



## WALK for ALS welcomes four new additions

### Peace District, Hinton, Vegreville and Fort McMurray

Peace District's debut of their first annual WALK for ALS far exceeded all expectations. The Walk was held in Peace River's Riverfront Park on Saturday, June 2 and raised over \$7,000. More than 50 participants came and showed their support for the cause with family and friends. A great thanks to Johanna Downing, our walk coordinator, and all the dedicated volunteers who made this Walk a possibility.



Walkers from the Peace District Walk



Following that was Hinton's first annual WALK for ALS at the Beaver Boardwalk on Sunday, June 17, where over \$6,000 was raised! Beth MacCallum, our Hinton walk coordinator, and volunteers from the community did an excellent job making the Walk a success.



A group photo from Hinton

Then we had Vegreville's first annual WALK for ALS on Saturday, Aug. 18 at Elks Kinsmen Park. With a great turnout (over 100 participants) and sunny weather, it was a fantastic day for the event. Thanks to the hard work of all the volunteers and our wonderful walk coordinators



Dina Coers and Kayla Brennick, over \$25,000 was raised. What an amazing accomplishment!

Left to right: Colby and Lyle cutting the start ribbon in Vegreville

And last but not least, we had Fort McMurray's first annual WALK for ALS on Sunday, Aug. 19, where over \$8,000 was raised. Brad Gaulton, our Fort McMurray walk coordinator, organized the Walk with local volunteers. A special thank you to His Honour, Col. (Ret'd), the Honourable Donald S. Ethell Lieutenant Governor of Alberta and Her Honour for attending our Walk! Thanks to all 40 participants who came out to show their support for a great cause.



A Fort McMurray group photo with His and Her Honour

With such great results from all of our new additions to the WALK for ALS national event, we can't wait for next year to continue our partnerships in raising funds and awareness for ALS.

### Final Walk of 2012

The upcoming Lethbridge WALK for ALS, hosted by the Kinette Club of Lethbridge, will take place on Saturday Sept. 8 at Henderson Lake Park. For more details visit, [www.walkforals.ca](http://www.walkforals.ca). Hope to see you there!



# Annual Events

## WALK for ALS

This year, the WALK for ALS has been organized in 10 Alberta communities by very dedicated and hard working volunteers. We truly appreciate all that you have done to raise funds and awareness in your community for our important cause.



A group photo from Spruce Grove

### Spruce Grove

Spruce Grove's WALK for ALS took place on Saturday, June 2 at the city's popular Central Park. The Walk brought in over \$14,000 thanks to over 90 participants who ran and walked. We would like to thank Yvonne Cadwell, our walk coordinator, the participants and volunteers for making this Walk a success.

### Edmonton

The Edmonton WALK for ALS had an outpouring of support from the community and raised over \$263,000. This year's funds bring the collective 12 year total to over \$1,868,000. The Walk, which was held on Saturday, June 9 at Hawrelak Park, was another accomplishment on Edmonton's generous and supportive track record. The Walk was coordinated by Lindsay Cashin and her organizing committee, whose previous work has always achieved great results.



An action shot from the Edmonton Walk

### Cold Lake

Cold Lake's 11<sup>th</sup> annual WALK for ALS was held on Saturday, June 16, where they raised over \$12,000. Michelle and Pat Feduniak, our walk coordinators, worked together with local volunteers to organize the Walk. The Walk had a great turnout as it does every year. We thank everyone who took the time to come and help support our cause! Pat and Michelle were nominated by the ALS Society of Alberta to receive the Mary Pollock WALK for ALS Volunteer Award from the ALS Society of Canada. They received the award in May 2012. Congratulations!



A group photo from Red Deer

### Red Deer

The annual Red Deer WALK for ALS was on Saturday, June 23 at the Great Chief Park at Bower Ponds. The Walk was coordinated by Deborah Hansen and Michelle Parker, along with members of their organizing committee. Through their hard work and all those who came to participate and support the cause, over \$102,000 was raised. What amazing results and a great example of a community coming together to make a difference.

### Camrose

The annual Camrose Walk for ALS raised more than \$17,000 thanks to over 50 participants. The Walk took place on Saturday, June 23 around Mirror Lake Park. Brandee Fossen, our Camrose walk coordinator, and her organizing committee did an excellent job. The weather was perfect, there was a wonderful turnout and great results. Everyone who was there contributed to making the day a success.



