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**SEPT 2006**

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## Carla & Jake's NYC Marathon Newsletter

### A Success - Thank You!

Tuesday, August 29<sup>th</sup>, we held our 2nd Annual, JIM 5K Fun Walk / Run event. At 7:00pm about 50 people came to walk for Arthritis. Our route took us around the outside edge of town and it looked quite impressive as people were spread out along the streets. We had a few runners, a handful of dogs, some youth, and a nice mix of people from around town. The local newspaper was there to cover the story. Participants were asked to collect pledges from others or donate themselves in order for their name to be entered into some prize draws. Thank you to: Kivalliq Air, Northern, Tara's Treasures, M&T, Turaarvik Inns, N. Gordon, K. Taylor, Mary Kaye E. Hatlevik, and Umingmak for the great incentive. Congrats to Wendy who won the airline tickets! Initial numbers indicate that we raised around \$1500. The photo below was the only one we had time to snap. Don't we look great in red! Karen, right, is our friend running with Team Diabetes and we've been each other's running supporters for over a year and half. Bill, her hubby, is her cheer team!



### Poker Fundraiser!

No Limit Texas Hold 'Em  
Friday, September 15

100 tickets for \$100 each  
Arena

Doors open 5:30pm, close at 6:00pm

1<sup>st</sup> Prize - 25% of pot (maximum \$2500)  
2<sup>nd</sup> Prize - 15% of pot (maximum \$1500)  
3<sup>rd</sup> Prize - 10% of pot (maximum \$1000)

The remaining 50% will be donated to  
The Arthritis Society.

For tickets contact James Sandy, Pelagie Sharp, Tracy Jackson, Shawna Corley, Michelle Jackson, Dave Petryshen, Jake Punshon or Carla Punshon

Interested in being a dealer? Contact us.

Must be 16 years or older to play



**November 5**

Run Date - New York City

## Where does the money go?

Most people run marathons without joining in with a charity group, but many choose to make a difference in the lives of others. All sorts of charities offer training assistance and travel opportunities to people in exchange for their hard work in raising funds for their organization. Some of these charities include Team Diabetes, Team in Training (Leukemia & Lymphoma) and Joints in Motion (The Arthritis Society).

Each charity group sets a minimum fundraising goal for their participants based on the location of the event. For us with JIM, our minimum amount to New York is \$5500. Some people have thought that all our fundraising efforts are simply to pay for a holiday. In fact, only 20% of the funds required cover the journey and the other 80% goes to the charity. Jake and I are committed to the cause and so from our own pockets we have chosen to pay our complete travel costs from Rankin Inlet to New York. That means 100% of what we raise goes right to The Arthritis Society.

JIM money helps fund research and training programs in each of Canada's 16 medical schools. This support enables doctors and scientists to pursue and expand their knowledge of arthritis and helps educate family physicians about rheumatic diseases. JIM funding also assists in the establishment of patient self-help and information programs to help people with arthritis learn more about their disease and its treatment.

How we are doing:

Jake's total: \$4763.25

Carla's total: \$3822.00

## How Can I Donate?

You can donate by:

1. On-line. [www.punshon.ca/running](http://www.punshon.ca/running) and click the links near the top.
2. Mail. Carla & Jake Punshon, Box 477, Rankin Inlet, NU, X0C 0G0
3. In Person.
4. Attending/assisting at our fundraising events.

## Everyone knows someone with Arthritis!

Live long enough and you can pretty much count on developing arthritis: a touch of osteoarthritis, at the very least.

Arthritis (meaning joint inflammation) actually consists of more than 100 different conditions. These can be anything from relatively mild forms of tendonitis (as in 'tennis elbow') and bursitis to crippling systemic forms, such as rheumatoid arthritis. There are pain syndromes like fibromyalgia and arthritis-related disorders, such as systemic lupus erythematosus, that involve every part of the body. There are forms of the disease, such as gout, which almost nobody connects with arthritis, and there are other conditions - like osteoarthritis, the misnamed 'wear and tear' arthritis - that a good many people think is the only form of the disease. True, many older people do have arthritis, but some forms of arthritis affect children still in diapers, while thousands of people are stricken in the prime of their lives.

For more information on Arthritis visit [www.arthritis.ca](http://www.arthritis.ca).