

# The Bulletin



The Amyotrophic Lateral Sclerosis Society of Quebec's Newsletter

Volume 1, number 1 ■ Summer 2011

## OUR PEOPLE

### Living a life to its potential

—Inspired from a life taken too soon

Hello everyone!

My name is Ginette Beaudreault. I was born in Montreal, the fourth child of a family of five boys and two girls. None of my brothers and sisters have ever had any serious health problems.

Years ago, I had a physically and emotionally demanding career as a business and personnel manager. At 40 years old with two grown children, I only had myself to take care of. I was passionate about my work and focused all my time and energy on achieving success.

But then, I became ill. I first realized something was wrong when I started losing my balance. I felt physically weak, had little energy and couldn't speak normally; I sounded intoxicated. I thought it was all due to my lifestyle choices: I was getting

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Ginette Beaudreault and Ben Cahoon, former Montreal Alouettes player



Geneviève Bertrand with her husband and dedicated volunteer Scott Lear at the Ride for ALS 2010

## MESSAGE FROM OUR PRESIDENT OF THE BOARD OF DIRECTORS

Hello to all,

Two years have already gone by since my nomination as President of the board of the ALS Society of Quebec. I am so proud, and honoured, to represent people such as you! People who fight this insidious illness with courage and determination every single day.

I am equally proud of the efforts made by the ALS Society of Quebec team in the last few months. The addition of new coordinators has enabled us to develop new

services and programs, while continuing our previous activities. Finally, we continue our efforts of growth and diversification of fundraising events to ensure that our mission continues to be realized. A committee was created last summer to develop a strategic plan with very specific objectives to develop the best programs and services possible.

Last summer, we sent you a CROP survey to learn more about your needs and expectations. The results show that the Society is on the right track concerning customer support services. However, many of you have mentioned a need for more information about ongoing research concerning the causes and possible treatments of ALS. People from regions have expressed a need for more services and perhaps an increased local presence in the future. We heard your message, and we will incorporate some of your recommendations as early as this year. Regional visits in Cowansville, Sainte-Rose and Saint-Jérôme have already been made, and other visits are planned for the near future. Rest assured that employees, as well as board members, are listening to your needs!

Last September, along with about 40 other cyclists, I challenged myself into riding 300 kilometres for the Ride for ALS event. This experience was very rewarding, and that is why I will join the other cyclists once again this year, for the event that will be held September 16 to 18. The board members and myself are proud to

be involved, at several levels, in the events and activities organized by the Society.

You are at the heart of our concerns! I therefore wish to thank you, on behalf of the board of directors, for your continued support and for inspiring us daily...

Geneviève Bertrand

President of the board of directors

## Welcome to our new and improved Bulletin!

We are very proud and excited to re-introduce our new and improved newsletter, *The Bulletin*. Our hope with this newsletter is that it will become your companion throughout your journey with ALS. Much thought will be put into each of our four issues that we will produce a year. To inform, coach and inspire are just a few of the goals we will strive for with *The Bulletin*. As a complement to this, our monthly *Express* newsletter will continue to be produced and starting this year, we will supply an annual report. This report will highlight our achievements from over the year and will acknowledge all of our donors, sponsors and people who have so generously donated their time through volunteering and who have helped us raise awareness and funds for the ALS Society.

## OUR CAREGIVERS

# Caregivers aren't super heroes

The Care-ring Voice Network of the Caregiver Support Centre of CSSS Cavendish helps put the "human" back into caregiving

Caregivers who support loved ones or friends with health problems don't have it easy. Often they juggle multiple duties, such as full-time jobs, being moms and dads, maintaining a household and on top of this, caring for a person with an illness that requires extra money, energy and time, not to mention the emotional strength of a rock. The word Superhero comes to mind...but caregivers are only human with human capabilities. No cape will change this fact.

The truth is caregivers are expected to perform as superheroes despite the reality. The result: they have increased mortality, illness, stress, and burnout. Caregivers are given this job whether they can perform it or not.

The Care-ring Voice Network (CVN) is leading the charge of the "Not Super-



Patrick Martin with his wife and caregiver, Marie-Eve Lemaire

teleconferencing. Content is driven to benefit caregivers, patients and the general population. Since their inception, CVN has hosted 200 tele-learning sessions and assisted 10,000 families.

