

Footnotes

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mswalks.ca

Join us for the **WESTMAN WALK**
Sunday, April 25, 2010

Manitoba Room
KEYSTONE CENTRE
Brandon, MB

2010 Manitoba Lotteries MS Walk
Sunday, April 25
Westman

Walk Starts: 10:00am / **Check-in Begins :** 8:30am

WALK DISTANCES: Choose a 3, 6 or 10km route

Over 70,000 walkers are coming together across Canada to raise funds for MS programs and research. The Westman area has among the highest prevalence and incidence rates of MS in the country. Ask your friends, family, neighbours, and co-workers to pledge you today — together we will end MS!

GET FUNDRAISING & RECRUIT
YOUR TEAM for the 2010
Manitoba Lotteries MS WALK



IT'S EASY!

Visit our website at
www.mswalks.ca
or call the Westman
Office **(204) 571-5670**
to start fundraising
today!

In this issue

- What's new for this year's Walk
- Fundraising tips
- Prizes and incentives for top fundraisers
- Volunteer opportunities
- Join TeamMS
- ...and MORE!

MS Multiple Sclerosis Society of Canada
Manitoba Division

The new WESTMAN WALK

April 25th at the Keystone Centre's Manitoba Room



The Multiple Sclerosis Society of Canada, Westman Chapter is hard at work planning the 2010 Manitoba Lotteries MS WALK, and while this year's walk won't be held until April 25th, individuals, families, and teams can get involved now in the fight to end MS.

JESSICA MOSKALUKE will be providing entertainment to Walkers this year. Jessica is the Chapter Assistant for the MS Society at the Westman Chapter Office here in



Brandon, and is currently studying Criminal Justice at Brandon University. In 2006, Jessica lost her father to a lengthy battle with Multiple Sclerosis, and has been dedicated to the cause. Jessica has been singing for about 5 years now, and has accomplished many musical goals, such as being the only person from Saskatchewan to make it to *Canadian Idol's* Top 100 in its last season.

START FUNDRAISING TODAY!

Looking to start collecting pledges from friends, family, and co-workers? All you need is your **Pledge Sheet and Pledge Envelope**. Here are a few tips to get you started:

Tell People Why You Are Walking — Explain to everyone why you have decided to be part of the Walk. Your commitment to the cause will inspire support.

Ask Everyone — Ask friends and family to pledge you first, then branch out to ask neighbours, co-workers, customers, and clients. Ask five of each for a \$10-\$25 contribution and you can raise hundreds of dollars in just days.

Do it Online — log on to mswalks.ca and get donors from anywhere to pledge you over the internet using your online fundraising account. Plus: download pledge sheets & other helpful materials.

Join a Team — gather your co-workers or friends and start fundraising as a team. Compete for prizes to see who can raise the most dollars, or host a team night.



TOP PRIZES FOR TOP FUNDRAISERS!

Receive t-shirts, jackets, gift cards, and more great prizes when you fundraise above the \$125 level! The top individual fundraiser and top team for the Westman Walk will also receive special prizes. Or, choose a tax receipt in lieu of your prize to allow more of the funds you've raised to go directly to MS programs and research.

MS FACT:

Canadians have one of the highest rates of multiple sclerosis in the world.

NEW! Team Spirit Award

This year, we've really been focusing on the creation of teams. Signing up with a team really enhances the walk experience for everyone involved. This year, to encourage people to join teams and be seen (and heard!) we've created a Team Spirit Award. Our panel of celebrity judges will mark each team on a given marking scheme depending on their creativity, volume, enthusiasm, knowledge, and anything else that makes a team stand out. The winning team will have their name put onto a plaque that will be hung for all to see at the Westman Chapter Office. Sign up your team TODAY!



Team Up to End MS

Creating a team can make a difference in the lives of those living with multiple sclerosis. Make a commitment and reach out to co-workers, friends, and family to be a part of your team. As a Team Captain, you'll receive special incentives and VIP treatment; as a Team Member, you'll be eligible to win special prizes. Teams also receive a team photo and other incentives and fundraising awards.

CREATING YOUR TEAM IS EASY

All you need is a **minimum of 4 team members** including a **team captain**, and a cool **team name**. TeamMS staff can then:

1. Help captains establish team goals
2. Register your team
3. Assist in setting and beating fundraising and recruitment goals
4. Provide you with a team captain hand-book full of hints and tips to a successful fundraising and team experience.



Team MS creates inspiration and competition for other participants—raising even more money to end MS. Teams raise more per member than if they participate solo, and being part of a team is a great way to get together and make a difference in the community with people you know. **Call Jessica at 571-5670 to register your team today or for more information about Team MS.**

Thank you to our Sponsors!

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Contact your MS Walk Coordinator: Cindy Stumme

Visit us online at mswalks.ca

Phone: 1.800.268.7582 for more information

Mail: Unit 5B, 457 9th Street, Brandon, MB R7A 4A9

The Multiple Sclerosis Society of Canada would like to remind all participants to display their best conduct and use appropriate language as the MS Walk is a family friendly fundraising event.