A group photo from Camrose

If you would like to organize a Walk in your community, please email [lindsay@alsab.ca](mailto:lindsay@alsab.ca).

## 16<sup>th</sup> Annual Betty's Run for ALS

*Inspiring Care, Hope and Community*



Betty's Run for ALS celebrated its 16<sup>th</sup> anniversary this year on Sunday, June 10. Over 1,500 Calgarians came out to North Glenmore Park and helped raise over \$475,000 for ALS! Shelagh Mikulak has lived with ALS since 2010 and was this year's ambassador. This year's funds bring the cumulative 16 year total to an amazing \$5,000,000! It was a day of fun, spirit and an incredible milestone for all.

We would like to thank all who came out to participate, Mayor Nenshi, Mr. Jim Gray, our sponsors and volunteers for the amazing support they've showed us over the past 16 years. A big thank you to our organizing committee as well, who work tirelessly all year long for this annual event.

If you would like to read Shelagh's speech from the event, visit our website.

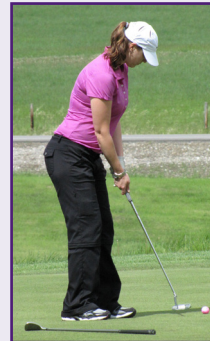


*Top to bottom: Shelagh's Green Team and the Kidco Platinum Sponsor Team*

## 10<sup>th</sup> Annual Charitee Golf Tournament for ALS

Our 10<sup>th</sup> annual Charitee Golf Tournament for ALS was a swinging success. The event was hosted at Pinebrook Golf & Country Club on Monday, June 18 and raised over \$92,000. The funds raised also support the University of Calgary ALS Clinic. The tournament had a late and rainy start, but soon enough the weather cleared for a fun golf-filled afternoon. The night concluded with a speech from Barry Varga, who was diagnosed with ALS in 2008, and a presentation of his short film, *Disabled & Dangerous*.

Thank you to our Ace Sponsor *Mancal Corporation* and Par Sponsors *ARAWAK Energy Canada* and the *Calgary Motor Dealers Association*. Thank you as well to all our sponsors, golfers and volunteers who came out to support this annual event. We can't wait until next year when we get to tee-off again.



*Action shots from the tournament*

## 2011 AGM

### Queen's Diamond Jubilee Medal Presentation



*Left to right: Tara, Jeff, Kaye, William, Jane, His and Her Honour, Cathy (Missing: Norman Pollock)*

On Saturday, May 26 we had the pleasure of His Honour, Col. (Ret'd), the Honourable Donald S. Ethell Lieutenant Governor of Alberta and Her Honour to officially present three Albertans with the Queen Elizabeth II Diamond Jubilee Medal in honour of their commitment to making a difference to the ALS community. This special presentation took place at our Annual General Meeting. The three medal recipients were Norman Pollock, William (Bill) Quirk and Jane Rivest. Close friend of Norm, Jeff Eichler, accepted the medal on Norm's behalf.

The Queen's Diamond Jubilee Medal was created to celebrate Her Majesty's accession to the Throne 60 years ago. This commemorative medal is a tangible and lasting way to pay tribute to 60,000 Canadians whose achievements have benefitted their fellow citizens, their community, their organization and the country. The ALS Society of Alberta nominated these three individuals to the ALS Society of Canada who was chosen by the Governor General's Office as a partner organization.

Congratulations and thank you so much to these special individuals for all that you do.



# Community Support

## Vehicles and Violins Gala

The 13<sup>th</sup> Annual Vehicles and Violins Gala was held on March 13 by the Calgary Motor Dealers Association (CMDA) and is an annual event that launches the Calgary International Auto & Truck Show. The 2012 event supported the ALS Society of Alberta along with Calgary Meals on Wheels. Over \$228,000 was raised through ticket sales, silent and live auctions, and raffle sales. Thank you so much to the CMDA!



Tara and Karen at the cheque presentation (PHOTO COURTESY OF THE CALGARY HERALD)

## Grants Received Donations from Foundations

Thank you to the following foundations for granting us funds to allow us to continue providing care to those who are living with and affected by ALS.

**Alberta Culture and Community Spirit** donated \$23,401.94 from the Community Spirit Program in June. These funds will go towards providing services to those living with ALS in Alberta.

**Community Foundation of Medicine Hat & SE Alberta** donated \$4,784 for our Equipment Lending Program. These funds will allow us to purchase vital breathing equipment for our clients in SE Alberta.

