

**DYSTONIA SUPPORT GROUP  
OF  
SUDBURY & DISTRICT  
NEWSLETTER  
May 4, 2010**

Hi Everyone:

Yes, another year has flown by!

It is that time of year again! This will be our **13<sup>th</sup> Walk -and-Wheel!** The name has been changed to **“Freedom to Move Walk-and-Wheel for Dystonia Medical Research.”** It will be held on **Sunday, June 13th at the Howard Armstrong Recreation Centre, 4040 Elmview Drive, Hanmer from 9:30am till noon.** Please arrive at 9am so you can help set-up. Your walkers can arrive between 9:30 am and 10am. The walk begins at 10am.

Last year our walk raised a record **\$9375** which is amazing for our small group of about 35 participants. We had a donation of \$500 which wasn't part of the walk so the total that we sent to the Dystonia Medical Research Foundation Canada (DMRF Canada) was \$9875.

Dwayne Backer once again had a new personal best of \$3270 and was able to get an additional \$1350 from Wal-Mart. That is about half of our total funds which is totally amazing for one person considering that a lot of it is through asking a lot of people ...265 to be exact with 187 of them from Wal-Mart. Fantastic, Dwayne!

Now we can't let Dwayne do all the work for us. We all have to step up to the plate and overcome any shyness we have to ask people for a donation. If you are really shy the internet is a great way to ask friends and is also very efficient and time saving. What's the worst that can happen? They can say no and who do you think will feel worse? I think they will. You may also be surprised at the results that you get.

It was pointed out to me at a meeting years ago that this illness is our problem which means that we have to be part of the solution. No one else cares about a cure more than we do. So it is important that we not only make donations ourselves but get out in the public and ask for some as well. This

way we are also raising awareness of dystonia. If we want more research and a cure that means raising funds for the research. If you need any pamphlets to hand out give me a call and I will send you some. You could also refer people to the dystonia website. [www.dystoniacanada.org](http://www.dystoniacanada.org)

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. We have some new families affected by dystonia and I encourage you to come out and meet the group If not you can always send a cheque made out to DMRF Canada care of my address and we will send it in with our proceeds so that our Sudbury group gets the credit. Not that we are competitive at all but for years we used to raise more money at our walks than Toronto did. Now they have a big run and do really well. But we still seem to do better than the southern Ontario groups who have more members than we do so let's keep up the good work.

**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 or as an attachment if you are receiving this by e-mail. If you need more pledge forms give me a call and I'll send you more or you can make photocopies of the enclosed pledge sheet.

**All participants who raise \$100 or more will receive a Freedom to Move cap.**

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 13th.

Sincerely, Mary Guy

143 Applegrove Street  
Sudbury, On P3C 1N2

