



# Footnotes – August 2008

[www.supercitieswalk.com](http://www.supercitieswalk.com)

## **APRIL 27, 2008**

Montreal West Island

Drummondville

Gatineau

Laval

Montréal

Montreal

Repentigny

Saint-Hyacinthe

Saint-Jérôme

Trois-Rivières

Thérèse-De Blainville/  
Lower-Laurentians

Chaudière-Appalaches

Haute-Yamaska and Region

Mont-Tremblant

## **JUNE 1, 2008**

Alma

Baie-Comeau

Chicoutimi

Sept-Îles

Port-Cartier

## **SEPTEMBER 14, 2008**

Quebec City

Sherbrooke

Sorel-Tracy

## **Pledge Envelope**

With this number, you will receive a pledge envelope. (One per WALKer)

You may:

- Put your pledge forms and any money or cheques you get into the envelope.
- Complete numbers 1, 2 and 3.
- Do not close the envelope.
- Bring it with you to preregistration or on the day of the Super Cities WALK for MS.
- Give it to the person in charge at the registration table.

### **Hurray for Red!**

**Wear a red item: a hat, a necklace, hair accessories, a ribbon, nail polish, makeup, a sweater, pants, shoes, a scarf, etc.**

**Let run your imagination!**

## **Pre-registration (Quebec MS WALK only)**

By pre-registering for your WALK you can:

- Avoid standing in line on the day of the WALK
- Hand in your pledges
- Obtain what you need for the morning of the WALK
- The date, time and place for your pre-registration are on the **notice enclosed** with your envelope and your issue of *Footnotes*.
- Information for your WALK is also available on the Web site at

<http://www.mssociety.ca/qc/marchevilleEn.htm>

## TeamMS Winners!



### TeamMS Captains' Weeks

\* 3 gift certificates of \$80 from Rôtisseries St-Hubert

- January 21 to 25 for the April WALKs:  
Congratulations to **Marc Lapointe, Captain of VERTIGE in the Saint-Hyacinthe WALK.**
- February 25 to 29 for the June WALKs:  
Congratulations to **Cathy Alain, Captain of La Familia in the Port-Cartier WALK.**
- May 26 to 30 for the September WALKs:  
Congratulations to **Mélanie Blais, Captain of La Capitale RH et Formation in the Quebec WALK.**

### TeamMS Weeks

\*3 draws of 3 picnic backpacks and 3 gift certificates of \$100 from La Cage aux Sports to teams who signed up the most members.

- February 11 to 15 for the April WALKs:  
Congratulations to **Lucie Germain**, member of *Bay View* TeamMS in the West Island WALK and to **Les P'tits anges de Sylvie** TeamMS in the Montérégie WALK, who registered 49 team members.
- March 17 to 21 for the June WALKs:  
Congratulations to **Nathalie Germain**, member of *Les eSPiègles* TeamMS in the Baie-Comeau WALK and to **Joyeux Marcheurs** TeamMS in the Alma WALK, who registered 20 team members.
- June 16 to 20 for the September WALKs:  
Congratulations to **Johanne Craig**, member of *Claudi* TeamMS in the Sorel-Tracy WALK and to **SEP Port-neuf** TeamMS in the Quebec WALK, who registered 20 team members.

Thanks also to everyone who registered during these TeamMS weeks.

## Seeking a Cure for MS!

Many thanks  
to everyone!

### What are we looking for?

- Myelin distribution—i.e., stem cells.
- Immunology—Why does the immune system go haywire and attack myelin?
- Virology—Some researchers think that ordinary viruses could trigger MS.
- Genetics—The largest study in the world on genetic susceptibility is being conducted in Canada.
- MRI—Since the 1980s, researchers have used this to speed up diagnosis and to assess the effectiveness of treatments being tested.
- Health science research—Examples are epidemiological studies and the psychosocial effects of MS.
- This multifaceted research has clear objectives: to find a cure for MS, repair the lesions MS causes in the nervous system and stop MS relapses.
- Canada is the world leader in MS research. On a world scale, Canadians donate the most per capita for MS research.
- Fund-raising events like the Super Cities WALK have contributed to the development of an innovative \$4.3 million study of MS in children.