



ALS SLA

ALS SOCIETY OF MANITOBA
LA SOCIÉTÉ MANITOBAINE DE LA SLA

Newsletter

Winter 2010

Season's Greetings

from the



ALS Society of Manitoba

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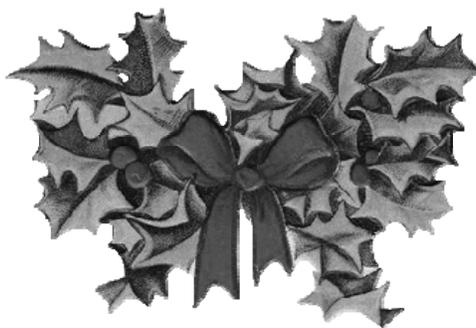
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PRESIDENT'S MESSAGE

The bitter cold of winter temperatures are once again upon us but as the ALS Society of Manitoba reflects upon 2010, it's hard not to feel anything but warmth from the generosity and support that we've received this year.



Since our last newsletter, the Society has hosted a number of familiar events including its Annual Golf Tournament, Conference on ALS, and the "Great Dining Experience" raffle, all of which far exceeded the Society's expectations on a number of fronts. Third party events in 2010 once again played an integral role in ensuring the Society has the funding it requires to provide the care and support to our ever-increasing client base and their families. Projections to the end of this year show the Society ending fiscal 2011 in a strong financial position, despite the fact that the new office space acquired was expected to place a financial burden on the Society. With staff at the Society's offices and the Brummitt-Feasby house continuing to work diligently within budget to ensure all our clients needs are met, and all of the society's fundraising events being more successful than projected, ALS Manitoba is in a good position to end the year with a positive net income and stable operating reserves that will ensure its long-term financial viability.

While the end of the calendar year is a great time for reflection on our successes in 2010, it is also a time to ponder how we can continue to make a difference for our clients in the year to come. I have the distinct privilege of working with staff and a Board that are continuously demonstrating their commitment to achieving the Society's goals, and with that I'm confident that ALS Manitoba will continue to be able to provide the very best in care and support to our clients and their families.

On behalf of the Board of Directors at ALS Manitoba, I wish you and your families all the best throughout the holidays and into the New Year. May the joys of the season renew our commitments to working together to bring HOPE to those living with ALS.

Shannon Nickel

HOPE in ALS

The daylight hours seem shorter and the darkness comes more quickly and I am reminded how important a time of year this is for our ALS clients and families. With the hustle and bustle as we prepare for the holiday season, for those who cannot get out and have less visitors this can be a time when hope seems limited and sadness and despair can leave a feeling of depression.

This is all the more reason why we need to look at what HOPE is - in the broader sense. There are many definitions of HOPE, which give an expectation that things will turn around and give a more positive outcome.

One positive outcome at this time for those living with ALS and their families is the knowledge that Canada is one of the countries that is conducting leading research on ALS. I also know that here in Manitoba we are continually working toward helping clients and families with counseling, equipment, education, options for respite and care needs, through the Brummitt-Feasby ALS House and many other care aspects of ALS.

As people journey through their disease, every day is a new day. We know that ALS is a costly disease, but assisting with areas that improve Quality of Life is something we must continually strive for.

We are the masters of our own destiny and with your help we can advocate for people living with ALS and raise the much needed awareness that will assist us in advancing care in our Health Care System.

If you want to be part of this process then please call 204-837-1291 or write to ALS Society of Manitoba, 493 Madison Street, Winnipeg, MB, R3J 1J2, and let's keep the HOPE alive.

Diana Rasmussen
Executive Director

EXECUTIVE DIRECTOR'S DIARY

Snow on the ground, wind chill, bright sunny days and cold temperatures, yes this is Manitoba. Yet despite all of the above we are a hardy population and our clients who live with ALS, exhibit the hardy courageous outlook. The Cornflower is our ALS National Emblem which shows strength and courage, read more about the cornflower on the next page.



As I have travelled around the province these past few months I have had an opportunity to talk with many people about what is required to assist in helping our clients have an increased Quality of Life, living with ALS. ALS progression may be different for each client, and Quality of Life differs also, but a constant theme of care and support emerged. I am very grateful to all those who took time to speak with me, so that we can dig deeper into what is meaningful for ALS clients and families.

