

Dear Friends,

Now that spring has finally arrived, we hope everyone is gearing up for a wonderful summer. This marks the time of year for us that some of our energies are directed towards the upcoming Rick Hansen Wheels In Motion event. There is a lot of information in the Newsletter about this year's event (June 14) and it promises to be an exciting family event. We hope that everyone can participate and make this a successful year. Rick Hansen has made great strides over the past year through the SCI Solutions Network (SCISN) in supporting both research programs and "solutions" that are directed towards helping individuals and groups meet the special challenges associated with living with SCI. If you know someone who currently has a specific financial or other need in dealing with a SCI-related issue please see the information about quality of life projects (page 4).

Our own Research Programs have benefitted from this support and we will be embarking on several initiatives over the next few months which we will begin to tell you about in the next issue. Information about current projects and upcoming events can be found throughout the Newsletter, along with contact information if you have any questions about any of the studies or events. We very much look forward to seeing everyone at Wolseley Barracks for London Rick Hansen Wheels in Motion 2009.

Dalton & Keith

Rick Hansen Wheels In Motion - 2009
Presented by Scotiabank

When: Sunday, June 14th
10:00 a.m. - 12:30 p.m.
(Registration 9:00 a.m.)



Where: ASU-London
Wolseley Barracks
(701 Oxford St. E. London)

CONTENTS

Greetings	1
Note for June 14 th !!	1
London Rick Hansen Wheels In Motion - 2009 .	2
2009 Rick Hansen Wheels In Motion Sponsors .	2
London's Event: Questions You May Have	3
Do You Have a Pressure Ulcer?	4
Need Funding? Quality of Life Projects:	4
Best Wishes Diny!!	4
SHAPE-SCI Update	4
Volunteers Needed!!	5
Congratulations!!!	5
Message From "Bridging The Gap" Program	5
Parkwood Pulsators	5
Calendar of Events	6
Recent Publications	6
SCI Research Down Under	6
CPA Information Forum	7
Keith Cartwright Memorial Spirit Award	
- Invitation for Nominations	8
Rick Hansen Wheels In Motion Registration/ Pledge Form	9-10



Note for June 14th!!

Bring a Water Bottle!

A water refilling station will be available on site.

Free Coffee, Juice & Muffins Available Upon Arrival!

Courtesy of McDonald's



Activities and Entertainment for Kids of All Ages!

Bring the whole family!!

London Rick Hansen Wheels In Motion - 2009

Ways to Participate.....

Wheel/Walk/Run

The Wheel/Walk/Run is a great opportunity for family, friends and colleagues to get together at Wolseley Barracks, one of London's historical landmarks, meet the military and raise money to support those in the community living with spinal cord injury. The route can be completed at your own pace on wheels or on foot, as an individual or team. Bring your team spirit!

Scotiabank Wheelchair Challenge

Along with our Wheel/Walk/Run you can also enter a team of 5 in the Scotiabank Wheelchair Challenge - The Challenge is a fun, challenging and competitive team-building experience where teams not only work together to meet their fundraising goals, but also participate in a series of activities while using a wheelchair. This experience helps to build a better understanding of what it's like to navigate through life in a wheelchair.

Fundraise

There are many ways to be part of Rick Hansen Wheels In Motion. You can help to improve the lives of people with spinal cord injury by making a donation. Even if you can't participate on the day of the event, you can still make a difference.

Fundraising can be completed as a team or individual, and online or in person.

Donations of \$10 or more will receive a tax receipt.

How To.....

Register

- **Online** (www.wheelsinmotion.org - Register Now - ON-London - Register for this Event - Accept, Proceed - Individual, Create a Team or Join a Team...)

OR

- **At the Event** (Sunday June 14th, 9-10am ASU-London Wolseley Barracks) complete and submit the Registration/Pledge Form (1 per person) (see pgs 9-10)

Make a Donation

- **Online**

- 1) **Pledging a Participant** (www.wheelsinmotion.org - Donate - Donate to a Participant/Team...)

