

BOARD OF DIRECTORS

PRESIDENT
Shannon Nickel

PAST PRESIDENT
Lanny McInnes

TREASURER
Lorna McLeod

DIRECTORS
Chris Albi
James J. Derksen
Jill Duncan
Paul Duque
Sharen Genik
Scott Groen
Kathleen Kirk
Don Miedema
Larry Ring
Ian Wright

STAFF

**EXECUTIVE DIRECTOR /
CLIENT SERVICES**
Diana Rasmussen

OFFICE MANAGER
Sharon Carter

**EVENTS / VOLUNTEER
COORDINATOR**
Brian Campbell

**BRUMMITT-FEASBY
HOUSE MANAGER**
Patrick McPhillips

ALS Society of Manitoba
N108 2109 Portage Ave.
Winnipeg, MB R3J 0L3
Ph: 831-1510
E-mail: als@deerlodge.mb.ca

www.alsmb.ca



ALS SOCIETY OF MANITOBA
LA SOCIÉTÉ MANITOBAINE DE LA SLA

Newsletter

Summer 2009

CONTENTS

Executive Director's Diary	Page 2
President's Message	Page 2
2008 – 2009 Events	Page 3
AGM – Volunteer Appreciation Evening	Page 4
Winnipeg Walk for ALS	Page 4
Rural ALS Walks in Manitoba	Page 5
Upcoming Events	Page 6
What Would You Do If You Still Could	Page 7
Sponsors of the ALS Society	Page 8



EXECUTIVE DIRECTOR'S DIARY

Finally Summer is upon us and we are able to get out and enjoy the fresh air and sunshine. Seasons seem to come and go so fast that we have to enjoy each moment and move forward.

In this regard the ALS Society of Manitoba has done just that – moved forward.

With increasing numbers of clients we have been looking at their special needs and how we can accomplish meeting these requirements. For each program that we operate there are many pieces of the puzzle to account for and cost is the biggest.

To date our Fund Raising for 2009 has been going well, our Walks all exceeded their goals due in large part to the dedicated Walk Coordinators in each area and the many volunteers who gave countless hours helping – thank you to you all.

We will not be changing our programs, but we will be monitoring them and looking at future needs and trends.

Our dedicated Board of Directors continue their due diligence and with a new Strategic Plan in place we have continued guidance for a vibrant organization.

The Brummitt-Feasby ALS House continues to be a hive of activity with long and short term clients readily accessing this Home with Care and support. The staff under the guidance of Patrick McPhillips have done a wonderful job of making the ALS House a home away from home. Thank you to all the staff.

We recently had our Annual General Meeting where we installed our new President - Shannon Nickel. Lanny McInnes term as President has now ended and he will remain as Past President for two years. Thank you Lanny for your time as President, much has been accomplished and we look forward now to working with Shannon.

With many events in front of us I want to thank my staff Sharon, Brian, Patrick and all the staff at Brummitt-Feasby ALS House, for their support for our mission. HOPE – Helping Our People with ALS Every Way we Can.

Diana Rasmussen



PRESIDENT'S MESSAGE

After having served on the Board of Directors of the ALS Society of Manitoba for the past 2.5 years, it is indeed an honor to have been given the opportunity to continue serving the Board in a new capacity as President and Chair. I have had the distinct privilege of meeting many of our volunteers, donors, supporters and friends, and I look forward to meeting many more in the months to come.

With summer finally here, we can look forward to celebrating our good weather with friends and families. But the ALS Society of Manitoba has much more to celebrate than just the weather. With our positive financial results for the fiscal year ended March 31, 2009 and our Walks for ALS exceeding our revenue targets by almost 40%, the Society has reached heights that some might have thought were not possible a few years ago. Of course this is all the direct result of the Society's dedicated staff and volunteers who work tirelessly to ensure we have the programs and support that Manitobans with ALS, and their families, need.

In light of our recent successes, many are undoubtedly thinking "What a great time to be assuming the role of President and Chair of the ALS Society of Manitoba". Truth be told, any time would be a great time. The hard work, devotion and enthusiasm displayed by staff, volunteers, and board members is a truly humbling experience, and I look forward to continuing to be a part of this amazing team.

The ALS Society of Manitoba has accomplished a great many things over the past two years under Lanny McInnes' direction, and I will work hard to ensure this continued success. I accept this role with great pride, and will work diligently with the Board to provide a supportive working environment for all staff and volunteers as they continue to provide an exceptional level of service to all clients and their families.

