

peripheral

the information path

Lou Gehrig's Disease

**WINTER -
SPRING
2006**



**THE ALS SOCIETY
OF QUEBEC**

SUPPORTS people
affected by ALS and
serves immediate needs

RAISES funds for research

PROVIDES information to
build awareness

THANK YOU
TO ALL OUR DONORS !!



**CHRISTMAS
PARTY**

5 2005

CELEBRITY SOFTBALL GAME
A NIGHT TO REMEMBER



6-7

**GET
READY TO
WALK & ROLL!**



1 1



A WORD FROM THE PRESIDENT

Summer is in full swing and so is the ALS Society of Quebec!

The staff at the ALS Society of Quebec have been working hard to expand the services we offer across the province and to raise funds and awareness. Here's a glimpse of what we have been working on since our last news bulletin:



Annual Christmas Party: On December 12, over 120 members and their families celebrated the holiday spirit together. I am thrilled that this event is growing every year and I can't thank our generous sponsors enough for their contribution to the success of this evening such as **Au Vieux Duluth** for the delicious meal, **NTD Apparel** for the great PJs and **DOLLARAMA** for decorations and stocking stuffers for all.

"En Route with The ALS Society of Quebec":

The Society held ALS information days in Quebec City and Sherbrooke. Our goal of reaching out to people with ALS and their families, as well as professionals in the province was achieved. Stay tuned, as we will visit more regions in the fall!

Our Website is under construction: Thanks to The André-Delambre Foundation, the ALS Society will have a new website this fall. Our goal is to provide up-to-date information, easy navigation, useful links and better resources.

Annual Corporate Fundraising Campaign: I would like to thank **Mr. Pierre Brochu**, Senior Vice-President, Business Process Services, CGI Inc. and the following committee members for their time and dedication for helping raise funds this year. The campaign will continue throughout the summer and we will announce the results in the fall.

Josie Baylis (Corporate Administrator), **Denis Boivin** (President, Samson Bélair/Deloitte & Touche s.e.n.c.r.l.), **Giuseppe Borsellino** (President Le Groupe Petra Ltée.), **Germain Carrière** (President and Chief Operating Officer, Valeurs mobilières Desjardins), **Erik Charton** (Senior Vice-President, JJ Barnicke), **Charles Garneau** (Director of Sales & Marketing, CAE), **Jean-René Gauthier** (Attorney, McCarthy Tétrault, s.r.l.), **Alain Giguère** (President, CROP Inc.), **André Imbeau** (Executive Vice-President and Chief Financial Officer, Groupe CGI inc.) and his executive assistant, **Lise Tozzi**, **Gabriel Lancry** (Associate Partner, Scotia McLeod) and **Eric Poirier** (President, Plus-Com Marketing)

Celebrity Softball Game: 65 years ago, Lou Gehrig died of ALS. To commemorate this anniversary, on June 12th, over 2000 people came together at Jarry Park to watch a softball game played by former Expos and other celebrities from the sports and entertainment industry. It was truly a magical evening both on and off the field; not only did we manage to raise the awareness and necessary funds for ALS but we were able to renew some fond memories of baseball at Jarry Park.

What's next? We hope you will join us for our annual Walk for ALS in September. We are thrilled to add Quebec City to our established Montreal and Charlevoix events. It is our goal to add more walk events, which give those touched by ALS the opportunity to walk or roll in unity and help raise funds.

I would like to take the opportunity to wish you all the best for the remainder of the summer and I look forward to being in touch with you in the fall.

Lise Deschesnes

A TRIBUTE TO ANDRÉ DELAMBRE



André Delambre, CA
1944-2006

Mr. André Delambre passed away on January 9th, 2006. A member of our Board of Directors for three years, he helped guide the Society through times of change and growth. Diagnosed with ALS, he wanted to make the public more aware of the disease, support research and help people suffering from ALS. To accomplish this, he created The André-Delambre Foundation. With two important donations, The André-Delambre Foundation enabled the Society to offer more services and support for people with ALS. André was liked and admired. His wife, Lorraine, his two children, Dominic and Josée, his grandchildren, friends and acquaintances were deeply saddened by his death and continue to support his mission. The members of the Board of Directors would like to thank Mr. Delambre for his dedication, guidance and passion. You will always be in our hearts.