The premise behind the "Not Superheroes Campaign" is caregivers simply

heroes Campaign." CVN is a free, bilingual and confidential program that connects caregivers and families to information and support through the use of tele-learning. Caregivers learn how to take vital steps in ensuring their health and that of their loved ones. The ALS Society is currently one of 16 partners providing professionally led information and support sessions to caregivers throughout the province of Quebec via

can't do these superhero tasks without help, without a proper support system in place and without respite. The Campaign will guide caregivers to resources available in their community and to the Care-ring Voice program and let them know they're not alone. A poster campaign, web site, viral video and massive PR campaign are just a few ways they will make the "Not Superheroes Campaign" public.

- Over 500 000 caregivers in Quebec support loved ones or friends with a health problem
- 80 per cent of all the care provided is undertaken by families and people in the community
- Over 60 % of individuals are balancing work and care
- 25 % of all caregivers are diagnosed with depression

"It's not that families don't want to care for their loved ones," says Mark Stolow, Project Manager of the Care-ring Voice Network. "It's just that they don't always have the ability to go at it alone. They need and deserve our support. It needs to be acknowledged that to take on this responsibility is an enormous task and caregivers should have the means to provide care in a way that doesn't jeopardize their own well-being."

For information:  
[www.careringvoice.com](http://www.careringvoice.com)

## MESSAGE FROM OUR EXECUTIVE DIRECTOR

*I like to think of the ALS Society as a ship sailing a sea. We face days of calm and rough waters, while navigating the vastness of and the unknown and unrelenting characteristics of this disease. But every day, without fail, our sails remain tall and strong, and this ship continues to glide briskly and with force in the face of diversity and challenge. When I look upon our Society it is the people—our crew—who literally provide the wind behind our sails as we forge the unforgiving sea we call ALS. They are our heroes. Our strength. Our inspiration.*

*Over the last seven years as Executive Director, I have had the pleasure of meeting and working with and being inspired by many people whom I consider as our heroes. Our board of directors, staff and many volunteers show dedication, loyalty and are focused on our mission and vision to make every day the best possible day for people living with ALS. People touched by ALS—patients, caregivers and their families—are also our heroes as they battle ALS with courage, strength, gallantry, perseverance and most of all, bravery in its purest form. They are the ones who live or have lived with ALS every day and who continue to inspire us.*

*The fact is we can't prevail alone. Without our crew—our heroes—we are a ship without our sails.*

*Together we will continue to forge this sea we call ALS and together I hope we will one day lower our sails, not in defeat, but in triumph.*

*Claudine Cook*



Claudine Cook, Mandan Alavi with her husband Iravani Fard



SOCIÉTÉ DE LA SCLÉROSE LATÉRALE AMYOTROPHIQUE DU QUÉBEC  
AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUEBEC  
LA MALADIE DE LOU GEHRIG'S DISEASE

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too little sleep, drinking too much coffee, and not eating well. I was so consumed by my job that I would forget to eat, relying on coffee to keep me going. I was also smoking way too much.

So I decided to change my lifestyle. I made sure to eat at least two meals a day, I cut down on my coffee, and I reduced my hours at work. I was sure these positive changes would make the problems go away, but my health kept getting worse. About eight months after I first noticed the symptoms, I went to the nearest walk-in clinic, where the doctor immediately referred me to the *Cité de la santé* hospital. I was hospitalized for three weeks. After numerous tests, they reached a diagnosis by elimination. On March 2nd, 2002, they told me it was Amyotrophic lateral sclerosis. I had never heard of it. I searched the internet, found the ALS Society of Quebec website, and found out what that diagnosis really meant.

Reality hit me like a ton of bricks. I was sitting down, but I felt the floor drop beneath my feet. Time stood still; I felt as if everything had been flipped upside down. I couldn't believe that my life had come to this. It was so unfair. For the next few days, I took to my bed, getting up only to take a shower and then going immediately back to sleep.

After about four or five days of lamenting my fate, I got out of bed. Today, I told myself, I would quit my navel-gazing and focus on what was happening in the outside world. I opened the morning paper and a headline caught my eye: "Mother Dies in Car Crash."

