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We welcome article contributions from the public. To make a written contribution to *Prairie to Peak*, please submit your articles by mail, fax (403) 228-7752 or e-mail at p2peditor@alsab.ca.

If you do not have email access, please contact the Editor at (403) 228-3857 to make alternate arrangements.

Due to limited space articles may not be printed in their entirety. Additional articles may be published online at www.alsab.ca.

Executive Director's Message

Fall is well and truly here with winter knocking at the door and Christmas decorations nudging Halloween goodies on store shelves. Even more amazingly, The Elizabeth's Concert of Hope has come and gone - what an amazing evening it was! Lights glittered and balloons popped, canapés were nibbled and balloons popped, amazing music was enjoyed, Wendy and Tony exchanged quips - and balloons popped!! At the end of the evening all that remained were a few shreds of latex, many very happy concert-goers and a platoon of weary but excited volunteers, and oh yes, a police escort to help make a late-night bank deposit. Thank you Elizabeth, for your vision and determination. You have given us the knowledge and skills to conduct a benefit concert our own and for that we will always be grateful.

My husband and I have just returned from a lovely holiday to the East Coast where we experienced fall colours, the blue ocean, Celtic music and...a great catch-up visit with Elizabeth Grandbois and Leslie Crawford. Imagine my surprise when I boarded the plane for Halifax in Toronto and there they were! Hugs, laughter and non-stop chatter made the time fly - for me anyway. My husband had a very quiet trip, sitting by himself in the back of the plane. By all accounts, the concerts in Regina and Winnipeg went very well and Elizabeth and Leslie were both looking forward to the concerts in Atlantic Canada.

Now this next bit of news definitely falls into the happy, yet sad category. Cindy Deslaurier (ALS AB Coordinator, Volunteer Programs) has announced that she will soon be getting married - and moving to Toronto. Congratulations Cindy and every happiness. Your shoes may be young ones but they will be a challenge to fill.

The next big task that lies ahead of me is the development of the 2007 budget. Looking ahead I know that I can count on the needed dollars being there because of the hard work, determination, dedication and generosity of the whole ALS AB Community - clients, volunteers, the board and staff members. Thank you.

Together, we do make a difference.

Mary Hatcher, Executive Director



Elizabeth Grandbois holds hands with Hank Geerlof (ALS AB Board Member) with Leslie Crawford (Elizabeth's friend, personal care attendant for the Canada-wide tour and member of the Alberta Concert organizing committee) behind.

ALS Society of Alberta Mission Statement

"The Amyotrophic Lateral Sclerosis Society of Alberta is dedicated to making everyday the best possible day for people with ALS by providing support, facilitating the provision of care, promoting awareness and helping find a cure."



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World's Finest *Le Meilleur au Monde.*
Made especially for *Just spécialement pour*
ALS Society of Alberta
"is dedicated to making everyday the best possible day for people living with ALS."

