



WESTERN CANADA FOCUS

ISSUE 2 / SPRING 2006



Director's Welcome



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*What lies behind us and
what lies before us are tiny
matters compared to what
lies within us.*

— Ralph Waldo Emerson

Our highest goal at Muscular Dystrophy Canada is to find ways to help Canadians with neuromuscular disorders to be independent, to build on their unique strengths and live the great lives that are meant for all. A worthwhile and daunting quest. Upon reflection on our accomplishments towards this goal over the last year, Western Canada is ready to move muscles even more in the coming year.

First of all, the Western Canada Services Team has evaluated the needs within the Prairies – the geographic area that has the least amount of “on the ground” support in our Region. As a result of this review, we will be hiring two service professionals, one in each province. These individuals will be the link to the services within the communities at large, as well as within MDC, for the people that we serve. We believe that we are now on the right course to building the necessary network of services in Saskatchewan and Manitoba.

Ultimately, our hope is to facilitate the empowerment and independence of people with neuromuscular disorders. Each day, we strive to create the right environment, to respond in the best way, to encourage, and to support. Through the continued expansion of our Bridges to the Future program, creating new educational materials for schools and employers, and our new Community Forums, we are working towards bringing the best services to your community throughout the Western Canada Region.

So much of what we do is possible with the great work of our Chapters, Fire Fighters, and volunteers at all levels. The generous support from our donors make it possible for us to provide necessary mobility equipment, to fund groundbreaking research, and to provide direction to youth as they face the challenges of independence. Thank you to each of you. The power within each of us, shared, makes it possible to do so much more – together we will continue to Make Muscles Move.

Christine McDermott
Executive Director, MDC Western Canada





Danielle Peers

Danielle Peers of Edmonton, Alberta is a 28 year-old paralympic athlete, winner of a bronze medal at the 2004 Paralympic Games in Athens, and a member of the National Wheelchair Basketball Team. Danielle was diagnosed with limb girdle muscular dystrophy as a teenager and star basketball player. This did not deter her from playing, and instead strengthened her commitment to the sport she loved and pushed her to excel.

Peers plays down her achievements. "People think the Paralympics is about overcoming obstacles. It's not. It's no different than any other endeavour for any person. It's about seeking out obstacles, chasing them, tackling them, and getting tackled by them. It's that process that keeps us alive and strong."

Russ Howard

Russ Howard of Moncton, New Brunswick is a Canadian curling legend. The 2006 Olympic gold medal team member, two-time world champion and record

breaking Brier skip is thrilled to be taking on this role for Muscular Dystrophy.

"Let's make muscles move, is Muscular Dystrophy's motto. For me, getting my 50-year-old muscles to move to represent Canada in the Olympics was a challenge, but nothing compared to the challenges faced every day by people with neuromuscular disorders. I'm looking forward to playing a part in advancing the cause of Muscular Dystrophy Canada," the curling icon stated upon his return from Torino.



New National Ambassadors for MDC

Featured on our cover this time are our new National Ambassadors for Muscular Dystrophy Canada. On March 16th, Ken Kramer, Chair of the Board of Muscular Dystrophy Canada, announced the appointment of MDC's new National Ambassadors. "It is with pleasure and appreciation I welcome three great Canadians to our organization and their new volunteer roles. Muscular Dystrophy Canada is honoured that Danielle Peers of Edmonton, Russell Howard of Moncton, and Luke Melchior of Victoria will be actively engaged in our mission," said Mr. Kramer. Read on to find out more about our new role models!

Peers, Howard and Melchior join current national Ambassador, Danielle Campo of Tecumseh, Ontario in support of persons with neuromuscular disorders and their families. Campo, appointed in 2002, is an athlete who has represented Canada at the Sydney and Athens Paralympic Games, and is a multi-medal winning swimmer.

Luke Melchior

Luke Melchior of Victoria, British Columbia is a thriving 32 year-old that lives independently with the assistance of homecare workers, and enjoys a high quality of life. Luke has been a member of Muscular Dystrophy Canada since 1988; he is a person with Duchenne muscular dystrophy.

Through his self-determination, passion, and a quest to make a difference in society, Luke provides hope and inspiration to those living with neuromuscular disorders, their families, caregivers, health professionals and the general public. Luke is a passionate advocate supporting the rights of the disabled in the areas of access to education, community living opportunities, meaningful employment, social activities and advanced medical care.

With a willingness to allow the public to witness a glimpse of life with a disability, Luke was the subject of the National Film Board of Canada's film, "Bearing Witness: Luke Melchior". The film was released in December 2003; it is a very candid portrait of a year in Luke's life.

A graduate of Camosun College's Business Administration program in 1998, Luke co-founded and serves as President of Modern Outpost, a successful web-based outdoor adventure gear supplier.



News You Can Use

Calgary Pediatric Neuromuscular Day

Join Dr. Robert Leshner and Dr. Doug Biggar for an **Update on Muscular Dystrophies and Spinal Muscular Atrophy** and a look at the **Use of Corticosteroids in Duchenne Muscular Dystrophy**, sponsored by the University of Calgary Office of Postgraduate Medical Education. Everyone is welcome and refreshments will be served at 12:30pm.

*Thursday, June 22nd, 2006
Solarium, 4th Floor
Alberta Children's Hospital
1pm-5pm*

Muscular Dystrophy Canada Family Retreat

When: May 6th & 7th, 2006

Where: Easter Seals Camp Horizon,
Kananaskis Country

What: An opportunity for families impacted by neuromuscular disorders to network, learn, and explore adapted recreation

The last time MDC hosted a Family Retreat in Alberta was in October of 2003, and with all the positive feedback that we received we decided to have another one this spring. Aside from the recreation we will have information sessions pertaining to people with neuromuscular disorders and their families, with topics including pain management, respiratory care, and an educational resource for teachers and parents in the school system.

MDC is pleased to announce a **new youth committee** that was developed especially for this event, and young adults with neuromuscular disorders will plan and implement the youth component of the Retreat. The topics that they have chosen to focus on are post-secondary education and

Education & Services



career planning, meditation, photography, communication development, and sports for people with physical disabilities. Youth planning for youth will definitely enhance this year's program!

If you would like more information regarding this event, please contact Terri Tumack at:

Phone: 780-489-6322 ext. 22

Toll Free: 1-800-661-9312 ext. 22

Email: terri.tumack@muscle.ca

The Shoppers Optimum Points Donation Program

A Unique Way To Support Our Cause

We have a great opportunity for you to support us...made available by Shoppers Drug Mart through the Shoppers Optimum Program. By donating some (or all) of your Shoppers Optimum Points to our organization, you are enabling us to use your points at Shoppers Drug Mart towards the purchase of products and supplies we need for our ongoing fundraising activities.

To donate your Shoppers Optimum Points, please go online to: www.shoppersdrugmart.ca/donate and browse the Shoppers Optimum section. Then click on "donate your points". If you are not presently a Shoppers Optimum Member, next time you are in a Shoppers Drug Mart ask for a card, which will be issued to you right on the spot at no cost.

