



PO Box 23553 ♥ Eugene, Oregon 97404
www.efdsn.org ♥ contact@efdsn.org

November 2009

Vol 1, Issue 3

Dear Friends and Families of EFDSN,

Welcome to our E-Newsletter for November. To better serve you we are committed to a better job of communication. We will be resuming monthly email newsletters and will do our very best to get these out by the first of each month. Unfortunately, we were unable to do a very good job of that this time out.

If you have anything you would like to include in the newsletter, please submit it to contact@efdsn.org no later than the 25th of the previous month. Your feedback is very much appreciated! Based on previous feedback we are including the newsletter as an attachment for anyone wanting to print it out.

Besides news and updates, we will be including the group calendar showing scheduled (and "to be scheduled") events for the coming two months to aid you in planning and joining us. Keep in mind things can change, and this events calendar is maintained on the home page of our website efdsn.org. You can always check there for the most up to date information.

This email goes out to everyone on our "member" and "support services" list. If you do not wish to receive this newsletter, please reply and let us know so we can remove you. You are also welcome to forward this on to anyone who may be interested. Anyone can join this list by becoming a member of our network. This is free and easy to do at our website: efdsn.org. If you have received a copy of this newsletter and are not on email, please contact Gail at 541-221-0746 to be put on a "snail mail" list.

Thank you,

*Gail, Sydney, and Deborah
EFDSN Board of Directors*

IN THIS ISSUE

- 1. Events/Group Activities**
 - a. Calendar**
 - b. 2nd Saturday Family Fun Club**
 - c. Special Friends**
 - d. Latino Family Group**
 - e. Holiday Potluck**
 - 2. BUDDY WALK 2009 Recap**
 - 3. Final Notes**
 - 4. Contact us**
-

EVENTS AND GROUP ACTIVITIES

CALENDAR OF EVENTS

November 14th: 2nd SATURDAY Family Fun Club

Saturday, 10:30am-12:30pm

Down Syndrome Latino Family Group

Saturday, 12:30pm-2:30pm

**both events held at River Road Annex
1055 River Road (across from Taco Time)**

November 15th: EFDSN Board Meeting

Sunday, 1:00pm-3:00pm

RSVP to Sydney @ 541.337.6174 for directions to attend

November (Date TBD): SPECIAL FRIENDS (Young Adults Group)

Service Project: Helping at Lane County Food Bank.

November 20th: SPECIAL FRIENDS (School Age Group)

Saturday, 4:00-6pm

Mary Beth Lennox's House

Cookie Decorating for a local retirement home.

December 11th: SPECIAL FRIENDS (Young Adults Group)

Friday, 6-8:00pm

Valley River Mall

December 12th: EFDSN HOLIDAY POTLUCK

OPEN TO ALL MEMBERS AND EFDSN FRIENDS!

Saturday, 11:30am-1:30 pm

River Road Annex

1055 River Road (across from Taco Time)

December 19th: SPECIAL FRIENDS (School Age Group)

Saturday

Time, location and event specifics TBD

2ND SATURDAY FAMILY FUN CLUB

Saturday, November 14th, 10:30am-12:30 pm

River Road Annex, 1055 River Road (across from Taco Time)

This is open to ALL MEMBERS!! Yes, it is an opportunity for kids to play, but also a great opportunity for all of us - parents/guardians and our kids of any age to get together and socialize and meet each other. We encourage everyone to come. This location has a kitchen available, so you are welcome to bring a snack.

SPECIAL FRIENDS

EFDSN's Special Friends group is for young girls, ages 9 and above. We have been able to split the group into two age groups for most events – a school age group for ages 9 to 15, and a young adults group for ages 16 on up. Through out the school year, the group meets monthly. Collectively, the group leaders and the girls choose which activities would be the most fun and which community service projects they would like to work on. Some of the fun social events organized have been a fairy tea party, a pumpkin patch visit, pottery painting at Brush Fire, and a relaxing movie night. The group also, as a whole, makes a difference in the community by volunteering for certain events.