"Pix": A Photo Celebration

- (1) Jan 10th - Alpine Environmental's Flames Alumni Hockey Challenge
- (2) Feb 10th - CFM Cycling Club's Spinn for ALS
- (3) Bo's Bar & Grill in Red Deer conducts special fundraising dinners for ALS
- (4) June 10th - ALS Alberta participates in National Walks for ALS with 8 provincial Walk sites
- (5) June 11th - The tenth consecutive Betty's Run for ALS
- (6) Elly De Nooij and her quilting group "Harvest Friends" make a Betty's Run commemorative quilt to raffle off
- (7) June 19th - Executive Committee of Calgary Corporate Charitee Golf Tournament contribute \$ 100,00 for ALS Equipment
- (8) July 7th - Wayne Steer and Jane Rivest join Cara Middleton and John Kenny to receive a \$ 10,000 cheque from a special Stampede Lunch in Memory of John Middleton
- (9) Linda Graham achieved a personal best time of 2 hrs 33 minutes at Gerick's Wasa Lake Triathlon (an Olympic distance triathlon consisting of a 1.5 km swim, 40 km bike ride and 10 km run), earning a bronze medal in her age category and raising more than \$5,000 for the ALS Society of Alberta in Memory of her dear friend Cheryl McKay.
- (10) Sep 16th - CEP Golf Tournament presentation by Christie Burnett, Jason Turner & Brad Carpenter
- (11) Canal at Delacour Golf Tournament Committee raises \$ 2,250
- (12) Young Philanthropist Carson Neufeld collected \$105.00 for his birthday, instead of presents, and donated it to ALS Alberta.
- (13) Sep 17th - ENMAX presents Elizabeth's Concert of Hope (ECO) - Elizabeth Grandbois (seated) is joined by Leslie Crawford and Cathy Martin, Chair of the ALS Society of Alberta
- (14) Lunch at Allen's performing at ENMAX presents ECOH
- (15) Chateau World supporting the Alberta leg of the 2006 Hike 4 ALS
- (16) Oct 1st - from the Tea House on Mt. Lady Macdonald at the 2006 Alberta Hike 4 ALS in Canmore
- (17) Oct 4. Tim Spelliscy (longtime supporter of the ALS Society of Alberta) is joined by Wife Peggi and Daughter Mary Margaret at a luncheon honouring him with the 2006 Kevin Carr Christian Leadership Award
- (18) Special Cookbook dedicated to Iris Powell and others with ALS for sale through ALS Alberta
- (19) Reference Page 4 - Betty's Run 10th Anniversary Commemorative Jackets
- (20) World's Finest Chocolates contributes over \$ 50,000 to ALS Alberta by selling chocolate covered almonds throughout Alberta



Walk for ALS 2007

The success of the Walks can be attributed to one thing - Team Work. Share the warm spirit of friendship and compassion with all affected by ALS on the day of the Walk, by volunteering on a Walk Committee. Volunteers assist with attracting sponsors, securing the walk site, sending invitations to dignitaries, getting the word out and encouraging contact with Team Captains.

Currently, Alberta Walk locations are: Cold Lake, County of Mountainview, Edmonton, Lethbridge, Lloydminster, Manning, Medicine Hat and Red Deer.

Consideration is being given to holding walks in Edson, Grande Prairie and Vermillion in 2007.

If you are interested in more information about holding a new Walk for ALS in your community or volunteering for an existing one, contact the Provincial Office at (403) 228-3857 x 108, toll free at (888) 309-1111 or walk@alsab.ca or the Alberta North Office at (780) 487-0754, toll free at (866) 447-0754 or societynorth@alsab.ca.

"Together we do make a difference"

A Magical Night of Music... A Celebration of Hope

On September 17, 2006, the ALS Society of Alberta hosted a wonderful evening of music designed to provide all in attendance with a lasting message of hope, compassion and the power of possibility.

The inaugural presentation of ENMAX Presents Elizabeth's Concert of Hope - Alberta was the second stop of a national tour honoring Elizabeth Grandbois, a former Calgarian, wife, mother and health care professional who is living with ALS. After her diagnosis, Elizabeth set about to create a forum to create awareness of this devastating disease and through six concerts held annually in Hamilton, Ontario has raised over \$2 million to support research. With her illness progressing, Elizabeth endowed several provincial associations with her leadership and support to pass on her knowledge and experience to help each establish the foundation to host their own annual Concert of Hope.

Hundreds attended the Alberta concert, held at the Jack Singer Concert Hall in Calgary. A dedicated team of volunteers worked tirelessly for 10 months to ensure the gala event would be one to remember! An impressive slate of corporate sponsors, including the significant contribution of ENMAX as lead sponsor, provided funding, resources and services. The venue itself was transformed into a magical and enchanted setting. The world-renown artists provided a wonderful program of music and song.

With the help of the Calgary Firefighters and the Calgary Stampede Outriders, every single balloon for the "Pop To Stop ALS" fundraiser was sold before the intermission ended, raising in excess of \$26,000 alone to support client services.

