

Serving the communities of Newmarket, East Gwillimbury & Georgina

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## MS Ontario honours two of our best

Marilyn Persi is receiving the Sir David Flavelle Award for 2006. This award is given annually for exceptional volunteerism. It is one of the MS Society, Ontario Division's most prestigious awards. Marilyn certainly deserves this. We wholeheartedly congratulate her.

Mary Ann Slattery was awarded the Gold Certificate of Achievement 2006 for her outstanding volunteerism from Ontario Division. Mary Ann was nominated by her peers in York North and MS Ontario agreed. She did and does do a fantastic job fund raising and networking.



**Hey! You...**  
**Yes, You.**

Would you like to have fun, educate people and fundraise? Why not become a VOLUNTEER? The York North Chapter is always looking for volunteers to join committees and the events crew!

If you are interested, please call Nicole at 905-830-4950.

## Volunteer award nominations

Our board encompasses a large territory. If you feel that we have a volunteer who went the extra mile for us and believe they deserve an award, please advise Nicole McAllister, Director of Volunteers and chair of Volunteer Awards Committee. Call 905-830-4950 or E-mail [info.yorknorth@mssociety.ca](mailto:info.yorknorth@mssociety.ca)

We will be accepting nominations until mid November. The Volunteer Awards Committee will consider each nomination carefully. These awards and our long term service awards will be given out at our Annual Christmas Dinner on December 6th.

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## York North Chapter BBQ

The York North Chapter BBQ was held at Simeon Park on Saturday, September 16.

Once again, it was indeed a successful event. We had all of the ingredients: good location, decent weather, good food, good atmosphere, good music, lots of laughter, good conversations and good people. Wow, what a combination.

While the aroma of charcoal-broiled food and the sounds of the crackling of the fire filled the air, many leisurely socialized and exchanged information, from recipes to therapies, with a few jokes scattered in between. It was a little cool to use the pool, but families did take advantage of the playground facilities and the wide open space to throw a ball around. Also, after lunch between groups of songs brilliantly executed by Tami and Ken, the raffling of 20 prizes and a game of MS Jeopardy was well received. This year we had excellent loot bags for the kids which were also well received.



We were very pleased to see a board member from York East and 8 of their clients in attendance. Also joining us were two board members from York South, whose chapter was unable to participate this year as they had a BBQ already in the works when they were invited to participate with ours. They ARE interested for next year though.

Special thanks to Simeon Park Management and their staff, for being such gracious hosts. I wish to thank the members of the BBQ committee Lisa, Nicole, Karen and Rita, soliciting donations, taking registration and making follow-up phone calls and assisting in the event itself. Thank you Judy for printing the invitations. I would also like to thank Craig, Nicole, Blair, Cheryl, and the Bradshaw's for additional kitchen assistance. Thanks to Steve for giving us MS Jeopardy. Special thanks to Ashley and Jordyn for their help, not only with the loot bags but also the raffles.

Any surplus food was taken to the Porter House, a local shelter for men.

I wish to thank all of the organizations below for their generous contributions to the success of this event.

*A & P, Stouffville*

*Price Chopper Yonge, Newmarket*

*Price Chopper, Yonge St, Aurora*

*Richter's Herbs, Goodwood*

*Country Style Donuts, Leslie St, Newmarket*

*Costco, Yonge St, Newmarket*

*Dollarama, 404 Plaza*

*Wal-Mart, Yonge St, Newmarket*

*Midas Muffler, Ringwell, Newmarket*

*No Frills, Stouffville*

*No Frills, Leslie St, Newmarket*

*Furkins International, Richmond Hill*

*Canadian Tire, Yonge St, Newmarket*

*Canadian Tire, Stouffville*

*Complete Feet, Stouffville*

*Sobeys, Stouffville*

*Sobey's, Aurora*

*Shopper's Drug Mart, Stouffville*

*Tim Horton's, 404 Plaza*

*East Side Mario's, Bayview, Aurora*

*East Side Mario's Yonge St, Newmarket*

*Giant Tiger, Newmarket*

*M & M Meats, Davis Dr, Newmarket*

Each of us have our own level of problems and frustrations to deal with on a daily basis, yet in spite of that, the abundance of laughter, good will and friendship, prevailed on this day.