With your support, this initiative has the potential for us to "optimize" our fundraising dollars through this unique program.

Home Adaptation Program

The Home Adaptation Program (HAP) has been renamed the Residential Access Modification Program (RAMP). It is still under the ministry of Alberta Seniors, same phone number 780-427-5760 (can use Gov Rite #) and the maximum grant is still \$5000. The income (gross household) ceiling was increased from \$32,000 to \$33,900.

For more details go to www.seniors.gov.ab.ca/housing/family_special/index.asp and click on "Supportive Housing" then scroll down to "RAMP," where you will find online application forms.

MDC's Prairie office in Edmonton is moving! You can now find them at:

Prairie Community Office
Western Canada Region
200 Belmead Professional Centre
8944-182nd Street
Edmonton, AB
T5T 2E3



AISH Class-Action Lawsuit

A class-action lawsuit filed on behalf of 30,000 Albertans has ruled that the Alberta government must repay millions of dollars owed to thousands of recipients of Assured Income for the Severely Handicapped. The two men who brought the case forward represented people who were underpaid by government support programs or who were subjected to what they claim were illegal and abusive debt collection processes initiated by the province. Persons

We are coming to a community near you! The Services Team is currently organizing Community Based Forums where we, along with guest speakers will be discussing current issues such as: nutrition, medication, alternative and complimentary therapies.

Watch for your invitation!



eligible to claims in the suit include AISH recipients, people on social assistance, and those who received widows' pensions between 1979 and 2004. Each AISH recipient who qualifies for the reimbursement will receive a minimum of \$2,323. **All eligible claimants will be contacted directly by AISH.** Recipients are entitled to claim benefits by filling out a form complete with supporting documentation. Eligible people can file a summary claim form which gives fixed amounts of \$2,323 for AISH

recipients, \$1,105 for recipients under the Social Development Act and \$698 for those receiving the widows' pension. A detailed claim form is required to seek funds higher than those awarded through the summary claim form. More information is available at www.incomesupportclassaction.ca or by calling toll-free 1-877-507-7706.

In Your Community

Presentation Teams

Those with neuromuscular disorders know education is key in advocating for yourself and family members, so as part of MDC's commitment we have created user-friendly resources to increase awareness in schools and communities. This package can be used for school, classroom & teacher presentations. Students, parents & teachers will be able to participate in activities to experience how physical disabilities affect people and their abilities.

We will be recruiting Presentation Team members to attend schools to deliver the program in the upcoming months. Team members will include adults and youth with physical disabilities, health professionals, parents and educators. Presentations can vary in length and content depending on the needs of the audience. If this sounds like something you would like to volunteer for, please contact: Dawn Smith at 604-732-8799 ext. 111, 1-800-366-8166 or dawn.smith@muscle.ca

Dating 4 Disabled

This site is aimed at helping disabled individuals develop their social, personal and romantic life in a supportive and understanding environment. They offer forums, private chats, and blogs, among other features, to facilitate personal expression and connection via an on-line community. The site offers discussion forums, personal blogs, dating services, private chat, resources and easy networking for its



members. The site is totally free and non-committal. The goal is to create a community that offers great resources to persons with disabilities, and you can see all the features without becoming a member.

Visit the site at: www.dating4disabled.com

You can also check out www.lovebyrd.com for more online social opportunities.

Scholarships

Phyllis Davidson Easter Seals Scholarship

Alberta Easter Seals offers post-secondary scholarships to students with physical disabilities through the Phyllis Davidson Easter Seals Scholarship program. Paying for college is difficult at best, but Alberta Easter Seals through the generosity of the founder of the Phyllis Davidson Easter Seals Scholarship is offering an academic scholarship to help ease the financial responsibility of post-secondary schooling to students living with the challenge of a disability. Fill out the application online at:

http://www.easterseals.ab.ca/assets/pdfs/scholarship_application.pdf

Deadline: Applications must be received at

the Easter Seal office no later than July 10th.

*Phyllis Davidson Easter Seal Scholarship
Scholarship Review Committee
Alberta Easter Seals
103 - 811 Manning Road N.E.
Calgary, Alberta T2E 7L4*

The Kit Davison Bursary Endowment Fund – Kit's Legacy to BC Youth

Over the course of her life, Kit was many things to many people, including mentor, friend, loving wife and mother. In November of 1984, her friends and colleagues helped her take on a role that she would cherish for the rest of her life. That was the year that the Kit Davison Bursary Endowment Fund was established.

Kit passionately believed that young people with neuromuscular disorders who wanted to pursue higher education deserved an extra helping hand. She understood the challenges that these youth face – challenges that include serious barriers to university and college and satisfying careers – and she wanted to help them reach their goals. The bursary gave her the means to provide that support.

Over the years, Kit contributed generously to the bursary, and encouraged her colleagues to do so as well. She also worked closely with

Award

Purpose: The purpose of the fund is to provide financial assistance to an exceptional student registered with Muscular Dystrophy Canada (MDC) in BC or the Yukon.

Eligibility: Eligible candidates are those who plan to enroll in, or are currently enrolled in a program of undergraduate studies at an accredited degree-granting post-secondary institution in BC. Prior recipients of this award may apply again for an additional year. Other factors will include career, community involvement, and leisure lifestyle goals.

Use of the scholarship: the scholarship will be awarded to a student for payment of tuition and other school expenses at the student's discretion.

Accountability: as a condition of acceptance, the recipient agrees to submit proof of enrollment within three months of commencement of course of studies. Decisions by the trustees will be considered final. Dr. Sawatzky or designate and representatives of MDC will act as trustees for the scholarship. In making the final selection, the trustees will consider the main factor to be academic potential.

For more information and application forms for this scholarship, please contact the

MDC Chapters

What a tremendous source of energy, enthusiasm, and caring you are! Our Chapters are the eyes, ears, and voice of MDC in local communities. Currently, in Western Canada we have fifteen Chapters and one Chapter affiliate.

Our Chapters raise critical dollars to support MDC's services programs including research. As well, Chapters raise public awareness and help MDC to support people living with neuromuscular disorders. Western Canada's Chapters raised \$174,600 in 2005. That is tremendous! Chapter revenue from across Canada

accounts for 12% of the annual national budget.

We are keen to develop new Chapters, to represent the interests of more people in all areas within the Western Canada region. An Affiliate is a good way of getting started in some of our smaller communities. It only takes 1-2 dedicated supporters of MDC to start a "mini-chapter" or Affiliate. In most cases Affiliates focus on fundraising and bringing awareness to their community. Give us a call if you think you might be the one to get something going in your area. We can help!

The Western Canada services team is planning a series of Educational

Community Forums. The first took place March 4th in Victoria. Our theme is Take Action - Take Control! Topics being covered include community resources, therapies and nutrition/physical activity. We will be using professionals in each community to present the information. We are very excited about bring this material to numerous communities throughout the region. We will be working with our Chapters to host these events throughout the new fiscal year. More later!