These last few months the ALS Society of MB has worked hard to expand information and education to clients with production of four new videos and expanded information for children. We have been able to send children to camp and also purchase much needed equipment all of which are part of the care and support component mentioned. However there are emerging issues which have major ramifications regarding care when requiring BiPap and Ventilation (if chosen).

This is being addressed with our Advocacy Committee and also WRHA. We will keep you posted on this, suffice to say all care is important for clients living with ALS-----Respiratory equipment is also very costly as is the education and care involved – but clients need and require this level of service.

There have been ongoing Fund Raising and third party events recently which have generated major dollars and we are extremely honored and thankful for all those involved - -the Friends for Life Dinner which was a third party event was an amazing evening, and we sincerely thank the dinner committee and those who attended in making this such a success.

Our own events Drive for Life, Elvis, One Night With You, Yard Sale and the ALS Conference all generated dollars and awareness, and I want to say a personal thank you to all the committees and volunteers who dedicated their time to make these events a success. As a small not for profit organization it is imperative that we stay in the public eye. We certainly try and cannot compete with larger organizations, but we do as much as we can and our budget allows, so we thank you for any opportunity we have to get the word out in work places and newspapers, on TV and through websites and social media about our events and ALS.

If you can help in any way please feel free call us at the office: 204-831-1510.

So as we move closer to the holidays and from what ever faith you follow, may we wish you renewed hope and that 2011 will bring new ideas, increased research with positive outcomes, and guidance in the care of those living with ALS so that there may be an increased quality of life for all.

Diana Rasmussen

WHY THE CORNFLOWER IS THE SYMBOL FOR THE ALS SOCIETY

The Cornflower (*Centaurea cyanis*) is a native annual/ biennial plant from Mediterranean Europe. Representing positive hope for the future, the Cornflower is a humble reminder of nature's simple beauty and the fullness of life's cycle. The Blue Cornflower is to ALS what the Daffodil is to Cancer....they are the Flower of Hope for both diseases. The Blue Cornflower is the international Flower of Hope for ALS/ MND.

The Blue Cornflower plant is a very courageous plant, being able to stand up to all the elements of nature (something many other plants cannot do) and the flower, with its star-like blossoms of brilliant blue, is one of our most striking wild-flowers. When you relate this to people with this disease, you can see that they have to also show courage, something that is not always easy, and strength of character to cope with the devastating changes that occur to the muscles in their bodies.

The Blue Cornflower was chosen to symbolize ALS, as it is hardy despite its fragile appearance. It is also long lasting, and grows in most locations in Canada. As the Blue Cornflower is planted, awareness of ALS grows along with it across the country.

The Latin name, *Cyanus*, was given to the Cornflower as it was the goddess Flora's (*Cyanus*) favourite. The name of the genus is derived from the Centaur, Chiron, who taught mankind the healing virtue of herbs.

In the wild condition, it is fairly common in cultivated fields and by roadsides. The stems are 1 to 3 feet high, tough and wiry, slender, furrowed and branched, somewhat angular and covered with a loose cottony down. The leaves, very narrow and long, are arranged alternately on the somewhat dull and gray appearance. The lower leaves are much broader and often have a roughly-toothed outline. The flowers grow solitary, and of necessity upon long stalks to raise them among the corn. The bracts enclosing the hard head of the flower are numerous, with tightly overlapping scales, each bordered by a fringe of brown teeth. The inner disk florets are small and numerous, of a pale purplish rose colour. The bright blue ray florets, that form the conspicuous part of the flower, are large, widely spread, and much cut into.

The flowers are used in modern herbal medicine, as they are considered to have tonic, stimulating properties, with action similar to that of Blessed Thistle. A water distilled from Cornflower petals was formerly in repute as a remedy for weak eyes. The famous French eyewash, 'Eau de Casselunettes', used to be made from them. The powder of the dried leaves has been used to treat those that are bruised by a fall or have broken a vein inwardly. The seeds or leaves taken in wine are good for treating infectious diseases, and are very good in pestilential fevers. The expressed juice of the petals makes a good blue ink; if expressed and mixed with alum-water, it may be used for water-colour painting. It dyes linen a beautiful blue, but the colour is not permanent. The dried petals are used by perfumeries for giving colour to pot-pourri.

