

Live for today; hope for tomorrow.

I used to be very active in all sports: volleyball, basketball, grass hockey, softball, racquetball, water and snow skiing and golf.

I still try to golf, of course not performing like I used to with my handicap doubling in more ways than one. It was difficult to accept my incapability, creating frustration. This year, I think, I've finally accepted my inability to perform as before. As my husband keeps telling me, "play the best as you can... for as long as you can."

I loved my short career as a teacher. I taught primary and high school physical education. I chose to end my career to be a stay at home mom for our two beautiful children.

I was first diagnosed with ALS in 2006. I was wondering why I was slurring my words.

It took me over a year to admit to anyone that I had this terrible disease. There were countless tears and unanswered questions. Once more people became aware that I had ALS, it became easier for me to accept my fate with their encouragement and support.

My condition is worsening. I repeat myself several times to try get people to understand what I am saying. I now rely on texting and emailing as my main source of communication. I am very careful in taking each step, for fear of stumbling. The balance is not there. I'm careful in eating to avoid choking.

I am very thankful for the care shown by all of my doctors and specialists, the support team at GF Strong, the ALS Society of BC and the health care system in BC.

I do have a passion. I feel inspired by all of the willing and dedicated golfers that show their stamina and endurance during the ALS Golfathon throughout BC in the month of June. Particularly I am associated with Fairview Mountain Golf course in Oliver. When Danny and Paul first started the Golfathon years ago, not many people were aware of ALS. They were just golfing all day long, I thought. Good for them. My girlfriend, Julie and I, ended up tagging along behind them, cheering and encouraging every shot. Not wanting to be a nuisance, I told Julie to ask Paul and Danny if they minded. I'll never forget Danny's huge, charismatic smile when he replied for the two of them that they loved it, realizing



Shirley and Bill Postkinoff.

that our support gave them the inspiration to battle on.

Today the ALS Golfathon at Fairview has grown. For the last two years, three members have organized a patio party which includes a portion of the appetizer fee going to ALS; silent auction; raffles; 50/50 draw; games and live music by two members from Masonette (being our beautiful supportive daughter, Darla and her gorgeous singer friend Shaina). In addition to Masonette, we were lucky this year to have great dancing music by Roy Duquette. So thankful for these three talented musicians taking time off work and making the special trip from the Coast to perform in Oliver.

So thankful to Paul Welsman, Danny Long, Patrick Martin, Brady Henderson and Thierry Martine for lending their muscles during the golfathon to gain awareness for ALS.

So thankful to all the volunteers and organizers that have devoted their time and energy to make things run smoothly throughout the day.

So thankful to my Fairview family, family and friends for their undivided support throughout these years.

With Patrick moving to Silverwing Links Golf Course in Alberta, he initiated the ALS Golfathon in Calgary. Of course I had to go there to offer my support. Patrick and his brother, Pieter battled the cold, wind, rain and aches to make this first ALS Golfathon an eye opening success.

My husband, Bill, is my number one supporter. Besides helping me with every day activities, he shows me patience, understanding, kindness, encouragement and love. We've dated since we were sixteen and have recently celebrated our forty-fourth anniversary. I am also grateful for the loving support of our daughter, Darla,

her husband, Tobi, our son Cam and his girlfriend, Lina.

In closing, I leave you with this thought:

"Live for today. Hope for tomorrow. And cherish the precious memories of yesterday."

May the future bring a cure and further awareness for ALS.

What is ALS?

Amyotrophic lateral sclerosis (ALS), often referred to as "Lou Gehrig's Disease," is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body.

The progressive degeneration of the motor neurons in ALS eventually leads to their death. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed.



ALS Society of BC & Peoples Drug Mart

8 Years of Fundraising



The ALS Society of BC and Peoples Drug Mart partnership began in 2005. Since then, the Walk for ALS in BC has grown from 4 communities to 15, plus 1 more in Whitehorse, Yukon.

<p>Peoples Drug Mart has donated over \$415,000 in sponsorship for the Walks for ALS.</p>	<p>The total revenue generated by the Walks for ALS is over \$2,915,000, making the total combined revenue over \$3,330,000</p>	<p>Over \$1,332,000 has been contributed to ALS research.</p>
		<p>Over \$1,988,000 has been contributed to ALS patient services and programs supporting people affected by ALS in BC & Yukon.</p>



Peoples Drug Mart Board of Directors presents ALS BC Executive Director Wendy Toyer with \$40,000 to support ALS patient service.

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For more information on sponsorship or to advertise on this page, contact **Wendy Toyer**, Executive Director, ALS Society of BC at (604) 278-2257 or email to wendy@alsbc.ca

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