

Prairie to Peak

a publication of the ALS Society of Alberta

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ALS Society of Alberta Mission Statement

"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."

ALS Society of Alberta

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**We need your email
address!**

**We would like to
keep you updated on
news in the ALS
community.**

**Please send your
email address to
Marie@alsab.ca.**

Thanks!

Thank You to our Volunteers

As we come to the beginning of fall, it is a great time to take a look back at all that we've accomplished over the summer – we had eight walks/runs put on for ALS and over 30 third party fundraisers. All of these events were organized by volunteers who generously donate their time, ideas and hearts. We want to say thank you to everyone who has helped us over the years – we truly appreciate it and we would not be able to reach our vision of "making every day the best possible day for people living with and affected by ALS" without you.

Thank you!

25th Anniversary

On May 14th, the ALS Society celebrated 25 years of supporting people living with ALS in Alberta. The celebration was held at Fort Calgary and it was an afternoon of celebrating where we came from, and where we are now.

Thank you to everyone who has supported the ALS Society over the years, we truly could not provide the critical services and supports without you!!



Welcome to our new staff member!

Stephanie Nicoll has just joined our team in the position of Volunteer/Administration Coordinator for the Society and will be working out of the Provincial Office.

Stephanie comes to the ALS Society from the University of Waterloo. Her experience working with volunteers will be a great asset to the Society! Welcome Stephanie!

How we Support our Community

The ALS Society has been providing support across Alberta for the past 25 years. In 2010 we were able to provide client care and equipment to people living with ALS because of your generosity. Last year we:

- Provided more than 30 education presentations to health care workers, more than 1,000 home visits and hosted 32 support groups
- Lent out more than 1,200 pieces of equipment across Alberta
- Purchased \$215,000 in equipment to add to our lending pool
- Hosted ALS education days in Grande Prairie and Medicine Hat in partnership with the ALS Clinics
- Provided 31 kids with funding from our Support for Champions program

Third Party Fundraisers March - June 2011

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 fundraiser put on in support of the society in last couple of months:

Annual Charity Shoot

The Annual Charity Shoot was put on once again by the Inter-community Dart League in Calgary and raised over \$1,800 for the ALS Society. The group first chose to support our society in 2010, as their member June Gendron had lost her husband to ALS. Since then, other people in their club have also been affected by ALS. Thank you so much to Natalie Kalika who was the organizing force behind the event. (photo 1)

Wheelchair for a Day

Coalhurst School chose to do a project on ALS after watching the movie "Sue Rodriguez: At the End of the Day". After realizing what a devastating affect the disease has, the class decided to raise money for the ALS Society by putting on a "Wheelchair for a Day" fundraiser. Janice Zoeteman, Client Services and a client visited the school and were presented with a cheque for over \$800 to purchase an Easy Lift Chair (a chair that inclines and reclines to assist an individual) for someone living with ALS. Thank you so much to Mr. Saad and students!

(photo 2)

Harold Panabaker Junior High

Teacher Jennifer Martin-Pope along with her homeroom class of Harold Panabaker Jr. High, began a journey to educate students, teachers and the community about ALS on behalf of one of their students, Reanna Varga whose dad, Barry has been living with ALS for the past 3 years. Over the past months, the students and staff organized a major fundraiser with tireless hours going into ingenious ways to raise funds for ALS. Some of the events were: Taco Tuesdays, a Silent Auction, Bake Sales, a Dance, Mother's Day bouquets, chocolate bar sales for fathers day and Floor Hockey Tournaments. To finish up the fundraiser, the students and staff participated in a Head Shave and purple hair dying assembly. The entire school was dressed in purple to represent ALS's color of hope and a cure for ALS. Through their fundraising efforts and individual pledges, Harold Panabaker Jr. High has raised over \$16,000.

Written by Judy Varga. (photo 3)

Edson IGA

The Edson IGA held a month-long fundraiser in support of the ALS Society. The fundraiser included a silent auction along with a BBQ for their clients and staff! Keith Linford and famly have been a long-time supporters of the Society – thank you so much!