I wish you safe travels this summer, wherever you may go, and I look forward to seeing you at our next event!

Shannon Nickel



2008 – 2009 EVENTS

Christmas Tea

Our 2008 Christmas Tea, held at Gloria Dei Lutheran Church, was a fun event that was enjoyed by all who attended it. This time around, we added a new feature, live entertainment provided by Don Amero and family. They were well received and are planning to join us again for 2009. We also have new and exciting changes planned for the 2009 season, which include changing the event into a Christmas Brunch with Santa. Keep your eyes open as our plans unfold.



Lite Up a Life

This event really took off this year. The main thing that sent it skyrocketing was the Lighting Ceremony, which brought out City Councillor, Grant Nordman; MLA's Sharon Blady and Jim Rondeau; and MP Steven Fletcher's representative James White. Media in attendance included CBC, CTV, Shaw, Canstar and the Winnipeg Free Press. Diana also conducted several radio interviews before the event. Lite Up a Life created more media coverage and public attention than anticipated and was a great event which we look forward to repeating in 2009.



A Night Out at Charisma of India

Our latest Night Out at Charisma of India, on January 26, 2009, was very successful in bringing out a crowd of people looking to deny January's extreme cold. The combination of fantastic East Indian cooking and an amazing show of belly dancing provided by Turkish Taffy Belly Dancers was just what everyone needed to take the edge off the cold. Beer provided by Fort Garry Brewing and wine supplied by Barefoot Wine provided the finishing touches to a perfect evening. Watch for our next Night Out at Charisma of India, coming up on July 13th.



An Evening With The Goldeyes

On June 19, the ALS Society of Manitoba and the Winnipeg Goldeyes joined forces once again to present An Evening With The Goldeyes at Canwest Park. This has always been a popular collaboration, because of the Lou Gehrig connection to ALS, and this year was no exception. Our information booth provided people with valuable information about ALS, the ALS Society of Manitoba, and our upcoming events. We also passed batting helmets through the stands for donations. This popular event is expected to continue and grow in the coming years.



AGM – VOLUNTEER APPRECIATION EVENING

On Wednesday, June 24th, the ALS Society of Manitoba held its Annual General Meeting, followed by our Volunteer Appreciation Evening. The highlights of the AGM were the election of Shannon Nickel as President of the Board of Directors and the elections of new board members, Scott Groen and Ian Wright. Congratulations to our new President and new board members and a big thank you to past President Lanny McInnes for all of your hard work.



Our Volunteer Appreciation Evening included wine, cheese and snacks, as well as an awards ceremony and presentations of Thank You Certificates. Live entertainment was provided by Neil Keep.



This year's presentation of the Frank Edmonds Volunteer Award was shared by two people, Jennifer Staerk of Whitemouth and Bertha Buote of Belmont, for their hard work on the Walks for ALS in their areas. The evening was also highlighted by the recognition of Kathleen Kirk's award of Honorary Life Membership by ALS Canada.

Thank you to all of our Volunteers without whom we would not be able continue doing our job of providing support services to people and families affected by ALS in Manitoba.



WINNIPEG WALK FOR ALS

This year's Winnipeg Walk for ALS, held at Assiniboine Park on Saturday, June 6th, was successful beyond our wildest hopes, with more than 500 walkers and volunteers coming out and raising over \$112,000 towards supporting clients living with ALS in Manitoba, as well as helping to find a cure for ALS.



Special guests at this year's Walk included Charleswood, St. James, Assiniboia MP Steven Fletcher; Assiniboia MLA Jim Rondeau; Kirkfield Park MLA Sharon Blady; and St. Charles City Councilor Grant Nordman. Other special guests included piper, Scott Stothers; Dan the Magic Man; Goldie from the Goldeyes; Lionel, the Boston Pizza mascot; the Green Drop mascot; and the MTS Clowns.

Even though the weather for this year's Walk was cooler than normal, people had a great time, and many are already planning to return next year. The ALS Society would like to thank everyone who made this year's Winnipeg Walk for ALS the success it was. Thanks go to the more than 70 volunteers who helped to make it all run smoothly; to our sponsors, and prize donors, and, of course, to the many, many people who gathered pledges, put on their walking shoes, and came out to show their support.

