

The AUsome Social Group

Teen/Young Adult Recreation/Social Group

Provided by the **Autism Society of South Central Wisconsin (ASC)**; <http://autismsouthcentral.org/>

Group Coordinator: Nancy Alar, 3802 Gala Way, Cottage Grove, WI 53527

(608) 222-4378 or Nancy.L.Alar@gmail.com

- What:** Play Disc Golf with Friends, snack after at McDonald's
- When:** Saturday, May 14, 2016, 1:00 – 2:30 P.M.
- Where:** Capital Springs Disc Golf Course, 3398 Lake Farm Road, Madison, WI 53711 [map to park](#); McDonalds near South Town, 2051 W Broadway, Madison, WI 53713
- Cost:** Free, bring money for a snack at McDonald's

This is your chance to get some exercise and learn the basics of the sport of disc golf. The Dane County Parks Department has generously waived their usual daily \$8 fee per person to act as a sponsor of our activity so our AUsome Group can try out the sport of disc golf for free. Disc golf is played a lot like regular golf, but instead of hitting a ball toward a cup, you throw a disc (basically a Frisbee) toward a "hole" made of a basket of chains above ground. There is a picture of a disc golf "hole" at the bottom of this information. Below is a list of basic rules for disc golf.

1. Disc Golf is played like ball golf, except you use flying discs. Each throw is counted to determine a score. The winner is the player with the lowest score.
2. Tee throws must be completed within the designated tee areas.
3. After teeing off, the player whose disc is farthest from the hole (basket) always throws first. Never throw until the players ahead of you are out of range, and until the fairway is completely clear of spectators and park guests.
4. The player with the least amount of throws on the previous hole is the first to tee-off on the next hole. Golf is a game on honor and etiquette.
5. Throws after the tee shot must be made with one foot on the spot where the last throw came to rest. The other foot shall not be any closer to the hole.
6. A run-up and normal follow through, after release, is allowed more than 10 meters (33 feet) from the hole. Inside 10 meters, "Falling" or "jumping putts" are not allowed. A player shall show balance after the putt (inside 10 meters).
7. A disc that comes to rest inside the disc golf basket or chains constitutes successful completion of that hole. A disc that comes to rest on top or outside of the basket does NOT count as a completion of the hole.
8. A throw that lands out of bounds must be played from the point where the disc was last inbounds, with a one throw penalty. Water, roads, parking lots, and over fences are normal disc golf out of bounds hazards.

The disc golf course at Capital Springs has 18 holes, so to complete the whole course means a lot of walking and exercise. If you don't want to do the whole course, that is fine. You can do as many or as few holes as you want to. At least you only have to carry a light Frisbee disc, not a whole set of heavy golf clubs! There is no need to RSVP for this activity. There's plenty of space so just show up.

If you have a Frisbee to use, bring it with you. I have some extras for those who don't have one. I am also contacting the Mad City Disc Golf Club to see if they have some equipment we can use. I understand that those who are really into disc golf use special discs of several different kinds designed especially for the sport. Just like in golf with balls, serious disc golfers use a different disc to "putt" as they get close to the hole. But since I suspect most (or all) of our group will be rookies, we can have a good time with one-size-fits-all Frisbees.

Dress appropriately for being out of doors with good walking shoes. We hope the weather cooperates. The long-range forecast looks good, but that can change. If the weather looks bad, we will still meet in the parking lot of the disc golf course and decide what to do. If it is too wet or rainy, we may go to Rossi's pizza place for pizza and video games.

There is a large, convenient parking lot with ample free parking. Follow the signs past the parking lot for the dog park. Here is a link to the Dane County Parks Disc Golf web page that has a link to the map with the layout of the 18 holes of the Capital Springs Disc Golf course.

https://www.countyofdane.com/lwrp/parks/disc_golf.aspx

After we are done with the disc golf, we will go over to the McDonald's by South Town to have a snack and hang out together.

Important Items and Sensory Issues:

- ☺ Wear comfortable walking shoes and clothing appropriate for the weather (you will probably get warm from all the walking).
- ☺ Bring a Frisbee disc to throw if you have one (I have extras)
- ☺ Feel free to contact Nancy Alar (608-222-4378 / nancy.l.alar@gmail.com) or the ASC office (608-630-9147/ info@autismsouthcentral.org) if you have any questions.