*For more information, contact Carolyn
Winter at: 604-732-8799 ext. 106,
or 1-800-366-8166.*



Building Bridges

Government and Community Support to build Bridges

As a result of a series of successful meetings between Vancouver MDC staff, Bridges youth, and government leaders, the BC Minister of Children and Family Development has provided a grant of \$56,000 to the Bridges to the Future Program to support youth with physical disabilities to successfully transition into adulthood.

A festive group of BC Human Resource Management Association members gathered at the Fairmont Hotel Vancouver rooftop ballroom to bid on valuable items, mingle, and donate. The event raised \$10,000 for MDC!



New “Bridges to the Future” Coordinators

Alberta

Terri Tumack is an energetic mother of three with a passion for supporting the independence of youth, families, and adults with disabilities. As a parent and social worker, she has advocated at the school and government level to increase



awareness about disabilities and influence positive change. Terri is a trained peer supporter with MDC and a volunteer at Glenrose Hospital’s pediatric neuromuscular clinic. She has also been a group facilitator and program planner for the Red Deer Family Resource Centre. Terri currently moderates an Internet based bulletin board focusing on health issues. Did I mention that she has a lot of energy?



BC

Jennifer Crawford is a sports enthusiast with a range of experiences in the not-for-profit and corporate sector. Jennifer has worked in a supervisory role for a school program for children with special needs at the Ottawa Children’s Treatment Centre. Her strong coordination, facilitation, and exceptional client-centred skills have been utilized at the Queen Alexander Treatment Centre in Victoria and with Royal Caribbean International. Currently Jennifer is a personal care attendant and trainer for a Paralympic Athlete.



Meet OUR Volunteers

As of January 2005, the Vancouver office has been recruiting new volunteers to perform various tasks for the Western Canada team. We have 11 new volunteers with varying skills and interests. In this last year our team of volunteers have donated 1,649.75 hours! WOW! Thank you so much to all of our volunteers, we couldn't do this without you.

In the last issue of the Focus we highlighted 5 of our volunteers, now meet 5 more...



Marilyn Watson & Greg Watson

Marilyn Watson

Hometown? Winnipeg, MB

What has volunteering done for you? I have met so many wonderful people and it gives me a sense of satisfaction

Favourite place you've been to? London, England

What's your favourite way to celebrate? Going out to dinner

What achievement are you most proud of? That I have a loving family – my husband, son & daughter

Greg Watson

Likes? Music, sports, movies & the computer

Dislikes? Computer viruses & Toronto Maple Leafs

Why do you volunteer for MDC? I want to help my cause

Most admirable trait in others? Honesty, sense of humour & caring

What has volunteering done for you? I have gotten to know lots of wonderful people. They make me feel part of the team who are working to help people with MD.



Megan Latimer

Hometown? Sidney, BC

If you could travel anywhere in the world where would it be & why?

India, for the food, fabrics and mountains

Something we don't know about you? I paint portraits

Favourite quote? Happiness is when what you think, what you say and what you do are in harmony – Mahatma Gandhi

What has volunteering done for you? I love volunteering with non-profits and seeing the amazing results that a few dedicated people can achieve.



Christopher Sharp

Hometown? Edmonton

What do you collect? Braille books and CDs (big Bryan Adams fan)

What achievement are you most proud of? Awards in horseback riding & trophies in shuffleboard.

Something we don't know about you? I am an Optimist Club Member and I am a train fanatic (like to travel on trains and the local LRT)

I volunteer because...? I've been volunteering in the Edmonton office for 6 years because I like the staff & it's fun!



Christine Dean

Likes? Movies, pop & Elvis Presley

Dislikes? Squash (the food), vacuuming the MDC office. Hahaha

Favorite place you've been: Dairy Queen

I volunteer because....? I like the staff at MDC and it makes me happy.

When you're not volunteering what do you do? Watch TV, go for coffee with friends, cross-country skiing

The Western Canada office is always looking for a variety of positions to be filled and we could really use your help. If you are interested in volunteering either in the office or from home please contact: Dawn Smith at 604-732-8799 ext. 111 or dawn.smith@muscle.ca

Current Volunteer Opportunities:
Presentation Team members to attend schools to deliver the new education program in the upcoming months. Team members will include adults and youth with physical disabilities, health professionals, parents and educators.



Power to Be

Adventure Therapy

In July 2005, I had the opportunity to participate in an adapted kayaking program that not only empowered me physically, but also inspired me to take be open to taking risks and experiencing adventures in other areas of my life.

Due to a very rare illness, I suddenly became a paraplegic at the age of 15. Since that time, I have never let my wheelchair stop me from living life to the fullest. I have been very involved in work, travel, and volunteering in my community. But, until this summer, I was not very active in sports or outdoor activities. I was just too intimidated to try them. That is, until I discovered Power To Be.



You see, I started dating a guy who loves the outdoors. Unfortunately, I often felt left out, as I was not easily able to go hiking with him, or rock climbing, or mountain biking. Just when I was really starting to feel down, I discovered Power To Be Adventure Therapy Society (PTB), which is a registered charity that offers adventure therapy programs that integrate inclusive outdoor activities and experiential education, provide opportunities for discovery, change, and connections. I had the amazing opportunity to take part in their adapted kayaking program. And, the best part was Blaine, my boyfriend, was also able to be involved.

So, I must admit, I was very apprehensive my first day. Blaine had to practically drag me to the water's edge where we meet the kayaking guide, Michelle, and the volunteers. Immediately, the Power To Be staff made me feel welcome and

GET Involved!

reassured me that there was nothing to worry about. The team was willing to make any adaptations required to ensure my time in the kayak was comfortable and enjoyable. It was amazing, as once I was out on the water, an overwhelming sense of freedom overcame me. For the first time in years, I was free of my wheelchair. My arm strength became an asset and I was easily able to fly through the water. It was such an exhilarating experience!

Usually when I sign up for adapted activities, my physically able friends and loved ones are left on the sidelines watching me participate and are not able to join in. This time, Blaine was able to rent a kayak and join us on the water. This meant so much to me as it allowed us to be together throughout this empowering experience.

I participated in this program on a weekly basis for the remainder of the summer. During this time, I created many lasting friendships and was inspired by the courage and spirit I saw in the other participants and volunteers. Not to mention, having the opportunity to be close to nature and to get a great tan! Blaine and I plan to continue to kayak and our adventures together have brought us closer and strengthened our relationship.

In conclusion, my experience with Power To Be has been amazing and has affected all areas of my life. By learning to paddle with Power To Be, I have been empowered to be more adventurous in other areas of my life and have realized that even by taking a small risk, I can open up a whole



new world of opportunities. Come out and try it, you may be surprised by the change it creates within you!