OR

- 2) **Making a General Donation to support Rick Hansen Wheels in Motion** (www.wheelsinmotion.org - Donate - Make a General Donation to Wheels In Motion...)

OR

- **In Person**

- 1) **At the London Event** (Stop by the ASU-London Wolseley Barracks on Sunday June 14th (9:00am-12:30pm))

OR

- 2) **At any Scotiabank Branch** (Stop by any Scotiabank branch from May 1st-June 14th)

We Would Like to Express a Sincere Thank You to Our 2009 Sponsors

Gold



Silver



Bronze



PERSONAL INJURY LAW GROUP

If you know of a person or organization that would like to be a sponsor of our London Rick Hansen Wheels In Motion Event, contact Greg Matthison at (519) 619-6029, gmatthison@rogers.com.

London's Event: Questions You May Have

Registration

Q: Are teams/individuals to be registered before the event?

A: No, registration and funds can be completed and collected up to event day (to be eligible for local event prizes), and up to June 30th to be eligible for national rewards. It is suggested that people register online prior to the event.

Q: Can teams include more than 5 people?

A: Yes, however only 5 team members will receive prizes (if top fundraising team), and only 5 will be able to participate in the Scotiabank Wheelchair Challenge portion of the activities.

Q: On event day, what do I need to sign in/register?

A: Everyone will need:

- 1) a completed Registration/Pledge Form
- 2) all funds collected (cash/cheques)

If you have registered online, please to bring a printout of your online donation summary (updated by June 14th).

Note: The Participant Waiver section of the form must be signed and teams of 5 participating in the Scotiabank Wheelchair Challenge must be specified in the Participant Information section.

Quality of Life Initiatives

Q: What are Quality of Life Initiatives?

A: Quality of Life Initiatives are local projects/ideas that enhance the quality of life of individuals in our community. Last year we funded a variety of organizations that provide opportunities for persons with disabilities to participate in sport and active living programs. If you have ideas, big or small, group or individual that you think might be appropriate, please submit a letter expressing the need and reason for requesting the funding to:

Dr. Dalton Wolfe

(519) 685-4292 ext 42957

dwolfe@uwo.ca

Scotiabank Wheelchair Challenge

Participants from previous years found this to be very fun.

Q: How does the Scotiabank Wheelchair Challenge work?

A: Teams of 5 (determined at registration (at the absolute latest)) will be designated a Volunteer Captain and will go to various stations to complete different challenges/tasks using a wheelchair. This includes Wheelchair Rugby and Wheelchair Basketball. Scores will be tabulated and prizes given to the winning team at the closing ceremonies.

Fundraising

Q: Must teams raise \$1000 in order to participate?

A: Though we hope each team will reach this goal, it is not a requirement to participate in our London event (Fundraising tips can be made available.)

Q: Where do funds raised for the London event go?

A: 80% of the funds raised stay in London and are divided between Quality of Life Initiatives and Research. The other 20% goes to Rick Hansen Wheels In Motion.

Prizes

Q: What are the prizes for this year's event?

A: Local prizes (London) have yet to be determined.

National fundraising rewards:

\$200 - 2009 event t-shirts

\$500 - stainless steel water bottle

\$1000 - \$100 gift card from Home Depot

Online Early Bird Special - Register online and raise \$1000 by May 1st and you will be entered into a draw to win a \$200 Home Depot gift card.

Team Captain Draw - Register a team and raise \$1000 by May 1st* and you will be entered into a draw for 2 return economy class tickets to any Air Canada scheduled destination in North America including the Caribbean, Mexico or Hawaii (some restrictions apply).

Top National Individual Fundraiser will receive a home theatre system, including 42" TV and surround sound speakers (some restrictions apply).

The Top National Fundraising Team of 5 will receive 5 return economy class tickets to any Air Canada scheduled destination in North America including the Caribbean, Mexico or Hawaii (some restrictions apply).

Q: How are the prizes determined and distributed?

