

Let's Go!

**ACTIVE
AGAINST
ALS**



ANN ARBOR NEWSLETTER
WINTER 2013



Phi Delta Theta and Active Against ALS Working Together!

Friendship, sound learning, and moral rectitude are Phi Delta Theta's Cardinal Principles. As the Michigan Alpha chapter of this fraternity, we seek to uphold these values in our daily lives. Though many fraternities and sororities at the University of Michigan embrace a cause, Michigan's Phi Delta Theta is different. Internationally, Phi Delta Theta's philanthropic cause is ALS (Lou Gehrig's disease) because Lou Gehrig was a Phi Delta Theta brother. In conjunction with this global goal, our fraternity seeks to raise funds for ALS research. Our philanthropic committee wanted to do more than this, however. We wanted to work with young people and have a positive impact on the Ann Arbor community.

Before being introduced to Ann Arbor Active Against ALS in the fall of 2008, we never imagined becoming so involved with the non-University Ann Arbor community. In four years, our brothers have participated in Active Against ALS events, organized our own events (such as a Halloween Haunted House), and partnered to put on an annual Boxcar Derby. We also have a liaison who serves on the Ann Arbor Active Against ALS board, and we have spoken at local schools about our work.

Through this partnership, we have worked with elementary school and middle school aged children, and gotten to know local families. We feel we have become a part of the Ann Arbor community. For the future, we hope to improve ALS awareness on campus and increase participation in ALS events community wide. We at Phi Delta Theta pride ourselves on becoming "the greatest version of oneself." This can only be attained through teamwork and role models. The example set by board members of Active Against ALS and its volunteers has enabled us as a fraternity to reach out and get involved in more meaningful ways. Though we are only in college for a few years, our goal is to continue to grow our relationship with this local non-profit and strive to better ourselves in our actions whether in the community or in our careers.

Our connections to ALS are through our brother, Lou Gehrig, and we know it is our duty to be as active as possible to find a cure. "One Man is No Man" is our motto, and we believe this is applicable to everyday life, including the work to cure ALS. We also know that it is only through building a strong community that anything is possible.

-Keegan McDonald and Eric Pillado, Phi Delta Theta brothers



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Bottle Drive

Cammie Dalton and Zoé Sunahara, 6th graders last spring, took the initiative to have a bottle/can drive. With support from Roger Sunahara and a dedication to picking up as many bottles and cans as possible, the girls raised \$350 for Active Against ALS! Thank you, Cammie and Zoé! It is wonderful to see such caring and compassionate youth in action!

Sam's Big Ride

On October 22, the day of the UM-MSU game, 12-year-old Sam Sugerman rode 68 miles from Spartan Stadium in East Lansing to Michigan Stadium in Ann Arbor. He was surprised at how far 68 miles was on a bike, but he was psyched after his grand accomplishment.

The ride was Sam's mitzvah project in preparation for his Bar Mitzvah that took place on December 1. In the spirit of Ann Arbor Active Against ALS, Sam wanted to bring people together to raise awareness about ALS. What could be more significant than bringing together rivals? "I like the Spartans but I also like the Wolverines and I wanted to find a way to bring fans of both together," Sam explained. "I thought the ride from one stadium to the other on the day of the game might be a good route to take." The stories on Michigan and Michigan State sports blogs reflected Sam's success in rallying both Spartan and Wolverine fans to his cause. Almost 200 people donated in honor of Sam, many of whom didn't even know him but read about his project.

Sam set out to raise \$3,000 for ALS research and to date has raised over \$8,500. In addition to donating these urgently needed funds, Sam raised awareness about the disease. At his Bar Mitzvah, Sam spoke of his regard for people who face the challenges of living with ALS. He reflected on courage and the desire to strive for improvement even under the most difficult circumstances. Sam's mitzvah included an eight hour bike ride, as well as an act that inspired many people to pay attention. Congratulations, Sam!



BAR & BAT MITZVAHS

Thank you to our young friends who are performing large mitzvahs for Ann Arbor Active Against ALS. Hannah Aronow swam 21 miles, Sam rode 68 miles, and now Leah Webber is running 104.8 miles, the equivalent of 4 marathons, before her bat mitzvah in April. Four is Leah's favorite number, and happens to be the number of baseball player Lou Gehrig. To support Leah, go to <https://a2a3.wufoo.com/forms/s7x1m7/>.