For more information about Power To Be: Visit the Power To Be website at www.powertobe.ca

*Or contact - Karen Lai
Program Manager - Open Water Connections Program
Power to Be Adventure Therapy Society
Email: karen@powertobe.ca
Website: www.powertobe.ca
Tel: 250-478-0161 / 1-800-375-2363 or
Vancouver: 604-221-4835
Cell: 778-839-6120*

"Power Blast!"

The Mesa 2005 Power Soccer Tournament

Hollister. If you are traveling, it's the name of a nice, small central California town. If you are a BC Thunder power soccer player, it's the name of your worst nightmare. Unsuspecting teams might think they can handle Hollister Freewheelers, but they will be sorry. Hollister plays such a sound, positionally perfect game that just the smallest of mistakes will put the other team behind, and destroy any chance of catching up!

This was the case in November, when the BC Thunder team, comprised of Ryan Barclay, Luke Galvani, Keith Knight, Dale McLeod, Jordan Marks, Ana Lu, and Stratton Whitaker headed south to Mesa, Arizona for the "Power Blast" Power Soccer Tournament. With only 3 teams entered into the A Division, our boys, coached by Gord Marks and Luigi Galvani, thought they had a good chance to take the tournament. During the 2 days they played very strongly, defeating the weaker Mesa team, but in the games against Hollister, a few key mistakes





combined with Hollister's brilliant play led to an uphill battle that just wasn't to be won.

Not wanting to be outdone by the BC experienced guys, a team comprised mostly of Okanagan players entered the B Division tournament this time. Fielding great developing players Daniel Cunningham, Ian Wright, Stephen Strangward, Harry Hutton, and Spencer Williams, the Okanagan Thunderchairs went to task, taking on each of the five teams against them. Wins in each of their round robin games seeded them first place heading into the tournament Saturday morning; however, on Saturday afternoon they were defeated in a close game with Mesa 'B', finishing in the Silver Medal position.

As a parent, watching these kids play is both an honor and a privilege. A most rewarding moment came when both Anu Lu and Steve Strangward were selected as their respective division Tournament Rookies. I can still see the smiles on their faces! Everyone involved in the tournament had a great time, and our boys continue to play better, learn valuable life skills that only sports can provide, and bring home memories that will last a lifetime.

Recreation Opportunities

The Steadward Centre - Edmonton

The Steadward Centre is a

combination of a holistic program and research environment that involves a select group of fitness professionals, researchers, and clinical professionals who provide maximum opportunities for Albertans with a disability to enhance their physical and mental well being through physical activity. They offer both individual and group programs that combine physical activity, fitness-related medical interventions, and psychological services, and their carefully designed research program enhances knowledge in the area of fitness for persons and athletes with a disability. The Steadward Centre assists Albertans with a disability in achieving their maximum level of physical and mental functioning and independence.

<http://www.per.ualberta.ca/thc/tsc/index.htm>

Programs at the Steadward for Youth: Centre for Adapted Group and Individual Exercise (C.A.G.E)

These programs are directed at children and youth aged 4 to 19 years old, who have physical, intellectual, and developmental disabilities. The mission at the Steadward Centre is to provide children and youth the opportunity to participate in physical activity and fitness programs, and to develop skills and knowledge towards health and wellness while asserting his or her autonomy and independence in a fun and social environment. The Centre is fully equipped with cardio and weight training equipment, plus a punching bag, fitness balls, balance beams, a trampoline jogger, and more...

www.steadwardcentre.org
Telephone: 780-492-3182

The Paralympic Sports Association

The Paralympic Sports Association based in Edmonton offers recreation and sport programs to persons with physical disabilities. The membership ranges from ages 5 to 65 offering

many programs through out the year ranging from sledge hockey to Tae Kwon Do, as well as soccer and swimming. They also have a variety of special events through out the year. During the summer the PSA hosts many camps in July and August, as well as an overnight camp at Camp He Ho Ha. For more information about their programs please visit their website at www.parasports.net.

Camp HE HO HA Society - Northern AB

Camp HE HO HA Society exists to provide safe and rewarding recreational opportunities to children and adults with physical and mental disabilities. It is a not-for-profit, non-denominational organization situated on Lake Isle in Northern Alberta, funded by public support.

Camp Horizon - Southern AB

Easter Seals Camp Horizon is the only facility in Alberta that offers camp programs that are dedicated entirely to the needs of a specific special needs group each week. Many of our programs and equipment are unique to the province and Canada.

We specialize in outdoor and adventure based programs for youth and adults with special needs including serious illness and developmental and physical disabilities.

Kids Up Front Foundation (Vancouver, Edmonton, and Calgary)

Kids Up Front provides entertainment and educational opportunities for kids through the distribution of unused tickets to special events. We have been able to send some lucky families to the Avril Lavigne concert, the Imax Roving Mars film, the Nutcracker, the Wind in the Willows Theatre production, the World Supercross, Vancouver Giants playoff games, and Vancouver Whitecaps soccer games.

If you would like the opportunity to receive tickets to special events in your area please contact:

*Edmonton and Calgary: Terri Tumack
780-489-6322 ext. 22 or 1-800-661-9312 ext.*



Springtime is almost here!

Spring is fast approaching and there is much fun to be had! With two annual campaigns coming up it's sure to be an exciting time!

The annual "Buck for Luck" campaign is already beginning to get underway. We are hoping to make this year's campaign an even bigger success than last year. Muscular Dystrophy would like to encourage participation of all chapters, volunteers and fire fighters. Mail outs have already begun to go out, if you know anyone who might be interested in participating/ volunteering please let us know!

This year's HOP for Muscular Dystrophy campaign will run from the end of March 2006 until the end of April 2006 for the Prairies and throughout the year for the BC/Yukon region. Please encourage your local schools, daycares and any other age-appropriate centre to participate. This campaign is a fun way for young children to get involved and learn about neuromuscular disorders.

Please contact Heather Genest, Fundraising Assistant for the prairies OR Tracey Slater, Development Associate for BC/Yukon with any "Buck for Luck" or "HOP" related inquiries or information.

For the Prairies please contact Heather Genest:

*By Mail: 104, 10335 - 172 Street
Edmonton, AB T5K 1S9*

By Phone: 780-489-6322, ext. 24 or toll free at 1-800-661-9312

By Fax: 780-486-1948

By email: heather.genest@muscle.ca

For BC/YUKON please contact Tracey Slater:

*By Mail: 7th Floor, 1401 West Broadway
Vancouver, BC V6H 1H6*

Email: tracey.slater@muscle.ca

Phone: 604-742-2158 or toll free at 1-800-366-8166 ext. 1

Fax: 604-731-6127



Focus ON Fundraising

Calgary Chapter's 2nd Annual "Catch the Elves Run" for Muscular Dystrophy!

On December 11, 2005, the Calgary Chapter of MDC held their 2nd Annual 10k Catch the Elves Run hosted by the Running Room. It was a tremendously successful event raising a total of \$16,500, with 407 runners participating. This was a major increase over our first run in 2004, which raised \$2,000 in revenue and had 200 runners taking part.