A: The local prizes will be distributed to the Top Individual Fundraiser and Top Team of 5 Fundraisers. These winners will be based on all of the funds received by the closing ceremonies on June 14th at which time the prizes will be presented. The team of 5 participants winning the Scotiabank Wheelchair Challenge will also receive prizes. National prizes will be tabulated in Vancouver and include funds raised by all individuals/teams by June 30th. These prizes will then be distributed to the recipients via mail.



Do You Have a Pressure Ulcer?

Did you know that up to 95% of people with SCI will develop a pressure ulcer during their lifetime? Pressure ulcers have been shown to be difficult to heal, impact quality of life and expensive to treat.

Investigators at the University of Western Ontario are conducting research studies to find out more about pressure ulcers and their treatments.

Do you have a pressure ulcer
AND
Have a spinal cord injury/decreased mobility
AND
Live in the London area?

Would you be willing to:
Come to the clinical research centre in London?
AND
Have a research nurse come to your home to assess your pressure ulcer?

If you answered YES to all of the above, please contact :

Dr. Pamela Houghton
phone: (519) 661-2111 ext 85552
email: phoughto@uwo.ca



Need Funding? *Quality of Life Projects:*



Each year RHWIM provides funds to support local initiatives designed to enhance the quality of life of individuals/groups in our community. This past year we funded a variety of organizations that provide opportunities for persons with disabilities to participate in sport and active living programs. If you have any ideas, big or small, group or individual that you think might be appropriate, please submit a letter expressing the need and reason for requesting the funding to:

Dr. Dalton Wolfe
(519) 685-4292 ext 42957
dwolfe@uwo.ca

Best Wishes Diny!!

What a career! Diny Warren, our Spinal Cord Injury Outpatients Nurse of the past 8 years has retired! Diny started her nursing career here in London working for St. Joseph's 37 years ago!!

Congratulations Diny on a successful career! Thankyou for all of your dedication and hard work, and all the best on your retirement. *From your SCI community*

Diny at her retirement celebration on January 29 where colleagues and friends gathered to wish her well (photo provided by the Communications Dept - St. Joseph's Health Care)



SHAPE-SCI UPDATE



The first stage of the SHAPE-SCI study is complete!!! As you will see in the publication section of this newsletter, data analysis and preparation of publications are well underway. Thanks again to all of you who continue to participate in the extension part of the study.



VOLUNTEERS NEEDED!!

Volunteers are needed for the Rick Hansen Wheels In Motion Event to be held on June 14th.

For More Information:

- 1) **Contact Greg Matthison**
 phone: (519) 619-6029
 email: gmatthison@rogers.com
 OR
- 2) **Complete and submit the online Volunteer Interest form** (www.wheelsinmotion.org - Volunteer - Volunteer Interest Form...)

CONGRATULATIONS!!!



Last September, 6 athletes familiar to Parkwood competed in the Beijing Paralympics. Their Results include:

Karen Brain - 10th - Equestrian Ind.
 Freestyle Test Grade IV
 - 12th - Equestrian Ind.
 Championship Test Grade IV

Clayton Gerein - 5th - Marathon T52

Jessica Matassa - 5th - 200m T54
 - 7th - 400m T54

BRONZE MEDAL!!!!

Jason Crone - Wheelchair rugby
Michael Whitehead - Wheelchair rugby
David Willsie - Wheelchair rugby

Message From “Bridging The Gap” Program



Bridging the Gap - Getting Physically Active is a program specifically designed to help you become aware of the sport and recreation options available, and to try out a wheelchair sport of your choice. The program currently promotes and supports Wheelchair Rugby, Basketball, Tennis, and Athletics, however if you are interested in something else, just let us know and we'll help you get connected to the right people or program. Whatever wheelchair sport you decide to participate in, Bridging the Gap (BTG) is designed to help you get involved and stay involved.

For More Information, Please Contact:

Cortney Benedict, BA TR
 Bridging the Gap - Provincial Manager
 Phone: 416-426-7131
 Email: btg@ontwheelchairsports.org

Ontario Wheelchair Sports Association
 3 Concorde Gate, Suite 104
 Toronto, ON M3C 3N7
 Website: www.ontwheelchairsports.org

PARKWOOD PULSATORS



by Co-Captains
Julie Gagliardi & Bonnie Chapman

Our team is a collaboration of employees, friends and families of Parkwood Hospital. Through several different fundraisers, we have been busy raising money for the Rick Hansen Wheels In Motion Event coming up on June 14th. LOOK FOR....