The performers included Lunch at Allen's (Murray McLauchlan, Ian Thomas, Marc Jordon and Cindy Church), Alfie Zappacosta and the East Coast celtic trio, Shaye (Kim Stockwood, Damhnait Doyle and Tara MacLean). The evening ended with a dynamic performance by Alberta's own George Fox. Hosts Wendy Crewson, a dedicated supporter of the ALS Society of Alberta, and well-known Calgary comic Tony Binns rounded out the stellar cast of the concert.

The ENMAX presents Elizabeth's Concert of Hope - Alberta raised an estimated \$100,000 to support client services. More importantly, Elizabeth's vision of a celebration of life through music and joy touched the hearts and souls of everyone involved and a legacy for the future was created. A second Alberta concert, in what will become an annual event, is in the pre-planning stages for Spring of 2008 and anyone wishing to share in the magic by volunteering, participating or attending is invited to contact the ALS Society of Alberta.

See "Pix" photos #13 and #14 on page 2.

Condolences

Our sincerest condolences go out to the families of the following people who recently passed away: (July 15 to October 20, 2006)

Eunice Batke
Don Bolyea
Phyllis Campbell
Geraldine Carbery
Robert Fisher
Cleava Fofonoff
Tom Heron
Herman Jensen

Margaret Kavanaugh
Yee Fong Lee
Richard Leahy
Suzanna Letros
Sui Ha (Emily) Man
Shelly MrKonjic
Sandra Perras - Franen
Iris Powell

Mel W. Robinson
Gunther Sonnleitner
Marie Sweet
Myrna Towill
Gary Triebner
Glen Wallace

A special thanks goes out to all those who kindly sent donations to the ALS Society of Alberta in memory of friends and loved ones affected by ALS. Your thoughtfulness is greatly appreciated.

2006 Events

Golf Tournaments

Corporate Calgary Charity Society Golf Tournament \$100,000

CEP Golf Tournament \$14,080

Derrick Exhibit Golf Tournament - \$606.41

CE Franklin Limited - Golf Tournament - \$1,700.

Canal at Delacour Golf Tournament - \$ 2,250

Miscellaneous

Medicine Hat Charity Crop by ReDesign Tyme \$ 300

Eagle Valley Roping Association \$2,199

Garage Sale In Memory of Mike Huska - \$1,134.50

Upcoming Events for the Balance of 2006

Lethbridge Concert - "Where There's Life, There's Hope!" - at the Southminster United Church (Lethbridge) on November 17th at 8:00 pm. Tickets are \$ 20 \$15 each for Adults, \$ 10 for students & Seniors and FREE for children 12 and under as well as people living with ALS. Tickets will be available at the door. See www.alsab.ca for more information.

Delectable & Crafts Show at the Calgary Winter Club on November 15th (10:00 am to 8:00 pm). A good place to find a gift for that hard to buy for person in your life or to stock up on goodies for holiday entertaining. The \$2 Admission of \$2 will be charged and goes to the ALS Society of Alberta

Casino (March 4 & 5, 2007) See Volunteer Opportunities below.

Current and Upcoming Volunteer Opportunities

The impact of volunteers on the ALS Society of Alberta's capacity to fulfill our mission is undeniable. Over 20 years ago, the Society was formed by a small group of volunteers who had passion and a vision. Without these first few volunteers the organization would not be what it is today and because of the continued support of volunteers over the years, Albertans living with ALS have access to a number of programs that drive our mission to make "... everyday the best possible day for people with ALS..."

Listed below are a number of volunteer opportunities or varying commitments that are ongoing or upcoming. To volunteer for any of the Edmonton area opportunities, please contact the volunteer coordinator at (780) 487-0754 or volunteernorth@alsab.ca To volunteer for any of the Calgary area opportunities, please contact the volunteer coordinator at (403) 228-3857 or volunteersouth@alsab.ca.

Delectable and Craft Show (Wednesday, November 15th) This annual pre-Christmas food and craft sale is held at the Calgary Winter Club and volunteers are needed to collect a \$2 entry fee that goes to the ALS Society. Volunteers are needed to cover the two shifts: 10am to 3pm and 3pm to 8pm.