The idea for a run began with Todd Stadel, a chapter member, who approached the Running Room in 2004 about starting a run for MDC in the Calgary area. The Running Room had a run they thought would work for us called the Catch the Elf's Run. In this run there are 4 Elves who head out before the runners, and the runners' jobs are to catch the Elves who give them tickets to be put into a draw for prizes. This year Todd, together with Cliff Holloway, Bill Tillier, Gerry Yee and Garry Bell formed a committee and set to work to make the event an even bigger success. Donations were made for food, drinks and door prizes thanks to generous corporate sponsors, and even the weather cooperated, all of which contributed to making this year's run a hugely successful event! The corporate sponsors were Cardel Homes; Wolsely Canada; Tim Horton's; Maxwell Realty and Taylor Signs who



created a great eight-foot banner and sponsor acknowledgement board. For the upcoming 2006 run the Running Room has agreed to put the Calgary Catch the Elves Run on their events list, and will have training clinics using the Elves Run as their goal event!

The Calgary Chapter would love to see the Elf Run eventually become a national signature event for MDC, raising much needed revenue and increasing awareness across the country. The possibility of making the "Catch the Elves" a national MDC event has been addressed in a meeting with John Stanton, the founder and President of the Running Room. Western Canada Chapters have been approached and some have already expressed interest in starting runs in their areas. The Running Room is eager and willing to work with any chapter who would like to start a run in their area. Please feel free to contact your regional MDC office for more information.

Congratulations to the many Chapter members who gave their time and energy to this fundraiser, we are certain it will only get bigger each year!!!

A special thank you to the John Stanton, Jacqui Allison and the Running Room Staff whose hard work helped to make this a truly successful event!

MDC Junior Fundraisers

MDC would like to send out a great big thank you to all of our junior fundraisers! Here are a few words from some of them...

*Dear Muscular Dystrophy Canada,
Hello. My name is Noah. I am in grade 6 and I did a bottle drive fundraiser with several other students in my class for Muscular Dystrophy. I did it because three of my cousins have Duchenne. We raised \$450.00 which I would like to go specifically to Duchenne research.*

Sincerely, Noah.

Hello MDC people,

I am seven years old. So is my friend. I've been selling pictures to raise money for MD. Here is the money for it. We feel sorry for those in need.

Megan and Anna, \$11.24.

Saskatoon ICR Charity Golf Classic

Saskatoon held its 3rd annual ICR Charity Classic Golf tournament last August, with 180 of Saskatoon's bravest business guys coming out and battling the rain in support of Muscular Dystrophy Canada. Tylenol/Motrin sponsored a chance to win a brand new Harley Davidson, the only catch being you had to score a hole in one! Afterwards, we put on a great supper followed by a presentation of the team and door prizes. At the end of the day, the tournament raised \$15,000 for MDC! A

big thanks from MDC to everyone who participated.

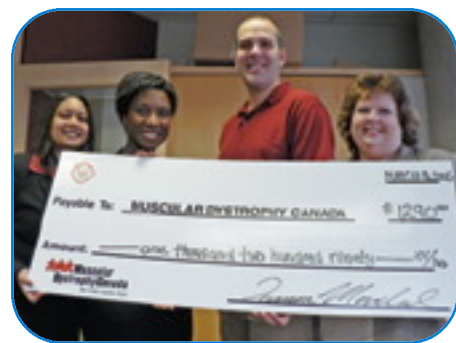
Alberta Youth Support MDC

We would like to congratulate students from two Alberta Schools who have made a difference in the lives of people with neuromuscular disorders by creating awareness and raising funds for Muscular Dystrophy Canada.

Rachelle McGonigal convinced her leadership group at Cloverbar Junior High School in Sherwood Park to select Muscular Dystrophy Canada as their charity of choice during a Survivor Challenge. A variety of fundraising events were held over a period of time and over \$2000 was donated to MDC.

Alysha Martin's student group at W. P. Wagner School in Edmonton was involved in a school project that involved setting up a corporation, generating revenue, and then disposing of the profits. Alysha's group decided to share their earnings with three deserving charities, one of which was MDC. These remarkable young ladies have been inspired by their fathers, both fire fighters, and as a direct result of their efforts fellow students, teachers and others in their schools and their communities have been educated about neuromuscular disorders.

We are proud and pleased to have the support of the youth in Alberta, and encourage them to continue to work with us towards making muscles move!



From left to right: Lubna Ekramoddoullah, Acting District Coordinator, MDC; Jennifer Scrubb, Director of Services, MDC; Damon Marchand, President, MTABC; Brenda Locke, Executive Director, MTABC.

Massage Therapists for Muscles

We would like to thank the Massage Therapists' Association of BC (MTABC) and all the Registered Massage Therapists (RMTs) for their fundraising efforts. RMTs raised \$1,290 during their fundraising campaign for MDC and an additional \$979 during a silent auction at the MTABC Annual General Meeting. Thank you to everyone at MTABC and their



Money MATTERS

Your Legacy: Making Muscles Move

Your decision to make a planned gift to Muscular Dystrophy Canada is a personal one based on your values and the difference you wish to make during or beyond your lifetime. First and foremost you must ensure that you have provided for yourself and your loved ones in a way that is meaningful for you. When considering making a legacy gift, an expert can work with you to find a way to make a significant impact on people whose lives have been affected by a neuromuscular disorder in concert with meeting your other priorities.

Perhaps one of the most familiar ways to make a planned gift is by making a gift in your will; however, there are several other types of planned gifts, such as gifts of shares and life insurance.

Gifts of Shares

Making a gift of publicly traded shares is a very cost-effective way to make a gift, thanks to current tax laws. If you own securities have appreciated in value, you are better off donating the securities to a charitable organization than if you sold the securities and donated the proceeds of the sale.

Life Insurance

Another popular way to make a planned gift is by designating the charity of your choice as the beneficiary of a life insurance policy, allowing you to make a legacy gift while receiving immediate tax benefits. You will receive a tax receipt for the cash value of a paid-up policy or for all subsequent annual premiums paid once you designate a charity as the beneficiary and owner of the policy. This is a powerful way to make a legacy gift for those who do not wish to withdraw from their existing assets.

Any support you provide to a charity

of your choice is important in building our community. The leadership of our donors and volunteers has made numerous dreams and solutions possible.

If you are interested in exploring ways in which you can make a difference to Muscular Dystrophy Canada with a planned gift, please contact Christine

Yes I have designated MDC in my will.

I would like more information on making a planned gift to MDC

Name: _____

Address: _____

Phone: _____

McDermott at 604-732-8799 extension 103.

Many People with Disabilities and their Caregivers Are Paying Too Much Taxes and are Missing Significant Refunds

Are there many people with disabilities, and this includes their families and caregivers, missing important tax credits and significant refunds that they are entitled to but generally not aware of? Yes. Unquestionably. This is a widespread and serious concern. Only you can ensure that you receive all you're entitled to!