The story said that the 41-year-old woman, a mother of two children aged five and six, had been killed on impact. I could not get those two lines out of my head. I started asking myself what I would have done if, before my diagnosis, I had been given the choice of dying without any warning in a car accident or of getting a disease like ALS. After a great deal of thought, I realized I'd definitely prefer to have the illness, as then I would have time for all the things I still wanted to do. That day, I realized that I had actually been given a bonus. When compared to that young woman who had died so suddenly, I was

**My close friends have been wonderful in helping me cope with my illness. Their constant support has made me realize that friendship is the most precious blessing of all.**

very fortunate. My children were already all grown up, I had four super grandkids and many more years ahead of me. I had to make the most of it. I decided then and there to fully appreciate the precious bonus that I had been given. Despite that resolution, however, I still maintain that nobody deserves to die this way.

My close friends have been wonderful in helping me cope with my illness. Their constant support has made me realize that friendship is the most precious blessing of all. I now live in Sainte-Julie, on the south shore of Montreal. I've learned not to be afraid of asking the local CLSC for assistance with my specific needs. I'm equipped with everything I need for my daily routine, so that I can enjoy a normal life and be involved with organizations such as the ALS Society of Quebec, who have been a tremendous support to me throughout my journey.

It has now been ten years since my diagnosis, and as I enter into my 50s, I can state that there is definitely life after



Ginette at our trout fishing outing in Ste-Adèle

diagnosis. I lead an active life, including spending most weekends with the one I love. It's been three years since I stopped working, but I still keep busy, as friends and family often ask me to make photo montages and videos. My two kids, whom I adore, have given me nine grandchildren (five boys and four girls), who are my pride and joy.

Over the years, I've learned to pick my battles wisely: there's no point in sweating the small stuff. Instead, I choose to simplify my daily life to make everything easier, and to keep making adjustments as I go along. For example, one day I could no longer hold my cigarette in my right hand: It sure didn't take me long to become left-handed! **I am living with an illness, but the illness is not running my life.**

It's true that people treat you differently when you live with a handicap: some people feel so awkward that they ignore you, others treat you like a child. But the important thing to keep in mind is: Never forget who you are!

In closing, I'd like to take a moment to recognize the importance of caring for our caregivers. A caregiver not only takes care of the person with the illness, but also takes care of the whole situation, including the kids, the house, the groceries, the car, the doctor's appointments, and so on, while also going through their own emotional upheaval. You can make things easier on your caregiver by seeking help from other sources, such as the CLSC, friends and other people you know, even if they don't do the job as well as your caregiver would. When there is a family gathering or a get-together with friends, I try to lean on different people to meet my needs. In fact, people appreciate it: they often want to be helpful but don't know what to do... It's up to us to show them!

Another good way to support both the caregiver as well as the person living with the illness is to get involved with the ALS Society. When you participate in their activities and events, you create links with other people living with the illness, their caregivers, and the personnel: you meet people who understand what you're going through. We're all in the same boat, so let's work together as best we can.

Thank you for taking the time to read my story.

Ginette Beaudreault

**Do you have a story you would like to share ?  
Email us at [info@sla-quebec.ca](mailto:info@sla-quebec.ca)**

## RESEARCH

# Phase III Study of Dexpramipexole for ALS

A Phase III study sponsored by Biogen Idec to evaluate the efficiency, safety and pharmacokinetics of dexpramipexole in patients with ALS will be starting soon in Canada. The Canadian ALS Research Network (CALS), a consortium composed of all the academic ALS clinics across Canada, has reviewed the protocol and supports conducting the study in Canada. The six CALS centres chosen for the study include the ALS clinic at the University of Montreal (Clinique SLA, Centre hospitalier de l'Université de Montréal [CHUM] Hôpital Notre-Dame), McGill University (Montreal Neurological Hospital), University of Toronto (Sunnybrook Health Sciences Centre),

University of Western Ontario (Motor Neuron Disease Clinic, London), University of Calgary (University of Calgary Medical Clinic) and University of British Columbia (GF Strong Rehabilitation Centre, Vancouver). The multinational trial will also be conducted in the United States, Europe and Australia.