**Red Deer & District Community Foundation** donated \$5,000 for client services. These funds will help to support clients living in the Red Deer area.

# Third Party Events FUNDRAISERS

## February - July 2012

A big thank you goes out to everyone who has taken the time to raise awareness and funds for the ALS Society of Alberta. Here are a few of the wonderful fundraisers put on in support of the ALS Society in the last couple of months:

### Wedding Favors

On Saturday Feb. 4, Jenn Oleksiw and Nick Gallant were married and in lieu of wedding favors, two personal charities were given donations. The couple donated \$1,000 to the ALS Society, which is a charity close to their heart. Thank you so much Jenn and Nick for sharing your special day with us!

### Fun Curling Spiel for Judy

On March 9, Brenda Clampitt and friends held a Fun Curling Spiel in honour of Judy Schweitzer in Red Deer. Over \$1,300 was raised through the curling event! Thanks to this wonderful group of friends for your support!

### Reach Out and Touch

Nina Dubbin, Deanna Dubbin and family hosted the Reach Out and Touch event on March 24 in remembrance of family member, Lorna Payne, who passed away from ALS. The evening consisted of a musical revue as well as a silent auction and took place at The Lantern Church in Calgary. The event brought in over \$6,500 for the ALS Society – thank you so much for your hard work!

### Jewellery Show

Thank you so much to Chantal Fortin who hosted a Lia Sophia Jewellery Show on April 22. Chantal also donated Jewellery as raffle prizes at the show. We really appreciate your support of the ALS Society – thanks Chantal!

### ALS Charity Dinner

Colleen Christie and her sorority sisters put on their 14<sup>th</sup> Annual ALS Charity Dinner on April 28 at the Lloydminster Stockade Convention Centre. Hundreds of people attended the annual dinner and were entertained by Comedian and Canadian Master Sound Impressionist Herb Dixon. Funds were raised for the ALS Society and the University of Alberta ALS Clinic through ticket sales, raffles and a silent auction. The event raised \$23,000 for the ALS Society of Alberta – thank you so much Colleen and friends!

### Seven8ty Season Opener for ALS

On May 5, the Seven8ty Season Opener for ALS was held at the United Cycle Parking Lot in Edmonton. This was the annual season opening car meet for the local automotive enthusiast community. Funds were raised through a BBQ, raffle, silent auction and a Show 'N Shine. Thank you to Marie Lefreniere who helped to organize this event – over \$4,800 was raised with funds split between the ALS Society of Alberta and the ALS Society of Canada.

### Five Singing Guys Benefit Concert

Kade Hogg organized a benefit concert for ALS at the Southminster United Church in Lethbridge on May 27. The concert was put on in honour of Lynn Dorum who was living with ALS. The Five Singing Guys did a wonderful job, had a packed venue and brought in over \$5,000 for the ALS Society. Thank you so much for your support!

### Ernest Manning High School

Battle of the Bands members, Plead the Fifth at Ernest Manning High School, donated \$300 from their event to the ALS Society of Alberta. The band worked hard at

implementing their musical vision and making it a reality. Thank you so much for donating to the ALS Society!

### **Morinville Auto Parts Ltd.**

Thank you so much to Christian Rondeau of Morinville Auto Parts Ltd. who donated \$1,500 to the ALS Society from the Morinville Bumper to Bumper Show 'N Shine on June 23. We really appreciate your ongoing support and awareness in your community!

### **Rocky Mountain House Scotia Bank BBQ**

Many thanks to the Scotia Bank staff in Rocky Mountain House as well as Terry Odenbach for putting on their annual BBQ this June. Over \$3,000 was brought in from sales and the silent auction. Thank you for your support!

### **Bud Country Fever**

Joanne Turnbull once again worked alongside the Export Mobile Bud Country Fever event in Grande Prairie to run 50/50 sales throughout the three day event on Canada Day long weekend. Over \$3,800 was donated to the ALS Society from the event – thanks so much Joanne for your hard work!

### **Wedding Bliss**

Amanda and Gerard Hunter were married in July and instead of giving wedding favors, they donated \$250 to the Edmonton Walk for ALS. Amanda is also a volunteer on the Edmonton Walk Committee. Thank you so much Amanda and Gerard for thinking of the ALS Society on your big day!