Special Friends kicked off the new school year together with a spooktacular time at the 5th Street Public Market Pumpkin Festival. The girls had a good time sipping hot chocolate and viewing all the different carved pumpkins. By far the group favorites were the glittery U of O pumpkins.

November and December plans are underway! To learn more about Special Friends or join their next activity, contact us or the group leader listed below. Special Friends scheduled events will be listed on the home page at efdsn.org.

We would like to send a big Thank You to Mary Beth Lennox for leading our School Age girls!

School Age Girls Group

Ages 9 – 15 years old
Contact: Mary Beth Lennox
marybeth@efdsn.org

Young Adults Group

Ages 16 years old and up
Contact: Sydney Shook
sydney@efdsn.org

Latino Family Group

**¡La introducción del EFDSN Latino Grupo de Familia!
para más información se pone en contacto con Amy en espanol@efdsn.org.**

We are excited to have a special volunteer, Amy Bray, heading the Latino Family Group. We have a few families that have already gotten together for a couple of activities in the past two months in this group. This has been a great opportunity to meet some fantastic families in the area, despite the language barrier for some of us. If you or anyone you know is interested, please contact Amy at espanol@efdsn.org.

Holiday Potluck

We will hold the EFDSN Holiday Potluck at the River Road Annex on December 12th from 11:30 – 1:30. We would love help with the planning, and always welcome your input. We will share information with you as we get closer. Please contact us to be a part of the planning committee.

BUDDY WALK 2009 RECAP

The Buddy Walk was a great success. We changed a few things – the event was held on a Sunday, and at a new location – Amazon Park.

We had back some favorites – DJ Philly, the Churchill Dance Team, and the Oregon Duck. We had some fantastic entertainment – [Laz D](#), along with his partner Jack. They put on a fantastic show, and even partnered with our favorite DJ – DJ Philly – for some special tunes. Who knew what awesome dancers we had within our own group!



Thank you so much to all that participated. We welcome you feed back from this year while it is fresh in your memory. What did you like, dislike, suggestions for next year? Contact us with your ideas, or come share them with us in person at the 2nd Saturday Fun Club on November 14th.

FINAL NOTES:

There are a number of opportunities to help out “behind the scenes” in our group. If you have an idea or passion, please don’t hesitate to contact us.

- **Board Meeting, 11/15/09:** We will be holding a board meeting this Sunday at Sydney’s house. This meeting is open to anyone who would like to attend. This is an opportunity to get further involved. We will be planning the course of the New Year, adjusting our budget, and discussing ideas and opportunities for our group. Please consider joining us and helping our group to be the even better in 2010!
- **Website:** We are up to date – please check dates and times to our events. Last minute changes will be posted on our front page events listing.
- **Yahoo! Community Group** – Did you know we have a Yahoo group set up so that we can have discussion among us, within our own community about anything under the sun in a secure environment? No one is allowed to view members or discussion unless approved. All members are verifies before approval. Some recent discussions have been about schools, behaviors, doctor recommendations, or just sharing pictures (you can have your own photo album). To become a member, go to:
<http://health.groups.yahoo.com/group/efdsn/>
- **Adaptive Zoo Lights Trip:** We are attaching a flyer for a trip offered by Willamalane and organized by a fantastic Girls Scout and new EFDSN volunteer with the Latino Group – Melanie Morrison. This is for adults with disabilities and the flyer is attached. This is NOT an EFDSN sponsored event. Contact information is provided on the flyer.

CONTACT US

As mentioned at the beginning, this email goes out to everyone on our “member” and “support services” list. If you do not wish to receive this newsletter, please reply and let us know so we can remove you. If you or someone you know is not on the list and would like to, please fill out the “[Contact Page](#)” info on our website.

To subscribe, or unsubscribe, or for anything under the sun, contact us at:

Email: contact@efdsn.org

en español: espanol@efdsn.org

By phone: Gail Udell, 541.221.0746

Sydney Shook, 541.337.6174

Mailing Address: P.O. Box 23553, Eugene, OR 97402