On June 12th, prior to the Celebrity Softball Game, **Dominic and Lorraine Delambre** presented **Lise Deschesnes** with a cheque of \$130,000 from The André-Delambre Foundation. The ALS Society of Quebec would like to thank the Foundation for helping us continue to improve the services we offer to our members.



Warren Cromartie, Dominic Delambre, Lise Deschesnes,
Andre Dawson and Lorraine Delambre.

CLIENT SERVICES NEWS

A Call for Participation in ALS Research

For more than two decades, Dr. Guy Rouleau and his lab at the University of Montreal have put a continuous effort into the identification of genes causing ALS. The success of this research is largely dependent on generous voluntary blood sample collection from families with affected individuals. Sample collection is instrumental in discovering new genes responsible for ALS. Individuals who have ALS with or without a family history of the disease are kindly invited to contribute to our study. This is a confidential process and packages with instructions will be sent to all individuals who are interested in participating.

Help us expand our knowledge of the genes which lead to ALS. For further information, or to contribute, please contact:

Isabelle Thibault (phone: 514-890-8000 x24857,
email: isabelle.thibault@crchum.qc.ca).

"En Route": Reaching out to the community

Thanks to a grant provided by the ALS Society of Canada and The André-Delambre Foundation, the ALS Society of Quebec has been venturing throughout Quebec in order to reach those touched by ALS, to build awareness throughout the regions, and to provide our services across the province.

This project has so far taken us to Quebec City and Sherbrooke where we were able to organize two successful information days.

Quebec City

Our day started at 11:15 am with presentations by **Dr. Nicholas Dupré**, a Neurologist who spoke on the environmental aspects of ALS; **Dr. Jean-Pierre Julien**, a Researcher who presented research updates; and **Denise Boucher**, a Clinical Nurse who indicated the resources within the community. **Véronique Pignatelli**, our Social Worker ended the presentations by talking about the role and services of the Society. The day continued with personal testimonies by **Mr. and Mrs. Pierre Lacroix**, **Mr. and Mrs. André Pepin**, and **Mrs. Ginette Beaudreault** and ended with an interactive group meeting.

Sherbrooke

Dr. Albert Lamontagne, a Neurologist, presented the disease to professionals within the region. At 10:00 we held a panel discussion, which included Dr. Lamontagne; **Carole Proulx**, a Nutritionist; **Jocelyne Fortier**, a Clinical Nurse; **Bernadette Forest**, a Speech Language Pathologist; **Guylaine Mercier**, an Occupational Therapist; and personal testimonies by **Mr. André Pepin** and **Mrs. Claire Comeau**.

The Society would like to thank all of the speakers for taking the time to share their expertise with us.

If you did not have the chance to attend our information days, don't worry, there is more to come!! Look for us in St-Thérèse and Trois-Rivières in the fall.

SUPPORT GROUPS

The groups have come to an end for the summer, but we will be back in full-force in the fall with more interesting topics. We had a great winter with some exciting presentations by fascinating speakers.

The following is a list of some topics that were presented:

- The role of the CLSC
- Certain legal aspects related to ALS
- Travelling in Quebec, it's possible!
- Speaking to children about ALS

If you would like more information on these groups or any future groups, feel free to contact us.

MARK YOUR CALENDARS!!

Tuesday, September 5th, 2006 @ 7:00 pm

The Evolution of ALS Research
presented by Dr. Monique D'Amour



NEW FLYER!

Thanks to The André-Delambre Fondation, the ALS Society produced a new flyer that explains the services we offer.

If you would like to receive a copy or copies for your clients, please contact our office.

