



teamTalk

The Official Newsletter for TeamMS in Alberta Volume 1, Issue 2 • April 2008

Revved Up and Ready to Roll!

Well “Spring has finally Sprung” (hopefully, who am I kidding, this is Alberta). It is now time to tighten up those shoe laces, dust off those bikes and shine up your golf clubs for another exciting fundraising season at the MS Society! Can you believe the first WALKs in Alberta are this month? Don't worry there is still plenty of time to reach those fundraising goals. Check out our online tutorial that will walk you through how to use this amazing fundraising tool! Also be sure to see what our fund raising “guru” Donna Romanuik has planned to exceed her teams fundraising goals this year.

With all of our events just around the corner, it is hard to not get caught up in the excitement and anticipation of having another record breaking fundraising year here in Alberta. Good luck with the rest of your fundraising and training, I look forward to seeing your smiling faces on event day!



Cheers,
Ryan Drury
Senior Coordinator, TeamMS, Alberta Division

Team Hayati and Team Atlas Pack a One-Two Punch Against MS

Submitted by Isabelle Martin, Calgary Chapter

Team Hayati first got involved with the MS WALK 4 years ago with a mere 4 members. Since then, every year the team has gotten bigger and has been able to raise more and more money and awareness for MS. Last year, Team Hayati and its great members joined the members of Atlas Specialty to create “Team Atlas”. They won numerous awards including Top Rookie Team, Top Community Team, and one member got Top Rookie Fundraiser. Team Atlas was able to raise almost \$22,000 with just over a dozen members.

“Our motivation for this great cause began on behalf of friends and family who have been diagnosed with MS”, says Team Member Ranny Shibley. “Even though we participate in this event to benefit the entire MS community, we dedicate our efforts to our loved ones.”

The team motto has always been to raise as much money as you can, without taking the fun out of the event. Ranny adds,

“No matter what, we try to make sure everyone enjoys them selves. We believe that is the key to our success.” The team incorporates small challenges in their fundraising efforts. For example, the Captain of the team always offers a BONUS donation to the member that can raise more money than him. Also, some members of the group choose to run and not walk the 10km to challenge themselves and other team mates for personal goals and bragging rights!

After the WALK the team has an annual BBQ for all our team members and supporters, graciously hosted by the team captain.

This year the team is expecting more participants and thus the strategy is to create 2 teams, the original Team Hayati and the corporate team, Team Atlas. With this strategy they plan on creating a two-front war against MS. With their help this is a battle that we will win!



Team Atlas at the Calgary Super Cities WALK for MS

Friends Create Team in Loving Memory

Submitted by Cheryl Cowling, Southeastern Alberta Chapter

It has been two years since Tina Elizardo passed away due to MS complications but her memory lives on through the "Friends of Tina" team who currently hold the title as the top fundraising team in the Medicine Hat Super Cities WALK for MS.

"Friends of Tina" was created in Tina's memory by her loving parents Walter and Sherry. "We started the team because we wanted to get friends and family involved in something that celebrated Tina's life." Not only are they paying a tribute to Tina they are also making a difference and giving hope to those currently living with MS.

"We want to support our chapter and more importantly support research so other people do not have to live with this disease," says Sherry.

Creating a team has given friends and family a chance to support one another,

show their love for Tina and bring them together for one common purpose, to end MS.

2007 was their first year walking together and they were able to recruit 30 people to the team. "I sent a letter out to friends and family outlining what we were doing and gave them the option to make a donation or join the team."

When looking at their fundraising total

last year, \$12,689.25, Sherry isn't surprised. "When people know that you have a connection to the cause and you're passionate they will give generously. Everyone has a really big heart."

The MS Society is extremely proud of all that "Friends of Tina" have accomplished so far. Their commitment to Tina and to the cause is truly inspirational.



Win with TeamMS

Thank you to all TeamMS members for registering early! We had 2 early bird draws. The first was for all team captains who registered before February 25 and the second was for all team members who were on a team of 6 or more. Congratulations to all of our winners!