### **Disabled and Dangerous**

On July 7, Barry Varga and friends organized a public screening of their short film, *Disabled and Dangerous*, at The Globe Theatre in Calgary. Admission was free to the event but over \$1,800 in donations were collected at the screen-

ing. Thank you so much to Barry and friends for this comical show and for your ongoing support.

### **Golfathon for ALS**

On July 9, Weston Gillett organized a Golfathon for ALS at Drayton Valley Golf Club. Funds were raised through pledges as Weston and friends played as many holes throughout the day until it was dark. Thank you so much Weston for your support and fun fundraising event!



*Weston  
Gillett  
and  
friends  
golfing*

### **Stanley Carlstad Memorial Ball Tournament**

The 3<sup>rd</sup> Annual Stanley Carlstad Memorial Ball Tournament took place from July 20-22 in Bear Canyon. This annual slow-pitch tournament is organized by the family of Stanley Carlstad who passed away from ALS in 2005. The event also included marshmallow spitting and marshmallow stuffing competitions to determine tie breakers. Over \$9,900 was raised through the tournament as well as through a silent auction. Thank you so much to Trudy Roy and family for organizing this great event!



A group shot from the tournament

### **Little Girls with BIG Hearts!**

Emma and Brenna Carlstad hosted a penny drive and set out containers at school and at their local post office to collect pennies for ALS. From this penny drive, the girls

raised over \$200, which was donated to the ALS Society in honour of their grandpa Stanley Carlstad who passed away from ALS.

Emma and Brenna held a lemonade stand in their tireless effort to raise money to buy a horse. Before opening for business, they decided it would be better to donate all of the money they raised that day to those who need it more. They split their earnings in half and Emma donated \$106 of her money to the ALS Society.

For her 9<sup>th</sup> birthday, Emma once again asked her friends to make a donation in lieu of a birthday present and she was able to donate \$191 to the society. Thank you so much for your support girls! We truly appreciate all of your efforts to help us!

### **ALS Quonset Days**

Janet Biemans and her family hosted the 3<sup>rd</sup> Annual Quonset Days from July 20-21 in Seven Persons. The event is organized in honour of Janet's husband Peter who passed away from ALS. Dubbed "The Greatest Outdoor Party on Dirt," the weekend featured live music by Jay Bowcott, Sweet Rock, The Bad-Hatters and Mark Flannigan Music. Over \$20,000 was raised at this great event – thanks so much Janet for all of your hard work!

### **Still Missing Your Tax Receipt?**

If you've donated over \$20 to the ALS Society of Alberta and still haven't received your tax receipt by Oct. 1, 2012 let us know. Call our office at 403-228-3857 and we'll make sure to have one sent.

## Events UPCOMING

If you would like to host a Third Party Fundraiser, please contact Lindsay at 403-228-3857 or by email at [lindsay@alsab.ca](mailto:lindsay@alsab.ca).

### Annual Charity Invitational The Canal at Delacour

Golf Tournament, Silent and Live Auction

**Date:** Friday, Sept. 21

**Location:** The Canal at Delacour (17 km outside of Calgary, AB)

For more information, contact Phill at [ppetersn@telusplanet.net](mailto:ppetersn@telusplanet.net).

### Lesco Distributors Inc. Pro Show 'N Shine

Car Show 'N Shine, Silent Auction, Kids Area

**Date:** Saturday, Sept. 22

**Time:** 11 a.m. – 5 p.m.

**Location:** BlackJacks Roadhouse in Nisku, AB

For more information, contact Tina at 780-452-8180 or at [lesdist@telusplanet.net](mailto:lesdist@telusplanet.net).

### Calgary Casino

**Date:** Tuesday, Jan. 29-Jan. 30, 2013

**Location:** Elbow River Casino in Calgary, AB

To volunteer, contact Lindsay at 403-228-3857 or at [lindsay@alsab.ca](mailto:lindsay@alsab.ca).

### Edmonton Casino

**Date:** Sunday, Feb. 24-Feb. 25, 2013

**Location:** Yellowhead Casino in Edmonton, AB

To volunteer, contact Phyllis at 780-487-0754 or at [phyllis@alsab.ca](mailto:phyllis@alsab.ca).