Our Mother's and Father's Days Baskets, filled with gizmos and gadgets that any mother, father or spouse would be happy to receive.

Our Bake Sales have been a hit, so be sure to stop by the 4th floor link at Parkwood Hospital on May 8th (11:00-2:00) to pick up something tasty for your Mother's Day dinner.

See you on June 14th!!



CALENDAR OF EVENTS

- May 08 **Parkwood Pulsators Bake Sale and Mother's Day Her and His Basket(s) Draw**
(Proceeds to Rick Hansen Wheels In Motion Event)
(see page 5)
- May 13 **CPA Education Forum - Sexuality**
Parkwood Hospital - Main Auditorium
(see page 7)
- May 31 **Keith Cartwright Memorial Spirit Award - Deadline for Nominations**
(see page 8 for more information)
- June 14 **Rick Hansen Wheels In Motion - 2009 Presented by Scotiabank**
ASU-London Wolseley Barracks
www.rickhansen.com
gmatthison@rogers.com

RECENT PUBLICATIONS

- Ashki N, Hayes KC, Bao F. The peroxynitrite donor 3-morpholinopyridone induces reversible changes in electrophysiological properties of neurons of the guinea-pig spinal cord. *Neuroscience*, 156(1):107-117, 2008.
- Bassett RL, Martin Ginis KA, and **SHAPE-SCI Team**. More than looking good: Impact on quality of life moderates the relationship between functional body image and physical activity in men with SCI. *Spinal Cord*, 47(3):252-57, 2009.
- Finnie AK, Buchholz AC, Martin Ginis KA, and **SHAPE-SCI Team**. Current coronary heart disease risk assessment tools may underestimate risk in community-dwelling persons with chronic spinal cord injury. *Spinal Cord*, 46(9):608-15, 2008.
- Gibson AE, Buchholz AC, Martin Ginis K and **SHAPE-SCI Team**. C-Reactive protein in adults with chronic spinal cord injury. *Spinal Cord*, 46(9):616-21, 2008.
- Regan MA, Teasell RW, Wolfe DL, Keast D, et al. For the Spinal Cord Injury Rehabilitation Evidence Research Team. A systematic review of therapeutic interventions for pressure ulcers after spinal cord injury. *Arch Phys Med Rehabil*, 90(2):213-31, 2009.
- Walters JL, Buchholz AC, Martin Ginis KA, and **SHAPE-SCI Team**. Evidence of dietary inadequacy in adults with chronic spinal cord injury. *Spinal Cord*, 2008 (e-pub ahead of print).

SCI Research Down Under



In Nov-Dec 2008 Dr. Keith Hayes led an Ontario Neurotrauma Foundation (ONF) delegation to Melbourne, Australia, as part of a partnership program with the Victorian Neurotrauma Initiative, that is designed to establish international collaboration in spinal cord injury research. The Ontario delegation, including Dr. Jamie Hutchison, Research Director of Critical Care Medicine at The Hospital for Sick Children in Toronto, Dr. Kathleen Martin Ginis, Professor of Health & Exercise Psychology at McMaster University and Kent Bassett-Spiers, CEO of ONF, met with clinician/scientists in many different disciplines, from across Victoria. Immediately successful outcomes of the visit were the subsequent award of two major grants each ~\$5M for neurotrauma research involving collaboration with Ontario based researchers. Dr. Hayes gave a Plenary Lecture at Trauma Melbourne a large national conference on neurotrauma. Following the visit to Melbourne, Drs Hayes and Martin Ginis travelled to Perth, W. Australia where they met with other scientists and gave a series of presentations to scientists, clinicians, and consumers, at Curtin University and the Shenton Park SCI rehabilitation Centre.