Thank you all and we look forward to seeing you all again next year and making the 2010 Winnipeg Walk for ALS even bigger and better.



WALK FOR ALS – RURAL MANITOBA

Minnedosa Walk



Minnedosa got the Manitoba Walks off to a running start, with over 50 people coming out to raise over \$4,200 towards helping to support people living with ALS in Manitoba. Thanks go out to Alice McInnes, Donna Hogg and everyone else who worked so hard to make our first Manitoba Walk of the season a successful one.



Whitemouth Walk



The combined efforts of Jennifer Staerk, Rick and Joan Fewster, the Whitemouth and Beausejour Schools, and their friends and families, brought out more than 400 people to the Whitemouth walk. Despite it being a cold and rainy day in the walk raised over \$12,000. Great job everyone! You have set the bar high.



Prawda Walk



The future Whitemouth ALS Walkers at Reynolds School in Prawda showed that they have what it takes to carry the torch when they reach Whitemouth School by holding an In-School Walk and hotdog sale that raised over \$400. Thanks to Rhonda Kelly and all the teachers and students for all of your support.



Belmont Walk



As one of our veteran Manitoba Walks for ALS, the Belmont Walk is still going as strong as ever. This year saw more than 80 people come out and raise over \$9,000 in support of the ALS Society. Thanks go out to Walk Coordinator Bertha Buote for continuing to build this walk year after year. Thanks also to Ed Torz for providing the pictures.



Combined age 497

Winnipeg Beach & Area Walk



Great things come from humble beginnings and although Winnipeg Beach's first Walk only brought out a dozen people and raised just over \$200, the spirit was there, and with the support of the Mayor, we expect great things from this community in the future. Thanks to Delma McLeod for all of your hard work.



Riverton & Area Walk



Nearly everyone and their dog came out to support Riverton's first Walk for ALS, with more than 50 people, and their canine companions, joining together to raise over \$6,000. Thanks for this fantastic job go out to Kaleigh Olafson. You are a hard act to follow.



UPCOMING EVENTS

SUMMER RAFFLE – The Great Dining Experience

Now is your chance to experience some of the finest tastes of Winnipeg. From The Gates to Dubrovnik's, Amici to Fude, we've picked nine of Winnipeg's best and we're giving you a chance to try them out on us. Tickets are limited so get yours today. Draw date, September 30, 2009.



AUG. 29th & 30th - GIANT YARD SALE

To be held at Gloria Dei Lutheran Church. This year's Yard Sale will be bigger and better than ever with something for everyone. Including: Furniture, Books, Clothing, China, Glassware, Sporting goods, LPs, and much, much more. All profits will go to support Brummitt-Feasby ALS House. Please contact us if you have items to donate.



SEPT. 10th - 6th Annual DRIVE FOR LIFE GOLF CLASSIC

Join us at Bel Acres Golf & Country Club for a day on the links in support of the ALS Society – Lunch 11:30 – Texas Scramble Tee off 1:00 P.M. - \$150.00 per person (receive a \$75.00 tax receipt) Only 144 spots open. Help us to Dive Out ALS



SEPT. 18th - ELVIS ON THE RED

This will be the second time that "ELVIS" will perform on the Paddle Wheel Queen. Elvis tribute artist, Nick Drobot, will have you All Shook Up and thinking that you've died and gone to Graceland. Last year was such a tremendous success we are going to do it again. So put on your Blue Suede Shoes and join us for a night of Dinner and Dancing with the King. Tickets only \$55.



SEPT. 26th - HIKE FOR ALS & FAMILY DAY

To be held at Beaudry Provincial Park,, just south of Headingly. This will be the first time we try a Hike for ALS but we are going to make it a family day complete with clowns, magicians, jumping castles, games and a BBQ at the end of the Hike. Watch for more details as plans progress.



OCT. 2nd - 4TH CONFERENCE ON ALS

"So You've Been Diagnosed With ALS – What Now"

Join us at the Life and Learning Centre of Deer Lodge Centre for an educational and informative day of discussion about what is going on in the world of ALS. This event is for anyone living with ALS, their families, Health Care Professionals, and for anyone who would like to know more about ALS / Lou Gehrig's Disease. Registration \$85.



