

**DYSTONIA SUPPORT GROUP  
OF  
SUDBURY & DISTRICT  
NEWSLETTER  
APRIL 8, 2009**

Hi Everyone:

Yes, another year has flown by!

I hope everyone was able to see Oprah and the Today Show. Both were amazing venues for bringing about awareness of dystonia. If you missed it, go to [www.dystoniacanada.org](http://www.dystoniacanada.org) and you will be able to see both videos under "What's Making News".

It is that time of year again! Can you believe this will be our **12<sup>th</sup> Walk - and-Wheel?** It will be held on **Sunday, June 14th at the Howard Armstrong Recreation Centre, 4040 Elmview Drive, Hanmer from 10am till noon.** Please arrive an hour early so you can help set-up. Your walkers can arrive between 9:30 am and 10a.m.

Last year we raised \$8681.96 which is amazing for our small group of about 38 participants. We had a bit of money in our bank account so I sent \$8800 to DMRF Canada. Dwayne Backer once again had a new personal best of \$2186 and was able to get an additional \$1200 from Wal-Mart. Fantastic, Dwayne! I was going to say that I don't know how he does it but I think it is mainly persistence, volume and goal setting. Definitely an example we could all follow. We love to see families coming out and supporting their loved ones. I know I go on about Dwayne but we accept all donations big or small. This year all walkers that have a minimum pledge of \$100 will get a hat.

It is always wonderful to see everyone. It's like a big reunion every year. If you have never come out to one of our walks we would love to see you. If not you could always send a cheque made out to DMRF Canada care of my address and we will send it in with our proceeds. **All receipts will be coming from Toronto so it is imperative that sponsors print clearly their name, address, phone number and pledge amount. Otherwise Loretta at DMRF Canada will be tearing her hair out trying to decipher what people have written.**

So get your friends and family together to come out and walk. I am including pledge forms with this newsletter. If you need more give me a call and I'll send you more or you can make photocopies of the enclosed pledge sheet. After the walk we plan to have a BBQ and door prizes. If anyone wants to help out in any way, give me a call at home 524-0606 or at the office 673-1101.

I am looking forward to seeing everyone on June 14th.

Sincerely, Mary Guy  
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