The Phase III trial will be a randomized, double-blind, placebo-controlled, parallel-group study for people with familial ALS (FALS) or sporadic ALS (SALS). Approximately 804 patients will be randomly assigned to one of two groups, the first group receiving a 150 mg twice-daily dose of dexpramipexole and the second receiving a placebo. Patients will be followed for a period of between 12 and 18 months.

"We are very excited that this study will soon be underway across Canada, and we are hopeful of a positive result for our patients with ALS," says Lorne Zinman, MD, chair of CALS and medical director of the ALS/Neuromuscular Clinic at Sunnybrook Health Sciences Centre. He adds that this trial "is aimed at patients with ALS in the earliest phase of the disease."

The study will enrol men and women between the ages of 18 and 80 with a diagnosis of FALS or SALS and with the onset of the first ALS symptoms having occurred within 24 months of dosing. Patients taking or not taking Riluzole are eligible; patients must be able to swallow tablets at the time of study entry. They must also have upright slow vital



capacity (SVC) of 65 per cent or more at screening. Exclusion criteria include other medically significant illness or clinically significant abnormal laboratory values. Pregnant or breastfeeding women are excluded, as are those patients who are currently taking pramipexole or other dopamine agonists or who have had prior exposure to dexpramipexole. Other eligibility criteria may apply. Detailed eligibility evaluations must be conducted by clinical personnel at participating clinical

centres. The compound also showed a trend toward dose-related slowing of functional decline and a trend toward extending survival at the highest dose of 150 mg twice daily.

As recruitment for the trial will soon be underway in Canada, Zinman advises patients who meet inclusion criteria and wish to participate to contact their ALS clinician. Queries may also be directed to Jane McKinley, lead coordinator of CALS, at 416-480-6860.

Dexpramipexole is a novel, orally administered compound under development by Biogen Idec for the treatment of ALS. It has demonstrated neuroprotective properties in multiple in vitro and in vivo studies and may work by increasing the efficiency of mitochondria, the energy producing portion of the body's cells. In a Phase II study, dexpramipexole achieved its primary objective evaluating safety and tolerability.

## In Memory



Pierre and Odette Lacroix

**Pierre Lacroix** was, and always will be, a great inspiration to people with ALS and the whole ALS Society of Quebec team.

For the donation of his spinal marrow at the time of his death; for research purposes; for the book he wrote and the money he raised and donated to the ALS Society; and for the hundreds of thousands of dollars that he raised with his family and friends for the ALS Walks, we thank him from the bottom of our hearts.

A special thank you to Odette, Sylvie and Robert Lacroix for supporting Mr. Lacroix through all these years, and their implication with the Society.

On behalf of the whole ALS Society of Quebec team, the Board members, ALS sufferers and their close ones... may this exceptional man rest in peace.

## VOLUNTEERS IN ACTION

# Michel Richoz

The café Michel Richoz owns in a trendy, arts centric area of downtown Montreal contrasts greatly to the reality he lived for two and a half years of his life. The Arts Café buzzes with people. As jazz softly plays in the background nicely accompanying the stained glass and artistic mish mash of tables and chairs, the patrons work busily at their laptops sipping lattes or cappuccinos. The atmosphere is one of peaceful serenity. But in 2006—the same year he opened his café—Michel's mother was diagnosed with the most aggressive form of ALS. From then to 2008 he experienced the most difficult years of his life.

"My mother needed 24-hour care," says Michel, who with his sister, was his mother's primary caregiver. "With her form of ALS—bulbar—the disease started with her speech, then she couldn't eat and it progressed quickly from there. It was exhausting trying to keep up with our lives and also provide the proper care for my mother, who wanted to be at home, not



Michel Richoz and his sister Danielle Richoz

in a hospital or institution. But I know I would do it again if I had to."

Michel says he got through those years by taking them one day at a time. "You can't plan," he says. "One day is easy, another day is hard, you don't know... every hour can be different. Thankfully we had tremendous help from the local CLSC and Lucie-Bruneau Rehabilitation Centre, which the ALS Society help set up."

In Michel's eyes ALS is an awful disease. "There is no cure; there is nothing

to alleviate the pain or to stop its progression," he says. "There is no end, relief, remission—it is so sad. Every little bit that people can give, whether it is their time or money, works toward finding a cure."