Example picture of a disc golf hole. Frisbee must fall in the metal basket below the chains to be “in”:



Important Information:

1. Visit <http://www.autismsouthcentral.org/> for other services and activities sponsored by the Autism Society of South Central Wisconsin (ASC). Be sure to sign up for their email group to get the “News you can Use” messages on current happenings. Email info@autismsouthcentral.org to communicate with the Autism Society of South Central Wisconsin and request addition to the email contact list. There are autism related activities happening almost every month now.
2. There is an AUsome Adult support Group that meets every other month on the 3rd Wednesday of the every other month at the ASC office conference room. The 2016 dates are Jan. 20 , March 16, May 18, July 20, Sept. 21, Nov. 16. Time: 6:30 PM – 8:00 PM. NEW LOCATION in 2016! Vantage Place II Building; Address: 437 S. Yellowstone Dr. Madison WI 53719 – 2nd Floor Conference Room | [Map It!](#) No RSVP required. Just drop in. Share discussion and issues of concern for adults on the autism spectrum.

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What: Autism Society of South Central Wisconsin Summer Picnic
When: Saturday, June 4, 2016; 4:00 – 7:00 PM
Where: Demetral Park Shelter, 6th Street, Madison, WI, 53704
Cost: Free for ASC members! \$10 per family for non-members. Catered food including salads + Soft drinks will be provided. Bring a dessert to share

The AUsome Group will join with the rest of the Autism Society of South Central Wisconsin family for a fun afternoon in the park. The Autism Society will provide a catered meal this year so we don't have to mess with a grill. The menu is hot dogs and pulled pork, potato salad, macaroni salad, and cole slaw. Also, if you can, bring a dessert to share. The Autism Society will also provide plates, tableware, cups, lemonade and condiments.

Please RSVP to info@autismsouthcentral.org with "Picnic" in the subject line and the number of people coming so we know how many people to plan for or go to <http://autismsouthcentral.org/events/member-picnic/> and sign up there.

The picnic is free for those who are ASC members. The cost is \$10 per family for those who are non-members (but you can become an ASC member at the picnic which will save you money and get you other "perks" at future events like our summer pool party!) There will also be materials available about local autism resources from ASC partners and information about future ASC activities.

Also bring any "yard games" you might like to play. I have an extensive collection of bubble making materials I will be bringing (I'm just a kid at heart). We had great fun (and great pictures) with the bubbles last time I brought them. The Demetral Park shelter has a nice big parking lot and plenty of room in case it rains. Assuming (and we are hoping) it doesn't rain, there are large grassy areas for games and a playground for the younger set. It also has bathrooms and electrical outlets if you need to plug something in.

This is a chance to meet other families who share your issues and concerns in a casual environment. Come to eat good food, hang out and have a good time.

Important Items and Sensory Issues:

- ☺ Watch the weather and dress appropriately.
- ☺ Bring a dessert to share.
- ☺ Bring "yard games" you enjoy.
- ☺ Bring sunscreen if appropriate.
- ☺ Please RSVP to info@autismsouthcentral.org with "Picnic" in the subject line and the number of people coming so we know how many people to plan for, or go to <http://autismsouthcentral.org/events/member-picnic/> and sign up there.



What Happened at AUSome's Last Outings?

Rockin' Jump Trampoline Park Jumping Party; March 6, 2016 (Sunday) 9:00 – 10:30 A.M.

I missed this "Rockin'" good time because I was out of town. But there was a good turnout. Jack Steinberg was there and he gave me a brief summary of the good time that was had by all. About 35 people showed up.

Jack talked about jumping until they were really tired. He also described the fun of playing ball games on the trampolines plus bouncing off the walls and jumping from one trampoline to another. Rockin' Jump has a rock wall and you can walk a tight rope over the trampolines. Wish I could have been there.

Lego Building Party; Saturday, April 2, 2016, 10 am– Noon

We had about 40 enthusiastic Lego builders show up for this activity. This was in spite of the fact that we had the weirdest weather (even for Wisconsin) that most of us had ever seen that day. It kept switching back and forth from a blinding snow storm to bright sunshine. The weather was really strange. Because of the large turnout, if we do this again, we will have to get a bigger room! It was hard to get a truly accurate account of attendees because many people came in late and others left early. It was a constant flow of people in and out.