CANADIAN PARAPLEGIC ASSOCIATION ONTARIO INVITES YOU TO OUR INFORMATION FORUM

Almost Everything You've Wanted To Know About How A Physical Disability Impacts Sex, Sexuality & Relationships

Wednesday May 13, 2009 ~ 12:00 PM to 4:00 PM
Parkwood Hospital, Main Auditorium 801 Commissioners Road East, London

Thinking about it.....but harder to talk about? Now is the time...

This Information Forum is about how a spinal cord injury (SCI) or other physical disability impacts our sense of ourselves as sexual beings. It will create the opportunity to explore all that makes us sexual, learning to use what we've got and how to enhance our intimate lives. Expressing our desires and passion, feeling comfortable with ourselves and our body all add to experiencing a fulfilling sexual life. This Forum will help us answer the question...“what is our most important sex organ”?

This event would be of interest to people who have a spinal cord injury, their family members, medical and health care practitioners, front line service providers, researchers and students, and although there is a focus on SCI, it will be relevant to people with other physical disabilities.

Guest Speakers:

Cathy-Lee Benbow, MSW, RSW: “SCI May Affect Sexual Behaviour But Not Your Sexuality”

Cathy- Lee will discuss what it means to be a sexual being; the cultural and societal influences that shaped our beliefs, definitions and myths about sexuality. She will also discuss how we can talk about sex and enhancing our expression of our sexuality.

Cathy-Lee is the Coordinator of CNS Ambulatory Clinics at London Health Centre.

Dr. Gail Delaney: MD FRCPC Sexual Functioning in SCI “What’s Up Doc”?

Dr. Delaney will cover the topics of how SCI impacts sexual functioning and relationships; interventions currently available; fertility issues and options. Gail Delaney has been a specialist in Physical Medicine and Rehabilitation since 1983 with a focus on Spinal Cord Injuries.



Our Sponsors



THANKS TO OUR SPONSORS THIS EVENT IS FREE

Please RSVP by Monday May 8, 2009 to Cassandra

Tel: 519-433-2331 Ext 223 • Fax: 519-433-3987 • cassandra.lebel@cpaont.org

LIGHT LUNCH WILL BE PROVIDED

Keith Cartwright Memorial Spirit Award

Invitation for Nominations

Keith Cartwright was well known throughout the community initially as an insurance adjuster. However, in 1963 Keith suffered a spinal cord injury on his brother's farm and this changed his life forever. Overcoming adversity, Keith became a member of the London Wheelchair Sports Association, and in 1984 he was a founder of the London Wheelchair Basketball Association (LWBA). He also became an original member of an Association in London that initiated an awareness programme in the City for accessible buildings, buses, and curb cuts. With his tireless energy and enthusiasm, Keith was always front and centre with new and inventive funding programmes.

In 2003 Keith was inducted into the Canadian Wheelchair Basketball Association Hall of Fame recognizing his love of sports, especially basketball, and the sincere desire to encourage others to overcome their own adversities. He consistently demonstrated qualities of not only a leader, but a team player, which earned him the respect and admiration of many throughout the community. He exemplified the dedication and volunteer spirit that benefits the community and those who most need assistance to improve their quality of life. He was a major contributor to the inaugural Rick Hansen Wheels In Motion event.

The "Keith Cartwright Memorial Spirit Award" has been created to celebrate the accomplishments of an individual who has been committed to making a better community and world for people with disabilities, a community where everyone belongs.

The selection panel for the Award, which comes from the Rick Hansen Wheels In Motion London Organizing Committee, invites nominations. Nominations are to be submitted in writing to the address below and should demonstrate the nominee's merit based on the following criteria:

- ◆ Describe the volunteer activities
- ◆ Number of years of service (if known)
- ◆ Number of years of hours volunteered (if known)
- ◆ Describe the impact of the nominee's activity upon an individual or group, and/or overall quality of life of disabled individuals in the community

For Nomination Forms, Please Contact:

Dalton Wolfe, Rick Hansen Wheels In Motion - London Event Co-Leader
Parkwood Hospital - Aging, Rehabilitation & Geriatric Care Program
801 Commissioners Rd E., Rm B3035a
London, Ontario N6C 5J1
Tel: 519-685-4292 ext. 42957
Fax: 519-685-4036
Email: dwolfe@uwo.ca