Team Captain Draw - February 25, 2008

Name	Event	Team	Prize
Pam Van Der Lann	Edmonton Super Cities WALK for MS	Landmark Group	iPod Shuffle
Ken Hakes	St. Albert Super Cities WALK for MS	Strong Striders	iPod Shuffle
Janet Knox	Lethbridge Super Cities WALK for MS	Team Scotia	iPod Shuffle
Megan Radke	Lloydminster Super Cities WALK for MS	Team Sweet	iPod Shuffle
Leann Nimmo	Drumheller Super Cities WALK for MS	The Chain Gang	iPod Shuffle
Christine Foisy	St. Paul Super Cities WALK for MS	Nutty's Girlz	iPod Shuffle
Carrie Wohlgemuth	Grande Prairie Super Cities WALK for MS	Myelin Marathoners	iPod Shuffle
Brian Fricker	Fort McMurray Super Cities WALK for MS	Brian Fricker's Team	iPod Shuffle
Gay Berstad	Medicine Hat Super Cities WALK for MS	MH First Timers	iPod Shuffle
Philippa Brysiuk	Red Deer Super Cities WALK for MS	The Memory Lapses	iPod Shuffle
Karen Barron	Enerflex Super Cities WALK for MS - Calgary	MS is BS	iPod Shuffle
Greg Fairhurst	Brooks Super Cities WALK for MS	Lazy Boys	iPod Shuffle
Allie Linaker	RONA MS Bike Tour - Leduc to Camrose	Flat Tires	Portable DVD Player
Laura Moline	RONA MS Bike Tour - Airdrie To Olds	Louie and the Flatmeats	Portable DVD Player
Lucille Koppel	RONA MS Bike Tour - Red Deer	Scrubs	Portable DVD Player

Team Member Draw - March 25, 2008

Name	Event	Team	Prize
Lindsay Hansen	Edmonton Super Cities WALK for MS	Hansen's MonSters	iPod Shuffle
Charles Roach	St. Albert Super Cities WALK for MS	Peache's Walkers	iPod Shuffle
Troy Sauter	Lethbridge Super Cities WALK for MS	Team Sauter	iPod Shuffle
Gail Taylor	Lloydminster Super Cities WALK for MS	Nerbas Family	iPod Shuffle
Marci Steen	Drumheller Super Cities WALK for MS	Stevens Leafs	iPod Shuffle
Yasmeen Salame	St. Paul Super Cities WALK for MS	GA Panters	iPod Shuffle
Marian Weins	Grande Prairie Super Cities WALK for MS	The Chargers	iPod Shuffle
Brianna Durbeniuk	Medicine Hat Super Cities WALK for MS	Moxies	iPod Shuffle
Theresa Neigum	Red Deer Super Cities WALK for MS	Team V	iPod Shuffle
Louis Saltesz	Enerflex Super Cities WALK for MS - Calgary	The Cherie Blossoms	iPod Shuffle
Bren Gubbins	Brooks Super Cities WALK for MS	Grandpa & the Country Kids	iPod Shuffle
Karen Shaw	RONA MS Bike Tour - Leduc to Camrose	Team Cyclopes	Portable DVD Player
Perry Parker	RONA MS Bike Tour - Airdrie To Olds	Smokin' Embers	Portable DVD Player

Online Fundraising Tutorial



After you have registered online at www.msbiketours.com or www.supercitieswalk.com you can then set up your fundraising page. From there you can spread the word about your participation to help raise funds for the MS Society of Canada. Donors are able to pledge you online and receive an instant tax receipt emailed to them.

To **login** please go to www.msbiketours.com or www.supercitieswalk.com and click on the "Login to Your Account" button. You will be asked for a username and password, if you don't know what that is please call **1-800-268-7582** and our staff will help you out.

Once you log in you will see a series of tabs that you can click on to set up your information.

Welcome:

This tab displays your fundraising total to date in a chart form. You can also click on "Fundraising Summary" to see a list of people who donated to you **online**. Any donations dropped off or mailed into the office will not be displayed here, however the amounts will be added to the total in the graph.

New this year the top 10 individuals and teams are listed, and updated in real time, check it out to see where you rank amongst your peers!



My Event Info:

Here you can do the following: Register others to participate (WALK only) or transfer your registration to another location. (Can't WALK in Edmonton anymore and want to WALK in St. Paul? Go here to change it.)

There is also a link that will direct you to the event specific webpage that is updated by the event organizers. Be sure to bookmark it and check back often for what's new at your event.