We had a lot of creative builders doing neat things and a lot of Legos to build with. Thanks to Chazz Tolzmann and Matt Ward for sharing their extensive Lego collections with us for this activity. You can see from the pictures below that there were piles and piles of Lego pieces of every description. And everyone, including the grownups, got into the spirit of Lego construction. They created everything from vehicles to buildings.

And a special thanks to Matt Ward for donating the 3 Lego vehicles that were awarded as door prizes.

Another big thanks to those who stayed to help us pick up all those little pieces that ended up on the floor. Some of them were exactly the same color as the carpet and really hard to see. We also had to fold up all the tables and stack the chairs so all the help was really appreciated. A great time was had by all!



AUSome Social Group Philosophy and Ground Rules

Group Sponsor:

The AUSome Social Group is a service provided by the Autism Society of South Central Wisconsin (ASC). **It is highly recommended that you join the ASC.** Chapter membership will save you money at future AUSome Group activities and other ASC events. Individual ASC membership is only \$15 annually. To get more information about the ASC, call 608-630-9147, email info@autismsouthcentral.org or send a note to Autism Society, 437 S Yellowstone Dr, Suite 217A, Madison, WI 53719. See the Autism Society website at <http://www.autismsouthcentral.org/> for membership information. The website also has a link to the AUSome Social Group web pages on the left side (there is also an AUSome adult support group for those on the spectrum).

Starting in 2016 Membership in the Autism Society of South Central Wisconsin will include membership in the Autism Society of Wisconsin. However it does not include membership in the Autism Society of America. Membership in the Autism Society of South Central Wisconsin assures local programs, services and supports are able to continue, and includes several free or discounted events right here in the Madison area.

Group Purpose:

The AUSome group was organized to provide stimulating, fun, and educational social opportunities for people ages 12 and over who are challenged by sensory/communication issues related to Autism/Asperger's/PDD/Tourette's. However, anyone is welcome to join the activities. We try to set up activities that allow for social interaction between group members and between parents and siblings of the group. We also strive to provide new and interesting experiences that will broaden the world view of participants and expose them to educational and potential job environments.

The AUSome Social Group Newsletter:

The AUSome Group has a separate newsletter that is sent out every other month, containing details for the next 2 outings and a summary of what happened the past 2 months. The AUSome newsletter will be sent out at least a week in advance of the next outing (I hope). Some things may be planned with short notice if something interesting comes up. The ASC will maintain a mailing list of participants. The newsletter will be sent out via email. If you need to have a paper copy mailed to you, that can be done by special request. But remember that it saves time and postage if notification can be sent electronically. Reminders and special messages will only be sent electronically. Our AUSome newsletter is also available on the ASC website at <http://autismsouthcentral.org/category/ausome-social-group-newsletters/>

General Activity Plans:

The general plan is to have an activity about once a month that will last from 2 to 4 hours. The target day will be the first Saturday of the month. However, this is subject to schedule conflicts and availability of interesting activities. Activities that we have done include bowling, miniature golf, gymnastics, movies, a talent show, art gallery visit, fossil hunt, Little Americka (a local amusement park), swimming, horseback riding, Go Cart driving, farm market, airplane rides, pottery making and a limousine ride. Each January we attend the 47th annual Madfest Juggling show. In August we have a private pool party at the Monona Pool. Every November we have "video game night". If you are especially interested in a particular activity or have other suggestions, please let me know. Some activities will coincide with general activities planned by the Autism Society such as the annual August swimming party.

Sensory Issues:

Every effort will be made to accommodate sensory issues by limiting cigarette smoke, strong odors, unusual lighting, large crowds and high noise levels where possible. If an activity might involve some of the sensory problems mentioned above, they will be described in the AUSome newsletter. It will not be possible to accommodate everyone's needs all the time so individuals must decide their tolerance levels for each activity. Please let me know if you have any special requests in this area. Also, please be sensitive to requests from group members who have special sensory needs (such as problems with others chewing gum.).

Logistics:

Some individuals may need to arrange for a support person to accompany them. Please use your best judgment in this area. Transportation will be the responsibility of each individual. However, effort will be made to provide help with transportation by designating central meeting points, etc. Please call me, Nancy Alar, (608) 222-4378 or e-mail me at Nancy.L.Alar@gmail.com if you have transportation problems, and I'll try to help work out a way for you to get there.

Since these activities are loosely organized social outings, each person participates at their own risk.