



ALS Society of Alberta Mission Statement

"The Amyotrophic Lateral Sclerosis Society of Alberta is dedicated to making everyday the best possible day for people with ALS by providing support, facilitating the provision of care, promoting awareness and helping find a cure and advocating for change."

Thank you to all of our dedicated and caring volunteers. We would not be able to offer such care and support without your help.

We welcome article contributions from the public. To make a written contribution to *Prairie to Peak*, please submit your articles by mail, fax (403) 228-7752 or e-mail at p2peditor@alsab.ca. If you do not have email access, please contact Rahael at (403) 228-3857 to make alternate arrangements. Due to limited space articles may not be printed in their entirety. Additional articles may be published online at www.alsab.ca.

Contact us:

ALS Society of Alberta
Suite 400, 320 23rd Avenue sw
Calgary, Alberta T2S 0J2
Phone: (403) 228-3857
Fax: (403) 228-7752
Toll Free: 1 (888) 309-1111
Email: info@alsab.ca

Edmonton Office
410, 11456 Jasper Ave
Edmonton, Alberta T5K 0M1
Phone: (780)-487-0754
Fax: (780)-486-3604
Toll Free: 1(866)447-0754

Betty's Run for ALS - a great day yet again!

North Glenmore Park in Calgary was full of love and laughter on June 14 as hundreds of people joined together to raise awareness and funds for the ALS Society. Over 1400 people gathered together to walk, run and bond in support of ALS. The sun shone down over the masses of people who enjoyed live music from the Calgary Fiddlers and delicious hamburgers, hot dogs, cinnamon buns and much more! Ian White (CTV) was once again the gracious MC and was joined by the Betty's Run patron, Wendy Crewson. The 2009 Betty's Run ambassador, Barry Varga, made an emotional and inspiring speech, while making sure everyone still laughed by wearing a balloon hat! An incredible \$420,000 was raised for the ALS Society. This event was made so successful by the hard work of many volunteers. Thanks to everyone who gave their time, energy and enthusiasm!



Barry Varga giving a moving speech

Top Fundraising Teams:

- 1) Mark Gerrish Fundraising Team
- 2) Jesse's Girls
- 3) Cal's Team
- 4) Cheresniuk Family
- 5) Bachelor Button Babes

Top Fundraising Individuals:

- 1) Brent Bazinet
- 2) Mark Hopkins
- 3) Colin Davis



Jesse's Girls

Walks for ALS bring family and friends together

The 2009 Walks were once again a fantastic success. 8 Walks were held across the Province and over 1400 people joined to support! Families and friends came from all parts of the province and even all parts of Canada to join in the fun. Over \$370,000 was raised from the Walks to support client services in Alberta and ongoing research to find a cure. Below are some highlights from the Walks!

This year was the first year for the Camrose Walk, and it was one of the most successful Walks of 2009! Over 200 people came out to support the inaugural Walk and raised an unbelievable \$32,000! The Walk took place around the scenic Mirror Lake Park as the Walkers were treated to music by the Bawlf School band. The day was a great success and hopefully will continue to be a great success for years to come.



Joyce Cowie and her sisters supporting "Barry's Boosters"

Edmonton witnessed the largest participant numbers in its history, seeing over 900 people walking for ALS in William Hawrelak Park. Families and friends gathered in the park to walk, run and show their support. The love in the air was palpable. Tim Spelliscy of Global TV offered his kind words as MC for the event and participants were honoured to have the Mayor of Edmonton, Mayor Stephen Mandel come out to show his support for the cause. The day raised over \$186,000 for the ALS Society! Congratulations to everyone involved!



Norm Pollock and Mayor Stephen Mandel

The Medicine Hat Walk has been gaining great momentum over the years. This year, despite the cold weather and even some snow, family and friends gathered together to share stories and raise money and awareness for the cause. Over \$16,000 was raised by the dedicated participants, who were treated to cake after the walk to keep warm!