Betty's Run for ALS volunteer organizing committee had its first meeting on October 26th and there are openings for interested people to join this dynamic committee. This group has been responsible for bringing a heightened awareness of ALS to Southern Alberta, raised almost \$2 Million over the last ten years and even been the focus of philanthropic work by Canadian actor Wendy Crewson helped that her earn a Gemini Award for charitable work with the committee. If you enjoy the fruits of hard work and like having fun doing it, you will fit in well with this committee.

Walk for ALS 2007 - The organizing committees for the various walks that will be held throughout the Province of Alberta are beginning to form. Targeted locations for the 2007 Alberta Walks include Cold Lake, County of Mountainview (Didsbury), Edmonton, Edson, Grande Prairie, Lloydminster, Lethbridge, Manning,

Meaningful Gifts Worth Considering

The ALS Society of Alberta recently received our first gift of securities. In light of recent federal tax changes, it is very advantageous for individuals to make a donation of securities and/or flow through shares to minimize their tax burden.

This activity also helps to support programs and equipment for people living with ALS. Consider the tax advantages to you and your estate of planning different types of gifts including: Gifts of Publicly Listed Securities, Gifts of Flow-Through Shares, Bequests (Wills), Gifts of Life Insurance, Charitable Gift Annuities, and Charitable Remainder Trusts.

For information on these and other tax minimizing strategies for you and/or your estate please contact your financial consultant or visit our website at <http://www.alsab.ca/contributors/opportunities.aspx>.

Betty's Run 10th Anniversary Commemorative Jackets

Looking for a unique gift for the runner on your holiday gift list? Care to avoid lineups and fighting the mobs for the attention of the single checkout clerk? Then consider purchasing a limited edition, commemorative Betty's Run jacket for only \$25.

To order simply phone (403) 228-3857 x 108 or e-mail bettyrun@alsab.ca and leave your contact information. Orders placed prior to December 10th will be guaranteed in Calgary for Christmas. See "Pix" photo #19 on page 2.

Medicine Hat, Red Deer and Vermillion. If you would like to volunteer for one of these Walks or if you would like to know more about organizing a walk in your community for 2007, please call (403) 228-3857 x 108, (888) 309-111 x 108, or e-mail walks@alsab.ca. Walks are a wonderful way to celebrate the spirit and determination of people living with ALS while raising awareness and money for ALS AB to provide services to these people and their families and helping to fund cutting edge research to find a cause and cure for ALS.

Casino - The ALS Society's Calgary casino dates are March 4 and 5, 2007; early Early commitments are welcome. Please call (403) 228-3857 x 106 or e-Mail volunteersouth@alsab.ca.

Support for Champions - The ALS Society of Alberta requires volunteers to help launch a new program that will allow families with a parent who has ALS to apply for financial support to enable their children (minors only) to participate in "normal" or therapeutic childhood activities. Volunteer work for this program can be done remotely and therefore people from across the entire province are able to volunteer for this. Please contact Jane Rivest if you are interested in finding out more.

Hike for ALS The ALS Society of Alberta is currently looking for volunteers to help with the organizing of the 3rd Annual Alberta Hike 4 ALS to be held in mid-September of 2007. If you enjoy hiking and the great outdoors, consider helping with this refreshing event. E-mail hike@alsab.ca or phone (403) 228-3857 x 108 for more information.

Other Calgary Opportunities - ALS Alberta is looking for a volunteer who enjoys cribbage and is able to commit a couple of hours each Thursday evening to play at a long term care facility in SW Calgary. There are also opportunities for one-time, short-term or long-term volunteer commitments during normal business hours in the ALS Society of Alberta Provincial Office (Calgary) such as designing tri-fold display boards, checking receipts for accuracy, taking inventory of the Society's storage room contents, assisting with mail-outs, setting up a resource library etc.

