

Speak UP!

A newsletter by and for people with Down syndrome

Issue number 36

Autumn 2010

Call the Down Syndrome
NSW office for details:

9841 4403

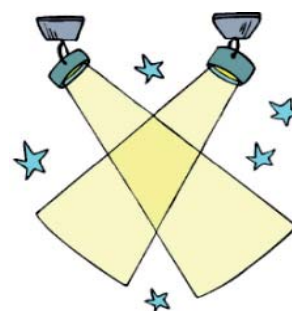
Or email Brooke at:
upclub@dsansw.org.au

Inside this issue

Spotlight	1
Editors column	1
Lawn Bowls	2
Christmas party with Craig Wing	3
Know your volunteer	4

Spotlight on

REI KUCHAR



Hi, my name is Rei Kuchar. I'm 16 years old. I was born in Japan. Now I live in Liverpool.

I go to William Carey Christian School in Prestons. I'm now in year 10. My favourite subjects are music and TAS.

At school I do basketball and tennis for sport.

At lunch time I like to play handball.

After school I go to silver squad training for swimming 5 days a week. My favourite strokes are butterfly, freestyle and breaststroke. On Saturdays I play tennis.



My hobbies are to listening to music, watching movies and reading books about animals. My favourite movie is Avatar. I also liked the new Sherlock Holmes movie.

I hope to see you soon at an Up Club event soon.

Rei



Don't forget to keep sending Brooke and myself any achievements you have made throughout the year.

My email address is: elizaj@optusnet.com.au

By Eliza Bailey, Editor

LAWN BOWLS

We Meet 10:30 at Jet Cafe with your friends and Brooke and Vounteers too we walk down to the Bus stop to go to Play Lawn Bowls

We Played Toegther John tells us all about to Play Lawn Bowls and Follwed the Lawn Bowls Rules too and we play it is a lovely be Outside playing Lawn Bowls and we have a lovely Lunch and same for Up Club Members Nick and Tom Played Lawn Bowls with

Different Group Playing lawn bowls too at the Same time and Tom's Group Won well do guys

Weclome Sora and Victora Scott Welcome in the Up Club I hope you have a good friends in Up Club I hope see you again in the Up Club make them feel Welcome I hope you like the Up Club see you in the Up Club and it is time to go back to Jet Cafe and go Home

Thank you Brooke for Orangize a lovely day out thank you
Bye Lousie Richardson



UP! Club Xmas Party

We met at Bronte at 12 noon and We finished at 4pm We asked Craig Wing to came to our party so we could farewell Him before Craig went to Japan to play Rugby We will miss Craig Wing so much as he cares about all of us at Up Club very much .We hope you enjoy your Rugby in Japan , Craig andwish you all the Best

Some of the Up Club went swimming and gave everyone a Kris Kringle present .

Thank you Brooke and Priscilla for organising such a great day. Thank you for all the Volunteers and our friends who came to the Christmas Party We had a lot of Fun

like to add a Person Karen my Boss from my Work from Money and Pennys she went to your Christmas party too and Karen is in your Board too thank you

Bye Louise Richardson



KNOW YOUR VOLUNTEERS

Christyanne Nilsen

1) What are your interests?

I love to be out and about, seeing and trying new things! Spending time with my family and friends is always great. I look forward to the sun being out and hate to waste the day away by being indoors. I enjoy cooking and keeping our big house clean, and spending lots of time with my little Fox Terrier, who funnily enough is called "Foxy".

2) How long have you been a volunteer for?

I started volunteer work officially in March 2009, my first event being at The 3 Weeds Pub at Roselle. I enjoyed meeting everyone so much I forgot I was a volunteer! I was very nervous when I arrived but everyone made me feel like I was part of the group.

3) Why did you become a volunteer with the Up! Club?

I became a volunteer with the Up! Club because it was something I had always wanted to do, I had done some volunteering in high school and over the years always wanted to become involved one way or another. Also a great opportunity to make new friends and do things I would not normally get to do.

4) What do you enjoy most about the Up! Club?

Members of the Up! Club that I have met so far have taught me so much and I have enjoyed spending time with each and every one. It's great to spend time with other people who just want to enjoy themselves and not worry too much about what others think, say or do. The other volunteers are great, so friendly and helpful. It's very inspiring to be surrounded by such wonderful people, even if it is only for a few hours at a time.

5) Any messages?

I know I change my hair colour and style a lot so it's funny when I turn up and the Up! Clubbers think they are meeting someone new ... I think I scare them a little as I remember them and the things they've told me in the past, they must wonder, how does this girl know this about me! I'll try and keep it the same colour for a while :)

I'd also like to thank Brooke and all the other volunteers who put in so much effort organising everything and making me feel so welcome among the group.