KÉROUL

This is a non-profit organization that evaluates the accessibility of Quebec's tourist and cultural establishments allowing individuals with limited physical ability and elderly persons to continue to travel without restrictions. For more information about this organization you can contact them at 514-252-3104 or infos@keroul.qc.ca.



ALS GUIDE FOR CARE PHYSICIAN

The ALS Society of Canada has introduced - A Guide to ALS Care for the Primary Care Physician. This is an electronic guide, available on CD-ROM and as a PDF document on www.als.ca, that provides information to primary care providers about ALS and how to recognize and manage the symptoms to promote timely diagnosis, intervention, and optimal quality of life. The guide offers the following information:

- Major symptoms and clinical management
- research theories
- specialized equipment for activities of daily living
- internet resources
- And more...

For information about how to obtain this Guide, please contact us.



Volunteering

**Do you enjoy helping others?
Do you have some spare time?**

If the answer is yes to both questions then you are a good candidate to volunteer! The ALS Society is in search of volunteers to help with office work, fundraising events including our annual WALK for ALS, and more. If you want to make a difference in your community, give us a call!!

SAILING FOR PEOPLE WITH ALS? WHY NOT?

Perhaps you've sailed before but figure that you wouldn't be able to now? Maybe it's something you've always wanted to try but have never had the opportunity? You'll be surprised then to learn about all that the Quebec Adapted Sailing Association (AQVA) has to offer you.

AQVA offers people with mobility impairments the possibility to leave their wheelchair or walking aid on the dock and to discover the joys of sailing aboard a sailboat adapted to their needs. Pleasure sailing and competitive sailing programs are available for both adults and children. There are three branches in Montreal, Sherbrooke and Quebec City.

The Martin 16 is the first sailboat specifically designed to meet the needs of disabled sailors, including those who have limited or no use of their arms and hands. The boat cannot tip over thanks to a lead bulb on the boat's keel. Extra flotation is built into the boat so that it cannot sink, even if it is filled with water. The sailor is always accompanied by a sailing instructor. The Montreal chapter, which is the most active in the province, runs their program at Pointe Claire Yacht Club and offers options for everyone. People coming to sail for the first time are evaluated by an AQVA occupational therapist or physiotherapist in order to determine their specific needs. An electric lift is used for transfers to and from the boat if necessary. A multi-adjustable seat located in the bottom of the cockpit provides both comfort and stability. A strap system is used for those who require extra trunk support and a special headrest with a headband on pulleys is available for sailors whose neck muscles are weak.

It is possible to sail the boat using a motorized system which resembles a power wheelchair joystick or even by sipping and puffing on a straw. This sip and puff system is very sensitive and requires very little lung capacity to operate. Even people on respirators can sail with this system! Of course it is always possible to just go for a "joy ride" and let the instructor sail the boat. The sailing season starts at the beginning of June. The program runs seven days a week with outings available afternoons and evenings during the week and all day on weekends. Each outing lasts about one hour and costs \$15 plus an annual membership fee of \$15.

For more information visit our website www.aqvaqc.com. You can also contact us by e-mail aqva@securenet.net or, for the Pointe Claire program by phone (514) 694-8021 (voice mail.)



SILENT NIGHT? NOT A CHANCE!

CHRISTMAS 2005

The annual Christmas party took place at the CHSLD Émilie-Gamelin and Armand-Lavergne and featured Christmas carolling, gifts, a Peruvian dance group, and a special appearance by Santa Clause. Mr. Gilles Martel and his wife, Céline Dufour, surprised the Society by presenting a check of 1600\$ from a fundraiser held by the Saint-Anges Choral of the Malbaie in Charlevoix.



Gilles Martel, Céline Dufour, Santa,
Lise Deschesnes

Mrs. Denise St-Germain and her
daughter Louise Thiffault



What a fantastic meal ! Thanks Au Vieux Duluth!



