndrome have amazing talents and abilities Individuals with Down syndrome make us all realize and appreciate that the smallest accomplishments are HUGE that others may take for granted. Please fill out and mail or E-mail the STARS biography information below with an attached picture of your family member who has Down syndrome (we cannot return photos).

**Select All:**

Name (first name, last initial will be shown)

Age

Hometown

**Favorites (Pick Up to 3)**

Favorite color

Favorite song

Favorite TV show

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Favorite movie  
Favorite food  
Favorite toy  
Favorite Person  
Favorite Teacher  
Favorite Sign Language

**Family Life** (Pick Up to 2):

Nickname  
Siblings  
Parents  
Pets  
Best friend  
Dislikes  
Accomplishments

**Activities** (Pick Up to 2):

Grade in school  
School Attending  
Work  
Favorite activity  
Hobbies  
Sports  
Community Organization in which you participate

DSAF STARS BIO Information and photos due by September 15, 2013 to [info@dsafnebraska.org](mailto:info@dsafnebraska.org).

Star's Posters are free and are different than the Fact Posters that are a fundraising incentive. Families are welcome to take home their loved one's poster at the Stars Tent after the walk.

## 2013 Capital City Step Up Walk T-shirts will be Husker Red!

Since the Huskers had to go and schedule a football game on our annual walk day, we decided to help out those who want to go to the game after the walk, by making the Step Up Walk t-shirts Husker Red. In order to get your very own, limited edition Husker red Step Up Walk t-shirt, you must register for the walk and submit payment by September 15. Don't miss out. Register and get your shirt today. <http://secure.ezeventsolutions.com/fr/DSAF/StepUp2013>

## 5TH ANNUAL DSAF GOES TO THE PUMPKIN PATCH



The 5th annual DSAF goes to the Pumpkin Patch is Saturday, October 12th. Check in at Roca Berry Farm entrance from 9:30 to 10:30. The DSAF will cover the admission cost of 3 people. Group Photo is at 11:00 by the tractors. You are welcome to stay all day and enjoy the farm.

In case of rain: They are open if it is drizzling, but not if it is a downpour. Call the information hotline number 402-421-2255 to find out or check Facebook.

## DSAF ANNUAL PICNIC AND POOL PARTY



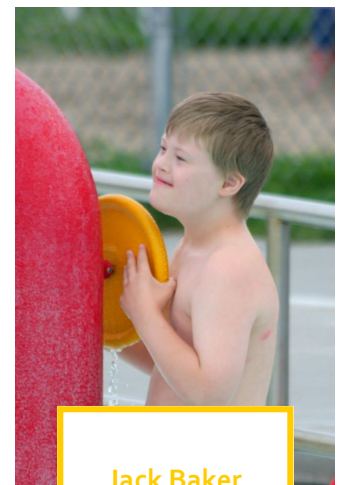
Jimmy  
Dobbins

On August 4th DSAF had it's annual picnic and pool party for family and friends. The temperature outside was wonderful to have a picnic. The kids were able to enjoy the time in the new park area and then we all had a great meal.

Once we were done at the park we were able to head on over to the pool. Despite the water being a bit chilly, a good time was had by all.

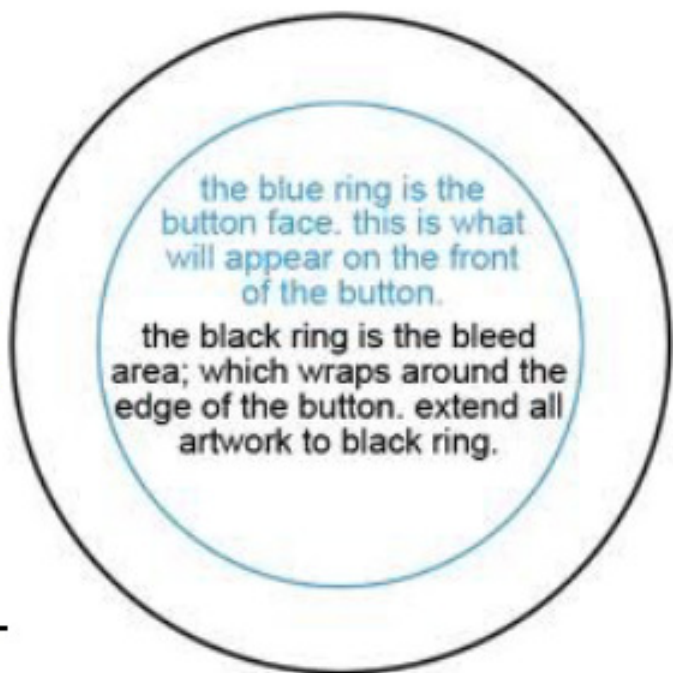


Ben Willey



Jack Baker

# DSAF Photo Buttons



Want a fun and inexpensive way to recognize your walk team while spreading awareness at the same time? Why not give out photo buttons? Want a new way to fundraise? Try selling buttons.