Good job everyone.  
Cal Westover, BBQ Coordinator



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## A word from the Chair

I hope you found a way to keep cool this summer! I did - I bought a little pool a few weeks ago. Nothing fancy, just big enough to submerge myself and chill down my core body temperature. I have to tell you it works wonders! After some time in the pool, I can actually sit outside with the family even when the temperature is high. What a switch from last year when I found myself sequestered to the house with the air conditioning all summer long! Hooray for pools!

Well, we had another very busy fundraising season this spring! Of course our volunteers completely outdid themselves again as usual. I'll let Mary Ann and Aimee tell you themselves about the final results for the WALK and the Carnation Campaign respectively. Suffice to say that Mary Ann continues to astound us all with her fundraising creativity for the WALK and Aimee broke all the records in her first year as Carnation Campaign Chair. Congratulations ladies on jobs VERY well done indeed! Thank you for all your hard work.

Some exciting news is that change is in the air for the York North Chapter of the MS

Society. There are a number of people on our board who will be shifting positions this fall. I'm pleased to say that I am one of them. After 4 years as Chair of this chapter, I am planning to step down. I will be staying on board as Past Chair though so I'm not actually leaving the chapter.

I've been honoured and have thoroughly enjoyed serving the York North Chapter's Board of Directors as a leader and a support. They are a wonderful team of people who are dedicated to our cause and passionate about the work we do.

I'm pleased to say that my successor will be Judy St. Cyr, our current Vice Chair. Judy has been with the Board for over five years and has been involved with just about every project we've undertaken since then. She brings to the table a wealth of knowledge and experience in governance and policy. Please join me in welcoming her to this leadership role at our Annual General Meeting in November!

I enjoyed connecting with you at our BBQ in September at Simeon Park. Cal and his team did another bang up job. The next social event is our annual Christmas Dinner. I hope you plan to join us for the fun!

See you then!

**Trish :-)**

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## New Director of Client Services

My name is Lisa Heron and I am the new Director of Client Services. I am the person answering the Chapter telephone line and I am the one you can contact if you are having a problem or would just like to talk. I answer the phones Monday, Wednesday and Friday from 10 a.m. to 2 p.m.

I have been living with relapsing-remitting MS for 10 years now. When I was diagnosed, the first question I asked was "Am I going to die?" I didn't know what MS was nor did I know anyone who had MS. Now, I am married and have one child, a 4 year old daughter named Jordyn. She knows her mommy has MS, she even helps me when I mix my Betaseron. She also knows mommy gets tired very easily. We have quiet time together in the afternoons. I understand the challenges of living with MS.

About 2 years ago I began volunteering with the MS Society. I can't tell you how rewarding it has been to help people who are in the same boat that I was in 10 years ago and let them know that a diagnosis of MS does not mean your life is over. I have gotten back so much more than what I have given!

Please introduce yourself to me the next time you are at a Self-Help Group meeting or another MS function. I will be more than happy to chat!

Lisa

## 30th Annual Carnation Campaign - A BLOOMING Success

This year we celebrated the 30th anniversary of the MS Carnation Campaign with much success. Some of you may have seen the front page feature in The Era-Banner of Judy St. Cyr, our MS Mother of the Year. This year also marked the 30th anniversary of Judy's MS diagnosis. After years of coordinating the campaign, she took a few steps back this year and let me steer the campaign. I am very happy to report that she is well rested (it is a LOT of work) and the campaign was just as successful as it's always been! I'm sure she's as proud of our efforts this year as we are of hers over the last couple of years.

On May 12th and 13th, just before Mother's Day, over 90 volunteers offered carnations to passer-by's at various locations in Newmarket, Keswick, Sutton, Pefferlaw and Mt. Albert. We raised a total of \$20,366.26 (before expenses), a record year for us and an increase of 42% over last year's earnings.

Our advanced sales campaign – supported by many local businesses – brought in an additional \$500 this year. Once again we appreciate all the efforts put forward by the group at Sutton-by-the-Lake whose residents were most generous this year. Thanks to Christine Ritchie and also staff at Taylor's Funeral Home for your kind delivery services!

Top sales occurred at our LCBO sites, with the



Thank you to our sales locations for allowing us back year after year.

