

Footnotes

mswalks.ca

MS WALK
EVERY STEP MATTERS.



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Thank You For Walking To End MS!



A heartfelt thank you goes out to you and all of the participants, volunteers, donors, and sponsors who were part of the 2011 MS Walk!

In 59 communities across Ontario, more than 25,000 walkers, including 2,200 teams, raised \$5.3 million in pledges. Every pledge brings us closer to ending MS. Proceeds of the MS Walk support vital programs for people with MS in your community as well as helpful services for their families. Funds also go towards research into the cause, treatment and cure of multiple sclerosis.

You are truly making an impact on the lives of those affected by MS.



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EVERY PLEDGE MATTERS

Everyone who donates \$20 or more to the MS Walk will automatically receive a tax receipt. Receipts will be mailed to donors by the end of August.

**Be a step ahead.
Register for the 2012 MS Walk today.**
mswalks.ca or 1.888.822.8467



The power of teamwork:

Kaki's Krew raises over \$54,800 to help end MS

Cheryl Amar and her family were inspired to join the MS Walk after daughter Jaclyn was diagnosed with multiple sclerosis last fall. Just 22 years old, Jaclyn was living away from home in Montreal, completing her final year at McGill University.

"The diagnosis was overwhelming for our family," Cheryl recalls. "Jaclyn definitely went through some rough times. But eventually, we found treatments that helped and things seemed to normalize a bit. You have to keep going."

For the Amar family, that meant registering for the MS Walk as a team known as "Kaki's Krew", named for Jaclyn's nickname as a child. Cheryl signed on as team captain and was soon recruiting team members and raising pledges, approaching friends, family, and contacts throughout the community.

The entire family joined in, with Jaclyn recruiting fellow students from McGill, her brother Jory promoting the team through his Facebook page, and father John heading up sales of MS Bands of Hope. Another brother, Jason, who lives in California, took part in the MS Walk in Pasadena to show his support. Kaki's Krew grew as friends of friends and extended family members joined the team. Pledges were enhanced by funds raised through bake sales, raffles, and other fundraisers, organized in Thornhill as well as by Jaclyn's friends at McGill.

The results were nothing short of phenomenal, as 134 people joined Kaki's Krew for the Richmond Hill - Thornhill - Aurora MS Walk, raising over \$54,800.

"I would have never imagined we could raise so much money, that people could be so generous," says Cheryl. "It's been truly touching for Jaclyn and our entire family to see how supportive everyone has been, how people have come together to help fight this disease."

Next steps for Jaclyn include completing her Bachelor of Education degree, followed by a return to Ontario to pursue her dream of becoming an elementary school teacher.

"I think my daughter is a hero and very brave," says Cheryl. "Jaclyn has MS, but MS doesn't have her. She's faced challenges before, and she'll keep pushing forward, one way or the other."

"That's what all of us need to do. We need to keep pushing until there's a cure."



Help plan the 2012 MS Walk!

Are you skilled at public relations or do you have a knack for networking within your community? Or perhaps you enjoy event coordination or are great at motivating people to get involved in activities? We can use your help! Join the MS Walk planning committee in your community and help make the 2012 MS Walk a success!

Volunteering with an MS Walk committee will only take a few hours per month, and it's an excellent way to connect with your community. For more information, contact Volunteer Coordinator Nicole Dube at nicole.dube@mssociety.ca or 1.800.268.7582 ext. 3107.

Gear up to end MS!



Join us this summer for the RONA MS Bike Tours! Ranging from 30 to 150 KM, these one or two-day tours are suitable for people of all ages and levels of fitness.

Experience the camaraderie, enjoy the scenic routes, and we'll take care of you with food and beverages, rest stops, cyclist support vehicles, and a finish-line massage and barbecue.

To find out more about the RONA MS Bike Tours, visit msbiketours.ca. To volunteer at a bike tour, contact Nicole Dube at nicole.dube@mssociety.ca or 1.800.268.7582 ext. 3107.

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