### An Evening of Vehicles & Violins Gala 2013



We are thrilled to be a part of this event again as an honoured recipient, along with Make-A-Wish Foundation of Southern Alberta and KidSport Calgary! The upcoming 2013 Vehicles and Violins Gala, hosted by the Calgary Motor Dealers Association, is always a night to remember. You can expect delicious international cuisine, entertainment provided by the Calgary Philharmonic Orchestra, live and silent auctions, all with an exclusive preview of the 2013 Calgary International Auto and Truck Show.

**Date:** Tuesday, March 12, 2013

**Location:** BMO Centre, Stampede Park in Calgary, AB

To be invited to this exclusive event, please go to [www.autoshowcalgary.com](http://www.autoshowcalgary.com) and sign up to become an invited guest and purchase your ticket. You can also call 403-974-0707 or email [cmda@telus.net](mailto:cmda@telus.net). Tickets sell out fast, so make sure to request your invitation quickly!

If you would like to become a sponsor or donate auction items, contact [lindsay@alsab.ca](mailto:lindsay@alsab.ca).

We hope to see you there!

## Summer Updates

### New Staff

We are pleased to announce that Brandee Fossen has joined the ALS Society of Alberta team as a Client Services Coordinator on a full-time basis located out of the Edmonton office. We have had the pleasure of working with Brandee as our walk coordinator in Camrose and Brandee recently spearheaded the support group in Leduc. Please join us in welcoming Brandee!

### Summer Students

Over the summer months we had five summer students join us at the Society. Devin Aman, Kyle Judd, Sanja Okilj, Kathleen Pye and Robyn Wiens have been doing a great job all summer helping us out. We are going to be sad to see them go at the end of August! Thanks for all your hard work!



## Tips & Tricks

### Getting Out to Enjoy Nature

#### William Watson Lodge Society

The William Watson Lodge Society at Peter Lougheed Provincial Park offers accommodations where Albertans with disabilities can enjoy the outdoors at a reasonable cost. There are 22 accessible cottages, 6 campsites, picnic sites and 18 kilometers of accessible trails. There are units that come with ceiling tracks, lifts, roll-in showers and shower commodes. All you need to bring is your bedding, toiletries and food. The only catch is that you are required to book three to four months in advance.

For more information please call 403-591-7227 or view the website: [www.williamwatsonlodgesociety.com](http://www.williamwatsonlodgesociety.com)

#### Push to Open Nature Society

This is an Alberta based non-profit group that helps people of all abilities enjoy Alberta's parks and nature. They lend specialized equipment such as "trail-riders" that have been adapted to suit the needs of people who would otherwise not be able to get out on a mountain trail. If you are interested in getting out into nature, but are not quite sure how you might be able to manage it, the wonderful people at the Push to Open Nature Society will work with you and your family to ensure you have the support you need.

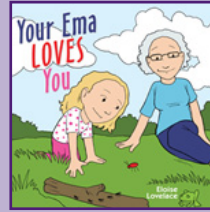
For more information please call 403-386-0160, email [info@pushtopen.ca](mailto:info@pushtopen.ca) or view the website: [www.pushtopen.ca](http://www.pushtopen.ca)

## Children's Corner

There are many resources available for children and youth who are affected by ALS. Here are a few books that you might find helpful:

#### **Your Ema Loves You** (\$8.99)

By Eloise Lovelace

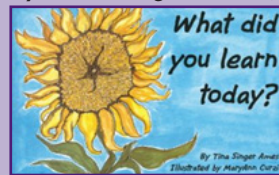


This is an illustrated children's book that describes the loving relationship between a grandmother with ALS and her grandchild.

To order a copy of **Your Ema Loves You** please visit, [www.yourema.com](http://www.yourema.com).

#### **What Did You Learn Today?** (\$10.00)

By Tina Singer Ames, author and Mary Ann Curzi, illustrator



This story follows a teacher, Mrs. Mayer and her students. Every day Mrs. Mayer asks her students, "What did you learn today?" As the story progresses, it shows how the students learn to understand that you can have fun even when bad things happen through their answers to Mrs. Mayer's question. *Written for children ages 3 and up.*

To order a copy of **What Did You Learn Today?** contact Jodi O'Donnell-Ames at [hopelovescompany@gmail.com](mailto:hopelovescompany@gmail.com).

### Support for Champions



*"We like having fun and meeting new friends," said John and Victoria*

The Support for Champions Program provides financial support to children of a parent who has been affected by ALS. The program encourages these children to participate in normal childhood activities despite the strain put on their family by this disease.

