

*The woods are lovely, dark and deep
but I have promises to keep...
and miles to go before I sleep,
and miles to go before I sleep.*

Robert Frost



Wellwood's very own "Dream Team" took on the world's largest road race, the New York Marathon, on November 7, raising \$14,000 for the capital campaign in memory of dear friend, Elissa Siroonian. Shown celebrating the moment at the finish line are (l-r) Susan van Baardwijk, Danelle d'Alvise, Kelly Curwin and Jane George, Wellwood's executive director.

The team expresses appreciation to all of the sponsors who made this fundraiser an overwhelming success, as well as to local company Bay Limousine, who donated a stretch limo to collect the tired four-some from the airport in style.

Wellwood 1K/5K Walk/Run at McMaster a success!

Wellwood's Walk/Run was a tremendous success, raising money, friends, good cheer and colo-rectal cancer awareness on a chilly Sunday morning in November.

Mike Scott, a Wellwood volunteer and his daughter Alexa tackled the race with enthusiasm. Alexa also raised pledges to support Wellwood's programs period. Together with other pledges and registration proceeds, revenue totalled \$14,000.

For full story and photo, see page 2.

Wellwood volunteer Mike Scott keeps up with daughter Alexa.



Capital Campaign nearing the finish line

Two major gifts to the capital campaign this fall bring Wellwood within a few strides' reach of the finish line in its effort to build a second community-based site at Chedoke. Joe Ng, of JNE (a local engineering firm) committed \$25,000, and Doug and June Barber donated company shares valued at \$140,000. Together with money already raised, the campaign sits at close to \$300,000. The \$2-million endowment from Margaret and Charles Juravinski, committed last year at this time, will generate income to help cover expenses associated with running two sites. It is anticipated that another \$120,000 is all that remains to acquire before the shovel can hit the ground, hopefully next year.

Thank you to those donors who support Wellwood through designating their gifts to The United Way. These individuals, due to privacy legislation, remain anonymous, so we are unable to express our appreciation directly.

VOLUNTEERS: PLEASE CIRCLE THIS DATE

The annual spring fling volunteer recognition event is scheduled for **April 21**. Please circle this date in your calendars and watch for your invitations in your mailboxes early in the new year.

Walking, running and rolling for a great cause

The Wellwood 1K/5K Walk/Run at McMaster on November 28 was a wonderful success, raising about \$13,000. This is the sixth annual event to promote awareness and prevention of colorectal cancers. This year, the organizers chose to partner with Wellwood and to direct all revenues to the Centre.

Almost 300 participants took part in the walk/run, which was held on a chilly November morning.

“Warmest thanks” to:

Trish Murphy, a dynamo who has been the driving force behind this event since its first appearance on the local running scene; **Teri Dolson and friends at The Runners Den** for coordinating registration; **Peter Self and Paula Schnurr**, who marshaled the race; **Rick Zazulak**, who gave his time and talents in designing all of the marketing materials; **the Hamilton Harriers** for lending a hand and their expertise; and **all of our volunteers, donors, sponsors and participants.**

Bundle up, lace up those sneakers, and look for this event again next November. (Why November, you ask? There are too many other races competing at other times of the year. This grey, dreary, cold month is almost all ours!)

Please show your appreciation to these sponsors:

Fortinos on Dundurn (more bananas and bagels than we could count); **Effort Trust** (sponsor of the “Best Effort” Kids 1K Run for Cancer); **Runner’s Den; McMaster University; Titles** (at McMaster); dentist **Frank d’Alvise; Seldon-Griffin Graphics; Ortho-Biotech; DayNight Pharmacy; Fox 40 - Fluke Transportation; Liberty Gold; Brooks; Litzén’s Source for Sports; Kevin Martin’s Jewelry; CHML Radio; Phoenix Fitness; Boston Pizza, Westdale; Thirty Bench Winery.**



Kevin Block shows pure determination.

Ready – set – go!

The starting line-up for the 1K.



Special thanks to the Toronto Maple Leafs Alumni, sponsors of the grand prize for the individual raising the most sponsorship dollars.

Our top five pledge collectors were:

Matt Salena	\$ 2,539.50
Emily Bartens	\$ 1,000.00
Bonnie Reid	\$ 472.00
Allison Stephen	\$ 400.00
Edith Morris	\$ 356.00

Pledges were accepted and reviewed in confidence under the direction of the Treasurer of the Board.



Tommy Stevens admires his Wellwood medal. Right: Tommy’s sister Kayla Stevens.



Below:

Alanna Groleau inspired everyone with her determination in the 1K.



Glendale provided cheerleaders



Alex Hall “helps” dad John.



Timmy Goodacre receives his medal from Danelle d’Alvise (member of the Wellwood “Dream Team.”)



Volunteer Heather Ritter at registration



Another “Dream Team” - the Dundas Blues Minor Atom rep hockey squad



The Weisz family