LCBO—Newmarket, Keswick, Sutton, Pefferlaw ... Canadian Tire—Newmarket & Keswick ... Price Chopper - Bristol Rd ... Vince's Country Market—Newmarket ... The Beer Stores—Newmarket, Keswick, Sutton ... Zehr's Market—Keswick ... IGA—Mount Albert ... TD Canada Trust—Sutton ... CIBC—Pefferlaw

Newmarket-Leslie Street location bringing in an astounding \$2,109.90. Way to go Shawna Bradshaw and team!

Special thanks to Chris Calhoun and Linda Smith for running the show in Keswick, Dianne Bennett for taking great care of Sutton, Pat Mallen for handling the Pefferlaw area, Yvonne Oldham for coming through again in Mount Albert and to Karen Bradshaw and Patrick Boyle for recruiting the greatest group of warm smiling sellers we've ever had!



And extra special thanks must go to Mary Ann Slattery and Nicole McAllister for proving that it isn't the site it's the seller that makes the difference and even on Mother's Day weekend we can compete with the best flowers in town (Vince's).

Thanks to everyone who made the 2006 Carnation Campaign possible. Together we are creating hope for a future free of MS.

Warm regards,  
Aimee St. Cyr  
2006 Carnation Campaign Chair

## 2006 Newmarket Super Cities WALK for MS

The total raised by the 2006 WALK was \$110,417.00. Many braved the bad weather to come out and walk and all had a good time despite the weather.

We had on hand lots of good food and entertainment - face painters, unicyclists on-route, a live band and free massages for our walkers.

Thank you to all that came out to walk and a special thanks to all our volunteers, without them we would not have a walk.

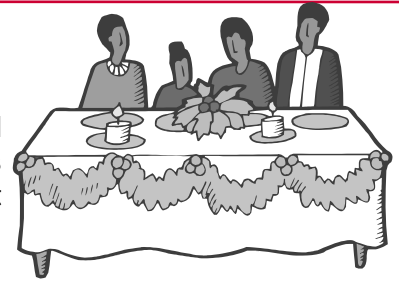
Mary Ann Slattery  
Director of Fundraising  
Newmarket Super Cities Walk Chair  
MS Society of Canada - York North Chapter



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## ANNUAL CHRISTMAS DINNER—advance notice

Calling all MS volunteers, clients, self help group members and families and friends....please mark your calendars. The MS York North Annual Christmas Dinner will be held on Wed. Dec 6 from 6 PM – 9 PM in the old Newmarket Community Centre at 200 Doug Duncan Drive.



Like last year, this will be a sit down meal at 6:30 PM with the caterer serving the dinners to the guests at their tables, (no buffet line ups). Also, we have again rented the large room, so there is lots of space for wheel chairs and scooters.

There will be entertainment, raffle draws, a silent auction and volunteer awards. Santa will appear with gifts for all the kids 12 and under.

Please RSVP when you receive your invitation in early November. If by any chance you don't receive your invitation, please call our chapter line anyway to let us know if you and your families or friends can attend. Transportation is readily available to whoever needs it, and vegetarian meals can be arranged as long as we have at least one week notice.

The meal will be a chicken dinner with potatoes, mixed vegetables, rolls, juice, and desert with coffee or tea.

Prices are: Adults and teens .... \$12.00

Children 8 to 12 .....\$8.00

Children up to age 7 ....no charge.

Note: if you cannot afford to pay for your meal, that is no problem, just let us know when you RSVP. We just want you to come out and enjoy the evening.

Please come out and support your local MS Chapter.

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## Coins for a Cure at Pharmacy One

In the month of July we had a Coins for a Cure fundraiser at Pharmacy One (formerly Hy and Zels). Customers donated a looney to help fill our pot of gold with coins. We hope to make this an annual event.

## Mystery Book Sales

The weather threatened rain all day but it held out and we even had a few sunny patches for our Book Sale at the Newmarket Antique Fall Festival. We raised \$145.15, signed up 2 new members for the chapter and hopefully raised some awareness.

Thank you to Terri Cino, Lori Padgett, Terry Slattery and of course Nicole McAlister who without their help this could not have happened.



Our chapter has received 1,000 first edition, hard cover mystery books which we will be selling throughout the coming year at different events. We also have Bands of Hope available for sale throughout the year. Please send your email address to [judy.st.cyr@mssociety.ca](mailto:judy.st.cyr@mssociety.ca) and we will advise you when and where these events are going to take place in our chapter.