DEADLINE FOR NOMINATIONS: May 31, 2009

PARTICIPANT INFORMATION

EVENT CITY / TOWN		EVENT SITE NUMBER 2009-	
MR MRS MS DR <i>please circle one</i>	FIRST NAME	LAST NAME	<input type="radio"/> I have a spinal cord injury (SCI) <input type="radio"/> A family member has an SCI
MAILING ADDRESS		CITY	PROVINCE POSTAL CODE
PHONE ()		EMAIL	<input type="radio"/> I prefer English <input type="radio"/> Je préfère le français
I am participating: <input type="radio"/> As a team captain <input type="radio"/> As a team member <input type="radio"/> As an individual <i>(including wheel/walk events in select cities)</i>			
Wheelchair Challenge Team Category: <input type="radio"/> Corporate <input type="radio"/> Community <input type="radio"/> Friends and Family			
Team Name		Team Captain's Name	Team Captain's Phone Number
T-shirt Size: <input type="radio"/> Small <input type="radio"/> Medium <input type="radio"/> Large <input type="radio"/> X-Large <i>(We will do our best to accommodate size requests)</i>			
I AM AN EMPLOYEE OF:			
<input type="radio"/> Scotiabank <input type="radio"/> Invacare Canada <input type="radio"/> Pfizer Canada <input type="radio"/> Corus Radio <input type="radio"/> Fountain Tire <input type="radio"/> Other _____			

PARTICIPANT WAIVER

NAME OF PARTICIPANT (print)	<p>In consideration of being permitted to participate I, the undersigned, intending to be legally bound hereby, for myself, the children as noted above, my heirs, executors and assigns, waive and release any and all rights and claims for losses and damages I may have against event organizers, the beneficiaries of the proceeds of the event, and all other event sponsors and their respective representatives, successors, and assigns for all injuries suffered by me in said event. I also give full permission for use of my name and/or photo in connection with the promotion of this event, including entering me into contests and recognizing my participation in the event. If participant is under legal age, participant waiver must be signed by parent or guardian.</p>	At this time, I do not wish to receive:
SIGNATURE OF PARTICIPANT		<input type="radio"/> Correspondence about the Rick Hansen Foundation* <input type="radio"/> Correspondence about the SCI Solutions Network*
<i>For participants under legal age</i> NAME OF PARENT/GUARDIAN (print)		<p><i>By checking off any of the above options, you will not receive information from or about the corresponding organization(s) unless it is directly related to an administrative requirement of the event such as tax receipting, clarification related to a donation, registration confirmation, an event reminder, or notification of an event time change, cancellation or location change. Please see our privacy policy at www.rickhansen.com or call 1-866-609-4335.</i></p>
SIGNATURE OF PARENT/GUARDIAN		

DONATIONS

Credit card donations must be made at www.wheelsinmotion.org. To have a donation pledged on your behalf, you must register online.

INSTRUCTIONS FOR PARTICIPANTS COLLECTING DONATIONS

1. Make cheques payable to "The Rick Hansen Foundation."
2. On event day, bring completed Registration/Pledge Form(s), your online donation summary (if applicable) and funds collected to the event. You must submit your completed forms and funds on event day to qualify for incentive prizes.
3. If you cannot submit your Registration/Pledge Form(s) and funds on event day, take them to any Scotiabank branch before June 30, 2009, or mail them to the Rick Hansen Foundation office at 300-3820 Cessna Drive, Richmond, BC V7B 0A2. Please do not mail cash.
4. **The Foundation MUST receive your Registration/Pledge Form(s) with complete addresses, first and last names, and amount of funds to issue income tax receipts. Receipts for donations of \$10 or more will be sent within this tax year.**

