

# Buddy Talk

## Board Members

President: Courtney Boyd

Vice President: Greg Hollingshead

Secretary: Melanie Widby

Treasurer: Rebekah Hollingshead

Parent Rep: Tamyra Yarborough

Committee Coordinator: Caleigh Crow

Dev. Specialist: Amanda Rowan

Lawyer: Tyler Williams

Accountant: Alyssa Mauch

## Mom's Night

Tuesday, October 18th

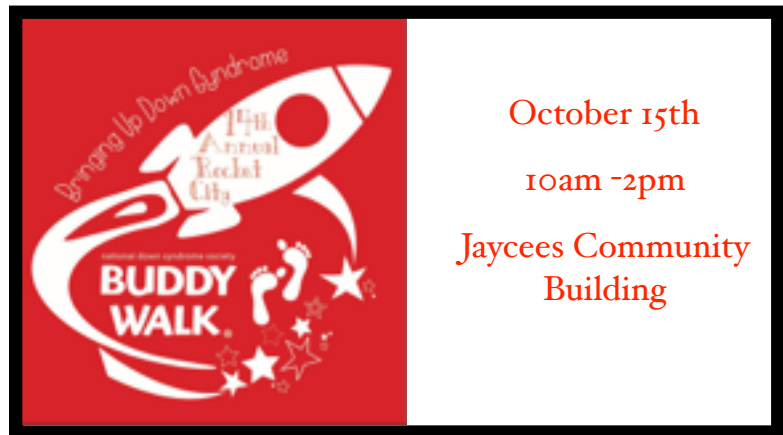
Vintage Market and Paint Studio

Contact Canelia Patterson  
whitecc\_99@yahoo.com

## Dad's Night

Contact Joel Graydon  
jg@knology.net  
(256) 679-4901

## 2016 Buddy Walk



Join us on October 15th at the Jaycee's building for a day of fun! This year's Buddy Walk will have bounce houses, professional face painting, a cupcake crawl, pizza, drinks, our annual raffle auction and visit from favorite characters!

You must be registered to be able to play on the bounce houses and eat. If you wish to skip the line, registration is available on our BUDS webpage. T-shirts can also pre-ordered when you register to ensure your preferred size. There will be a limited number of t-shirts and merchandise





Childcare volunteers are needed for board meetings. They are held the 1st and 3rd Monday of each month. Please contact Caleigh Crow for more information ([caleigh.m.crow@gmail.com](mailto:caleigh.m.crow@gmail.com))

## Mini Grants

B.U.D.S will offer Mini-Grants of up to \$500.00 to each individual with Down syndrome annually (Jan - Dec 2016).

If you have a question about whether a resource, service, or activity qualifies please email: [budsboard@budsonline.org](mailto:budsboard@budsonline.org)

Below are just a few of items Mini Grants have covered:

- therapy / therapy
- Signing Time DVDS
- medical expenses
- conference fees
- iPads

## New Parent Packet News

With the tax-deductible donations that B.U.D.S. receives we are able to provide “New Parent Packets” to families who have children born with Down syndrome. This year, we have been able to give 10 new parent packets to families. Thank you to all of you who serve on the New Parent Committee. Your help allows us to quickly respond to new families all across North Alabama!

## October Mom’s Night Information

Mom’s night will be Tuesday Oct 18th at 6:00 at Vintage Market & Paint Studio on Whitesburg in the South Huntsville area. This class is free, courtesy of business owner & fellow BUDS mom Tina Bedwell (mom of Olivia). If you would like to participate, just bring an item to paint, such as a jar, wine bottle, wooden box, etc. RSVP with Caneilia at [whitecc\\_99@yahoo.com](mailto:whitecc_99@yahoo.com) or through the Facebook event.

## Celebrations

Zeb Nicholson on October 2nd  
Gabriel Patterson (3) on November 15th  
Liam Crow (5) on November 15th  
John Jean (2) on November 17th

Alexa Hopper was born on 9/28/16 weighing 6 lbs 15oz and measuring 18in long

## Opportunities

The Kid’s Rocket City Marathon is a great opportunity for all kids to be involved in a fun community event. See the next page for more information.


# Hello Parents of K-8<sup>th</sup> Graders!

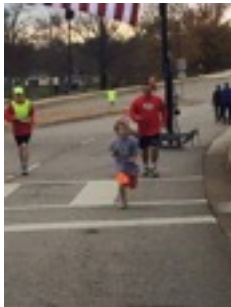
If we all made a list of the top 5 priorities we have for our children, I think the majority would have Inclusion & Health as two of those items, right?!?! Here's an opportunity to accomplish both, the [Kids' Rocket City Marathon](#) (K-8<sup>th</sup> grade children)!