George McDougall High School

George McDougall High School in Airdrie once again held a fundraiser in honour of a teacher's husband who passed away from ALS. The school held their annual carnival as well as a pizza day where students sold pizza and pop. The students raised over \$2,000 for ALS! Thank you so much for continuing to fundraise for us over the years!!

Moustache March

Men and women donned moustaches to compete at the 3rd annual "Moustache March" at the Unicorn in Calgary. The event was put on by Whitney McRae Johnson and Lisa Lockert in honour of their friend's mother who passed away of ALS. Funds came from pledges to grow a moustache as well as a silent auction. Over \$700 was raised, with half the proceeds coming to ALS Society of Alberta and the other to ALS Canada. Thank you so much for your fun event!

Lloydminster Charity Dinner

The 13th Annual Lloydminster Charity Dinner was once again organized by Colleen Christie and her Sorority Sisters. Donations from the dinner and silent auction went to benefit the ALS Society as well as the ALS Clinic in Edmonton. This is a premier event for Lloydminster and the town looks forward to it every year. The annual event raised over \$14,000 for the ALS Society – thank you so much to Colleen as well as her friends and family for putting on your annual event and for your hard work!

Colleen also published her second cookbook, "Colleens Cornflower Cookbook, Second Edition" with proceeds benefiting ALS. So far, over \$750 has been raised – if anyone wishes to purchase one of her cookbooks, please contact one of the ALS Society of Alberta offices! (photo 4)

Ricky's All Day Grill

Ricky's All Day Grill in South Edmonton Common is a continuous supporter of the Society. They picked a date to donate \$1 from every meal sold to the ALS Society, which brought in over \$300.

Thanks so much to Steve Beland and staff for your support!



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Third Party Fundraisers June - July 2011

Oilmen Pure Fighting Championship

ALS fundraising got rough and tough in Red Deer for the Oilmen Pure Fighting Championship. At this mixed martial arts event, a 50/50 Raffle was held supporting the ALS Society and brought in over \$1,600. Thank you so much to Nadine Marchand, Jeff Marchand and the Oilmen Pure Fighting Championship. (photo 5)

Deal for Denny

Lisa Coles organized a Poker Tournament “Deal for Denny” to raise funds for ALS. This was the 4th annual poker tournament and had a great turnout, with over \$3,800 being raised! Thank you so much to Lisa and her group – it’s a great idea for a fundraiser and we really appreciate it! (photo 6)

Cupcakes for a Cure

Students Courtney Baay and Vhari Ogryzlo from National Sports School sold “Cupcakes for a Cure” for their Society Action Project. The cupcakes were donated by Bliss and were topped off with a cornflower. They were sold in honour of Mark Gerrish, who passed away in 2008 of ALS. Over \$1,000 was raised by the cupcake sales – they even had to order extra as they had over-sold the donated cupcakes! Thank you so much Courtney and Vhari!

100 Day Bike Tour

Joel Bisson and Mike Downey rode their bicycles for 100 days across Canada to raise funds and awareness for the ALS Society of Canada. Along the way, Joel and Mike relied on the kindness of strangers for places to stay, food to eat and an occasional hot shower. Thank you to Nadine and friends in Red Deer and Roger and family in Calgary who provided their homes and yards for a safe night’s sleep! (photo 7)

Morinville Auto Parts Show N’ Shine

Morinville Auto Parts Show N’ Shine chose to donate funds of their event to the ALS Society of Alberta. Manager Christian Rondeau lost his father to ALS, while other co-workers also had connections to ALS and felt it would be the perfect fit. The event raised \$1,500 for the Society. Thank you Christian! (photo 8)

Signal Craft BBQ

Signal Craft held a lunch time BBQ for their vendors and staff and had proceeds going to the ALS Society. Donations were also accepted and the event brought in over \$1,700. The ALS Society was chosen as the charity to support, as a staff member’s friend Linda McMurray has family affected by ALS. Thank you so much for thinking of us!

