

Volunteer



Spring 2010
Volume 6, Issue 1

voice

Volunteerism at the MS Society of Canada, Alberta Division & Edmonton Chapter

MS Society- Alberta Division/Edmonton Chapter
150, 9450-50 Street, Edmonton, AB T6B 2T4
Phone: (780) 463-1190 Fax: (780) 479-1001

Top 10 Reasons to Volunteer in 2010

Scott Robson, Manager of Volunteer Resources

Crystal Tracy, Coordinator of Volunteer Resources

With a new year upon us and a fresh event season right around the corner, the volunteer bug is once again in the air, and no, it is not related to H1N1 (however it is nearly that contagious). So with a clean 2010 slate in front of you, why should you begin to fill it with a bunch of volunteer commitments? Well it just so happens we in the MS Society Volunteer Resources department have thought about this very thing and have included a handy dandy list of the top ten reasons you should volunteer in 2010.

1. Support a cause that you believe in (like the MS Society)! - The MS Society has a diverse volunteer base. Some volunteers have direct connections to people with MS and others just believe in helping others. Whatever your reasons, you will feel rewarded at the end of the day knowing that you have supported a great cause.
2. Make a difference in the world – As the famous quote by Anne Frank goes “how wonderful that no one need wait a single moment to improve the world.” Enough said!
3. Help to raise funds for MS Research – With so much media attention currently being focused on CCSVI, it acts as a good reminder that one of the goals of the MS Society is to find a cure for MS, and of course, MS Society volunteers have played and continue to play an essential role in the efforts to one day achieve this goal.
4. Meet new people – If you are new to town, looking for new contacts, or just tired of seeing the same faces, getting out and volunteering can be a great way to meet some of the people in your community who are likeminded and also interested in giving back.
5. Do something meaningful with your friends, family or colleagues – Volunteering is a great way to spend time with your friends and family or even your significant other, and better yet you are giving back to your community at the same time. Who knows, maybe you will find something out about each other that you didn't know.
6. Share your skills – People are one of the MS Society's most valuable resources and possess a wealth of knowledge that is just waiting to be shared. Volunteering your knowledge can be both rewarding for the volunteer and for the organization. So let's see your skills and hear what you have stored in your big brains, we at the MS Society are all ears.
7. Do something different with your time - just downright bored of the “same old,”? It is so easy to get stuck in a rut doing the same things day in day out. Volunteering is an easy way to break the monotony and experience things that you may otherwise have not had exposure to.
8. Get a friend involved in a cause that you believe in – Don't see your friends enough, but still want to volunteer? Get your friends to join you in one of your volunteer excursions. It is a great way to both spend time together while helping others out at the same time.
9. The “Give a Day. Get a Disney Day” campaign – It is in fact as easy as it sounds. Get a free one-day ticket to a Disneyland or Walt Disney World theme park for volunteering one day of service to a participating organization (and it just so happens that the MS Society of Canada is a participating organization). For more information go to:
http://disneyarks.disney.go.com/disneyarks/en_US/WhatWillYouCelebrate/index?name=Give-A-Day-Get-A-Disney-Day
10. To have fun! – Volunteering can turn a bad day into a good day and can open you up to a whole new world that you didn't know existed. After all, as the quote goes “you never get any fun out of the things you haven't done.”

This Year's Edmonton Enerflex MS Walk Moves Downtown!

Crystal Tracy, Coordinator of Volunteer Resources



As the Edmonton Enerflex MS Walk celebrates its 20th year, the walk is moving downtown. Sir Winston Churchill Square is the location of the start/finish line and the route takes walkers to the Edmonton Legislature and through the scenic river valley along River Road. We're all very excited about the change and hope you can join us on May 16th 2010 for the inaugural downtown walk.

Another exciting component to this year's walk is that all participants and volunteers who are wearing event t-shirts will be able to ride Edmonton public transit (bus and LRT) for FREE the day of the event! Parking is available around Churchill Square but is limited. We recommend you take advantage of the convenient downtown location by taking public transit and leaving your vehicle at home!

Volunteer orientation for the walk takes place at City Hall the first week in May 2010. Event t-shirts will be available for pick up at orientation or at the MS office prior to the walk and at the walk site the day of the event.

Walk volunteer application forms are available on-line at <http://www.mssociety.ca/alberta/volunteer-scwalk-edmonton.htm>

CALENDAR OF EVENTS



2010

Mark your calendars!