Even if you think this may apply to

| Donating Cash vs. Donating Shares (marginal tax rate: 48%) | | |
|--|-----------------------------|------------------------|
| | Sell shares and donate cash | Donate shares directly |
| Fair market value of donation (a) | \$1,000 | \$1,000 |
| Adjusted base cost | 0 | 0 |
| Capital gain | \$1,000 | \$1,000 |
| Taxable capital gain | \$500 | \$250 |
| Tax on capital gain (b) | \$240 | \$120 |
| Donation tax credit (c) | \$480 | \$480 |
| Total cost of donation = (a) + (b) - (c) | \$760 | \$640 |



you, you may be asking yourself, "Why bother to go through this exercise of trying to reduce my taxes and get refunds unless I know beforehand that it will be worthwhile?" Good question. And then, "Where would I go for experienced, definitive help?"

This is the dilemma facing many people with disabilities and their caregivers and it has contributed to that wonderful surplus the federal government enjoys. Dedicated funds are unclaimed! Confusion and misinformation is rampant. But hold on... Help is available and a simple solution now exists! First however, the type and severity of a medical condition that may qualify for a disability tax credit needs to be understood.

Although a surprising number of factors often come into play when you get serious about establishing if you are eligible for disability tax credits and claiming refunds, let's keep it simple. Anyone with a prolonged medical condition that "markedly restricts" their daily living should take a close look. Be aware that the intent of tax legislation does

not require a disability to be as severe as many people think.

Refunds Can Apply for up to Ten Years

To maximize financial results complex tax laws must be interpreted according to each unique situation. Since these tax credits only reduce amounts of taxes payable, there is potential transfers of eligible tax credits from the person with a disability, especially those with a low income, to a family member who pays taxes. This is not well understood or correctly applied. Other factors to consider include split income levels, family and doctor relationships, residency, timing and unclaimed eligible medical expenses. You should look at each of 6 disability tax credits that are available. Significant retroactive refunds can be retrieved for up to 10 years! Do this for each year a medical condition applies. The extra effort to maximize these credits for all concerned is often crucial to successful results.

Call for a Free Tax Review

Experienced tax professionals from



the Regional Accounting Firm of Ken Lagasse CA in (Vancouver, Ottawa, Toronto) are offering no risk, no fee, no obligation personal tax reviews to determine if a person qualifies for disability tax credits and to establish what options are available. Eligibility for transfers of tax credits to caregivers and family members and significant potential refunds are closely reviewed. Tax reviews are often conducted over the phone or initiated by completing a simple form on the internet - as well as in person at their local office in Vancouver. This is a valuable opportunity that does not get any easier.

Call toll free 1-866-829-4446 or go to www.taxwise.ca/taxaid.

Lower Mainland residents call 604-629-1919, 395-3665 Kingsway Ave. Vancouver, BC V5R 5W2 (NW corner Boundary and

Notice: United Way administrative fees increase

Effective in 2006, all United Ways across Canada will be instituting a \$12 administration fee for every designated gift it receives. No matter how large or small the gift, the United Way will deduct \$12 from the annual amount pledged to Muscular Dystrophy Canada. Giving through the United Way may be the most convenient way for you, and we sincerely appreciate your support. As an alternative, you may give directly to Muscular Dystrophy Canada to avoid the annual fee, which you can do in the following ways:

- Online: www.muscle.ca
- By phone: 1-800-366-8166 Ext. 102 – we accept MasterCard, Visa, or American Express
- By mail: Western Canada Regional Office
7th Floor, 1401 West Broadway
Vancouver, BC V6H 1H6
- By making pre-authorized monthly donations through our Circle of Strength Program. For more information, please visit www.muscle.ca or call 1-800-366-8166 Ext. 102

Thank you for giving to Muscular Dystrophy Canada!



Neuromuscular Research Partnership Program Recipients

Muscular Dystrophy Canada funds research through the Neuromuscular Research Partnership, a joint initiative of MDC, ALS Canada, and Canadian Institute of Health Research (CIHR). These types of collaborative funding efforts allow us to more effectively use our research dollars to support a broader range of projects studying the causes, cures and treatments of muscular dystrophy and other neuromuscular disorders.

Since 2000, the Neuromuscular Research Partnership (NRP) has funded leading projects by many of the finest scientists in Canada. The NRP is a collaboration between Muscular Dystrophy Canada, the ALS Society of Canada and the Canadian Institutes of Health Research. The following profiles are snapshots of two of the researchers and their projects.

Dr. Hakima Moukhles, PhD – Assistant Professor, Dept. of Cellular and Physiological Sciences, UBC

Dr. Moukhles is one of our 2005 Neuromuscular Research Partnership Recipients, and MDC is looking forward to supporting her valuable research. Dr. Moukhles wants to understand why there is sometimes an effect on the brain when someone has a neuromuscular disorder. She, and her team from the University of British Columbia, are studying the protein dystroglycan, one of the many pieces that assemble to form the “dystrophin glycoprotein complex” implicated in several forms of muscular dystrophy. Their speculation is that, not only does the mutation have a direct effect on muscles, but also that it has an

Spotlight ON Research



Dr. Hakima Moukhles / Image of glial cells under microscope

indirect effect on the central nervous system through glial cells. Dr. Moukhles is studying glial cells, the cells that form a protective insulating layer around nerve cells, and specifically what happens to their protective ability with a dystroglycan mutation. This project will lead to a better understanding of diminished mental function and structural abnormalities of the brain that occur in some forms of muscular dystrophy.

Dr. Moukhles is currently an assistant professor at the University of British Columbia, and is also a member of the Research Group on Cellular Mechanisms of Development and Disease, as well as a member of the Brain Research Center. Dr. Moukhles

completed her B.Sc. in Animal Biology and her Diploma in University Graduate Studies at the University of Mohamed V in Rabat, Morocco. She then received her Ph.D. in Neuroscience at the University of Aix-Marseille II in France, and finished her postdoctoral training at the University of Montreal and McGill University.

Meghan Ferguson, M.Sc. Candidate in the UBC Genetic Counselling Program

Meghan is originally from Newfoundland, and completed her undergraduate degree from Acadia University in Nova Scotia. She then went on to complete her Masters degree in Medical Genetics from the University of Toronto. That is where she first started Duchenne Muscular Dystrophy (DMD) research. Her first encounter with DMD research was in the laboratory of Dr. Peter Ray, and was very molecular based. Her research focused on the dystrophin protein complex and characterizing DMD mouse models.