« Esencia Del Peru »



Our volunteers helped make this night memorable



Mrs. Ginette Beaudreault received a wonderful bouquet of
flowers from Santa



Santa was busy all night!

Mr. Pierre Lacroix was
the lucky winner of
Mrs. Lucette Deschesnes'
hand-made blanket

THE SOCIETY WOULD LIKE TO THANK OUR SPONSORS AND OUR VOLUNTEERS WHO MADE THIS NIGHT MEMORABLE:

SPONSORS

Au Vieux Duluth : dinner
Dollarama : decorations and gifts
NTD Apparel : pyjamas
The CHSLD Émilie-Gamelin and
Armand-Lavergne

VOLUNTEERS

Lise Deschesnes
Louisette Saracchi-Strauss
Carine Contreras : pictures
Gary Donovan
Réjean Moreau
Louis-Phillipe Moreau

Stéphanie Robidoux
Louise Cadieu
Lucette Deschesnes
Lise Bastien
Lorraine Martin
Marie-Hélène Duplain



« BASEBALL » WAS BACK AT JARRY PARK!

In light of the 65th anniversary of the death of Lou Gehrig in June 2006, the ALS Society of Quebec was proud to present a Celebrity Softball Game & VIP Cocktail Reception on June 12th, at Jarry Park to help raise funds and awareness for ALS.



WE WOULD LIKE TO EXTEND A WARM THANK YOU TO THE TEAM BEHIND THIS EVENT!!

Organizing Committee and Contributors

Former Expos Employees:

Pierre Borduas
Rodger Brulotte
Gilles Corbeil
Johanne Héroux
Nathalie Huot
Michel Lagacé
Richard Morency
Martine Peters
Pierre Touzin
Peter Cosentino (ex-Blue Jays)
Jean Yves Gougeon

ALS Society of Quebec:

Desaria Bradshaw
Claudine Cook
Lise Deschesnes
France Gélinas
Véronique Pignatelli
Louissette Saracchi-Strauss

RJV Communications:

Michel Lacroix
Robert Vézina

and many dedicated volunteers!

Our Honorary Committee



Back (from left to right): Gerry Frappier, RDS; Nancy Rosenfeld, The Stephen Bronfman Foundation; Pierre Boivin, Canadian Hockey Club & Gillett Entertainment Group; Warren Cromartie, Former Expos; Cookie Lazarus, Lazarus Charbonneau; Donald Tarlton, Donald K Donald Entertainment Group
Front: Bruce Hills, Just for Laughs Festival; Eugène Lapierre, Tennis Canada; Joey Saputo, Montreal Impact Soccer
Absent: Stephen Bronfman, The Stephen Bronfman Foundation; Tom Quinn, The Forzani Group; François Rozon, Management Encore

Thank you to the Casino de Montreal for hosting the press launch on April 3rd, 2006.

Back: Vincent and Allana Damphousse, Youppi!, Martin Matte, Peter Dalla Riva
Front: Ginette Beaudreault and Andre Pepin



A special thanks to Rodger Brulotte for his passion, dedication, and support. Our events wouldn't be the same without his magic touch.





André Dawson, Martin Matte, Warren Cromartie

CELEBRITIES HELPING US STRIKE OUT LOU GEHRIG'S DISEASE

THE LEGENDS



Back (left -right): Alain Chantelois, Philippe Girard, Alain Choquette, Marc Griffin, Denis Casavant, David Tyler, Elliott Price
Front : Denis Boucher, Elyse Robineault, Guy Carbonneau, Warren Cromartie, Rosey Edeh, Andre Dawson, Ron Piché.

THE ALL-STARS



Back (left-right): Sébastien Benoit, Vincent Dampousse, Allana Dampousse, Randy Tieman, Sugar Sammy, Joey Alias, Aaron Rand, Patrick Leduc, Nick DeSantis, Bertrand Godin
Front: Derek Aucoin, Peter Dalla Riva, Jim Fanning, Steve Rogers, Bruno Heppell, Dominique Maltais, Jean-Michel Dufaux.