Marathon - 26.2 miles!! HOW??? Don't let the word or mileage scare you. The Kids' Rocket City Marathon is a non-competitive program for children in grades K - 8 to become marathon finishers on race day by completing a cumulative marathon in a 10-12 week period. It kicks-off on Thursday, September 22<sup>nd</sup> with a 1 mile fun run at an event call [Autumn Chase Fun Run](#) (free event). Over the course of the following 10-12 weeks your child will track with a mileage log and incrementally accumulate 25.2 miles through school PE, family walks, etc. & even the Buddy Walk will counts towards the 25.2 mile requirement! On Saturday, December 10<sup>th</sup> your child will complete their final mile in grand fashion as each child finishes their marathon distance in front of cheering fans, friends & family at the Official Finish Line of the Rocket City Marathon...trust me, this is a BIG DEAL! Note: There is a \$15 registration fee, however if this is not in your budget please contact Caneilia (contact info below).

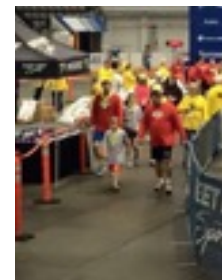
**HOW EASY IS IT?** Your child can walk/run in ¼ mile increments to meet the goal. Download an app to help track & monitor distance. However, most children can walk ¼ mile in 5-7 minutes or run ¼ mile in 3-4 minutes. So why not take a 5-10 minute walk/run with your child 4 evenings a week? That would be 2-3 miles a week & that would get your child to their goal. What a great healthy habit for the entire family! Your child can count any walking/running they do in PE too, just have them track it!

**INCLUSION?** The Race Director for the Kids' Rocket City Marathon is a gym teacher at a local school and aims to include kids with special needs during PE time. She understands and supports the goal of community inclusion for our children. Our children have the right to participate in community events/activities and it takes our children being involved, our society seeing our children participating and performing the same as typical children to gradually shift the paradigm of thought. Let's face it, we all want acceptance for our children but we are still striving to achieve this, therefore all of us to doing our part of promoting inclusion is continually needed. How awesome it would be if your child develops a healthy life habit with walking/running and shows up at future fun runs with other children knowing their name, even cheering their name at the end?!?! 



This is Forrest Boyd at last year's event! He was the first child with Down syndrome to complete the Kids' Rocket City Marathon challenge! Mom & President of BUDS, Courtney Boyd, had this to say: *"Last year I signed Forrest and Fischer (8 and 6 at the time) up for the Rocket City Kids Marathon. The concept is to promote physical activity in children, we tried to make it a family affair as much as possible. Children have almost three months to log 25.1 miles and the final mile everyone runs together. I didn't expect either of the boys to run the whole mile at the end and did worry about Forrest and how he would be received, as I do in just about every setting. And, my competitive nature didn't want either one of them to be last, but that is my hang up, not theirs and it honestly does not matter! During this time we took advantage of a fun run at*

*the Botanical Gardens. Mike (my husband) ran with Fischer and I, pushing the stroller, ran with Forrest. It rained or drizzled the whole time and Forrest had a blast. We were last and were smiling and laughing all the way. The support he received was simply awesome from the volunteers and the other children. Some of the other kids even came back and ran beside him to the finish! The big race, the last mile, was much the same. Mike ran with Forrest and Fischer ran with some friends. There was so much support and Forrest just soaked up the attention! I am looking forward to the boys participating in it this year and hope there are more BUDS kids participate this year!"*



Interested? Contact fellow BUDS member, Caneilia Patterson, at [whitecc\\_99@yahoo.com](mailto:whitecc_99@yahoo.com) or 256-426-7862. She will help with the following:

- Be the liaison between the Race Directors and you.
- Arrange a “pacer” for your child if you are not able to walk/run with your child on the final mile.
- Working with the Race Direction if there are concessions that should be considered for your child.
- Rally for cheerleaders, signs & lots of encouragement on the final course for your child!

Useful Links:

- Kids’ Rocket City Marathon - <http://runrocketcity.com/rocket-city-kids-marathon/>
- Autumn Chase Fun Run - <http://www.huntsvillehospital.org/community-events/fun-run>

Other Fun Runs to Get Involved With:

- Fleet Feet Monte Sano 1 Mile Kids Fun Run - [http://www.huntsvilletrackclub.org/HTC\\_Races/15k/MonteSano15K.html](http://www.huntsvilletrackclub.org/HTC_Races/15k/MonteSano15K.html)
- Spooktacular Monster Mile Fun Run - <http://www.fleetfeethuntsville.com/races/spooktacular-5k-and-monster-mile>