She is currently in her second year of the UBC genetic counselling Masters program, where she is pursuing another avenue of DMD research through her directed studies project, which is a research study on the attitudes and experiences of families and health care providers regarding carrier testing for Duchenne Muscular Dystrophy



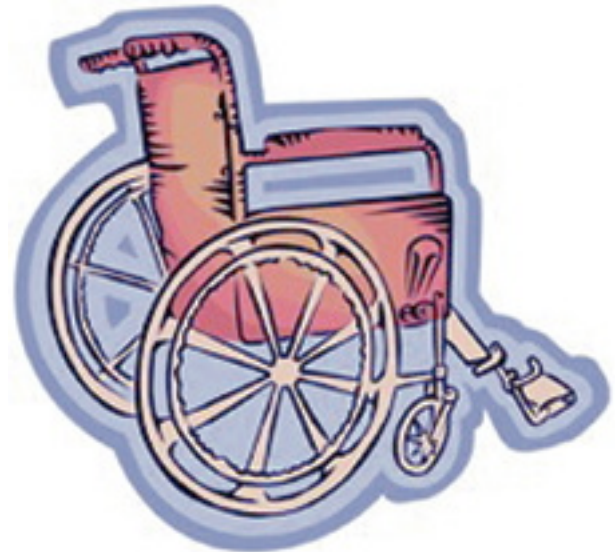
Wheelchair Maintenance for all Wheelchairs

DO

- Check your tire pressure; inflation guidelines are on the outside of the tire.
- Inflate your tires with a hand pump or bicycle pump.
- Check to be sure that your wheel brake does not rub against the tire.
- Wash the upholstery with soapy water at least monthly.
- Check nuts, bolts, and screws weekly and tighten as needed.
- Check the front casters to see that they turn and pivot properly. If caster nut is too tight it will “flutter” (move quickly from side to side); if it is too loose, it will make the chair difficult to steer.
- Check your wheel alignment. Glide the rider-less chair on a smooth surface – if the chair veers to either side, report to your dealer for repairs.
- Inspect your chair for cracks in the frame –these should be reported to the dealer.

DON'T

- Do not inflate tires at a gas station –the high pressure can damage your tires.
- Do not wash your chair in the shower or at a car wash – excess water/humidity can rust parts.
- Do not attempt to oil the bearings on your chair – this requires the care of your wheelchair dealer.
- Never use petroleum based oil to lubricate your chair.



Equipment Funding

Muscular Dystrophy Canada is pleased to continue to support people with neuromuscular disorders to obtain vital equipment and assistive devices. Due to the increasing needs for these costly items, we regret to inform you that MDC can no longer fund equipment repairs, maintenance, and battery replacements effective immediately.



Fire Fighter News

There have been some exciting changes within our team recently. Congratulations to Donna Dowsett, District Coordinator for BC & Yukon, and her husband Mark who have adopted a baby boy! As a result, Donna is currently on parental leave until October 2006. And while Donna tends to motherhood, we are pleased to announce that Lubna Ekramoddoullah will be filling in as Acting District Coordinator.

Here are a few words from Lubna:

When I think of Muscular Dystrophy Canada and the fire fighters who work so hard to make a difference, I think of my community, your community, our community. I like to think that we all want to have a positive impact on our community, and so, it was with great excitement when I accepted the position to fill in for Donna Dowsett while she is away.

My most important role will be to provide support to the BC/Yukon fire fighters who generously contribute to raising funds for MDC all year round. I will work closely with the Fire Fighter Advisors and fire departments to ensure we achieve our goals for this year. Over the coming months, I hope to continue the great service that fire fighters have come to expect under Donna's leadership. I am especially looking forward to the September Boot Drive Challenge! And of course, it would be a shame for me to be cooped up in an office all summer—I encourage the fire fighters to keep me in mind to help out at events!

This year is off to a great start and I

thank all the fire fighters across BC, Yukon, and the rest of Western Canada in advance for their dedication and hard work. I am honoured to be part of your team.

Lubna Ekramoddoullah
Acting District Coordinator – BC & Yukon

Tel: 604-742-2152

Email:

lubna.ekramoddoullah@muscle.ca

Please find below our current list of Western Canada Advisors and their corresponding areas of responsibilities.

Western Canada Advisors 2006

Lower Vancouver Island Region

- Mike Kaye, Saanich Fire Department, Local 967, and Chairman, BC Fire Fighter Advisors, Email: kayem@saanich.ca
- Robert Tyler, Sidney Fire Department, Email: mvp@telus.net

Central Vancouver Island Region

- Cam Ferguson, Cowichan Bay Volunteer Fire & Rescue, Email: c.ferguson@shaw.ca
- Dave Ferguson, Cowichan Bay Volunteer Fire & Rescue, Email: daveferguson@shaw.ca

Upper Vancouver Island Region

- Dean Thulin, Campbell River Fire Dept. Local 1668, Email: deanthulin@telus.net

Lower Mainland Region

- Brian Hutchinson, Vancouver Fire & Rescue Services, Local 18, Email: bhutchinson@shaw.ca
- Dale Truscott, Port Coquitlam Fire Department, Local 1941, Email: csolar@telus.net

Fraser Valley Region

- Mal Wood, Mission Fire/Rescue Service #1, Email: hotfire@telus.net

West Kootenay Region

- Bob Patton, Nelson Firefighters Local 1343, Email: kyleteo@shaw.ca

East Kootenay Region

- Wayne Erickson, Cranbrook Fire Department, Local 1253, Email: chipkacreek@shaw.ca
- D'Arcy Kennedy, Cranbrook Fire Department, Local 1253, Email: dnkennedy@shaw.ca

Thompson/Okanagan Region

- Grant Carnochan, Email: grant-kelly@shaw.ca

Okanagan Region

- Chris Kulak, Vernon Fire Department, Local 1517, Email: koolie20@shaw.ca

Cariboo Region

- Henderson, Ashcroft Fire Department, Email: bhenderson@coppervalley.bc.ca

Northern Region

- Kelly Zacharias, Smithers Fire Department, Email: kzacharias@town.smithers.bc.ca

Alberta Capital Region

- Mike Nicholson, Strathcona County Fire Fighters Local 2461, and Chairman, Alberta Fire Fighter Advisors, Email: nicholsonmMDC@shaw.ca

East Central Alberta Region

- Don Rosland, City of Camrose Fire Department, Email: drosland@camrose.ca
- Jim Jackson, Mannville Fire Department, Email: vehex@telus.net

North/East Alberta Region

- Aaron Fuson, Fort McMurray Fire Fighters Local 2494, Email: Aaron.Fuson@woodbuffalo.ab.ca





North/West Alberta Region

- Mark Whelpton, Grande Prairie Fire Fighters Association Local 2770, Email: mwhelpton@city.grande-prairie.ab.ca
- Brice Daley, Spirit River Fire Department, Email: brice.daley@gov.ab.ca

South/East Alberta Region

- Mitch Seifert, Redcliff Fire Department, Email: poobear@shockware.net
- O'Brien Tarnasky, Elkwater Fire Department, Email: o'brien.tarnasky@gov.ab.ca

