



We are pleased to present our new three-year [strategic plan](#) that will guide the work of Muscular Dystrophy Canada until 2020.

Entitled “Pushing Beyond Possible,” it builds upon the last plan and recognizes that we must work even harder as an organization, to ensure we are investing more money to support our critical mission work.

The title also reflects the incredible spirit of our clients, the continued advancements being made by our research community, and the generous spirit of our donors.

Nous sommes heureux de vous présenter le nouveau [plan stratégique](#) triennal qui guidera le travail de Dystrophie musculaire Canada jusqu’en 2020.

Intitulé Au-delà du possible, ce plan s’appuie sur le plan précédent et reconnaît que nous devons travailler encore plus fort en tant qu’organisation pour faire en sorte d’investir plus d’argent en appui à la réalisation de notre mission.

Ce titre reflète également la force et la résilience de nos clients, les progrès constants réalisés par le milieu de la recherche ainsi que la générosité de nos donateurs.



Bill S201 Passed

Raising our voices in unison gets real results! Last night [Bill S 201 passed](#) thanks to a wide coalition of MPs, working together to defend the right to genetic privacy by a vote of 222-60. Because of YOUR persistence in writing letters and filling the voicemails of your elected representatives, you have created real change that insures that people can’t be left out in the cold by insurers for the story they carry in their genetic makeup.

This is a reminder that pressure works! Organizing at grassroots levels through hundreds of communities across Canada, we worked alongside countless partners to build a more equal and inclusive future for all Canadians. As Canada celebrates its 150th birthday, we cherish these victories that motivate us for the countless battles to come in the next 150. If we keep fighting for the future we believe in, together we will build it!

On behalf of all us at MDC, we thank the countless community organizers, activists, partners, and elected officials who fought for a future built on fairness!

A big thank you to MP Rob Oliphant for shepherding this bill through Parliament!

Services



Caregiver Retreat – St. John's, NL

Muscular Dystrophy Canada – Atlantic Services is delighted to provide a Caregiver Retreat in St. John's, NL this spring.

Presented by **Lawtons Home HealthCare**, and with specialist content delivered by our partnering organization **Caregivers Nova Scotia**, this Retreat will provide unpaid caregivers of persons with neuromuscular disorders an opportunity to relax with peers as well as to learn skills and resources that will aid in their role as caregiver. **We hope your caregiver(s) can join us at the Murray Hill Premises Hotel on May 27 & 28, 2016.**

Click here to register: <https://goo.gl/forms/qT0bGsDQsuRfJyzi2> or contact Jennifer at 1-888-647-6322 ext 4203

Lawtons
Home HealthCare

Youth The Future - Halifax Municipality

The Canadian Council for Rehabilitation and Work is offering a new program called **YOUTH THE FUTURE**. Altogether, it's 20 weeks of {PAID} pre-employment and on-the-job training for youth age 15-30 who identify as having a disability. This program will be running out of the Easter Seals office on Kempt Road, with an anticipated start date of March 13, 2017. We've posted the full details on the Youth in Action [website](#)

Please contact Emily Duffett, Program Facilitator at (902) 453-6000 ext. 234 or eduffett@ccrw.org

Research

Scientists identify parent-of-origin phenomenon in myotonic dystrophy

Research partially funded by Muscular Dystrophy Canada, an international research team co-led by The Hospital for Sick Children (SickKids) and Vrije Universiteit Brussel in Belgium has determined how myotonic dystrophy (a form of muscular dystrophy) is carried through families, a phenomenon known as the parent-of-origin effect. Muscular Dystrophy Canada is grateful to the Rachel Fund for financial support.

Read more at muscle.ca

Community/Chapter

Team Sparks - Lip Sync Battle and Auction

On Friday, March 24th @ 7PM, at the Saint John Trade and Convention Centre come out for a fun night and see some of your favourite community leaders strut their stuff! This is a fundraiser in support of Team Sparks for the Saint John Walk for Muscular Dystrophy.

Tickets are \$25 and are available at <https://muscle.akaraisin.com/lipsyncSJ> or to register contact: Jeff Sparks @ 849-8459 or jeff.sparks@muscle.ca Tickets must be purchased by Friday, March 17th, 2017. For more information visit Facebook [Lip Sync Battle and Auction](#)

Halifax Chapter

On **Saturday, April 22nd** from 1-3pm join the chapter for **Wheelchair Soccer** game at the Citadel Community Gym, 1955 Trollope Street. RSVP Tracey at 902-429-6322 ext 4104

Central NB Chapter

The chapter will be having a **used book sale** on **April 27 and 28** at Kings Place Mall in Fredericton. If you have books to donate or would like to volunteer a few hours to help out contact Richard at rsteves@nbnet.nb.ca

Fundraising



Looking to sign your name to a **shamrock**? Here is the list of where you can give a Buck 4 Luck and help make muscles move!

Make sure to share a photo of your shamrock with us on social media by using the hashtag **#Buck4Luck** and **#shamrockselfie**!

New Brunswick

Dooly's Valley Sands
Scotiabank Miramchi
Scotiabank Perth-Andover

Newfoundland and Labrador

Foodland St Anthony
O'Reilly's Irish Pub
Scotiabank Bay Roberts
Scotiabank Conception Bay
Scotiabank Goulds
Scotiabank Grand Falls-Windsor

Nova Scotia

Amherst Cheverie Pharmasave
Dartmouth Gate Guardian Drugs
Giant Tiger Sackville
Grawood
Killams Wharf Ltd/Rudder's Seafood Restaurant
The Lower Deck
Home Hardware-Gillis
Home Hardware-Harrison's
Scotiabank North Sydney
Valley Pharmasave

Prince Edward Island

Clows

WALK FOR
Muscular
Dystrophy



Who will you walk for?

Join us for the Walk for Muscular Dystrophy and help raise spirits and funds in support of those affected by neuromuscular disorders. The Walk for Muscular Dystrophy is a fully accessible community event that is fun for your family, friends and colleagues.

Your contribution will help support individuals and families affected by neuromuscular disorders through initiatives including education, information, advocacy and funding for research and assistive devices.

Join our community of hope and help make a difference. www.walk4md.com

These are the dates and locations of the 2017 Walk for Muscular Dystrophy.

New Brunswick

June 18, Saint John, HMCS Brunswicker
June 18, Moncton, Centennial Park
June 24, Fredericton, Odell Park

Newfoundland and Labrador

June 29, Goose Bay, HVGB Town Hall
August 19, Corner Brook, CB Civic Centre
September 9, St John's, Easter Seals House

Nova Scotia

June 10, Halifax, Marriott Harbourfront
June 17, Sydney, Joan Harriss Cruise Pavilion
June 24, Pictou County, Scotsburn FD

Prince Edward Island

June 24, Charlottetown, Confederation Landing Park