



May 25, 2016

Dear Members and Friends,

Come to our 3rd Annual BriStrength Walk and BBQ in memory of Brianna Liddard

We are delighted to confirm that on Sunday, July 3rd 2016, Vasculitis Foundation Canada will co-host the 3rd annual BBQ and fundraiser walk “**BriStrength**” at Couchiching Park, Pavillion 2, on the waterfront in Orillia, Ontario between 10:00AM and 3:30PM. This annual walk, **in the memory of Orillia’s own Brianna Liddard**, aims to raise funds to support medical research, but also to increase public awareness, and patient education, about vasculitis. The BriStrength Walk includes: BBQ, snack, cake, t-shirt, carry bag, draws and prizes, don’t miss it! **Cash donations, donated prizes are always needed and welcome, please let us know if you can contribute something.**

Join the activities and **WALK to raise funds for vasculitis research. Walk sponsors contribute to you, and they get a tax deduction receipt for their donation.** Plan to attend the walk & BBQ and get started signing-up your sponsors now, [click here](#) to download our VFC 2016 Donation Pledge Sheet. For more information, or to register contact Sheri-Leigh Liddard at: sltennesse@yahoo.ca or 705 345-5543. See below for complete BriStrength info, and map/directions.

Brianna Liddard of Orillia was diagnosed in emergency with a severe form of the vasculitis Granulomatosis with Polyangiitis (GPA), which initially attacked her lungs. At just 18 years of age she put up a courageous fight but succumbed to complications after about 4 weeks in hospital on January 24, 2014.

Vasculitis is a family of about 26 separate, but related, diseases within the larger family of about 115 arthritic diseases. Vasculitic diseases are rare and can affect people of all ages, gender and ethnicity, they are not contagious nor hereditary. Vasculitis is considered an autoimmune disease, creating inflammation of the blood vessel walls, thereby reducing the blood supply and causing tissue and organ damage, which can lead to death. Vasculitis is more common than you think, and sadly deaths do occur.

Vasculitis Foundation Canada (VFC), was founded by volunteers in 1998 to assist and educate patients living with rare and life-threatening vasculitic diseases. Today, VFC’s volunteers still focus on patients, assisting them to **care** for and take **control** of their disease, but also to encourage and support research efforts to identify the **cause** and **cure** of all types of vasculitis. 100% of your donation goes to awareness, education and research.

On behalf of the Board, we hope to see you, your family, and friends at scenic Couchiching Park on Sunday, July 3rd, 2016 - rain or shine!

Yours very truly,

Sheri-Leigh Liddard and Jon Stewart Director and President

PS VFC is looking for a special volunteer to be Secretary for the retiring Garth James, please contact us if you are interested in this very important volunteer position.

Not-for-profit Canadian Corporation - Registration N. 88827 6227 RR0001

446 – 425 Hespeler Road, Cambridge, Ontario N1R 8J6

Telephone: 1-877-572-9474 www.vasculitis.ca

Care  Control  Cause  Cure

“BriStrength” - Sunday, July 3, 2016

This event is sponsored by the Vasculitis Foundation Canada. **Our goal is to increase vasculitis awareness while helping to raise much needed research funds.**

COLLECT DONATIONS: Walkers can walk individually or form a team. **If you are not able to walk, no problem, we will have volunteer walkers walk for you!** Just let us know in advance if you need a volunteer walker. You can walk as far as you like because what you collect is a donation not a sponsorship by the kilometre.

And, let’s not forget that many vasculitis patients will be together with friends and family, so let’s show our support by walking with them, or for them, at this worthwhile event. **Fundraising for vasculitis research is not exactly common, so we need to work twice as hard to raise funds.** Bring your friends and family to walk as well! Join us for prizes, face painting, refreshments plus so much more and feel good about joining in the challenge to raise both awareness and research funds.

Remember, all walk donations are tax deductible! **And, please let us know if you can contribute something to our prizes or gift bags. Donations are always needed and welcome.**

T-SHIRT: Every registered walker will receive a t-shirt at the walk along with food (hamburgers, veggie burgers, hotdogs/sausage, salads, chips and drinks). You will also be able to purchase extra t-shirts (while supplies last), and other Vasculitis Foundation Canada products.

We hope to see all of you on July 3rd, 2016!

VFC reserves the right to make program changes as may be necessary.