2010 EVENTS

2010 ALS Yard Sale

Due to the boundless generosity of Winnipeg donors, this year's ALS Yard Sale, on Saturday, August 28th, once again grew to gigantic proportions. Then on the day of the sale, in spite of predictions to the contrary, it poured rain. But Winnipeg yard salers don't let inclement weather stop them, and treasure hunters from all over the city came to see what we had for them this year. Many found something to take with them as well, and when it was all said and done we had raised more than \$4,200 for the Brummitt-Feasby House. Thank you to Sentinel Self Storage, Gloria Dei Lutheran Church, Kings Transfer, and all of our many volunteers who helped us haul, store, organize and sell everything prior to, during and even after the event. We appreciate all that you have done and continue to do to help support the ALS Society of Manitoba and the Brummitt-Feasby ALS House.



Drive for Life Golf Classic

The ALS Drive for Life Golf Classic in Memory of Marcel Bertrand at Bel Acres Golf and Country Club keeps getting bigger and better every year, and our 7th Annual event on September 9th was no exception. This year's event had 147 registered golfers and, in spite of the weatherman's predictions, excellent weather for a day on the links. QX104's Mookie Wilson and Troy Westwood brought two loyal listeners out to the event and Mookie emceed the evening festivities, which included a wonderful steak dinner and prize presentation. Congratulations to the Mirlycourtois Team who took first prize this year; and hats off to all of the other prize winners, including Cathy Aronec, the winner of our putting contest. Thank you to all of our supporters, sponsors, volunteers and, of course, participants who made this event the success that it was. See you all again in 2011.



ELVIS, One Night With You

Thirty three years after his death, the spirit of Elvis still lives on. Nick Drobot brought that spirit to Delta Winnipeg on Friday, September 24, with his ELVIS, One Night With You performance in support of the ALS Society of Manitoba. Nick rocked the world of the more than 130 people in attendance through two complete Elvis shows. Nick's first set was a variation of Elvis' 68 Comeback Special, complete with black leathers and many of the songs that made Elvis famous as the King of Rock & Roll. He followed it by giving the audience the full effect of a Las Vegas style Elvis performance, complete with white jumpsuit and high energy performance. After the show Nick broke the tradition of "Elvis leaving the building" by coming back out and circulating through the crowd, shaking hands, posing for pictures and signing autographs. The ALS Society of Manitoba would like to thank everyone who made this show possible. Delta Winnipeg for providing us with the venue and food, Canstar for their advertising support, London Limo for promotional support, Aime's Music for working with Nick on the show and for providing between show music, and to all of our silent auction prize sponsors. We would also like to thank Nick for yet another wonderful performance. Thank you, thank you very much.



2010 EVENTS

5th Conference on ALS

Perspectives on Life and Living With ALS

Every year, the ALS Society of Manitoba holds its Conference on ALS at The Life & Learning Centre at Deer Lodge Centre as a method to educate and enlighten people about ALS, its effects, what is being done about it.

This year was no exception, bringing together health care professionals, ALS Manitoba clients, and families and friends of those affected by ALS. In fact, more people attended this conference than ever before, showing the

increased number of people being affected by this disease. This year's guest speakers were Dr. Denise Figlewicz, Vice President of Research of the ALS Society of Canada, Dr. Christopher Bourque, Specialist in Internal Medicine with a practice in Neurology, Dr. Harvey Max Chochinov, Distinguished Professor of Psychiatry at the University of Manitoba, and Dr. Janice Richman-Eisenstat, Respirologist at Health Sciences Centre. The day ended with ALS client Rick Brown and his partner Karen McCall, and Kathy Cava, widow of ALS client Brian Cava, giving their perspectives on what it is like to live with ALS and how it affected their lives. This year, as with every year, the conference on ALS helped to educate, inform and empower medical professionals and others affected by ALS on what is happening behind the scenes, what they can expect, and what they can do to help deal with and hopefully bring and end to ALS. Thank you to everyone who made this conference possible.