Thanks to everyone who helped at all the Walks. These successful events would not be possible without the dedicated hard work of their coordinators and all the volunteers and sponsors. If you are interested in starting a Walk in your area or volunteering at a local walk, please contact Rahael at 1-888-309-1111.

2009 Walk Totals!

| | | |
|----------------------|---------------------------|-------------------------|
| Camrose - \$33,571 | Grande Prairie - \$18,680 | Medicine Hat - \$16,516 |
| Cold Lake- \$10,435 | Lloydminster - Sept 12 | Red Deer - \$90,020 |
| Edmonton - \$192,000 | Manning - \$9,462 | Calgary - \$420,000 |

** We are looking for volunteers to run the Lethbridge and Medicine Hat Walks in 2010. Please contact Rahael if you are interested. (403)228-3857



Edmonton Walkers

Volunteer Opportunities!

Tax Receipt Verifiers

Description: Volunteers are required to double check the accuracy of tax receipts before they are mailed. Must be available to work from the office during the Society's regular business hours (8:30-4:30), be detail oriented and be proficient with the English language. This position does not involve the data entry portion of creating tax receipts.

Location: ALS Society of Alberta office, 400 – 320, 23 Avenue SW, Calgary Time: Monday to Friday, 8:30-4:30pm

Mail out Volunteers

Description: We are looking for volunteers to help stuffing envelopes with the income tax receipts being mailed to the donors. Might be required to use paper cutter (receipts are printed three per page).

Location: ALS Society of Alberta office, 400 – 320, 23 Avenue SW, Calgary

Time: Contact Yulia for details - 403-228-3857

ALS Society of Alberta Casino

Description: We are looking for volunteers to fill a variety of positions – No experience required!

Location: Stampede Casino, 421 - 12 Avenue SE, Calgary

Time: March 6 & 7, 2010. Volunteers needed for 4 hour shifts. Contact Yulia for details.

Vehicles And Violins

Description: Volunteers are needed for various positions at the annual Gala event before the Calgary Auto Show.

Location: Round Up Centre, Calgary. Time: March 9, 2010. 10am-11pm

Edmonton WALK for ALS 2010 - Planning Committee

Volunteer planners, sponsors and general committee members welcome as the 10th anniversary event is developed.

Time required: Monthly meetings of 2 hrs.

Please call Phyllis at 780-487-0754 if you are interested!

Betty's Run 2010 Planning Committee

Betty's Run Committee is looking for volunteers to join the committee to assist with this fabulous event.

Time required: Monthly meetings of 2hrs.

Please call Yulia if you are interested - 403-228-3857

Upcoming Support Groups and Open Houses

2009 ALS Support Groups - Calgary

Saturdays, Sept 12, Oct 3, Nov 7, Dec 5. - 1:30 - 3:00 p.m.

ALS Society of Alberta office, Suite 400, 320 - 23 Avenue SW

Please contact Jane for more information - 403-714-8211

2009 ALS Support Groups - Red Deer

Saturdays, Sept 19, Oct 31, Nov 28 1:30 - 3 p.m.

MS Society Office, 105, 4807 - 50th Ave, Red Deer

Please contact Jane for more information - 403-714-8211

2009 PLS Support Groups - Calgary

Oct 29, 1-3 p.m.

Renaissance at North Hill Mall Condominium Complex

1718 - 14th Avenue NW

Please contact Jane for more information - 403-714-8211

2009 Edmonton Open Houses - all welcome!

Facilitator – Susan Patenaude

Third Tuesdays of the month 1.30 – 3.30 pm

September 15th, October 20th and November 17th.

Edmonton ALS Office, # 410, 11456 Jasper Ave.

Please call 780-487-0754 for details and to register (no cost).

Resources

Have you got memories, stories or knowledge to share?

You can easily spread the word with the help of websites such as WeBook.com and www.blurb.com. These user-friendly sites allow you to edit and print your own book. Whether you want to publish a formal novel for anyone to read, or whether you want to create a beautiful book of photos and memoirs for your close friends and family to keep, websites such as these are a great resource to use!