John and Victoria Smith are an example of how this program supports the children involved. These 7 year old twins have participated in programs like swimming, gymnastics, preschool and taekwondo with the support of the program.

*"Raising twins is very costly at times and the financial benefit from Support for Champions is so very much appreciated. Besides the fact the extra curricular activities helped keep the children fit and developed their social skills essential for kindergarten, it pleased my Husband, Michael, who was living with ALS. He may have been unable to physically do the activities with the children himself, but he was very happy to watch his beloved children participate in them and grow as individuals. Thank you." - Lisa Smith*

If you would like to apply for funding from the Support for Champions Program or would like to donate to this program, please contact our Provincial Office.

# Support Groups

All Support Groups and Information Sessions are provided free of charge. They are offered in casual group settings that provide everyone with an opportunity to share their experiences, information and support.

## ALS Support Groups

These groups provide support to people living with ALS, their spouses, significant others, friends and families. It gives individuals the opportunity to meet others on the ALS journey, share challenges and solutions, have some fun and socialize.

## ALS Family & Spousal Support Groups

These warm and casual groups are for people who have lived or are currently living with someone affected by ALS.

### Calgary

#### ALS Support Group

**Dates:** Saturday, Sept. 15, 2012  
Saturday, Oct. 27, 2012  
Saturday, Nov. 17, 2012  
Saturday, Dec. 1, 2012

**Time:** 1:30 p.m. – 3:30 p.m.

**Place:** Rotary Challenger Park  
Canada Alberta Century Field House  
3688 48<sup>th</sup> Avenue NE

#### ALS Family & Spousal Support Group

**Dates:** Meets *monthly*  
Thursday, Aug. 30, 2012  
Thursday, Sept. 13, 2012  
Thursday, Oct. 25, 2012  
Thursday, Nov. 29, 2012  
Thursday, Dec. 13, 2012

**Time:** 6:30 p.m. – 8:30 p.m.

**Place:** 8211 Churchill Drive SW

Contact Jane Rivest at 403-714-8211 or email [jane@alsab.ca](mailto:jane@alsab.ca) for more information on Calgary's support groups.

#### PLS Support Group

This group is for people living with and affected by PLS. We meet to share information, support and a few laughs too!

**Dates:** Meets *monthly*

**Exact dates are still to be finalized**

**Time:** 1:00 p.m. – 3:00 p.m.

**Place:** 1718 14<sup>th</sup> Avenue NW  
Renaissance Condo Complex at North Hill Mall

Contact Megan Blomfield at 403-921-7101 or email [megan@alsab.ca](mailto:megan@alsab.ca) if you are interested in attending or for more details.

### Edmonton

#### ALS Support Group

Light refreshments will be available.

**Dates:** Every *third Tuesday of the month*  
Tuesday, Sept. 18, 2012  
Tuesday, Oct. 16, 2012  
Tuesday, Nov. 20, 2012

**Time:** 1:30 p.m. – 3:00 p.m.

**Place:** ALS Society Edmonton Office  
#314, Circle Square, 11808 St. Albert Trail

#### Life After Loss Support Group

The focus of our discussions will be on the changes after the loss of a loved one.

**Dates:** Every *third Thursday of the month*

**Each date will have a different topic:**

Thursday, Sept. 20, 2012  
Getting Through the First Year of Loss

Thursday, Oct. 18, 2012  
Why Don't Other Family Members Seem to Be Grieving Like I Am

Thursday, Nov. 15, 2012  
Planning for Christmas

**Time:** 1:30 p.m. – 3:30 p.m.

**Place:** ALS Society Edmonton Office  
#314, Circle Square, 11808 St. Albert Trail

To register for either Edmonton support group please call 780-487-0754.



## Support Groups Continued

### Leduc

#### ALS Support Group

**Dates:** Every third Saturday of the month

Saturday, Sept. 15, 2012

Saturday, Oct. 20, 2012

Saturday, Nov. 17, 2012

**Time:** 1:30 p.m. – 3:30 p.m.

**Place:** Karunia House

4701 - 49<sup>th</sup> Avenue

To register for the Leduc support group please call 780-487-0754.

### Lethbridge

#### ALS Support Group

**Dates:** Every last Friday of the month

**Time:** 2:00 p.m.

**Place:** North Bridge Seniors Centre

1904 13<sup>th</sup> Avenue N

Contact Janice Zoeteman at 403-393-2663 or email [janice@alsab.ca](mailto:janice@alsab.ca) for more information.