South/West Alberta Region

- Monica Lanham, Lethbridge Fire Fighters Local 237, Email: mlb27@hotmail.com

West/Central Alberta Region

- Bill Dann, Edson Fire Department, Email: dann.bill@hotmail.com

Thompson/Northern Manitoba

- Troy Lamerz, Thompson Fire Fighters Association, Email: tlpolar@hotmail.com



of Station #1 in Edmonton with the hope of raising \$50,000 for Muscular Dystrophy in just 3 nights and 4 days, on their days off. When Friday, March 10th arrived, they were still short by almost \$30,000 of their fundraising target. Jason had prior commitments for the weekend and Tom was working AND running another fundraiser for MDC - so Paul & Steve decided they were staying on that roof until they met their goal. On Sunday night, Paul & Steve arranged to have their shifts swapped so they could stay up as long as required. The guys finally came down on the afternoon of Tuesday, March 14th - they had raised approximately \$43,000 at that time. In the following days, money kept flooding in and this campaign has now surpassed the \$50,000 goal! This campaign had full support from all local media for the entirety of the event. We had both local newspapers out, every local radio station lending us airtime and were featured on the news on at least one

1st Annual Edmonton Fire Fighter Rooftop Campout

The Edmonton Fire Fighters have just wrapped up their first annual rooftop campout for Muscular Dystrophy. On March 7, 2006 four Edmonton Fire Fighters, Paul McGonigal, Steve Eliason, Jason Germain and Tom Folkerts began their campout on top



television station every single day!





Champions OF THE Muscle Movement

Canadian Mayor Makes History at Torino 2006 Olympic Winter Games

Vancouver's Sam Sullivan first quadriplegic to accept Olympic flag

This February, in what may have been one of the most memorable moments of the Torino 2006 Closing Ceremony, Canada's first quadriplegic Mayor accepted, on behalf of all Canadians, the Olympic flag. The flag ceremony protocol began with Torino Mayor Sergio Chiamparino returning the Olympic flag to Dr. Jacques Rogge, President of the International Olympic Committee (IOC). Dr. Rogge

then presented Vancouver Mayor Sam Sullivan, the only elected Canadian official in the Closing Ceremony, with the flag, symbolizing the official beginning of Vancouver's responsibility to host the world in 2010.

Mayor Sullivan was required by IOC tradition to wave the flag back and forth eight times. Because of the physical challenges to Mayor Sullivan inherent in his participation, a number of innovative accommodations were undertaken, including a custom-made holster on the Mayor's motorized wheelchair and the

installation by the Torino Organizing Committee of a customized elevator within the stage.

"I'm greatly honored to represent Vancouver and Canada in Torino," said Mayor Sullivan. "We are thrilled to be the host of the 2010 Olympic and Paralympic Winter Games and invite the world to our beautiful and progressive city and country."

Since the Mayor's return to Vancouver the Oslo flag has been put on public display in Vancouver City Hall and a replica flag was raised outside City Hall on Tuesday, February

LETTERS

"The ventilator is what I call the miracle machine."

On April 9, 2000 I was just going to bed and doing my regular routine of using an IPB machine, which allowed me to cough out the phlegm in my lungs that was built up from the day. However, on this night I couldn't stop choking it out. I told the caregiver who was with me to call an ambulance to take me to the hospital, and even at the hospital, my lungs kept filling up to the point where I could no longer breathe.

I was rushed to the operating room and given a tracheotomy, then put on ventilation. My stats returned to normal. The doctors explained that I would be able to go home and live as normal a life as possible with my newly installed ventilator, although I would need extended care at home for the rest of my days.

There have been many trials, tests, and errors on learning how to use hoses, suctioning, and finding the right care providers. However, I've only had two cases of infection since getting the ventilator, and I sleep better at night. I'm able to stay up all day long, usually from 8am till 10pm on a daily basis. The ventilator has given me a second chance on life. I thank God each day for the ventilator and those who have invented and funded it. I say "Wow!



The ventilator is a miracle machine." I am now over 40 years old and one of the oldest people living with Duchenne Muscular Dystrophy.

*Don Howard, Grande Prairie,
Alberta Chapter*



WESTERN CANADA FOCUS

We Need Your Help

Funding For Essential Equipment

One of MDC's biggest challenges is the ever-rising cost of equipment, much of which is not covered by government services. For example, a motorized wheelchair can cost as much as \$35,000- the same price as a mid-sized SUV.

Chapters, Fire Fighters, Harley Owners and corporate partners are crucial in our efforts to meet the needs of clients who come to MDC as a last resort when all other sources of equipment have been exhausted.

MDC Equipment Program expenditures by province, fiscal year 2005/06

BC: \$150,970

Alberta: \$145,008

Saskatchewan: \$15,910

Manitoba: \$29,898

**To make a donation,
please call 1-800-366-8166**

CONTACT US

WESTERN REGIONAL OFFICE

1401 West Broadway
Suite 700
Vancouver, BC V6H 1H6
T 800-366-8166
T 604-732-8799
F 604-731-6127

PRAIRIE COMMUNITY OFFICE

Serving Northwest Territories
(We've moved!)

200 Belmead Professional
Centre
8944-182nd Street
Edmonton, AB T5T 2E3
T 800-661-9312
T 780-489-6322
F 780-486-1948

YUKON, SASKATCHEWAN, & MANITOBA

1-800-366-8166

WANT TO BE AN MDC VOLUNTEER?

Call or email your nearest chapter to find out how YOU can help in the fight against neuromuscular disorders!

CHAPTERS

British Columbia

Kootenays
Carline Charbonneau
250-489-5761
jp-charbonneau@shaw.ca

Northern BC
Susan Andrist
250-612-0184
susanandrist@shaw.ca

Okanagan
Kelly Carnochan
250-549-2103
grant-kelly@shaw.ca

Vancouver Island
Sharon Miller
250-652-3959
sharon.miller@shaw.ca

Fraser Valley
Vicki Lamb
604-858-0150
vicki601@hotmail.com

Greater Vancouver
Owen Barclay
604-542-3030
the4beez@telus.net

BC Interior
Carolyn Lefferson
250-573-5581
interiorchapter@shaw.ca

Alberta

**Grand Prairie/West
Peace**
Lori Trepanier
780-589-6951
korreect@telus.net

Edmonton
Matthew Hatch
780-434-7866
mshatch1@shaw.ca

Red Deer
Aaron Tarnowski
403-341-0087

Calgary
Cliff Holloway
403-278-5957
cliffaud@telus.net

Lethbridge
Jackie Simpson
403-380-3140
rod.simpson@rbc.com

Saskatchewan

**Northern
Saskatchewan**
Darren Mulligan
306-934-4865
d.mulligan@sasktel.net

**Southern
Saskatchewan**
Deborah Rice
306-584-7042
d.rice@thinkrpslaw.com

Manitoba

Southern Manitoba
Cheryl Rondeau
204-589-0551
cheryl_rondeau@hotmail.com

WESTERN CANADA FOCUS
is written and edited by Megan
Latimer, Western Regional Office