The Great Dining Experience

This year's Raffle, The Great Dining Experience, which featured chances to win sumptuous meals at some of Winnipeg's favourite restaurants, was tremendously popular, with the tickets almost selling themselves. Manitobans love a good meal, and the opportunity to dine at some of Winnipeg's most popular restaurants was almost too good to pass up. The winners of this year's raffle are as follows:

1st Prize - \$900 at Restaurant Dubrovnik - Barb Pentney

2nd Prize - \$200 at Step'N Out \$400 at The Gates on Roblin - M. Bercier

3rd Prize - \$200 at Amici's \$200 at Rae & Jerry's - Ainslie Burlakow

Congratulations to our winners and thank you to everyone who participated in this raffle, to our ticket sellers and, of course, to the restaurants who generously donated to this event.



THIRD PARTY EVENTS

Third Party Golf Tournaments

This summer provided us with three wonderful third party Golf Tournaments, all of which were quite successful in providing both needed funding and awareness. Two of the tournaments, the **John Kornaga Memorial Golf Tournament** at the Pinawa Golf Course, and the **Henry Derksen Memorial Golf Tournament** at Bel Acres Golf and Country Club, are annual tournaments, held in memory of people who have died of ALS. The **Vipond Golf Tournament** at Teulon Golf and Country Club, is a company tournament that picked the ALS Society as their charity of choice and held a putting contest to help raise funds. Thank you very much to everyone who helped organize, sponsor, donate and participate in all of these tournaments. Your support is gratefully appreciated and we look forward to partnering with you all again next year.



All You Need Is Love Party

On Sunday, July 25, ALS Society of Manitoba Board member, Kathleen Kirk, invited her friends, family, guests, and other members of the ALS Society to **Put a Little Love in Their Hearts**, by coming out to her first **All You Need is Love** party for the ALS Society. Guests were invited to bring Tooneys (a minimum of two) and donate them **In The Name of Love**, to the ALS Society. Kathleen provided the location, champagne, punch, and an assortment of heart shaped, and often chocolate covered treats guaranteed to make sure that **Love is in the Air**. Kathleen also brought a **Big Hunk of Love** to her party by inviting Nick Drobot aka ELVIS to perform. Thank you very much Nick and thank you very much Kathleen for a great afternoon fundraiser. You really showed us the **Power of Love** that you have. As long as you are around we don't have to worry about living in **A World Without Love**.



The Masullo- Mirlycourtois Friends for Life Dinner

The inaugural evening in support of the ALS Society of Manitoba held at Mirlycourtois Restaurant, last year was such a success, that Chef Bernard and Carole Mirlycourtois decided to do it again, only much, much bigger. They got together with some close friends, formed a committee and spoke with the owners of the Hotel Fort Garry about hosting this year's event in their ballroom. Then they got in touch with Chef Bernard's culinary friends. Ten of the finest chefs in Manitoba and one from Ontario stepped up to help out, and the results were spectacular. The intention was to make the Masullo-Mirlycourtois Friends for Life Dinner the event of the season and they may very well have accomplished that. It certainly was the finest dinner event that this reviewer has ever seen, or tasted. For the nearly 280 people who came for this event, the reaction to the feast was love at first bite, from the many hors d'oeuvres, sushi, oyster and salmon bars, right through the many courses, and finally ending with a huge decadent dessert table and chocolate fountain. Leave us not forget the martini bar, champagne and, of course wine at the tables. Thank you to Carole, Chef Bernard, Heidi and everyone on the committee, all the chefs and everyone involved in making this amazing event happen. My taste buds can hardly wait for next year.



UPCOMING EVENTS

LITE UP A LIFE

Help to Lite the Bulbs On the trees in the front yard of the Brummitt-Feasby ALS House throughout the months of December and January.

3 Bulbs for \$5 or 7 Bulbs for \$10 or Lite a whole tree for \$150 (Any donation of \$10 or more will receive a tax receipt) All Proceeds Support Client Programs at Brummitt-Feasby ALS House

Help To Lite Up A Life Now and in the Future



CORNFLOWER GALA

In the Hangar of the Western Canada Aviation Museum
Saturday, March 12, 2011

Join us for an evening of fine dining, dancing, and exciting live and silent auctions.

Cocktails : 5:30 p.m. Dinner: 6:30 p.m. Tickets \$140.00

Book your tickets early!



