



# ALS Windsor Newsletter

October 2009 (Serving Windsor-Essex and Chatham-Kent Counties since 1984)

**Monday, October 26  
6:30pm AGM**

**Sat. November 7<sup>th</sup>  
Stubborn Buffalo 8  
km Run/5 km walk  
in Chatham.**

## **Zehr's Tapes**

Keep collecting them  
and call 564-7172

## **Bingo:**

Classic Bingo IV  
(Ottawa & Walker Rds.)

- Fri. Oct 30 10am,  
12pm, 2pm.
- Tues. Nov 17  
10pm, 12am
- Mon. Dec 7, 10pm,  
12 am

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## **Saturday, Nov 7, 2009 Stubborn Buffalo Run/Walk**

Don't put those runners  
away yet - The 3<sup>rd</sup> Annual  
Stubborn Buffalo 8 Miler  
Run, 5km Walk will take  
place in Chatham on  
Saturday, Nov 7<sup>th</sup>. We will  
be using the parking lot at  
the Law offices of Jacklin,  
Sulman & O'Brien located  
at Park Ave W & Howard.

Registration starts at 9:am  
10am – 8 miler  
10:05 – 1km kids rumble  
10:30 5k run/walk

Competitive and non-comp  
classes for 8 miler & 5km.  
\$20 min donation entry fee  
Contact Ryan Van Praet  
for pledge forms.

[wimbikerunryan@yahoo.ca](mailto:wimbikerunryan@yahoo.ca)

This is the last event in the  
Stubborn Buffalo series  
that includes the Run/walk,  
Spin-a-thon (Feb), and the  
AVP Golf tournament  
(July). This event wraps up  
the fundraising efforts for  
2009 with the exception of  
Bingo. We are most  
fortunate that Ryan Van  
Praet and his family  
organize this group of  
events that not only raises  
funds, but also brings great  
awareness in Chatham-  
Kent.

## **Bogey's fore Beats**

This event took place Sept  
13<sup>th</sup> and raised \$1290.  
Hats off to Randy Seminuk  
and friends who get  
together every year for a  
fun day of golfing to honour

the memory of their friend  
Michael Beattie (Aug 05).  
Some may not be aware  
that the Windsor ALS  
Walk was started by Pat  
Szucki (Mike Beattie's mo-  
in-law) and Leslie  
Pettypiece (sister-in-law)  
and they continue to chair  
this event. Zach (Mike's  
son), who just turned 6,  
has not missed a walk  
and this year appeared as  
Spiderman - can hardly  
wait to see who he will  
show up as next year!



## **WINDSOR ALS WALK**

The 5<sup>th</sup> annual walk saw  
wonderful weather and  
approx 250 participants.  
Just over \$27,000.00 was  
raised with a few more  
pledges to come in.  
Thanks go out to the hard-  
working organizers Pat &  
Leslie, the Cooks – Gerry,  
Greg, Bill and Tim; the  
registration crew that  
included Solange, two  
Janis's, Cathy, Patty and  
Linda. Taylor and Jessica  
did a great job with the  
Tshirts; Nancy looked  
after the busy raffle table;  
and Sue – who was  
everywhere. Not to  
forget Amelia Dupuis and  
assistants who did great  
face painting. Altogether  
a dynamic group of  
people who helped ensure  
that everyone had an  
enjoyable day.  
Thanks to Tom for  
providing work space in

the board room at Spirol  
Industries and to  
Cathy C. and Barb G.  
for helping us write the  
receipts. The location of  
the walk may be moved  
next year – due to the  
parking issues related to  
the running event that  
takes place on Riverside  
Drive at 9am on the day  
of our walk. We will  
keep you posted and  
please feel free to let us  
know your comments or  
suggestions.

The AGM (Annual  
General Meeting) will  
take place Monday,  
October 26 at 6:30pm.  
Please confirm your  
attendance by October  
22<sup>nd</sup> so that we may  
book the appropriate size  
room. Please call (519)  
564- 7172 and leave a  
message if you plan to  
attend.

## **Tips:**

If you experience  
swelling in the lower legs  
– try putting on a pair of  
good stretch knee highs  
as soon as you get out of  
bed in the a.m.

Remember that persons  
with ALS may  
experience increased  
spasticity and fatigue in  
the cold.

## **In Memoriam**

We send our deepest  
sympathy to the family of  
Michael Berkeley.