For information about any of the above events please contact:

Brian – 837-1270 e-mail: bcampbellals@deerlodge.mb.ca

Sharon – 831-1510 e-mail: als@deerlodge.mb.ca

WHAT WOULD YOU DO IF YOU STILL COULD

Dear Friends,

We need your help – Imagine not being able to move or speak, hug a loved one or give a kiss to a new baby or family member!! Your mind knows what it wants but the body won't do it!!!!!!!!!!

ALS, commonly known as Lou Gehrig's Disease, is a devastating diagnosis to be given. With no known cause or cure, people with ALS need **HOPE**. We must find a cure and soon. This fatal neuromuscular disease knows no boundaries and affects both men and women – young and old alike.

One thing we do know is that more people in our province are being affected with ALS – numbers are steadily increasing... With a lifespan of 2 – 5 years or less and a little longer if you are lucky –

What Would You Do If You Still Could!!!!!!

Your support will assist us in helping Manitobans with ALS by providing equipment they need, providing education and counseling, support for families, special programs for children and much, much more. Most importantly, your donations will make a difference for those living with this terrible disease.

Donations of \$20.00 or more will receive a tax receipt. As a small charity and in this time of economic restraint we are asking for your help for those with ALS.

Your assistance is greatly appreciated and will support Manitobans battling ALS.

Please give what you can.

MAKE A DIFFERENCE AND GIVE SO OTHERS MAY LIVE

Thank you

Diana Rasmussen
Executive Director

Yes, I would like to make a donation in the amount of _____ (amount)

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: _____

Registered Charitable Number: 120654421RR0001

Thank You to all the Sponsors of the ALS Society of Manitoba



Airmovement
All City Exteriors
AM Coffee Services Inc.
Apex Distribution Inc.
Asham Curling Supplies
Beausejour Consumers Co-Op
Bel Acres Golf & Country Club
Bothwell Cheese
Brian and Linda Fulmore
Buffalo Point Resort
Callaway Golf
Cambrian Credit Union
Cameron Vandersteen
Canada Safeway
Canstar Community News
Carol Abbott
Carlton Inn
Century 21
Chamberlyn's Restaurant & Lounge
City of Winnipeg Community Services
Cleveland Golf
CLR Association of Manitoba
Construction Labour Relations
Costco
Crosstown Credit Union
Dari Isle
Deb Bratanic
Diamond Athletics
Dollar Thrifty Truck Rentals
Don Amero
Dunnrite Food Products
E.H Price
Enviro West
Fabutan
Folk Arts Council of Winnipeg Inc.
Fred Albi
Gloria Dei Lutheran Church
Gogetter
Golden Tan
Green Drop Lawns
Greenwood Inn & Suites

Gunns Bakery
Holiday Inn Winnipeg Airport West
Hometown Foods
Hydron-Aire Ltd.
Investors Group
John and Sandra Fritz
John Truijen
Kal Tire
Karen Klassen
Kenaston Wine Market
King's Florist
Lacosta
Lawson's Sales & Service
Linda Rodewald
Lorette Golf Course
Manitoba Egg Producers
Manitoba Electrical Museum
Manitoba in motion
Manitoba Lotteries
Manitoba Museum
Manitoba Nurses' Union
Marika Barchuk
Mr. D's Tart 'N Pie
MTS Clowns
Neil Keep
Novopharm
Pepsi Bottling Company
Pet Valu
Pick-a-Flick
Pilot Mound Sentinel
Powerland Computers
Prairie Theatre Exchange
Procurity
Rae & Jerry's
Red Boot Drive-in
Red River Co-Operative Ltd.
Reflections
Rick & Joan Fewster
River Oaks Golf Course
RL Renovations
Roger's Communications

Royal Bank of Canada
Ruffus Kennedy
Rumor's Restaurant & Comedy Club
Scott Stothers
Sentinel Self Storage
Sobeys
Somerville Design Home Ltd.
South Beach Sun Tan Studios
Starbucks
Steinbach Credit Union
Stewart Trophies & Engraving
Stride Ahead Sports
Tache Pharmacy
The Keg
The Original Pancake House
The Round Table
The Shoe Guy
Thomas Steen
Tina Vandersteen
Turkish Taffy Belly Dancers
Valour Decorating
Viscount Gort Hotel
Walle Larsson
Wal-Mart
Wawanesa Belmont Transfer
Webber Company
Whitemouth Lion's Club
Winners / Homesense
Winnipeg Art Gallery
Winnipeg Blue Bombers
Winnipeg Fire Paramedics
Winnipeg Police Services