The ALS Society of Québec would like to thank the following donors to the silent auction:

Adidas Canada	New Balance Canada
Allana and Vincent Dampousse	Nicholas Stephens
Artist John Arcaro	Merrell
Artist Emile Shamie	Mint Green Group (Puma)
Bruce Hills	RipZone
Canadiens de Montréal	Ristorante LUCCA
Club Sportif MAA	Rogers Sans-fil
Dennis Martinez	Rosalie Restaurant
Everest Jewellers	Rusty Staub
Fame Media Group	San José Sharks
Festival Juste pour Rire	Spa Diva
Foresight Strategies	Sports Experts
Groupe Algo Inc.	Tidan Hotel Group
Groupe Dynamite	Toronto Blue Jays
Groupe Spectacles Gillett	Travelway Group Intl. Inc.
Larry Walker	Wilson Sports
Los Angeles Dodgers	
Management Encore	
Moises Alou and friends	
Mont Blanc	
Montreal Alouettes	
Oyé Canada / Donald K. Donald Entertainment Group	



The Ceremonial first pitch was made by Pierre Lacroix to the Canadien's head coach, Guy Carbonneau, accompanied by the Mayor of Villeray/Parc Extension/St-Michel, Mrs. Anie Samson

It took a team of volunteers to make this event happen.
Thank you!

Nada Aouad	Daniel Lamothe
Linda Ault	Philippe Laplante
Charles Barbier	Marc Lapointe
Pierre Beauchamp	Romy Lauzon
Sarah Bennebah	Lyne L'ecuyer
Louise Blouin	Pierre Le Mesurier
Evans Bonègre	Monique Maillé
Catherine Bougeasson	Sabine Mas
Julien Carreau	Robert Mccoughan
Natacha Champagne	Max Migneault
Julie Charrette	Steve Montigny
Sylvain Charrette	Alexandre Moreau
Mathieu Cloutier	Francis Moreau
Alex Coton	Louis-Philippe Moreau
Jul Desparts	Brent Roberts
Gary Donovan	Karl Roy
Mihai Dranga	Catherine Séguin
Mélanie Dufour	Luiza Staniec
Charles Dupéré	Vincent St-Louis
Roberte Emmanuelle	Claude Strauss
Max Filiatrault	Liliane Théberge
Sara Fiset	Steve Turmel
Kadiatou Fofana	Jean-Claude Viau
Jonathan Gonzales	
Eric Gosselin	
Tim Kowal	

Special thanks to :
Mathieu D'Amours



The Amyotrophic Lateral Sclerosis Society of Quebec would like to thank the following who generously contributed to our fundraising campaign and to the success of our Celebrity Softball Game.

DONORS

Special donor :

The André-Delambre Foundation

Platinum Plus :

Mr. André Imbeau

Gold :

Stephen R. Bronfman Foundation
Le Groupe CGI Inc.

Silver :

Caisse Centrale Desjardins
Power Corporation du Canada
Fondation J. Armand Bombardier

Bronze :

KPMG
RBC Banque Royale
Samson Bélair/Deloitte & Touche
Scotia McLeod
Banque Nationale
Alcan
Bombardier Inc

Supporter :

Canderel
CN Caisse de bienfaisance des employés
Mr. Erik Charton
Ernst & Young
Desjardins Groupe d'assurances générales
Hydro-Québec
Le Groupe Jean Coutu
Rogers Wireless
Mr. Sheldon Elman
Canam Manac
La Brasserie Labatt
Trust Banque Nationale
Zed Graphics Communications Inc.

Sico inc.

