

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, July 14, 2018, 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 Towne, 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 (a very specialized 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 takes about 2 hours and means a lot of walking and exercise. We plan to do about 9 holes, but if you don't want to do even that many, 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 golf 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.

I have contacted Courtney Spangler of the Mad City Disc Golf Club. They are planning to loan us some of the special disc golf equipment we can use and provide a couple of volunteers to show us how to use them. 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 I suspect most of our group will be rookies, so we will need advice and help knowing what kind of discs to use where.

Dress appropriately for the weather with good walking shoes. Bring sun screen. With the wet spring we've had you will definitely need mosquito repellent! We hope the weather cooperates. If the weather looks bad, we will still meet in the parking lot of the disc golf course and decide what to do. A little drizzle won't stop us. But 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 Towne to have a snack and hang out together.

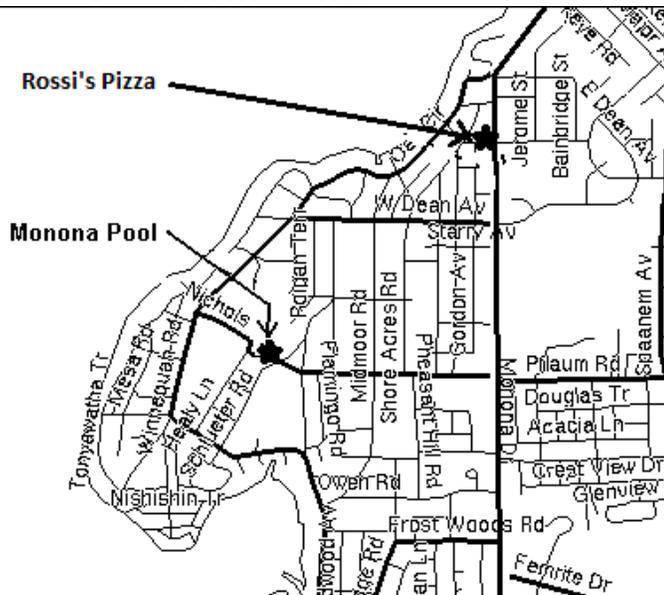
Important Items and Sensory Issues:

- ☺ Wear comfortable walking shoes and clothing appropriate for the weather (you will probably get warm from all the walking).
- ☺ Bring sun screen and mosquito repellent
- ☺ 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. Disc must fall in the metal basket below the chains to be “in”:



Map to Monona Pool and Rossi’s Pizza



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- What:** Private Swimming Party at Monona Pool -- **pre-registration required – see below**
- When:** August 4, 2018 (Saturday evening), 7:00 – 9:00 P.M.
- Where:** Monona Pool at 1011 Nichols Road in Monona. See map below.
- Cost:** There is no cost for families/individuals that are members of the Autism Society of South Central Wisconsin. Cost is \$10 per family (\$3 per individual) if not members – pay at the pool (you can also join the Autism Society at the pool).

Swimming in the Monona Pool in August has become an Autism Society/AUsome tradition. As always, we have to hope for good warm weather and no thunderstorms.

The cost of swimming is free for members of the Autism Society of South Central Wisconsin (the ASC). So this might be a good time to join the ASC if you aren't a member already. See the ASC web site at <http://www.autismsouthcentral.org/> for more details on membership cost (\$30 for a family; \$15 for an individual), how to join and details about the August swim. You will also be able to join (and save \$10 on swimming) at the pool as you check in.

Pre-registration is required because we need a count for the number of lifeguards. The Autism Society office is coordinating the Swimming activity registration. You can register on-line at this link

<http://autismsouthcentral.org/events/member-pool-party/>

You will be asked to let us know how many people are coming and how many plan to swim. If you don't have email access, you can call the office at 608-630-9147 and leave a message with your name (with spelling), number attending (both swimming and not swimming) and your phone number so we can check back if we need to. Please speak slowly and clearly so we can get accurate information.

As before, we have been able to reserve the entire Monona pool. They have a large shallow end, diving boards and a great water slide. The pool is very large and you can bring your pool toys. There are changing rooms with showers to get dressed and into your suits.

The Monona Pool is located Behind the Monona Community Center at 1011 Nichols Road (which becomes Pflaum Road at Monona Drive - see map below). Go West on Nichols road about 8 blocks from Monona Drive, past the Monona Library/City Hall sign, and down the hill. The pool is on the right. There is a big parking lot next to the pool entrance. **Don't forget your suit and towel!** Bring shampoo, a comb and an extra towel if you want to wash the chlorine out of your hair. Bring pool toys if you have them.

If you forget to pre-register and we don't have enough lifeguards, it will be first come, first admitted. However, parents or others who come but don't swim can be in the pool area and don't count toward the lifeguard requirement. There's a large selection of lounge chairs if you just want to come and "hang out" (you don't even have to change into a swimsuit). We will also have lemonade and snacks available near the pool. We can get in the changing room at 6:45. We have to be out of the pool at 9:00.

