

Council enthused about this Sunday's Super Cities WALK

The Bolton — Caledon Super Cities WALK for MS is drawing near, and Caledon councillors were recently approached for their support in the endeavor.

Caley Bornbaum, coordinator of fund-raising events for the Ontario Division of the Multiple Sclerosis Society of Canada, appeared before council last week, offering information on the event, which will take place this Sunday (April 13).

This will be the second

year the walk has commenced in Caledon East, starting and ending at the Caledon Community Complex and proceeding along five and 10-kilometre routes through the Caledon Trailway, and she invited the councillors to take part.

There were some 300 participants in last year's event, and they raised more than \$88,000 for the cause. She added the hope is there will be more than 70,000 people take part in 162 Canadian communities to raise \$12 million.

Bornbaum said MS affects between 55,000 and 75,000 Canadians, with about 1,000 being diagnosed with the disease annually. She added Canada has one of the highest rates for the illness.

While MS might not be as common as cancer, Bornbaum maintained "it's definitely something to be recognized."

She also said all the money raised in the local walk will stay in Caledon, supporting client services and funding MS research.

Councillor Annette Groves, honorary chair of the local walk, thanked Bornbaum for the information, and put out a challenge to her colleagues to take part. She was impressed with the amount raised locally last year, and predicted they would go over the \$100,000 mark this year.

"The walk on the trail is wonderful," she declared.

The MS Society has stated the WALK will be a family-oriented event that combines fund-raising with

food, prizes and community spirit.

Proceeds of the Super Cities WALK for MS will help people with multiple sclerosis in several ways. The WALK helps to fund services for people with MS and their families, which might include providing information and referrals, supportive counseling, and mobility equipment. It also helps fund the Society's national research program, which is bringing researchers ever closer to finding the cause and cure

of multiple sclerosis.

Multiple sclerosis is the most common disease of the central nervous system (the brain and spinal cord) among young adults in Canada. It is most commonly diagnosed between the ages of 15 and 40, but can occur at any age. Symptoms include vision and speech problems, extreme fatigue, lack of balance and coordination, and even paralysis. Canada is a leader in multiple sclerosis research, and researchers are developing new treatments for MS while moving closer to finding a cure for this unpredictable, often disabling disease.

To register for the Super Cities WALK for MS, visit www.supercitieswalk.com or call 1-888-822-8467.

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CPCC is calling all dads

Today's dads are more involved with their children than ever before.

With this in mind, the Caledon Parent-Child Centre/Ontario Early Years Centre (CPCC/OEYC) have collaborated with Family Transition Place (FTP) to present a fatherhood workshop series entitled, Being The Best Dad You Can Be.

This two-part series is a free, pre-registered program, facilitated by a male leader. Week one will explore the myths and frustrations of fatherhood, and week two will examine ways to connect with kids and effective adult role modeling.

Being The Best Dad You Can Be will take place April 12 and 26, from 9 until 11 a.m., with breakfast included. Childcare is not available.

These workshops will be hosted by the CPCC/OEYC, located in the Albion — Bolton Community Centre.

For more information and to register, contact CPCC/OEYC at (905) 857-0090. Whether you are a new dad or a dad with older kids, come out and join other men to share your experiences and, at the same time, pick up useful information to help you be the best dad you can be.



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