Caisse de bienfaisance des employés Bell
Hewlett Packard (Canada) Inc.
Banque CIBC
Ivanhoe Cambridge Inc.
Gowlings Lafleur Henderson, s.r.l.
Groupe Santé Sedna
Groupe de radiodiffusion Astral inc.
Mr. Charles Garneau
Caisse de dépôt et placement Québec
Standard Life
Aéroports de Montréal
Alimentation Couche-Tard

S P O N S O R S

Media



Gold



Silver



Bronze



Supporter



PEOPLE WHO MAKE A DIFFERENCE

We would like to thank all the organizers who have taken the initiative to coordinate events in support of The ALS Society of Quebec. We truly appreciate your dedication and passion for helping us raise funds and awareness. To all the volunteers, participants and donors of these events, thank you for making them special.



Mr. Gilles Lacourse

CROSS-COUNTRY SKI MARATHON

The ALS Society of Quebec would like to congratulate **Gilles Lacourse** and **Réjean Moreau** for participating in a 160 km cross-country ski marathon, which took place on February 12th and 13th from Gatineau to Lachute. This year marks the 4th marathon for Mr. Lacourse and the 1st for Mr. Moreau who collected 2,270\$ and 1310\$ respectively.

"SNOWMAN JOE"

Louise Boucher-Arnott's father died of ALS in 2000 and since then Mrs. Boucher and her family and friends have helped raise money for The ALS Society of Quebec by building a snowman in her father's memory. In addition to the snowman, the family sold key chains, note pads, and gift cards, to raise a total of \$655 dollars.



The hockey game on January 4th between L3 MAS and CAE ended with a 12-1 victory in favour of L3 MAS. This friendly game helped raise a total of \$2213 for the Society. The winning team, led by Marco Cesare, was able to count on the encouragement of their mascot « Twinky » for the second edition of this fundraiser. The star of the game was given to Francois R. Lemay, who had a total of 3 goals and 1 assist! The Society would like to thank the organizer of the game, **Lorenzo Marandola**, for making this fundraiser unforgettable.

Thank you to all the participants and the fans for your support!



This year, to celebrate the 50th Anniversary of MISTER MUFFLER, the company has created a contest for its customers. Among all those who purchase a numbered Hula Doll and do a car repair or service, from May 1st to August 31st 2006, they will get the chance to win 1 of the 3 following prizes:

- **GRAND PRIZE:** A TRIP for two to Hawaii all included, valued at \$6,000 with the cooperation of Voyage VASCO.
- **SECOND PRIZE:** A set of 4 MICHELIN tires (max \$600 value)
- **THIRD PRIZE:** A set of 4 YOKOHAMA tires (max \$500 value)

CONTEST WINNERS WILL BE ANNOUNCED BY SEPTEMBER 16TH, 2006.
For every hula doll sold a \$1 profit will be donated to the ALS Society of Quebec.
See in store for contest details.

Pierre Moreau, deputy of Marguerite-D'Youville, presented the ALS Society a subsidy of 500\$ within the framework of the support for the voluntary action program. Thank you Mr. Moreau, for your generous contribution!

Mr. Pierre Moreau and
Mr. Réjean Moreau





PERSONAL TESTIMONY



Throughout the years, we have received many touching letters from our members, their family, and professionals. The following is a letter written by Mrs. Louise Riel about her mother, Gertrude Blanchard, who passed away in February, 2006. We wanted to take this opportunity to share with all of you this endearing letter about a woman who was determined to live life to the fullest, despite an ALS diagnosis.

St-Mathias, March 15, 2006

On February 28, in the presence of her four children, my mother, Gertrude Blanchard, took her last breaths. My mother had Amyotrophic Lateral Sclerosis, a diagnosis she first heard back in November 2004. She had the bulbar form of the disease, which meant that she was unable to speak, yet she became for us a symbol of courage and determination.

As the months went by, I stayed by her side every single day so that she would have the best care possible. Every morning when I arrived she was waiting for me patiently, greeting me with a beautiful smile, because she knew that I was coming to bathe her, get her dressed and to make her breakfast. Not once did she complain – she appreciated all that I was doing for her. Through this terrible disease, my mother found it in her to grow and learned to appreciate what life could still bring her. Her moments of discouragement were few and far between, because she never abandoned her hobbies. She was Vice-President of her Senior Association in Granby, and my brothers, their wives and I would help her to organize her last trips. She continued to go to the movies, to attend different shows, to go to restaurants, to go shopping with friends and to take part in family gatherings and in the Society's activities. These activities enabled her to enjoy the last part of her life.