### Red Deer

#### ALS Support Group

**Dates:** Saturday, Sept. 8, 2012

Saturday, Nov. 3, 2012

**Time:** 1:15 p.m. – 3:15 p.m.

**Place:** MS Society Office

105 - 4807 50<sup>th</sup> Avenue

#### ALS Family & Spousal Support Group

This group is co-facilitated by Esme Tyson and Carla Falk.

**Dates:** Every third Thursday of the month

Thursday, Sept. 20, 2012

Thursday, Oct. 18, 2012

Thursday, Nov. 15, 2012

**Time:** 1 p.m. – 3 p.m.

**Place:** Contact for location details

Please contact Carla Falk at 403-505-5139 or email [carla@alsab.ca](mailto:carla@alsab.ca) for more information on Red Deer's support groups.

## Tribute

### Tribute to Norman Pollock



It is with great sadness that we announce the peaceful passing of Norm Pollock, at the age of 54 years on June 21, 2012 at his home in Edmonton. Norm will be sadly missed and lovingly remembered by his wife Janet, sons Shawn and David, mother, siblings, and many other family members and friends.

Norm has been on the ALS Society of Alberta's Board of Directors for the past five years and has given countless hours and energy to the cause. Norm was diagnosed with ALS in 2007 and it was at that time that Norm began his legacy with the ALS Society. It was Norm's vision to put light on this horrible disease as well as the individuals and families that are affected by it. Norm was a true leader in the advocacy issues facing the society.

Norm recently received the Queen's Diamond Jubilee Medal for his leadership and work for the ALS Society. The distinguished medal was presented to Norm on June 16<sup>th</sup> at his home by the Honourable Lieutenant Governor of Alberta.

Norm's 32 year legal career was nothing short of brilliant, and he will be remembered as a skilled and compassionate litigator by his law partners, associates and staff at the firm of Witten LLP, by the many lawyers he practiced with and against, by the many judges he appeared before, by the many students at the U of A Faculty of Law he taught as a sessional lecturer of Trial Advocacy for 17 years, and by his many clients who were privileged to know him and benefit from his devotion to them and their causes.

Thank you so much to Norm, for all that you have done for those who are battling this horrible disease. You will be greatly missed.

*Condolences* Our sincerest condolences go out to the families and friends who have lost a loved one. Thank you to 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.



The ALS Society of Alberta



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

PROVINCIAL OFFICE

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Fax: (403) 228-7752 | Email: info@alsab.ca

EDMONTON OFFICE

#314 Circle Square, 11808 St. Albert Trail NW | Edmonton, AB T5L 4G4
Phone: (780) 487-0754 | Toll Free: 1 (866) 447-0754
Fax: (780) 486-3604 | Email: societynorth@alsab.ca

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Donation Form

I would like to join the ALS Society of Alberta's Monthly Giving Program

I authorize the ALS Society of Alberta to withdraw my monthly donation of \$\_\_\_\_\_ from my bank account at the beginning / middle (circle) of each month. (Please attach a blank cheque marked VOID)

I authorize the ALS Society of Alberta to charge my monthly donation of \$\_\_\_\_\_ to my credit card at the beginning / middle (circle) of each month. (Fill out credit card information below)

Date \_\_\_\_\_ Authorizing Signature \_\_\_\_\_

I am enclosing a one-time donation of (circle) \$25 \$50 \$100 \$250 Other \$\_\_\_\_\_

Enclosed is a cheque payable to ALS Society of Alberta
Please charge the above amount to my credit card (Fill out credit card information below)

Please send my tax receipt to:

Surname \_\_\_\_\_ First Name \_\_\_\_\_
Address \_\_\_\_\_
City/Town \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_
Phone \_\_\_\_\_ Email \_\_\_\_\_

Credit Card Information

Select: Visa MasterCard American Express
Credit Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Please return form to the ALS Society of Alberta Provincial Office.

Your gift will help us to make everyday the best possible day for those living with and affected by ALS.

PRIVACY STATEMENT: YOUR PERSONAL INFORMATION WILL NOT BE ABUSED, SOLD OR SHARED WITHOUT YOUR KNOWLEDGE OR CONSENT. FOR MORE INFORMATION, PLEASE CALL THE ALS SOCIETY OF ALBERTA'S PROVINCIAL OFFICE.

Tax Receipts will automatically be issued for donations of \$20 or more.