Export Mobile Bud Country Fever

Grande Prairie’s annual Export Mobile Bud Country Fever chose the ALS Society to run its 50/50 for the weekend long event. Volunteer Joanne Turnbull and friends ran the raffle all weekend and brought in over \$11,800! Thank you so much for this amazing opportunity! (photo 9)

ALS Curenament

Jason Brown organized a Paint Ball Tournament “ALS Curenament” at Young Guns Paintball in Duffield to raise funds for ALS. The fundraiser brought in over \$3,700. Thank you so much Jason!

Buffet Night

Smiley’s Buffet in Saskatoon organized a Buffet Night to raise funds for Dion Trott who is currently living with ALS. Dion’s cousin Jacquie Thomarat organized the event and over \$500 was donated to the ALS Society from the dinner – thanks so much for your support!

Stanley Carlstad Memorial Ball Tournament

Trudy Roy and her family organized the Second Annual Stanley Carlstad Memorial Ball Tournament in Bear Canyon. The day started off with a softball tournament, silent auction, 50/50 draw and then a community supper with a silent auction. The annual event raised over \$6,300 for the Society – thanks for thinking of us! (photo 10)



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Third Party Fundraisers July - September 2011

ALS Quonset Days

Janet Biemans along with her son and daughter organized the second annual ALS Quonset Days in honour of her husband Peter who passed away from ALS. The weekend event had campers staying on the Bieman farm in Seven Persons. There was a variety of live music, silent auctions and great food. Over \$10,600 was raised for the ALS Society of Alberta – thank you so much for organizing this neat event! (photo 11)

Hands in Motion: A Kaleidoscope of Artists

Samara Hayes put on her event, Hands in Motion: A Kaleidoscope of Artists in Sherwood Park. The event was a celebration of a unique blend of artists demonstrating their talent through live demonstrations. Artist talents included Tattooing, Still Life, Animation and Contemporary to name a few. Proceeds of the event were donated to the Society. Samara also organized a BBQ at Sobey's for the same weekend to raise funds – together the events brought in over \$650 for ALS. Thanks so much Samara!

42 Canoe

Brothers, Frank and Jeff Kitching portaged across Canada with a Canoe to raise funds for ALS research, client care, and to raise awareness of ALS within Canadian communities. Their father passed away in 2008 from ALS and the journey was organized in his honour. Thank you so much to Colleen Christie in Lloydminster, Steve Beland in Edmonton (Ricky's South Edmonton Common) and all of the other people who helped Jeff and Frank out along the way. Over \$2,600 was raised for research and client care. Thanks so much!(photo 12)

Skydiving for ALS

Sarah Giesbrecht's event, Skydiving for ALS was a major hit with her supporters, as they jumped from a plane to raise funds for ALS! The jump raised almost \$5,000 and was organized in honour of Sarah's mom who passed away from ALS. Thanks so much Sarah for this fun event!(photo 13)

Tin Man Open Dennis Paulson Memorial

Lisa Coles put on the annual Tin Man Open Dennis Paulson Memorial Golf Tournament on August 12th. The tournament is organized with ABAL Building products staff and this year raised over \$2,600 for ALS – thanks so much Lisa!

Howard Smith Memorial ALS Team Roping

This year's Howard Smith Memorial ALS Team Roping event took place on August 19th at the Howard Smith Memorial Arena in Sundre and was put on by the Eagle Valley Roping Association and Howard's family. Funds were raised by generous ropers donating their winnings, as well as Howard's grandson donating a 2 year old Registered Quarter Horse for auction. This year's donations came in at \$4,800 adding to the nine year total of \$24,000! Thank you so much to everyone involved. (photo 14)

Gasoline Alley Harley Davidson Poker Run

Over 40 people attended the Gasoline Alley Harley Davidson Poker Run in Red Deer in August to raise funds for ALS. The event had motorcyclists meeting at different spots to pick out their poker hand - the players with the best hand and worst hand won! Over \$400 was raised for the Society – thanks!!(photo 15)

Third Annual Jim Beattie Tournament

The third annual Jim Beattie Tournament was put on by Tracy Carby and Nadia Bull at The Garage and took place at The Lakes of Muirfield in August. After the tournament, the guests went to The Garage in Calgary for dinner, a silent auction and more fun. Thank you so much for organizing this annual event!