There were many great challenges because of the disease, but I never wanted my mother to feel secluded. So, on a beautiful December evening, I told my mom: "Let's dress warm" and, with mom in her wheelchair, we went for a little stroll in the snowy streets and looked at the beautifully decorated houses for Christmas. Mother was mesmerized, because she had learned to appreciate the simple things in life. The beauty of nature, a nice dinner, a family gathering –

everything was taking on a whole new meaning, as if she wanted to take away with her all these memories, the essence of life itself. Even when she was weak, my mother attended the Christmas party organized by the Society. My brother Michel and I took her there, and she was very happy to be a part of it.

One thing that really marked the year for my mother was that she realized how strong she actually was. Because of the nature of her disease, she learned to live in the moment without worrying about the next day. Through it all she remained proud, insisting on wearing her beautiful clothes, makeup and fixing her hair to please my father, who sadly was at an advanced stage of Alzheimer's. My parents were separated in September 2004 because of their respective diseases, but in January 2006, my mother was admitted to the same home as my father. Every single day, she would hold his hand, even if he no longer recognized her, and when we went to visit her, she would write down how happy she was to be close to her husband.

During that last year, my mother suffered many different types of mourning: her husband's disease, the loss of her own independence, the need for specialized equipment, which was necessary to help her carry out her day-to-day activities. Yet, what she never lost was the love of her husband, of her children and her grandchildren. To us all, she taught a wonderful lesson, which was that we can always be happy, even when times are rough. She always had faith, the same faith that can make a person move mountains.

Mom, you were a great woman, and it was an honour and a privilege to be by your side.

Louise Riel

IN MEMORIAM

We wish to extend our deepest sympathies to those of you who have lost a loved one to ALS. Our thoughts are with you.

*Céline Alain
Marie-Paule Beauchemin
Julien-Germain Bélanger
Gertrude Blanchard
Cyrille Boucher
Pierre Boucher
Gilles Boudrias
André Brossoit
Gabriel Caron
Gordon Cook
John Costigan
Fernand Courtemanche
André Delambre
Denis Denis
Joan Detello
Christian Diard
Francine Di Iorio*

*Marie-Ange Doire
Gérald Duquette
Joseph-Alphonse Fortin
Johanne Gauvin
Robineault
Jean-Claude Gazé
Marseil Girgis
Jean Gize
Pauline Gohier
Jean-Pierre Guilbault
Suzanne Isabelle
Wesner Lafontant
Denise Landry
Sylvia Landry
Donald Langford
Guy Larose
Jean-Marc Latulippe*

*Jean-Guy Lavigne
Gilles Lewis
Rudolph Lewis
Fernande Massy
Lorraine Mayotte
Andrée McNicholl
Mariette Mercier
Jean-Marc Morin
Brigitte Noury
Suzanne Noury
Marcelle Ouellet Thibault
Jacques Pellerin
Simon Perreault
Nicola Petraglia
Réjean Plante
Roger Poulin
Ghislaine Proulx Veilleux*

*Martial Racine
Jean-François Revol
Armone Riel Marengère
Aimé Rioux
Denyse Roberge
Susan Robertson
Normand Rockburn
Jacques Simon
Jean-Pierre Soulard
Paul Tartre
Suzanne Tremblay
Roch Trudeau
Mario Turcotte
Onofrio Turrin
René Whissell*





WALK • RUN • ROLL !



The 6th Annual Walk for ALS in support of **the Amyotrophic Lateral Sclerosis Society of Quebec** will take place on Sunday, **September 17th, 2006** at Park Maisonneuve in **Montreal**, Sunday, October 1st in **Charlevoix**, and **NEW** Sunday, **September 24th in Quebec City**. Lets walk, run or roll together for, with or in memory of the special people in our lives who have been affected by ALS.

