

Speak UP!

Issue 23

Summer 2007

Upcoming Events

Sunday December 3

International Day of
People with a

Disability

UP! Club Outings

Spotlight Prowl
Seymour Centre
Christmas Party
Art Gallery Tour
Christmas Craft
Movie Club

Call the office for details:
9683 4333

Or email Emily at:
upclub@dsansw.org.au

Inside this issue:

Spotlight	1
Editor's Column	1
Walk with a Mate	2
Movie Reviews	2
Out and About with the Up Club	3
Know Your Volunteers	4
Notices	4

Spotlight On

UP! Club Camp 2006



Wow! What a weekend!!

This year the UP! Club went to 'Life Adventure' in Kurrajong for our annual Camp! With 35 UP! Club members attending and 14 volunteers, it was our biggest Camp ever and everyone had such a great time. Between swimming, oval games, trivia and the disco, there was little time to draw breath. The highlight of Camp this year was the flying fox and the courage displayed by the huge number of people that took part.

Thank you to our wonderful volunteers for their time and efforts over the weekend. It was a truly memorable Camp that was thoroughly enjoyed by all!

Editor's Column

UP! Club members and volunteers went to Kurrajong for Camp and had a great weekend away. We did lots of activities like the flying fox, oval games and feeding animals, swimming and the water slide! We also had a 60's disco night and helped out serving the meals at the site. We also walked across the Harbour Bridge and had a picnic in the Botanic Gardens for Down Syndrome Awareness Week which was enjoyable for UP! Club members and their families. Thank you to the staff for organising such a special event.
By Eliza Bailey, Editor.

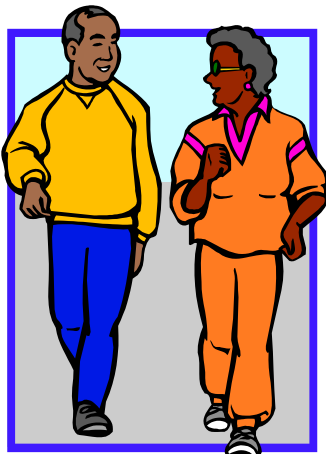


Down Syndrome Awareness Week
"Walk with a Mate"
 Sunday October 15th

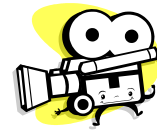


The Up Clubbers met at Milsons Point Station with lots of families and friends to walk across the Harbour Bridge for Down Syndrome Awareness Week. It was fun walking with our friends and we had a picnic lunch in the Royal Botanic Gardens. We talked a lot with our friends and just hung around together. It was nice seeing lots of little children and we felt very grown up. A fun day!

By Louise Richardson.



Movie Reviews



Movie Title Valient

Reviewed By Josie McLean and Annalise

Review Valient is about a brave bird wanting to be in the Airforce. So he went to a camp with birds to prepare for battle. So he also met his Girlfriend on the way. And concern things starts to happen it's a comedy to die. You will love Every Minute of it So go and see it. I Recommend this Movie to all Children to see.

Movie Title Four Weddings and a Funeral

Reviewed By Josie McLean and Annalise

Review This is the story for 8 friends, priests, 11 wedding dresses 16 parents in law 200,00 Champagne Glasses and 2 people who belong together. Perhaps join heart-tomb Hugh Grant Gorgeous Andie McDowell Rowan Atkinson Mr Bean in the funniest romantic comedy ever and you'll fall in love again Four Weddings and a Funeral.

Movie Title The Monster House

Reviewed By Matthew Calandra

Review This Stephen Spielberg film is about Mr NebberCracker and his Monster House, which is a strange housewife! Mr NebberCracker did not want to be disturbed by anyone, or have anyone at all come onto his lawn or into his very scary house. At Halloween, a smart and curious boy and his friends get into his house to try to solve a big mystery. They try to find Mr Nebbercracker's missing wife, and in his basement they find many strange things. They also find out that Mr Nebbercracker has been trapped in his house for a long time. At the end of the film...but this is a film that ends with a bang! This is not a film for people who get scared easily.

Out and About with the UP! Club

DOWN SYNDROME AGM

The up Club went to the Jet Cafe at QVB in the City then the train out to Redfern to go to the meeting at Redfern to Welcome the new committee member in DSA NSW Andrew Richardson. Welcome that is my dad . We also gave a Award out to Barbara Nance but she wasn't there at the meeting. Ruth will give the Award out to Barbara Nance. Tom Elenor and Ruth made a speech about the up club and about Barbara Nance. Julia Wilcox did talk about the project up up and away. Chris Elenor is Tom's Father talk about Down Syndrome NSW Harbour Bridge walk and the up Club in 2006.

THE ROCKS MARKETS

The up Club went to the Rocks Markets to buy lots of good things our & familys & friends. We met at Jet Cafe at QVB in the city and we walked to the Rock Markets. We went to the Orient Hotel for a Lovely Lunch and we got to buy great things in the Markets. It was lots of fun with our friends. Welcome to the new volunteers too.

Outings Reports by UP! Club Secretary, Louise Richardson

UP! Club Achievements

NATIONAL GAMES, QUEENSLAND

A huge congratulations to the 5 UP! Club members who were selected to take part in the National Games in Queensland for their chosen sport.

Beth Hull - Rhythmic Dancing

Saxon Graham - Golf

Jason Russo - Golf

Louise Richardson - Swimming

Annalise Fadeev - Tennis

What an achievement! Well done to our sports stars!!

CITY OF ORANGE EISTEDDFORD

In August, Josie McLean and Beth Hull gained first place in the City of Orange Eisteddford in the over 18's section. The girls were able to do any style of dance.

Congratulations Josie and Beth on your fantastic achievement!

UP! CLUB CAMP DISCO BEST DRESSED AWARDS

Well done to everyone for getting into the 60's theme at the disco! There were so many wonderful outfits!

The awards went to:

Best Dressed Female Runner Up: Josie McLean

Best Dressed Male Runner Up: Malcolm Vass

Best Dressed Female: Bernadette Lawler

Best Dressed Male: James Stewart

Know Your Volunteers

As 2006 slowly draws to a close, we would like to thank our wonderful volunteers for their efforts and support throughout the year.

The UP! Club would not function without our volunteers and we would like to wish them all a very Merry Christmas and look forward to seeing them all again in the New Year!

UP! Club Volunteers 2006

Amy Sacco
 Brendon Upson
 Cecilia Lee
 Edward Hung
 Edwina Brennan
 Emily Griffin
 Elisse Zarimis
 Fiona Bruce
 Grant Winton
 Hilary Goldman
 Jackie Little

Jenny Melville
 Joe Lawler
 Kate Hegarty
 Natalie Wykes
 Nicole Taylor
 Nitha Thompson
 Richard Monte
 Sarah Patane
 Sandra Jones
 Susannah West
 Steven Dodd



Notices

- The UP! Club art exhibition will be held from Friday December 1st until Monday December 4th in Bay 8, Locomotive Workshop, Australian Technology Park, Henderson Road, Redfern. This is part of International Day of People with a Disability and is aimed at celebrating the abilities of our UP! Club members. The exhibition is open from 10am to 4pm daily and entry is free. The title of the exhibition is "The UP! Side of Down", focusing on self perception and expression.
- If you need to cancel an activity, please let Emily know as soon as possible so that others can go in your place. Many of our activities have been pre-paid so if you need to cancel, please let Emily know at least 24 hours before the activity.
- Congratulations to two of our volunteers, Fiona and Tom, who recently got married!!
- International Day of People with a Disability - Sunday December 3rd, 2006.