Digital scrapbooking is yet another tool that can be used to creatively express oneself in a way that offers sharing of memories and can leave a legacy for the future. Essentially, digital scrapbooking is a way of organizing photos on a computer, then adding text (for example if you want to tell a story to go with the picture) with the final outcome being a scrapbook or photo album to be enjoyed. If this is a project that is of interest to you, please let us know so that we can arrange a workshop to get you on your way to creating your special project.

Please email Megan at megan@alsab.ca

Nurse Next Door (Private Service)

New Home Healthcare Provider – Edmonton

Provides: Personal Care, Nursing and specialized care, Complex and Palliative care, temporary Live-In care, Companionship, Helping Hands at Home, Case Management.

Contact: 780-737-4323

Web: edmontonSWnursenextdoor.com

Classic Caregivers Ltd.

Provides Personal Care, Nursing, Companionship and Home Support whether in hospital or at home.

Contact 780 428 2750 in Edmonton

Contact 403 242 2750 in Calgary

www.classiccaregivers.com

ALS Society of Alberta Board of Directors welcomes Scott Klassen and Judy Collins as the newest directors to the board.

ALS Society of Alberta would like to thank our dedicated summer students Colleen Wilson, Carmen Tsang, Jamie Hilland and Sarah Woolgar!

ALS Canada – Exceptional Fundraising Award

On May 6, 2009, Mr. Hank Geerlof received the ALS Society of Canada Sidney Valo Exceptional Fundraising Award. Hank was honored for his tireless fundraising efforts for the ALS Society of Alberta. In addition to raising more than \$80,000 in three years for Betty's Run for ALS, he was an active member of the board of directors and led the society in the development of a five-year strategic plan. Hank was also a member of the Steering Committee that brought Elizabeth's Concert of Hope to Alberta.

On August 2, 2009, Hank Geerlof passed away. He will be fondly remembered by all who knew him for his kind, gentle way.



Condolences

Our sincerest condolences go out to the families of the following people who recently passed away: April 15, 2009 to September 8, 2009

Deb Allen
Harold Atcheson
Gillian Bell
Peter Biemans
Ken Bundy
Phyllis Chalack
Charles Coutu
David Crosson
Eleanor Damkar

Don Diks
Elaine Erikson
Hank Geerlof
Marcel Gendron
Jack Gorman
Mary Anne Hammer
Ivan Hepworth
Roshanali Ismail
Thea Kingma

Donald Klick
Alberta Kluytmans
Lena Lapchuk
Tina Martins
Mardell Meko
Jesse Morales
Clifford Odenbach
Paul Orr
Elizabeth Petryk

Ralph Potratz
Jean Sawatzky
James Skeels
Bill Thassitis
Denise Wade
Joyce Wilson
Tina Woodcock

A special thanks goes out to all those who kindly sent donations to the ALS Society of Alberta in memory of friends and loved ones affected by ALS. Your thoughtfulness is greatly appreciated.

Thanks to all of our third party fundraisers! Here is a taste of the great events we had this spring!

Charitee Golf Tournament

Once again the Charitee Golf Tournament was a huge success! Over 110 golfers came out to support ALS at Pinebrook Golf and Country Club. This is the 7th year the tournament has been running, and it has raised in excess of \$700,000 for the cause. This year the tournament raised over \$100,000! The event was generously sponsored by Sleemans, Spolumbos and CR Services. Thanks to the committee who worked tirelessly to put on such a great day!



Golfers horsing around at the Charitee Tournament

Markapalooza

Mark Hopkins garnered a huge crowd at his annual birthday party fundraiser which raises money for Betty's Run. The night featured fantastic bands, delicious foods and impressive silent auction items!

Sinister 7

A group of 7 brave souls participated in the Sinister 7, an adventure race which took place on July 4 and 5 around Crowsnest Pass. The team finished the 146 km race in an impressive 20 hours and 24 minutes. The group has named themselves "Saz's Soldiers" and raised over \$3,000 for the ALS Society of Alberta.