The goal of the event is to raise awareness of ALS, to raise funds that will help maintain the quality of services offered by the Society to its members, and to support research to discover the cause and cure.

Please read all the details of the event in the registration form and do not hesitate to photocopy or to contact us if you need any additional copies or you can simply download a form at www.sla-quebec.ca. You can also register and raise funds easily and securely online.

Please help us raise funds!

There are many different ways to fundraise. The key is to find the method that works best for you. Here are some general principles that will guide you to success:

- Set a goal
- Devise a strategy and choose techniques that you can execute well
- Track your progress and evaluate
- Always ask (the number one reason people don't give is because they were never asked)
- Use levels that make it easy for people to say yes



Here are a few tried and true methods to raise funds from the people you know

Send letters or emails to your family, friends and colleagues:

- Send a message to potential supporters outlining why you are participating and how they can help.
- Once you have registered online, you have the option to solicit donations electronically.

Canvas your neighbours: Maybe they will want to walk with you!

Host an event: Many people have had success putting together a small event that generates money to be donated. Common examples include: a dinner party; a bake sale; a dress-down day or cornflower sales.

Always remember: Every amount does makes a difference and your efforts are truly appreciated!

**Volunteers Needed!!
If you are interested
please contact:**

France Gélinas 514-725-2653 - info@sla-quebec (Montreal)

Gilles Martel 418-665-6772 - margilles@sympatico.ca (Charlevoix)

André Maurice 418-622-5747 ext 222 - andré.maurice@banquelaurentienne.ca (Quebec City)



WE NEED YOUR SUPPORT !

OUR 2006 FUNDRAISING CAMPAIGN CONTINUES

Donations to the ALS Society of Quebec serve two very important purposes:

1. Providing services for people with ALS and their families including:

- a. Educational information on ALS and disease management
- b. Referrals to local health care and community services
- c. Assisting clients with identifying and acquiring necessary equipment
- d. Coordination of interactive group meetings for people living with ALS and their caregiver
- e. Home visits
- f. Educational programs for health and community service providers working with those living with ALS

2. Funding important research that will bring us closer to a cure:

Our research program with ALS Canada is a collaborative effort with Muscular Dystrophy Canada and the Canadian Institute of Health Research. This unique partnership funds excellent and relevant neuromuscular research. Donations will help researchers continue their mission to find the cause and cure.

The ALS Society is the only organization of its kind in Quebec and it depends on the generosity of our donors for its survival and growth.

We hope we can keep counting on your support.



Thank you in advance for your generosity.

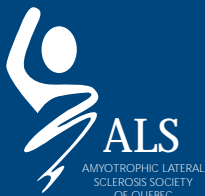
We would like to thank the following photographers who have helped us capture some special moments this year:



- Gilles Corbeil** - Gicor Photo 514 766-9293- Press Launch and Celebrity Softball Game
- Marcus Urban** - Walk for ALS 2005 & 2006
- Stéphane Najman** - www.photoman.ca - Corporate photos
- Annik Charbonneau** - Celebrity Softball Game



**Annual General Meeting will be held on
September 27th at our office at 6:00pm**



FOR FURTHER INFORMATION,
CONTACT THE ALS SOCIETY
OF QUEBEC

6300, Park Avenue, Suite 502
Montreal, Quebec H2V 4H8

Phone: (514) 725-2653
Toll-free: 1 877 725-7725
Fax: (514) 725-6184

info@sla-quebec.ca
www.sla-quebec.ca

The ALS Society of Quebec Team

- Lise Deschesnes:** President
- Louissette Saracchi-Strauss:** Client Services President
- Claudine Cook:** Executive Director
- Véronique Pignatelli:** Social worker
- Desaria Bradshaw:** Client Services Coordinator
- France Gélinas:** Administrative Assistant