The DSAF Step Up Walk Committee is going to make 3 inch photo buttons this year with some help from Union College's Project Impact Day that takes place on September 12, 2013. Buttons will be 50 cents each (70 cents each if you have DSAF print the photos). This is a great deal since customized buttons can sell for anywhere from \$2 to \$4 each on-line.

Here is how you get started. Find a digital photo of your child that you like. Make sure it will fit within a 3 inch circle (print this page and cut out the template button above to make sure your photo will fit). There must be at least 1/4 inch border around the visible part of the photo for securing the button. You can even use a free photo editing program like Picasa, or PicMonkey to add your team name, or use more advanced software like Microsoft Photo Draw to add color and curve your team name. Once you have your photo ready you can choose to make prints of your photo, (you will need one print for each button) or you can email the image to [stepupwalk@dsafnebraska.org](mailto:stepupwalk@dsafnebraska.org) and we will print the desired number of photos for you for 20 cents more per button.

If you choose to print your own photos, you can deliver them to Nebraska Farm Business Inc. 3815 Touzalin Ave Lincoln, NE 68507 by September 11th. If you choose to email, send your photo to [stepupwalk@dsafnebraska.org](mailto:stepupwalk@dsafnebraska.org) by September 9th. If you need help cropping, or adding text, email the photos to the step up walk email box by September 3rd.

Buttons must be paid for by delivery time. Make checks payable to DSAF of NE. Depending on the number of buttons ordered, we will have many of buttons available to be picked up at Mom's Night out on September 13th at Macaroni Grill. Buttons can be shipped, for an additional fee relative to the number of buttons your order.

\*limit of 100 buttons per team.

\*Money paid for buttons will not count in walk fundraising totals.

\*We will not be able to use images for a Lifetime photos for buttons, unless you purchased the digital photo file from them.



## OTHER GROUPS ITEMS OF INTEREST

### FISHING IS FUN

#### FISHING IS FUN! SPECIAL KIDS-LINCOLN

**WHEN:** SEPTEMBER 6, 2013 **WHERE:** HOLMES LAKE - Shelter #1 For Youth and Young Adult. **Parent or guardian must attend.** **TIME:** 5:00 PM CHECK-IN

Sign up by September 5th or the first 50 registered

Contact: Jennifer Meints @ Jennifer.meints@cch-neb.com or call 402-327-6061 If you leave message, please state name, how many children attending and return phone number.

This is a special clinic for special youth and young adults that need a smaller and more hands on experience at fishing. The Nebraska Walleye Association Kids Fishing Clinics Charity, Inc. puts these clinics on all over the state of Nebraska. This year we are partnering with O.N.E. Coalition. We've made this clinic smaller in size to give special youth and young adults a chance to tryout fishing. No rods or reels are needed. We will provide a short lunch, instructional training (about 1 hour), fishing gear, bait and assistance with fishing. All that you need are your children and a lawn chair. Brothers and sisters are welcome but please sign them up at the same time. We will check the kids in starting at 5:00 PM at Holmes Lake. The Nebraska Walleye Association Kids Fishing Clinics Charity, Inc. will teach casting, knot tying, bait, tackle, fish ID and water safety.

#### CONTACTS

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DSAF  
PO Box 57362  
Lincoln, NE 68505

Return Service Requested  
**Down Syndrome Association  
for Families**

Mission Statement: **The Down Syndrome Association for Families is a Lincoln based non-profit organization that provides support for individuals with Down syndrome, their families, friends, educators and professionals who share in their lives.**

**Every person with Down syndrome is an individual who has a unique purpose and abilities. DSAF provides networking and a positive vision for the future.**

www.dsafnebraska.org  
telephone 402-421-1338

NON-PROFIT  
US POSTAGE  
**PAID**  
LINCOLN, NE  
PERMIT 1024

## CALENDAR OF EVENTS

### SEPTEMBER

- 13th- Mom's Night Out- 6:30 pm at Macaroni Grill (6800 South 27th St, Lincoln, NE 68512)
- 15th- Deadline for a FREE t-shirt with registration for the Step Up for Down Syndrome Walk
- 15th- Deadline for submitting a Stars Bio and photo. Send info to info@dsafnebraska.org. (Details inside)

### OCTOBER

- 2nd- T-shirt pickup at NE Farm Business office from 9 a.m. - 4 p.m. (Teams can submit donations at this time.)
  - 3rd- T-shirt pickup at NE Farm Business office from 9 a.m. - 4 p.m. (Teams can submit donations at this time.)
  - 3rd- Deadline for teams to submit money to qualify for fundraising prizes.
  - 3rd- Deadline for team registrations to qualify for "Most Walkers" prize.
  - NOTE: To be eligible for team prizes donations/registrations need to be received prior to 11:59 p.m. on October 3, 2013***
  - 5th- 11th Annual Capital City Step Up for Down Syndrome Walk - 8:00 a.m.
  - Coming Soon: DSAF Annual Christmas Brunch. Watch for details.
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