

## **After Suzanne's Walk**

Hello. My name is Suzanne and I wanted to give you an update on my Walk for Research.

My Walk took place in Ottawa on Sunday, October 4<sup>th</sup>. It was a lovely day. The sun was shining and it was a perfect day for my Walk along the Chapman Mills Conservation Trail, beside the Rideau River.

We met at a prearranged point around 1:00 p.m. I had friends; neighbours and relatives come out to support me. In total there were eighteen of us. We also had a photographer Mike Carrocetto; join us from a local community paper, which had just done an article about my Walk to raise money for research into NeuroEndocrine cancer. I was glad that he was there, because in my excitement I forgot my camera. My husband, Brian, used his cell phone to take pictures of our group. So it ended up that we had two people taking pictures- one a professional and one an amateur. Between the two of them, the day is certainly well documented.

We walked about 1.5 km from one end and back along a trail. We couldn't help but enjoy the beautiful scenery as we strolled along. I used my walker as I have just had surgery on my knee but I managed just fine.

After the walk, we had some people back to our house for supper. My husband, Brian made baked beans, pulled pork and some delicious buttermilk bread.

Victoria Roy was a big help. Her mother is a Net patient in Kingston. Victoria worked the table where I was selling T-shirts and other CNETS merchandise. All in all, I sold 8 T-shirts and other items for the organization.

Starbucks donated coffee and I used the \$25.00 gift card that I had received from Loblaws to buy water, juice boxes and cookies.

**I am very proud to say that I raised \$2186.00 from my Walk. I ended up \$186.00 above my goal.** Included in that amount is a donation of \$500.00 from a supporter who I have thanked very much for her generous support.

It was a great experience and I know that everyone enjoyed themselves tremendously.

Thanks,  
Suzanne