THE ALS SOCIETY OF ALBERTA AND NWT

Presents the following Information Sessions/Support Group Meetings

City	Date	Time	Location	Topic
Calgary	Tuesday Nov. 7	6:30 - 8 pm	ALS Society of Alberta Office, Suite 400, 320 23 Ave SW	SOMETHING NEW! PLS Support Group A support group for people living with Primary Sclerosis Co-facilitated with Melinda Hatfield, Social Worker from the ALS Neuromuscular Clinic
Calgary	Tuesday Nov. 28	7-8:30 pm	ALS Society of Alberta Office, Suite 400, 320 23 Ave SW	Topic - TBA Co-facilitated with Laura Cavicchi, Social Worker
Red Deer	Saturday Dec. 2	1:30 - 3 pm	MS Society Office 105, 4807 - 50 Ave Please note: NEW LOCATION	Making Wheelchair Travel Accessible presented by Marlin Styner If the weather is nasty, please call Jane at 714-8211 to verify that the meeting will take place - Thank you

The support group and information sessions offer a time for people who are engaged in the journey with ALS to share ideas and receive support and information from each other. People living with ALS, their families, friends and caregivers are all welcome.

Any questions?

Call Jane at 228-3857
#102 or 403-714-8211
Toll Free Number:
1-888-309-1111

Announcement

"Third Tuesdays" (Alberta North Region Office)

What: Video & Social Time- Fall 2006: This social provides an opportunity to see an informative video, socialize & discover other resources. Light refreshments will be available.

Where: ALS Society of Alberta North Region Office (Suite 410, 11456 Jasper Avenue, Edmonton)

Parking: Available at street meters or underneath Shoppers Drug Mart (114 Street & Jasper Avenue). 5 minute loading parking outside building

When: The Third Tuesday of each month from 1:30 to 3:30 pm

Who: For people with ALS, family, friends & caregivers. All are welcome.

Register: Please call (780) 487-0754 or e-mail phyllis@alsab.ca by the previous Thursday.

Upcoming Videos: T November 21st - Mobility, Activities of Daily Living and Home Adaptations. December 5th - Seasonal Open House at the ALS Office from 2:30 p.m. to 6:30 p.m.

Potential Benefits of Memantine:

A new clinical trial in Alberta

Come hear about a new North American drug trial funded by the ALSA for persons living with ALS.

Presented By: Dr. Ming Chan, MD FRCPC- University of Alberta Assistant Professor, Division of Physical Medicine & Rehabilitation

When: Tuesday, November 21, 2006 (2:30 to 3:30 p.m.) Followed by light refreshments

Where: ALS Society North Region Office (#410, 11456 Jasper Avenue, Edmonton)

RSVP: Highly recommended by calling (780)487-0754 or Email phyllis@alsab.ca as space is limited.

Advocacy

Advocacy Committee

We look forward to continuing to fulfill our mission of making each day the best possible for persons with ALS as we continue to advocate with Albertans who are affected by ALS.

Spring 2006 - mail out to medical specialists was completed.

February/March 2006 - mailout to each family physician was completed to encourage early referrals to specialists and accurate diagnosis and management.

February 2006 - second presentation and update was made to the Standing Policy Committee.

Spring 2005 - presentation was made to the Standing Policy Committee on Health.

2004 - successful Day at the Legislature presenting results of the ALS Society Client Survey.

On-going - ALS CD mailed to family physicians.

To volunteer to sit on Advocacy Committee contact Cathy Martin at 780-487-0754 or e-mail cathy@alsab.ca. There is a pride in knowing that the ALS Society of Alberta and volunteers are doing everything possible to make a difference in the lives of those living with ALS and their families.

Additional Resources

Lifeline

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Red Deer 403 314-2120
Calgary 403 735-3257
www.handymanconnection.ca

The ALS Society of Alberta Contact Information

Provincial Office:

Suite 400, 320-23 Avenue SW,
Calgary Alberta, T2S 0J2
Telephone: 403-228-3857 or
Toll Free: 1-888-309-1111
Fax: 403-228-7752
info@alsab.ca
Website: www.alsab.ca