Michel has chosen to help make a difference by volunteering at the ALS Society of Quebec.

"I started in November 2008," says Michel. "My sister and I volunteered at the Christmas Party that year. Then I asked what kind of other help they needed. I knew I wasn't ready for hands-on volunteering with people living with ALS as it was just too emotional for me so I chose to help with office work a half day a week and I love it. I love the people who work there and I love doing something a little different from what I do everyday."

Michel's whole approach to life changed after caring for his mother for those two and a half years. "My definition of happiness has been drastically altered," he says. "I really don't care about money or things anymore. My family, friends, staff, volunteering are what really matter to me now."

He smiles, looks around his café, breathes in the atmosphere of tranquility and you just know he is happy.

## New addition: Financial Contribution Program

### Starting July 2011!

We understand that our members must face difficult challenges, but each one also possesses particular needs. This is why the ALS Society of Quebec is officially launching its new financial contribution program. The program aims to help members of the Society and their caregivers by reimbursing certain related expenses to the disease that are not covered by our regular financial aid and equipment loan programs.

For more information, please contact :  
**Kate Busch** 514-725-2653 ext. 109 or  
kbusch@sla-quebec.ca



From left to right: Marc Lavigne, Élyse Léveillé, Patrick Martin and Marie-Eve Lemaire at the Sugar Shack Outing

## Services offered to people with ALS and their caregivers:

### EQUIPMENT PROGRAM:

- Equipment loan
- Financial aid

### SUPPORT PROGRAMS:

- Psychological support for individuals and families
- Support groups
- Bereavement support groups
- Monthly conferences
- Tele-conferences through the Care-ring Voice Network

### TRAINING, EDUCATION AND PARTNERSHIP PROGRAMS:

- Training for caregivers and health care professionals
- ALS Conferences in other cities
- Visits to ALS clinics
- Information and document distribution (to members and health care professionals)
- Participation in many levels: Professional networks, organizing conferences, workshops...

## Support Group Activities for ALS members

### JULY 20—1 to 3 pm

Interactive group

### JULY 26—7 to 8 pm

Telephone conference with Janet Gregory and Galina Charitonov from the CLSC Lac St-Louis:

*Theme: ALS caregivers' role*

### AUGUST 31—7 to 8 pm

Tele-Support Group for all regions in Quebec

### SEPTEMBER 7—7 to 9 pm

Workshop with Albert Nerenberg - bilingual

### SEPTEMBER 21—1 to 3 pm

Interactive group

### SEPTEMBER 27—2 to 3 pm

Conference: Sylvie Bernard from Constance Lethbridge

*Theme: Technical support services at Constance Lethbridge Re-adaptation Center*

### SEPTEMBER 28—7 to 9 pm

Bereavement Support Group: Meet and exchange with others who are mourning the loss of a loved one

For information about support groups, conferences and social activities:

**Elizabeth Barbosa**

514-725-2653 ext. 103



Albert Nerenberg

## IT IS ALL ABOUT YOU

# Laugh till it stops hurting!

By Albert Nerenberg

(Summary of an article published in the Montreal Gazette's Positivity Series in 2007)

**N**orman Cousins, the respected editor of the Saturday Review, had been given six months to live in 1964. He'd been diagnosed suddenly with life-threatening ankylosing spondylitis, a painful, degenerative disease of the spine. Cousins, who was in constant agony and quickly succumbing to paralysis, checked himself out of the hospital, which in his view "was no place for sick people" and into a hotel where under the supervision of a doctor, he began taking extremely high doses of Vitamin C punctuated by a regimen of intense belly laughter.