My Events List:

If you are registered for more than one WALK or Bike Tour toggle between your accounts here. Please note if you are logged in as a WALKer, Bike sites will not be visible. To see your Bike account you must log in through www.msbiketours.com

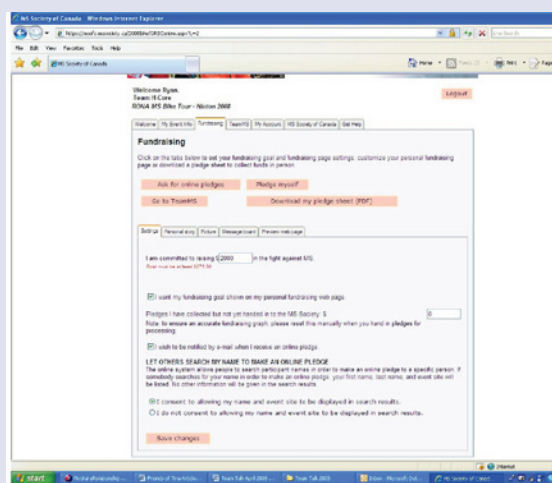
My Account:

Click here to update your personal information, or to change your login name and password.

Fundraising:

This is the most important tab. It controls your online fundraising page and allows you to pledge yourself, download pledge sheets so that you can fundraise face to face, as well as ask your friends for online donations.

Here you are able to set up your fundraising page by; setting your fundraising goal, creating your personal story, download a picture, post messages, preview your fundraising page. ****As a hint you can copy the URL address on the "Preview your Webpage" tab to an email you create in your existing email account (Outlook, Hotmail, Gmail etc.) and tell your friends to check out your page and pledge you online. THIS CAN BE A REAL TIMESAVER!**



TeamMS:

This is just like your personal fundraising page but it collects pledges for your team. Only team captains can control this section. **Please note that any donations made through this page will be split equally amongst all team members.**

MS Society of Canada:

Here you can access information on the MS Society of Canada organization and facts about MS.

Get Help:

Here you can ask any questions you may have about the event or fundraising. This email will go to our event staff who will help answer any questions you may have.

Munnky



Bizness



Donna Romanuik is back to answer more of your questions!

If you have a question you would like to submit please email it to

ryan.drury@mssociety.ca

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What kind of fundraising ideas/ events have worked well for your team in the past?

Take it to the public! Sobey's BBQ's, Munnkys at the Mall, any fundraising event you can do - where it's going to cost you nothing but your time - to promote your team and do fundraising at the same time. Do you know the Dorrito guy? Is your neighbor the Cookies By George manager? Ask for donations of "stuff" (food always works well to sell), set up a table at your local strip mall, school or place of work and sell! Don't over-price - make sure your buyers know it's for a great cause - and ask for a minimum donation of ?? (depends on what you are selling.) Are there special days coming up ie: Mothers Day? Gather your team and make a craft (we made Angel necklaces) and sold them for a very reasonable price to our elementary school's classes as presents for their Moms. Borrow a popcorn machine - pop some corn and sell it! No one can resist the smell of popcorn! Always remember to have a sponsor sheet out on a clipboard for your bigger sponsors. And have fun!!

What can you do on event day to stand out in the crowd?

I love the wacky costumes some of the teams have come up with - the themes are fabulous! Color coordinated clothes (t-shirts) create team spirit and advertise the commitment of your team to your personal cause. I have always been a big supporter of name tags! Even though we are on different teams - we are all WALKing for the same global cause. In knowing what your name is we create a sense of community - the WALK community!

How do you recruit new members and continue to grow your team year after year?

I'm a natural born talker and I have passion for what we're trying to accomplish. I try every new thing that comes out - Face book, web site, etc. to connect with people. In all honesty - my life is my family but two to three months before the WALK, I focus on managing the team, looking at new ways to fund raise and retain/recruit team mates. I live, breathe, eat and sleep Munnky stuff. At (almost) every opportunity I convey my passion for our goal - and it takes friends and family and people who become friends and family, to accomplish this. When you're passionate and driven - people listen and want to help.

For other great ideas you can check out the Munnky Krunchers website at www.munnkykrunchers.com

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Are you interested in finding out more about the TeamMS program in your area?

Please contact the following:
Calgary - Isabelle Martin - isabelle.martin@mscalgary.org
Edmonton - Ryan Drury - ryan.drury@mssociety.ca
Red Deer - Ellen Geddes - ellen.geddes@mssociety.ca
Lloydminster - Johanna Green - johanna.green@mssociety.ca
Lethbridge - Leanne O'Donohue - leanne.o'donohue@mssociety.ca
Medicine Hat / Brooks - Cheryl Cowling - cheryl.cowling@mssociety.ca

If your area is not listed above please contact Ryan Drury at ryan.drury@mssociety.ca and he will be happy to help you out!



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