

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

**Cheque:** Please make your cheque payable to  
"The Arthritis Society".

**Credit Card:** Please complete the credit card  
information section below:

**Tax receipts will be issued for donations of  
\$15.00 or more**

Name: (as it appears on credit card):  
\_\_\_\_\_

- Visa
- MasterCard
- American Express

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature of Cardholder:  
\_\_\_\_\_

**OR DONATIONS CAN BE  
SUBMITTED...**

by going to our secure personalized Arthritis  
Society *Joints In Motion* web page at:  
<http://arthristis.akaraisin.com/onjim/seidlitz>

or

Fill out the donation form and submit it to  
us, either in person or by mail:

Eric & Wendy Seidlitz, 86 Robinhood Dr.,  
Dundas, ON, L9H 4G4



DONATE ONLINE AT:

[http://arthritis.akaraisin.com/  
onjim/seidlitz](http://arthritis.akaraisin.com/onjim/seidlitz)

CONTACT US DIRECTLY AT:

[seidlitz@cogeco.ca](mailto:seidlitz@cogeco.ca)

FOR MORE INFORMATION ON ARTHRITIS  
CHECK OUT:

[WWW.ARTHRITIS.CA](http://WWW.ARTHRITIS.CA)

CHARITABLE REGISTRATION NUMBER  
**108071671RR0003.**

*Support the*  
**Arthritis Society**

*by sponsoring*

**Eric & Wendy Seidlitz**

*in their*

**Landmannalaugar  
Highlands of  
Iceland Trek**

*taking place July 14-23, 2012*



## CHECK OUT WHAT WE ARE DOING...

We have joined the Arthritis Society's *Joints In Motion* Training team and will be trekking 80 kilometres in a six-day hike through the Landmannalaugar highlands of Iceland in July 2012.

Landmannalaugar (Icelandic, meaning the people's pools) is a region near the volcano Hekla in the southern section of Iceland's highlands. The area is famous for its spectacular natural beauty with challenging treks through multi-coloured rhyolite mountains, vast lava fields, meadows of wool grass, moss fields, and steam springs. This trek will be extremely difficult for our *Joints In Motion* team, but is nothing compared to the suffering of those with Arthritis.

Wendy is dedicating the trek to her Arthritis Hero – her husband, Eric, who suffers from rheumatoid arthritis.

## HOW YOU CAN HELP ...

We have committed to raising a **minimum of \$16,000** in sponsorship pledges for the Arthritis Society.

Please help us by contributing to our campaign. We have included a donation form on this brochure for your convenience. We also encourage you to visit our personal web page for more information about *Joints in Motion*, about us, and a link to our online donation page:

<http://arthritis.akaraisin.com/onjim/seidlitz>

## ARTHRITIS IN CANADA

Over **4.5 million** Canadians, including **1.8 million** living in Ontario, have one or more of the 100 forms of Arthritis.

Current statistics project the number of people with arthritis will increase at a rate of **one million** per decade, reaching an estimated 6 million Canadians by the year 2026.

Arthritis is one of the most common chronic diseases in Canada and the leading cause of long-term disability – more than **600,000** Canadians with arthritis are unable to work.

Arthritis knows no boundaries – it can strike **anyone at anytime**, regardless of age, physical condition or ethnicity.

Arthritis affects more adults than cancer, heart disease, respiratory conditions and spinal cord trauma.

## BY SUPPORTING THE ARTHRITIS SOCIETY ...

You are helping to fund arthritis education, community-based support, and world-class research.

Since its inception in 1948, the Arthritis Society has been the largest non-government funder of basic and applied arthritis research (more than \$175M), which has led to significant breakthroughs in the diagnosis, treatments, and care of patients with arthritis.

## HOW TO DONATE:

Yes!!! I would like to contribute to The Arthritis Society and support Eric & Wendy in their Iceland Trek.

Please circle an amount below, complete the information on the reverse, and submit to Eric & Wendy.

Your Contribution	Degree of Generosity
\$3192	A monumentally generous amount. If you are efficiency minded and wealthy, this may be the way to go. Represents approximately 1 penny for every inhabitant of Iceland.
\$930	Stupendously generous and representative of the year in which Iceland's parliament was formed.
\$650	Extremely generous, and represents \$50 for each of the 13 Santa Claus's in Iceland.
\$355	Very generous, works out to \$1 for each minute it takes to fly from Toronto to Iceland.
\$99.99	Represents the literacy rate of Iceland. \$100 would be easier on the accountants.
\$50	\$10 per glacier in Iceland.
\$23	\$1 for every hour of daylight in July in Iceland. How about rounding up to \$25?
\$_____	Please fill in amount.