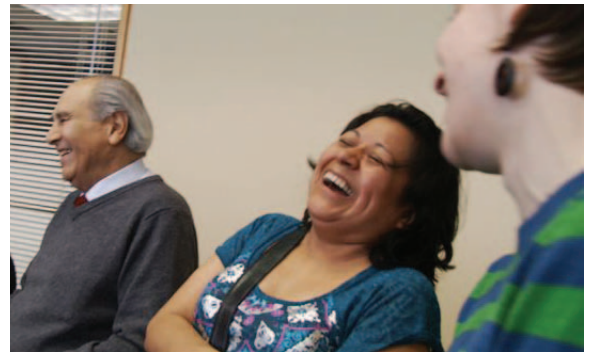
Why laughter? It was the only thing that seemed to kill the pain. Cousins would start laughing by watching Marx Brothers movies and Candid Camera episodes on a rented projector. After several months, and day after day of laughter, Cousins walked out of the hotel. In the years since then, Vitamin C would be discredited, but laughter, it turns out, is another story.

In 1995, in Bombay, now Mumbai, a young gastroenterologist would come across Cousins's story in a medical journal. Dr. Madan Kataria - a dour and, in his own words, humourless professional - was used to fishing around in people's guts for a living. Kataria would go on to discover Laughter Yoga--managed, contagious laughter that has now spread to 40 countries and counting.

Pointless, contagious laughter, which Kataria would explain in his book *Laugh for No Reason*, is its own reward. Tens of thousands of people have joined the laughter movement claiming dramatic health improvements, weight loss, mood elevation, respite from chronic pain, and even treatment of serious disease, all at essentially no cost.

Suddenly in the last 15 years, science is buttressing laughter's impressive therapeutic properties.

But laughter is just one of the obvious feel-good human qualities that is suddenly seen by science to be making a difference to human health and outlook. Hugging, singing, smiling and dancing, the fundamentals of human joy, bolstered by hard science, may be powerful, no-cost therapies in themselves. Dr. Charmaine Griffiths, spokesperson for the British Heart Foundation, recently stated: "Scientists are increasingly interested in the possibility that positive emotions can be good for your health."



Irvani Fard and Olivia Diaz at a Laughology Workshop

Laughter bonds people and that may help explain its therapeutic value.

Laughter bonds babies to parents, friends to friends, co-workers to co-workers, lovers and teammates and families and even cultures together. Seriously ill people report feeling "cut out" of the world as they begin sinking into death, but laughter brings them right back in again, bonding them to their loved ones.

Cousins went on to live another 26 years after being given six months to live. Perhaps laughter is the best medicine afterall...

*Albert Nerenberg is the founder of Laughercize. He works as a Laughologist traveling the world studying and exploring the potential of laughter. Nerenberg talks laughter on CBC's Radio Noon as well as being regular guest of the Charles Adler Show.*

### JOIN ALBERT NERENBERG

He happily demonstrates his contagious laughter techniques and most likely you will "end up rolling in the aisles, literally."

**Next Laughology Workshop:** September 7th 7-9pm ALS Society Montreal Office

**You can visit his website at [www.laughercize.com](http://www.laughercize.com)**

### "LAUGHING" RESOURCES

#### •Laughter club

Club de rire du Québec, mainly franco-ophone but all are welcome.

[www.clubderirequebec.com/club-demontreal.html](http://www.clubderirequebec.com/club-demontreal.html)

#### •Laughter Yoga workshops

Rire et délire at [www.rire-et-delire.com](http://www.rire-et-delire.com)

•**Healarious Laughter Montreal** offers a series of workshops for people with cancer or chronic illnesses.

[www.healariouslaughter.com](http://www.healariouslaughter.com)

•**Montreal Jewish General Hospital Hope & Cope Wellness Centre:** various wellness programs including Laughter Therapy and Laughter Yoga.

[www.jgh.ca/en/home](http://www.jgh.ca/en/home)

514-340-8255

# Fundraising Events



## AUGUST 6:

**6th Annual Celebrity Softball Game in collaboration with the Capitals of Quebec:**

**Celebrities:** Pedro Martinez, Moises Alou, Vincent Dampousse, Marc Griffin, Alain Choquette, Bertrand Godin, Michel Laplante, Denis Boucher, Jean-Luc Legendre, Pierre Vézina, Stéphane Fiset and more!