Race for ALS

Kathryn Reddecliff participated in the Ardmore Extreme Sports event to raise funds for ALS. Kathryn works at The Wolf Radio Station and challenged coworker and popular jock Corey "Gaunch" Wandler in the tuff truck competition. Funds raised through the competition were in remembrance of Kathryn's mom Eleanor Reddecliff who passed away from ALS at the age of 66 in 2008. Thank you Kathryn for participating and raising funds in this great event!

Annual Charity Invitational – The Canal at Delacour

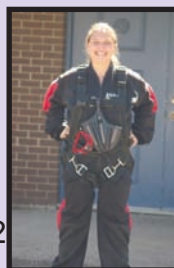
The Annual Charity Invitational took place at The Canal at Delacour on September 16th just outside of Calgary. Over 140 golfers took part in the tournament which ended with a wonderful steak dinner and a silent and live auction. Thank you so much to Vic, Phill and the committee for your ongoing commitment to raise funds for the Society.



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Do you have any ideas for upcoming fundraisers? Contact Lindsay at 403-228-3857 x108 or email Lindsay@alsab.ca to share your ideas and get started.

Donations and Awareness

Korea Veterans Association

The Korea Veterans Association donated \$3,000 to the ALS Society of Alberta at their annual celebration and cheque donation event. Board Member Judy Collins and Executive Director Karen Caughey were on hand to accept the donation. Thank you so much to the members of the Korea Veterans Association who chose to support us once again this year. (photo 16)

Birthday Wish

Emma Carlstad has been donating her birthday money for last 3 years to the ALS Society in honour of her Grandpa Stanley, whom she misses very much. Emma has donated over \$1,100 and also puts money of her own in. Emma says "We need to stop ALS! Every night I wish that ALS would be gone forever". Thank you so much Emma! We really appreciate you donating your birthday money to help people living with ALS! (photo 17)

The Science of ALS

Calgary students Larissa and Beth contacted the ALS Society to let us know they would be competing in the annual Calgary Science Fair with a display about ALS. The girls borrowed two of our Keyboard Communication Devices (after you type a sentence, it verbalizes it for you) to show examples of equipment that may be required for someone living with ALS. Larissa and Beth dedicated their science display to Kevin O'Keefe, a close family friend who passed away from ALS. Thank you for doing your project on ALS – we really appreciate the awareness you have spread! (photo 18)

Sandra Paulson

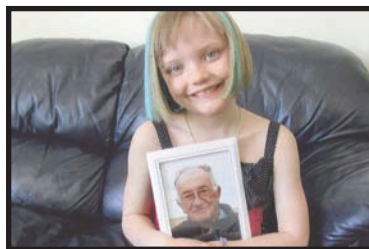
Sandra Paulson had a house party fundraiser in July and donated \$250 of her party proceeds to the Society. Thanks Sandra!

Community Initiatives Program

Thank you so much to the Government of Alberta Culture and Community Spirit Ministry for your grant of over \$60,000. These funds will help us purchase equipment for our Equipment Lending Program for people living with ALS.



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Charitee Golf Tournament

The 9th annual ALS Charitee Golf Tournament took place on Monday June 20th at Pinebrook Golf and Country Club. The shotgun tournament started off at noon and ended with a speech by Jonathan Karpetz, a silent and live auction, and a wonderful buffet dinner.

Thank you to the organizing committee: Bill Quirk, William Robinson, Gerald Stotts, Jon Walker, Carmen Tsang, Len & Fran Esler and Michael Flanagan. Thank you to the Presenting Sponsors: AirSprint Private Aviation, Bill Quirk 697674 Alberta Ltd, and RBC. Thank you also goes to all of the sponsors and golfers who came out to support this annual event.



Bill Quirk's team

Over \$120,000 was raised, which also supports the University of Calgary ALS Clinic.



Airsprint's team

15th Annual Betty's Run for ALS

Betty's Run for ALS celebrated its 15th Anniversary this year with over 1,700 people coming out to North Glenmore Park. Mayor Naheed Nenshi helped to kick off the event, along with Ambassador Roger Brightwell who has lived with ALS since 2009.