If the swimming gets rained out (horrors!!): Watch your email for info on this since the pool folks make cancellation decisions at the last minute. But the lifeguards don't let a little thing like cool and cloudy weather stop them. If you don't have email or the weather is "iffy", meet me in the pool parking lot at 7:00 and we'll make a final decision with those who show up. If the lifeguards cancel, I will probably suggest going to Rossi's Pizza Vintage Video game place to hang out since the Monona Library (our previous fall back place for bad weather) isn't open in the evening.

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 our monthly newsletter 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. You can also ask to be added to the AUsome Social Group email list which is a separate email.
2. **The AUsome Adult Group (AAG)** This support group is for adults (18 and over) with Autism Spectrum Disorders and those who suspect they may have an ASD. The group meets the third Wednesday of every month to discuss life issues and support one another. Time 6:30 – 8:00 PM. Location Vantage Place II Building, 2nd Floor, ASC Office conference room - 437 S. Yellowstone Dr. Madison, WI. You can get more details on this group at <http://autismsouthcentral.org/find-support/ausome-adult-support-group/>
3. **Monthly Game Night Activity.** This is an activity for teens and young adults separate from the AUsome Social Group. The focus is on board and card games. This happens every month on the 4th Monday of the month; 6:30 – 8:30 pm. The location is the Madison College Health Education Information Technology Building, 1705 Hoffman St (across the street from the main Truax campus), Room 101 (room is subject to change – look for signs).
4. **We are also always in need of volunteers for our many activities sponsored by the ASC.** Please contact info@autismsouthcentral.org to get on our volunteer list if you are available to help out with any of our activities.

What Happened at AUsome's Last Outings?

Sunburst Dairy Farm Tour: Saturday, May 12, 2018, Snack at Landmark Creamery in Paoli, Wi.

This was a special and very informative activity. Our tour guide and farm owner was “Yogi” Brown who has been working on and managing the farm for over 30 years. The first thing we did when we got there was put on special plastic “booties” over our shoes to make sure we didn’t track any outside organisms onto the farm. This also helped to keep the “muck” off our shoes. And since it had been raining most of the previous day, there was plenty of “muck” around. But Yogi and her crew go to great lengths to make sure that everything that the milk touches is very clean. The cows’ udders are washed both before and after they are milked.

We got to see how a dairy farm that has 500 cows operates so efficiently that it produces a semi-truck tanker full of milk every 24 hours. We got to see the milking parlor where the cows come in to be hooked up to the machines that milk them. If cows are sick and receiving medicine, they wear a special identifying “bracelet” on their leg. They still have to be milked, but their milk is not sent to market. It is often used to feed the growing calves that are being raised to become the next milking cows.

We also saw where the cows spent their time when they weren’t being milked. They lie down on beds of sand with rubber mattresses underneath. This type of bedding is much cleaner and less likely to breed insects than other traditional types of bedding. The cows eat a special diet of corn silage and supplements that is moistened with whey – the by-product of cheese making. The cows are milked once a day. There are 3 milking cycles each day, so 1/3 of the herd is milked in each cycle. Milking cows on this farm is a 24 hour a day job.

We got to see the newborn calf that arrived that morning. Usually between 2 and 4 calves are born on the farm every day – even in the coldest part of winter. It takes 2 years for a female calf to grow up and have its first calf; at which point it becomes a milk producing cow.

After we were done seeing all the things on the farm, we went into Paoli and had (what else) toasted cheese sandwiches at the Landmark Creamery. My sandwich had a bit of fig jam in it – delicious!

Autism Society of South Central Wisconsin Summer Picnic at Demetral Park; Saturday, June 2, 2018; 4:00 – 7:00 PM

We had about 65 people at the picnic this year. The weather was (almost) perfect. It was in the low 70’s and there was rain falling in various places all around us. Some people who came to the picnic said it rained on them on the drive over. But it never once rained on us at the park. But it did cut down on our need for ice because the breeze made it a bit chilly.

The food was good and plentiful. The pulled pork sandwiches plus hot dogs and salads got rave reviews. Thanks to everyone who brought a dessert to share. We had a great variety. No one went home hungry. Many (I was one) kind of wished they hadn’t eaten that last piece of cake.

It was nice to sit down and share some personal stories and talk about our common concerns over some good food. It was a relaxing and accepting environment.

The Superhero Martial Arts guy – Master Tracy came and set up a special obstacle course for kids of all ages to try out. Those who completed it got an award sticker.

There was a nice playground at the park and ample parking. Jack Steinberg brought a number of balls to play with (we won’t mention what happened to one of them). The bubble blowing equipment was a hit. We had to take a bubble break while we ate to keep the bubbles out of the food. The automatic bubble blowing machine ran so long the batteries almost went dead. We made some really big bubbles and shot bubbles out of the bubble guns. Thanks to the Wings, Alex and Richard and all the others who helped with set up and clean up.

A big thanks to everyone who worked hard and donated time and food to make the picnic a success.

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).

The Autism Society of South Central Wisconsin (ASC) is an affiliate of the Autism Society of America (ASA) and one of a number of other affiliates in Wisconsin. However, membership in ASC does not include membership in ASA or other Wisconsin affiliates. 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 in the Madison area and surrounding counties.

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 Amerricka (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.