### MUNICIPAL STADIUM

100, Cardinal Maurice-Roy,  
Québec, G1K 8Z1

2:00PM — Doors open at 1:30PM

### Tickets:

\$20: General Admission

\$10: 12 - 17 years old

FREE!: 12 years old and under (available at the door only)

### How to buy your tickets:

Online: [www.capitalesdequebec.com](http://www.capitalesdequebec.com)

By phone: 418-521-2255

### For more information:

1-877-725-7725 / [www.sla-quebec.ca](http://www.sla-quebec.ca)

## THIRD PARTY EVENTS

Special thanks to the people and organizations who helped organize successful fundraising events for the ALS Society of Quebec. On behalf of people with ALS and their loved ones, THANK YOU!



Alain Arsenault and Eric Godolphin  
Grand Tour 2011



Diane Tkalec - Spinning for ALS



**Nathalie Gauthier and Georges Kalmetti**  
Painting Exhibition  
**Lise Daigneault**  
Fundraiser in Longueuil  
**Hélène Giroux and family**  
Bowl-a-Thon

**Live for Today.** From left to right:  
Enzo Raponi, Kelly Alexander, Andrew Romano, Claudine Cook, Kris Daria, Mario Buttino with his sisters and mother, Tania, Maria and Josie.

**Want to organize your fundraising activity? Contact our events coordinator at 514-725-2653**



## Walk for ALS - Team Up!

Form a team with friends, family and colleagues. You can create team pages online where you can track your progress, collect funds and recruit more teammates. So at the Walk for ALS, come show us your team spirit!

## 3 EASY WAYS TO REGISTER:

### 1. ONLINE

([www.sla-quebec.ca](http://www.sla-quebec.ca))

- Personalize your fundraising page.

- Solicit donations by e-mail and track your fundraising progress.

- Online donors instantly get their electronic tax receipt.

### 2. BY MAIL:

- Fill out the pledge form inside the official Walk pamphlet or

- Download the Walk pledge form on our website.

**3. IN PERSON** on the day of the Walk scheduled in your area.

## EVENTS CALENDAR

### AUGUST 27:

Walk for ALS in Sherbrooke

### AUGUST 30:

ALS Bell Classic -Vincent Dampousse Golf Tournament

### SEPTEMBER 4:

"Défi des Collines" – 30km, 15km run and 5km walk

### SEPTEMBER 10:

Walk for ALS in Montreal

### SEPTEMBER 10:

Walk for ALS in Gatineau and Quebec City

### SEPTEMBER 11:

Walk for ALS in Charlevoix

### SEPTEMBER 15:

Ride into Town for ALS -from Brossard to Sorel

### SEPTEMBER 16 to 18:

Ride for ALS 2011 (4th edition), 300km in 3 days!

### OCTOBER 22:

Remembering Angelo Dinner & Dance fundraiser

*\*Visit the online calendar on our website for more info and to see the complete schedule for the Walks*

# Tony Proudfoot Fund

Tony Proudfoot was diagnosed with ALS in 2007. He was one of our greatest ambassadors who inspired all of us to pursue and tackle this fight through his vision of making a difference. We cannot be thankful enough for his relentless contributions and dedication. His unselfish wish to fight the disease publicly, in front of everyone to see, has tremendously helped bring ALS to the forefront of people's mind across the country.

As Tony's legacy lives forever, we encourage everyone to join our team in the fight against ALS by participating or volunteering in our Walks for ALS. These crucial actions will ensure we carry on our mission and collectively work towards finding a cure and helping families touched by ALS.

*Thank you Tony*

## Team Proudfoot

Special thanks to the following people who organized fundraising events for the Tony Proudfoot Fund:


- Scott Flory, Jim Beauchamps and Cunningham's Pub** - *Tour of the Grey Cup*
- Erin Bresnahan and Elaine Duranceau** - *Do Good and Dodge*
- Meagan and Stephen White** - *Half Marathon and 10 km Race*
- Danny and Shawn Doyle** - *Irish Mingle*
- Concordia University Exercise Science Department** - *Wellness Week*



(Above) Tony Proudfoot at the 2009 Walk for ALS in Montreal



(Right) Congratulations to The Montreal Gazette, the only Montreal-based English language daily newspaper, which received the ALS Society of Canada's Tony Proudfoot Exceptional Public Awareness Program Award (media category). The award was accepted by The Gazette's sports editor, Stu Cowan, on April 30.



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AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF QUÉBEC  
LA MALADIE DE LOU GEHRIG'S DISEASE

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