Teams and individuals raised over \$480,000 for ALS and are thankful that the community provided them with so much support. Mr. Jim Gray, honorary chairman of the Society also came out to support the event. He was close friends with Betty Norman, the namesake of the event.

Thank you so much to the organizing committee who works tirelessly all year long for this annual event.



2011 Ambassador Roger Brightwell and Mayor Nenshi



2011 Organizing Committee

Walk for ALS

This year, the Walk for ALS has been organized in seven Alberta communities by very dedicated and hard working volunteers. We truly appreciate all that you have done to raise funds in your own community for our important cause. There were over 78 walks across Canada.

Camrose

Camrose Walk for ALS took place on Saturday June 18 and was coordinated by Brandee Fossen and her organizing committee. The event was held at the Camrose Chamber of Commerce and the walk was around the beautiful Mirror Lake. The Camrose walk brought in over \$14,000 in funds for ALS! Thank you so much for a great job on walk.

- The Deputy Mayor of Camrose proclaimed June as ALS Awareness month! Thank you Deputy Mayor Gerry Galenza for this great honor!



Cold Lake

Cold Lake Walk for ALS celebrated their 10th anniversary this year on Saturday June 18th! Dedicated volunteers Michelle and Pat Feduniak organized the annual walk and raised over \$11,000 this year. Thank you so much for your continued support of ALS in your community.

- Mayor Craig Copeland of Cold Lake proclaimed June as ALS Awareness month! Thank you for helping us spread awareness!

Edmonton

Edmonton Walk for ALS took place on Saturday June 11th at Hawrelak Park and had an outpouring of support from the community, including the Global Helicopter which flew over the event! The walk was coordinated by Lindsay Cashin and her organizing committee – as well as emceed by Tim Spelliscy of Global Television in Edmonton. The walk raised over \$288,000 for ALS! This was a record breaking year for the Edmonton walk, thank you to everyone who came and helped support our great cause.

- Mayor Steven Mandel proclaimed June as ALS Awareness month! Thank you so much for your support.



Walk for ALS Continued

Grande Prairie

Grande Prairie Walk for ALS took place at Muskoseepi Park on Saturday June 4th and was coordinated by Joanne Turnbull, Shaun Boivin, and their organizing committee. The walk included a silent auction which in all brought in over \$26,000! Thank you so much for your hard work.

- June was proclaimed ALS Awareness month by Mayor Bill Given - thank you for supporting our cause!



Lethbridge

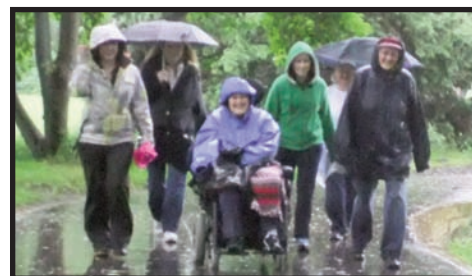
Lethbridge Walk for ALS took place on September 10th at Nicholas Sheran Park and was organized by the Lethbridge Kinettes! The event raised over \$15,000 and had close to 200 participants! This is the second year that the Kinettes have taken the reins on the walk and we are so thankful to have them as partners in our cause. Thank you to co-coordinators Sarah Peters and Jodi Killoran.

Red Deer

Red Deer Walk for ALS took place on Saturday June 18th and was coordinated by Deb Hansen, Michelle Parker, and their organizing committee. The walk was at Great Chief Park and had an amazing turnout. The Red Deer committee works year long on their walk, selling ribbon pins, putting on Cornflower Days, and holding third party fundraisers to raise awareness in the community. The Red Deer walk raised over \$109,000! Thank you so much for all of your hard work!

Houaida Haddad held her "ALS Rock the Walk" as a fundraiser for the Red Deer Walk for ALS. She raised over \$2,000 through her event, including a silent auction and dinner at Local's Pub. Houaida held her event for her team "Walk for Linda" in honour of Linda Baker who passed away from ALS. Thanks so much for your great event!