## Upcoming—of interest

### November

November 9th—York North Chapter will be holding our **Annual General Meeting**. Notice will be sent to members

### **2nd Annual Education Event**

November 4th featuring Dr. Caroline Geenen—Medical Updates and Jacque Hermans The Power of Humour. November 4th, from 1 pm to 4 pm at Glenway Country Club, Newmarket.

### **BINGO COUNTRY**

Big prizes. lots of fun. New games. And in November they'll be giving away a 52 inch television.

### December

### **Annual Christmas Dinner**

December 6th—6pm to 9 pm  
Newmarket Community Centre

Chairperson: Trish Robichaud  
Treasurer: Dianne Bennett  
Secretary/Volunteers: Nicole McAllister  
Vice Chair: Judy St-Cyr  
Directors—Client Services: Lisa Heron  
Bingo: Cathy Vaughan  
Special Events: Erin Neil  
Fund Raising: Mary Ann Slattery  
Education: Cal Westover  
Editor: Judy St-Cyr

The contents may be reprinted with customary credit. Your submissions to the York North Chapter newsletter are encouraged. Forward these and any address changes with the mailing label to:

Editor, York North Chapter  
PO Box 13, Keswick, ON L4P 3E1

#### **Our Mission**

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

## Benefits of Membership

With your membership in the York North Chapter you will receive the MS York North, MS Canada and MS Ontario newsletters. Periodically you will receive research updates. You can choose to receive the newsletters by regular mail. Or, you might opt to receive e-mail notification when the publications are posted on [www.mssociety.ca](http://www.mssociety.ca).

The nominal fee helps us to offset our printing costs. Please join.

### MEMBERSHIP APPLICATION FORM

Name: _____		
Address: _____		
Number	Street	Apt.#
City		Postal Code
Email: _____		
Telephone : _____		
Home ( ) _____		Work: ( ) _____
<input type="checkbox"/>	I give the MS Society of Canada permission to contact me by e-mail	
<input type="checkbox"/>	I give the MS Society of Canada permission to contact me for volunteer activities in my community	
Please select membership type from the following:		
2 Year (\$18.00)	<input type="checkbox"/>	_____
Annual (\$10.00)	<input type="checkbox"/>	_____
Complimentary—1 year (\$0.00)	<input type="checkbox"/>	_____
Donation gratefully received		_____
Total:		_____
Please make cheque payable to:		
<b>MS Society of Canada, York North Chapter</b>		
PO Box 13, Keswick, ON L4P 3E1		
Attention: Membership Coordinator		



York North Chapter  
PO Box 13  
Keswick ON L4P 3N8  
[www.mssociety.ca/yorknorth](http://www.mssociety.ca/yorknorth)

e-mail: [info.yorknorth@mssociety.ca](mailto:info.yorknorth@mssociety.ca)

Phone: 905-476-6573

Volunteer/Event/General: 905-830-4950

Fax: 905-836-8927

Self-Help Contact: Lisa Heron

Mon., Wed. & Fri. 10am-2pm : 905-476-6573

## Privacy Responsibilities

The MS Society protects members' privacy. Information collected is used to compile mailing lists for newsletters, information about programs and meetings and to compile anonymous statistical information.

As part of the Multiple Sclerosis Society of Canada's on-going commitment to the protection of our members' privacy, we would like to inform you that your membership information, which is contained on our membership list, may be provided to other members from time to time for the sole purposes of soliciting signatures for proxy votes for our Annual General Meetings or for soliciting signatures for nominations. The information provided to other members will not include personal health information.

Information collected from volunteers is for the purpose of communicating to the volunteer information about the various volunteer activities we carry out throughout the year. Volunteers will receive chapter newsletters to keep them informed of chapter activities.

If you have any questions about your personal information, please contact the Vice-President, Communications (416) 922-6065 or 1-800-268-7582. A copy of our privacy policy may be obtained at any MS Society office or at [www.mssociety.ca](http://www.mssociety.ca).

If you have any questions regarding your personal information collected at the chapter level, please contact Judy St-Cyr, Chapter Privacy Officer, at (905) 830-4950 or [judy.st.cyr@mssociety.ca](mailto:judy.st.cyr@mssociety.ca).

If you require a large print copy of the newsletter articles,

please leave your contact details at 905-830-4950.

We will be happy to accommodate you.



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