Petting Zoo at the Edson IGA Fundraiser

Edson IGA

On June 6, Edson's IGA held its second ALS fundraiser in memory of Mr. Ron Linford. Organizers Linda Kuilboer and Shirley Mitchell had worked for four months gathering donations, organizing food and even a petting zoo! This amazing family event was a true reflection of the hard work of Linda, Shirley, Evelyn Linford and the Linford family and the many volunteers that lined up to assist with making the event such a success. The community spirit was amazing and such a wonderful dedication to Mr. Ron Linford.

Tuesdays with Morrie

Once again Richard Michelle-Pentelbury wowed audiences with his rendition of Morrie in Tuesdays with Morrie. The play, which is based on the best selling memoir by Mitch Albom, was performed at the Epcor Centre in Calgary. Richard was joined this time by Donovan Deschner, who played Mitch Albom and the duo was incredible.

Lloydminster Charity Dinner

The 11th Anniversary of the ALS Charity Dinner held in Lloydminster on April 25, 2009 was another great success. The roast beef dinner was delectable and there was a huge selection of items to bid on for the silent auction. Todd Butler was the fantastic entertainer for the evening. Colleen Christie and her sorority sisters hold this annual dinner from which a portion of the proceeds go to the ALS Society of Alberta to help others living with the ALS. A big thanks to Colleen and her sorority sisters for hosting this great evening. We look forward to the 2010 event.

Nana's Little Fairies

Emily Richardson, a young girl from Edmonton has been making and selling fairies made from silk flowers! She has been selling them at craft sales and farmers markets to raise funds and awareness for ALS. To date Emily has raised \$521! Emily began making these fairies as a way to honour her grandmother, Flo E. Cooper who passed away from ALS.



Emily and her flower fairies



Bo and friends

Bo's Gourmet Dinners

This semi-annual Red Deer fundraiser featured a bacon themed 5 course meal paired with interesting and unique wines and spirits. The dinner was a great success and sold out quickly. Please contact the office if you are interested in purchasing tickets for the next delicious meal!

Alberta Championship Chili Cook-off for ALS!

In May, a group of dedicated chili chefs came together to compete for the Alberta Championship title! The event was organized by Randy Bilozir and proceeds were donated to the ALS Society of Alberta. The chili was fiery and delicious and Randy came first place in the Chili Verde competition!

Flatiron Dinner

On May 26th, the Lucid Group of Companies hosted a fabulous evening at the Flat Iron Grill. Attendees enjoyed themed cocktails and a fine dining experience along with an exciting silent auction. The total raised by the end of the night totaled over \$15,000 and the entire event was a grand success. Thanks to Adam Drybrough and his team at Lucid for making the night so memorable.

Howard Smith Memorial Calf Roping – August 21, 2009

The 8th annual Howard Smith Memorial Calf Roping was a huge success. This year Greg Smith (Howard's grandson) and his partner Darcy Erion placed first in the competition. Second place was Darcy Erion & Bev McArthur, third place was Mike Swain & Greg Kruger. Over the past 8 years, they have raised more than \$15,000 for the ALS Society. Rosalie Smith and her family continue to honor Howard in dedicating the proceeds from the competition to the ALS Society of Alberta.



Rosalie Smith and family and friends



Summer and friends

Fisler Family Walk to End ALS

Summer Courtney, an 11 year old young girl came up with an idea (in honor of her Uncle who passed away with ALS) to raise funds and awareness for ALS. Summer, along with her friends Keira Branch, Persia Khan, & Alexander Singeris formed a team to work on planning an event. On May 16th the Fisler Family Walk to End ALS was held in the Bearspaw community. The group raised more than \$5,300 in support of the ALS Society of Alberta!

Upcoming Events!

Calgary - **From the Heart** - Wine, cheese and silent auction. October 17. 7pm Good Shepherd Church, 6311 Norfolk Dr NW. Call Linda at 403-651-1002 for tickets!

Edmonton - **Big League Apparel and Sports Charity Dinner**. October 6. 5pm. Bonanza Western Grill. 12536 137 Avenue NW. Call Troy at 780-990-1010 for tickets!