Rocky Mountain House Rodeo invited the Red Deer Walk for ALS to be the recipient of their rodeo this year. At the rodeo, walk volunteers sold raffle tickets and handed out awareness information about ALS to people attending. This was a great opportunity to spread awareness in the Rocky Mountain House area – thanks so much!



Spruce Grove

Spruce Grove Walk for ALS took place on Saturday June 4th at coordinator Yvonne Cadwell's house! Yvonne and her committee take pride in keeping the event on the streets where they are visible to the community. This group raised over \$13,000 for ALS! Thank you so much for your support!

Upcoming Support Groups and Information Sessions

ALS Support Groups - Calgary

This group is for people living with ALS, their spouses, significant others, friends and families. The group is very casual, supportive, and gives everyone an opportunity to share their experiences and learn from each other about what works for them.

Dates: Saturday October 29, December 10

Time: 1:30 pm - 3:30 pm

Location: Canada Alberta Century Field House (3688 48 Avenue NE) If you require directions please call the office.

For more information, contact Jane at 403-714-8211 or email Jane@alsab.ca.

Edmonton Family Support Network

Join our Family Support Network group to meet others, share issues and solutions, have fun and socialize. Light refreshments are provided. ALL WELCOME those with ALS, spouses, caregivers, and friends.

Dates: - Third Tuesdays of the month - Family Support Network
- Third Thursdays of the month - Bereavement Group

Please call ahead to register at 780-487-0754

Time: 1:30 pm - 3 pm

Location: Edmonton Office
#314, Circle Square,
11808 St Albert Trail NW

Facilitator: Susan Patenaude

PLS Support Groups - Calgary

If you or someone you know is living with PLS, please join us. We meet every second month to share information, resources and support one another. If you would like more information, please call Megan at 403-921-7101 or email Megan@alsab.ca.

ALS Spousal Group - Calgary

This is a group which has been created to provide support specifically for the partners of people living with ALS. We meet once a month. If you are interested in meeting and sharing your experiences with others who are also affected by ALS, please call Megan at 403-921-7101 or email Megan@alsab.ca.

ALS Red Deer Family/Spousal Group

This group has met a few times in Red Deer, and is for people to provide and receive support from each other – all are people who lived or are living with their spouse or family member with ALS. This group meets once a month. The co-facilitators are Esme Tyson and Jane Rivest. Please call Jane at 403-714-8211 or email Jane@alsab.ca for more information.

ALS Support Groups - Red Deer

Date: Saturday November 19

Time: 1:30 pm - 3 pm

Location: MS Society Office
105 - 4807 50 Avenue
Red Deer

For information, contact Jane at 403-714-8211 or email Jane@alsab.ca.

Upcoming Events

Dueling Pianos - December 1, 2011

Vegas act straight from New York New York will be playing on December 1st from 7pm - 11pm at the Town and Country in Airdrie for an ALS fundraiser. Tickets are only \$30, and if you are living with ALS, tickets are 2 for \$30. Don't miss out on this fun event, it's a great way to celebrate the holidays with friends, family and coworkers! The event is for those 18 years and older. Call the Provincial Office for your tickets!

Vehicles and Violins - March 13, 2012

We are excited to announce that the Calgary Motor Dealers Association (CMDA) has chosen the ALS Society of Alberta as one of two charities to be a part of the 2012 Vehicles and Violins Gala. The Gala is one of the many philanthropic activities the CMDA organizes to support the Calgary community. This year's Gala will once again offer an evening of international cuisine, exceptional entertainment by musicians arranged by the Calgary Philharmonic Orchestra, and one of Calgary's most unique live and silent auctions. This invitation-only event is also the exclusive preview of what's new and exciting at the 2012 Calgary International Auto and Truck Show. For more information call the Provincial Office!

Volunteer opportunities

We are always looking for new volunteers to help us out. If you would like to volunteer on an 'on-call' basis for the ALS Society of Alberta (for events, fundraisers, displays, casinos, etc.) please let us know! Contact us by phone or email.

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.