On November 12th and 13th, the staff of the ALS Society of Manitoba and several of Manitoba's rural Walk Coordinators travelled to Hockley Resort in Ontario to attend ALS Canada's annual Walk Convention and Workshop. We exchanged ideas with Walk Coordinators from all over Canada, heard about new Walk plans, were updated on ALS Research news, and have returned pumped up and ready to build on the success of our 2010 Walks.



We need to expand our Walks and require Volunteer Coordinators in other rural locations throughout Manitoba. Dedicated, organized individuals wishing to donate time towards managing a 5K Walk for ALS are needed. Please help us by starting a Walk in your area!

If you are interested in coordinating a Walk in your area, or want more information, please call toll free 1-866-718-1642, fax your resume to 1-204-837-9023 or e-mail it to HOPE@alsmb.ca.

For information about any of the above events please contact:

Brian – 837-1270 e-mail: bcampbell@alsmb.ca

Sharon – 831-1510 e-mail: HOPE@alsmb.ca

HELP TO BUILD OUR GARDEN OF HOPE

EQUIPMENT GARDEN OF HOPE FOR ALS

Money may not grow on trees, but it can help to make our Garden of HOPE grow full and healthy. Help us to fill our garden with healthy Cornflowers.

There are several ways that you can help.

BUY A SEED - \$5.00

BUY A LEAF - \$10.00

BUY A PETAL - \$25.00

BUY A BLOSSOM - \$100

BUY A STEM - \$250

BUY A CORNFLOWER PLANT - \$500

BUY A SECTION IN THE GARDEN - \$1,000

For every seed or part of a cornflower we can help support a client with equipment. For every Cornflower plant we can buy a new Roho cushion. Every section in the Garden of HOPE can go towards a new Track Lift System.

For every donation you make a difference!!!



Yes, I would like to purchase a _____ in the Garden of HOPE in the amount of _____

Your donation will be helping people living with ALS.

Enclosed is m: Cheque Visa MasterCard

Card number: _____ Exp Date: _____

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

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 MediChair
 Medi Spa
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 Midwest Engineering
 Molson Coors Lite
 Movie Village
 Moxie's
 Mr. D's Tart 'N Pie
 MTS Clowns
 Natural Bakery
 Neil Keep
 Netley Creek Golf Course
 New Flier Industries
 Niakwa Country Club
 Nick Drobot
 Nike Golf
 Ninette Motor Hotel
 Novopharm
 Norther Meats
 Old Dutch Potato Chips
 Oma's Bake Shop
 Parkside Ford
 Patricia's Ballroom & Banquet Hall
 Pearly Queen / Coleen Baldwin
 Pepsi Bottling Company
 Perth's
 Pet Valu
 Pinawa Golf Club
 Prairie Lights Restaurant (Red River College)
 Prairie Theatre Exchange
 Preferred Meats / Don Phillips
 Procurity
 Quality Vending and Coffee Sevicees
 Rae & Jerry's Steakhouse
 Real Canadian Superstore
 Red Boot Drive-In
 Red Rivetr College Culinary Arts Department
 Red River Mutual
 Reliable Homecare Products
 Restaurant Dubrovnik
 RL Renovations
 Rona Home & Garden
 Royal Bank of Canada
 Royal Winnipeg Ballet
 Ruffus Kennedy
 Rumor's Restaurant & Comedy Club
 Salisbury House
 Sandy Hook Golf Club
 Sheizado
 Show & Save
 Slazenger
 South Beach Sun Tan Studios
 Stacy Lodge Massages
 Star Books
 Starbucks
 Strathmillan School
 St. Charles Country Club
 Steinbach Credit Union
 Step'n Out
 Stewart Trophies & Engraving
 Supper Central
 Sweet Impressions
 Tache Pharmacy
 The Bake Oven
 The Fort Garry Hotel
 The Gates on Roblin
 The Keg
 The Links at Quarry Oaks
 The Lobby on York
 The Manitoba Museum
 The Original Pancake House
 The Round Table
 The Shoe Guy
 Tim Hortons
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 Wal-Mart
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If for some reason we have missed your name, we sincerely apologize. Please notify us at 831-1510 and we will make sure that you are in the next issue