PLEASE PRINT CLEARLY

1	MR MRS MS DR FIRST NAME LAST NAME EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS CITY PROVINCE POSTAL CODE	
	<input type="radio"/> I prefer English <input type="radio"/> Je préfère le français <input type="radio"/> Please do not contact* <input type="radio"/> I have a spinal cord injury (SCI) <input type="radio"/> A family member has an SCI	
2	MR MRS MS DR FIRST NAME LAST NAME EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS CITY PROVINCE POSTAL CODE	
	<input type="radio"/> I prefer English <input type="radio"/> Je préfère le français <input type="radio"/> Please do not contact* <input type="radio"/> I have a spinal cord injury (SCI) <input type="radio"/> A family member has an SCI	
3	MR MRS MS DR FIRST NAME LAST NAME EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS CITY PROVINCE POSTAL CODE	
	<input type="radio"/> I prefer English <input type="radio"/> Je préfère le français <input type="radio"/> Please do not contact* <input type="radio"/> I have a spinal cord injury (SCI) <input type="radio"/> A family member has an SCI	

PARTICIPANT INFORMATION

PARTICIPANT'S NAME	EVENT CITY / TOWN	EVENT SITE NUMBER 2009-
<input type="radio"/> I am a team captain <input type="radio"/> I am a team member	TEAM NAME	TEAM CAPTAIN'S NAME

DONATIONS

Credit card donations must be made at www.wheelsinmotion.org. To have a donation pledged on your behalf, you must register online.

The Foundation **MUST** receive your Registration/Pledge Form(s) with complete addresses, first and last names, and amount of funds to issue income tax receipts. Receipts for donations of \$10 or more will be sent within this tax year.

PLEASE PRINT CLEARLY

4	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	
5	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	
6	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	
7	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	
8	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	
9	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	
10	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	
11	MR	MRS	MS	DR	FIRST NAME	LAST NAME	EMAIL	AMOUNT COLLECTED
	MAILING ADDRESS				CITY	PROVINCE	POSTAL CODE	
	<input type="radio"/> I prefer English		<input type="radio"/> Je préfère le français		<input type="radio"/> Please do not contact*		<input type="radio"/> I have a spinal cord injury (SCI)	

Please photocopy this form as needed or download additional forms at www.wheelsinmotion.org and attach.

*The Rick Hansen Foundation is committed to protecting the privacy of our contributors, volunteers and all stakeholders. The information collected on this form will be used for purposes of administering your participation in Wheels In Motion events, including tax receipting, recognition, and statistical purposes. The information will also be used to send you information about the Rick Hansen Foundation and Wheels In Motion unless you select the opt-out options above. Your information will not be sold, rented or bartered to any other organizations. You may withdraw consent for future use of your information at any time by contacting 1.866.60.WHEEL. To view our full privacy policy, please visit www.rickhansen.com.

TOTAL
AMOUNT
COLLECTED

\$

<p>TELLER STAMP</p> <div style="border: 1px solid black; width: 100%; height: 50px;"></div>	<p>FOR OFFICE USE ONLY</p> <p>Instructions for SCOTIABANK 1. Verify cash/cheques submitted to Total Amount Collected (Enter amount attached to pledge form if blank, correct amount if incorrect) 2. Stamp where indicated. 3. Do this for all pledge forms submitted then total all cash/cheques. 4. Deposit all cash/cheques to account #72520 00450 12, CCP #6050 576 927 404. 5. Send a copy of the deposit slip and photocopy of all cheques with stamped Registration/Pledge Form(s) to BNS 72520, Cambie & 12th for Rick Hansen Wheels In Motion. Questions? Call 1.866.60.WHEEL.</p>	<p>Instructions for EVENT VOLUNTEERS 1. Total the Amount Collected column. 2. Ensure it equals the amount of cash and cheques collected. 3. Enter that amount in the box provided to the right and initial. 4. Do not accept forms which do not match the total amount of cash and cheques collected. Questions? Call 1.866.60.WHEEL.</p> <p>Event Volunteer Initials _____</p>	<p>TOTAL CASH & CHEQUES COLLECTED & REMITTED</p> <div style="border: 1px solid black; width: 100%; height: 50px; text-align:center; font-size: 2em;">\$</div>
---	--	---	---