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**IN THIS
PODCAST:**

- Ziya and her husband talk about her music and coping with a child who has Down syndrome

Podcast -

Down Syndrome

PODCAST 2

Time for your next podcast!



Welcome to another podcast!

Now some of you may not know what a podcast is. The answer is simple. It's a recording that can be downloaded from the Internet and played on a mobile device like an Apple Ipod or certain mobile phones.

You can also listen to it on your computer.

(You can join the mentoring programme to access the other podcasts by clicking here—www.thesourcesa.co.za)

In this edition

My wife Michelle, an occupational therapist, joins Sean and Luba Nel in this interview that is mainly about Down syndrome.

They chat with the artist Ziya and her husband about family life and Ziya's most recent album. They specifically chat about their experiences as parents of a child with Down syndrome. They are currently expecting their fourth child! You're going to like this one!



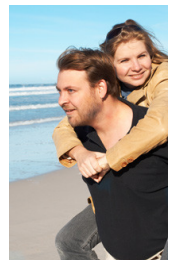
About Ziya

If you don't know anything about this amazing artist yet then now is the time!

Ziya has just launched her second album and she took the brave step of doing it as 'donationware' via her website! What this basically means is you can download all her music and give her a donation for it! Ziya does all the writing, composing and arranging of the music herself and I'm convinced Ziya is going to take the world by storm!

Go to her website at www.ziya.co.za

The interviewers in this podcast are Sean and Luba Nel. They are professional photographers who are now expecting their first baby. Their work can be viewed at www.shoots.co.za



**You can download this podcast by clicking on the link below.
The file size is 38MB. Yep, you're gonna need broadband...**

http://media.libsyn.com/media/babynews/003-Downs_Syndrome.m4a

Struggling to listen to the podcast?



Downloading and playing

Any updated media player should be able to play this podcast.

This includes Quicktime, iTunes, windows media player, winamp and VLC.

We like VLC because it's open source, thus free and plays virtually anything.

You can get VLC using the following link.

<http://www.videolan.org/vlc/>

Playing in browser

If you don't want to download the file and just play it in your browser then any updated browser should actually do the job for you (after 2003).

This includes Internet Explorer, Firefox 2 and 3, opera and safari.

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