Event Location

Couchiching Park, Pavillion 2 on the waterfront, 140 Canice Street, Orillia, ON Canada	
Event Schedule:	
Registration for the walk, sign pick-up etc.	3/07/2016 10:00 AM - 11:15 AM
Walk, park trail to Brianna’s bench and back	3/07/2016 11:30 AM – 12:15 PM
Group Photo and Group Dance	3/07/2016 12:15 PM - 12:30 PM
BBQ lunch, Cake, Games, and Door Prizes	5/07/2016 12:30 PM - 2:30 PM
All Draws, Wrap-up Speeches and Thank You	5/07/2016 2:30 PM - 3:30 PM

Fees

Adults (18+): \$25.00 (group rate for 5 adults \$100) Walk Registration includes a t-shirt, BBQ lunch, cake and door prize entry.
Students (13-17yrs.): \$15.00 Walk Registration includes a t-shirt, BBQ lunch, cake and door prize entry.
Volunteer Only: Free Walk Registration only
Children (12 & under): Free T-shirt not included, but may be purchased for \$10. Please pre-order, with correct size, for pick-up at event.

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3rd Annual BriStrength Walk & BBQ

Sunday, July 3, 2016 ~ 10:00 AM to 3:30 PM

DIRECTIONS TO Couchiching Park, Pavillion 2, 140 Canice Street, Orillia, ON

From Highway 11, exit at #133 and follow Coldwater Road W.

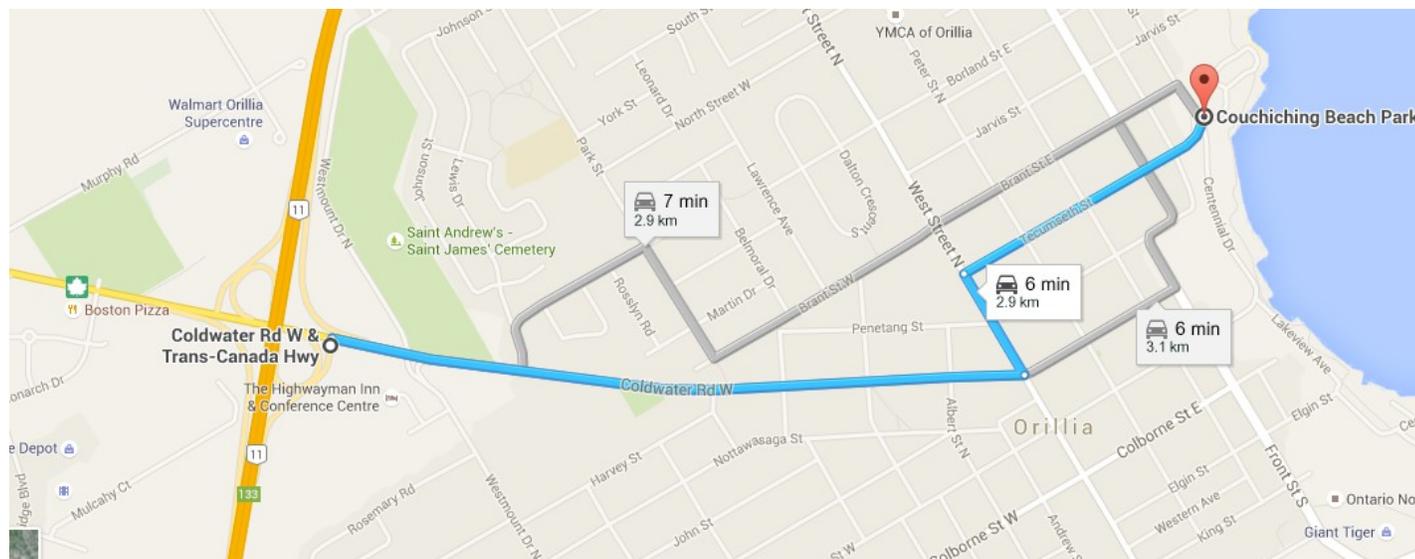
Follow Coldwater Road W. straight down and turn right onto **Front Street**, turn left at the next set of lights, onto **Mississauga Street** which turns into **Centennial Drive**

Centennial Drive runs along **Couchiching Park**, the main parking lot is on the right hand side across from Frenchies Food Stand.

Pavillion 2 is located on the waterfront. Follow the boardwalk from the parking lot and look for **the Vasculitis Foundation Canada Banner** to locate the event.

Please Register BY JUNE 28, 2016 by contacting Sheri-Leigh Liddard at: slltenesse@yahoo.ca or 1 705 345-5543.

Couchiching Park, Pavillion 2, Orillia, Ontario



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