Mary Hatcher - Executive Director
mary@alsab.ca Extension 103
Lauren Milburn - Equipment Program
Coordinator
lauren@alsab.ca Extension 104
Jane Rivest - Client Services
jane@alsab.ca Extension 102
Wayne Steer - Manager, Resource
Development
wayne@alsab.ca Extension 108
Cindy Deslaurier - Coordinator,
Volunteer Programs
cindy@alsab.ca Extension 106
Yulia Eskin - Interim Office Coordinator
yulia@alsab.ca Extension 101

ALS Society of Alberta, North Region Office:

Suite 410, 11456 Jasper Avenue
Edmonton Alberta, T5K 0M1
Telephone: 780-487-0754 or
Toll Free: 1-866-447-0754
Fax: 780-486-3604
societynorth@alsab.ca

Patricia Ordynec - Manager, North
Region & Client Services
patricia@alsab.ca
Phyllis Javorsky - Administration &
Volunteer Services
phyllis@alsab.ca



Equipment

New Technology Update: *Gus!* Multimedia Speech System

Gus! is a communication device that contains five different tools to provide the user with a large number of communication options and features. This program allows the user to communicate with a text-to-speech program that has a built-in on-screen keyboard. The user to have certain words or phrases saved on their own personal pages that they can create. *Gus!* also contains a word prediction program and scanning software to assist in communication when using the keyboard.

This software also contains very realistic male and female voices and allows for the volume, pitch, tone and speed of the voice to be changed to suit the conversation.

Gus! software can be installed on various devices to best suit the individual, such as laptops, Personal Digital Assistants (PDAs), and tablets. Best of all, it can "grow" with the client - if the current device that the client is using with *Gus!* can no longer meet the needs of the client, it can be transferred with all personal preferences and saved phrases to another device. For more information, please visit the website @ www.gusinc.com.

ALS Canada Announces Recipients of Tim E. Noël Fellowship in ALS Research

Doretta Thompson, Member of the Board of Directors & Executive Committee to the Research Policy Committee

I am delighted to announce the awarding of the first-ever Tim E. Noël Fellowships in ALS Research. This year the three successful candidates who received this prestigious fellowship are: Joe V. Chakkalakal, François Gros-Louis and Edor Kabashi.

In 2005, ALS Canada's board of directors approved the creation of a post-doctoral fellowship in ALS research valued at up to \$65,000 annually and renewable for three years. The interest from the Tim E. Noël Endowment Fund covers the cost of the scholarship. We worked closely with the Canadian Institutes of Health Research (CIHR) to ensure an exemplary decision process. The fellowship was awarded through a competition held with the backing of the Institute of Neurosciences, Mental Health and Addiction, (one of the 13 Institutes of the CIHR), using their peer review process for the determination of scientific merit of the applications for funding.

In December 2005, the competition was announced through the CIHR and ALS Canada web sites, as well as in our national newsletters and research publications. The competition closed in February 2006, and CIHR completed the peer review in May. The applications were reviewed by an ALS Canada peer review team that only considered the relevance to ALS.

The goal of the fellowship is to provide special recognition and support to a fellowship candidate who is pursuing research in the area of proteomics, genomics and motor neuron disease relating to ALS. The awards are a wonderful example of leveraging of funds and increasing the profile of ALS research in the young scientific community. Details about the awards can be viewed at <http://www.cihr-irsc.gc.ca/e/31808.htm>

ALS Society of Alberta Privacy Policy

The ALS Society of Alberta (ALS AB) currently has a policy not to sell, trade or rent the names of people who communicate with or donate to the Society either directly or indirectly through events that are conducted to benefit the ALS Society of Alberta and the people we serve. From time to time ALS AB may undertake to communicate directly with those people on our database in order to thank, inform and/or communicate a specific need for volunteer, financial or other resources.

Anyone who prefers to be contacted by e-mail, please contact us by e-mailing a note to info@alsab.ca with the heading "Contact by E-mail" on the subject line along with your full name in the body of the note.

Anyone wishing not to be included on that list may be removed from that list by either contacting the ALS AB offices at (403) 228-3857 (or toll free at 888-309-1111) or by e-mail at info@alsab.ca with the word "Remove" on the subject line. Please be sure and provide your name and address so that we may comply with your wishes.