April 25, 2010	St. Albert Enerflex MS Walk, Millennium Park
May is MS Awareness Month!	
First week in May	Edmonton Enerflex MS Walk Volunteer Orientation City Hall (1 Sir Winston Churchill Square)
May 16, 2010	Edmonton Enerflex MS Walk, Sir Winston Churchill Square
June 3, 2010	RONA MS Bike Tour Volunteer Orientation 6:30 p.m. the MS Society Main Office (150, 9405 50th St.)
June 12 & 13, 2010	RONA MS Bike Tour – Leduc to Camrose
August 25, 2010	The Brick MS Drive Fore A Cure
September 11 & 12, 2010	RONA MS Bike Tour – Mountain

Check out the volunteer website: www.mssociety.ca/volunteer

Chronic Cerebrospinal Venous Insufficiency (CCSVI) Research and MS Society Volunteers

Q What is CCSVI?

A Chronic cerebrospinal venous insufficiency (CCSVI) describes a hypothetical disruption of blood flow in which the venous system is not able to efficiently remove blood from the central nervous system resulting in increased pressure in the veins of the brain and spinal cord which in turn results in damage to these areas. Recent reports have revived the idea of an association between inadequate venous drainage and Multiple Sclerosis.

Q What does Yves Savoie, President and chief executive officer of the MS Society say about CCSVI?

A "As President and CEO of the MS Society, I am aware of the tremendous interest across Canada and around the world caused by the recent news coverage of the CCSVI study. Indeed I share your excitement and hope in the preliminary findings of this study. I also celebrate and respect the integrity of our research funding programs which will continue to ensure that the very best projects are selected and supported."

Q How do MS Society volunteers make MS research possible?

A Volunteers play a vital role in raising money for the MS Society by volunteering for MS Society fundraising events. **50%** of the funds raised at these events go toward MS research. Volunteers also create awareness about MS everyday in the communities in which they live and work which can in turn, attract more donors, sponsors and core government funds for MS research.



MS Society volunteers are crucial in ensuring that MS research continues and that one day we will find a cure for MS.

"A Good Time Was Had By All": MS Society Volunteer Appreciation Evening Revisited

Crystal Tracy, Coordinator of Volunteer Resources

On November 19th 2009 the MS Society hosted another Volunteer Appreciation Evening to say "thank you" to the volunteers who give so much of themselves throughout the year. A yummy Ukrainian buffet was feasted upon, speeches of gratitude about MS Society volunteers were listened to, an improv group was laughed at and door prizes were won. In the end, I'd say a good time was had by all, including me!



Another Event Season is Right Around the Corner!

Although most Albertans are trying to get through the bitter cold that winter inevitably brings to Alberta, the fundraising team at the MS Society, Alberta Division is looking ahead to the spring. We are busy getting ready for the exciting events that are coming up in the next few months. The volunteer resources team in particular is preparing to work with the amazing volunteers who devote their time to volunteering at MS Society fundraising events. **We are currently looking for volunteers for the following events:**

If you've volunteered at these events in the past, we welcome you back! If you've never volunteered at a fundraising event we encourage you to get on board! Together, we can end MS.

For more information about volunteering please contact Jackie Ferner by email at

jackie.ferner@mssociety.ca or 780-463-1190

or visit our website at

<http://www.mssociety.ca/alberta/volunteer-opportunities.htm>

Thank you to Connections 2009 Volunteers!

Scott Rattray, Director of Client Services, Edmonton Chapter

On behalf of the Connections 2009 Conference Organizing Committee, I would like to thank all of the volunteers that helped to make this event a smashing success! The event drew over 300 participants from around the province, brought in numerous guest speakers from Canada and the United States and educated everyone about many facets of multiple sclerosis. The event required a great deal of planning and organization and volunteers at the event helped make the event run smoothly by assisting at the registration table, coat check and in the various conference rooms with a variety of tasks. Connections 2010 will be held in Calgary on October 29th and 30th, with Connections 2011 returning to Edmonton with dates yet to be determined. I hope to see you back with us for the next event in 2011.

ENERFLEX
MS WALK
EVERY STEP MATTERS.



The St. Albert Enerflex MS Walk
April 25, 2010

The Edmonton Enerflex MS Walk
May 16, 2010

RONA
MS
BikeTour



The Rona MS Bike Tour
– Leduc to Camrose
June 13 & 14, 2010

MS Read-A-Thon

Sherri Taylor, Manager of Read-A-Thon

The MS Read-A-Thon is in high gear this winter presenting assemblies to many Elementary and Jr. High Schools throughout Alberta. The MS Read-A-Thon is a three week program designed to motivate students to READ as well as raise awareness of Multiple Sclerosis. This year we have raised \$71, 178.00 with our fall schools. We are currently looking for volunteers to assist with counting money and prize packing. **If you are interested in helping us with the Read-A-Thon program at our office please contact Jackie Ferner at 780-463-1190 or jackie.ferner@mssociety.ca**