Thank You



BUHR POOL SHARKS SWIMATHON

Thank you to the Buhr Park Sharks for again choosing Ann Arbor Active Against ALS as the recipient of their donations for their annual swimathon that took place this past July. 56 swimmers swam 6, 031 lengths of the pool, topping the past two years by over 100 lengths and raised over \$3,000 during this year's swimathon!

THE ELECTRIC BOLT PARTICIPANTS



Thank you to all the participants, volunteers and sponsors of our Second Annual Electric Bolt road race that took place this past July. Over two hundred runners and walkers participated in running and raising funds. To find results or see photos and video, go to www.a2a3.org.



MAX SHOWALTER AND CADE GERGYE

Max Showalter and friend Cade Gergye, down in Ohio, set up a lemonade stand and raised money for research! Max has been a regular entrepreneur for Ann Arbor Active Against ALS and we appreciate his leadership and initiative!



SONYA AND EMMETT JOHNS

Many thanks to Sonya (10) and Emmett (8) Johns who participated in National Lemonade Day, a program which teaches youth to set up a business. Sonya and Emmett, students at Dickens, lost their grandfather to ALS in October 2010. They are proud to help in the fight against ALS.

TO EVERYONE WHO HAS DONATED, VOLUNTEERED, OR SPONSORED AN EVENT OR PLANNED AN EVENT OF YOUR OWN. WE HAVE NOW DONATED MORE THAN **\$200,000** TO ALS RESEARCH!



THE EC SWIMMERS!

Thank you to our English Channel Swimmers for their incredible accomplishment of not only completing their swim but also setting a world record! Their swim raised awareness, funds and the level of excitement of all those who followed their exploits. To date the team has raised over \$99,000 and that total continues to grow. What an incredible achievement!

HANNAH ARONOW



Thank you to Hannah Aronow for completing her 21-mile swim (that was inspired by the English Channel Swim Team) for her "mitzvah" or good deed in celebration of her Bat Mitzvah that took place on October 6. Mazel Tov, Hannah!



FAMILY FIELD DAY

We had a beautiful afternoon for the 5th annual Family Field. Thanks to all who came out and made this a wonderful event. We thank all our sponsors and many volunteers.



PIZZA HOUSE AND PHI DELTA THETA

Thank you to Pizza House and Phi Delta Theta for organizing a pizza fundraiser! This was a great chance to enjoy Pizza House for dinner and raise some money for ALS research. We appreciate all that Pizza House does for non-profits in the Ann Arbor community.

Events at a Glance

"SWIMMING TOWARD A CURE" WORLD FILM PREMIERE!

Sunday, February 10

5TH ANNUAL BOX CAR DERBY

Saturday, March 23

4TH ANNUAL TWINKIE RUN

Monday, April 1

BURNS PARK RUN

Sunday, May 5

ELECTRIC BOLT 5K

Sunday, July 28

Don't Miss Out!

Subscribe to our events calendar to get notifications of A2A3 events for your google or apple calendar. To sign up, visit www.a2a3.org

Ann Arbor ACTIVE AGAINST ALS

RAISING FUNDS. RAISING HOPE.

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"Swimming Toward a Cure" Film Showing

Come see the MSU documentary about the six amazing women who swam the English Channel and broke the world record! Sunday, February 10 at 1:00 p.m. at Blau Auditorium (U-M Business School). For reservations: <https://a2a3.wufoo.com/forms/swimming-toward-a-cure-film-showing/>

5th Annual Box Car Derby

Come out for the 5th Annual Box Car Derby! Zoom down the hill on March 23 with the Phi Delta Theta brothers.

April Fool's Twinkie Run

Long live the Twinkie! Come run at the 4th Annual Twinkie Run on Monday, April 1 at Gallup Park (Ann Arbor).

Leah Webber on the Run for ALS

Tappan 7th-grader Leah Webber will make her Bat Mitzvah in April 2013. She is doing her good deed for the community by running the equivalent of four marathons to raise funds for ALS research. Go, Leah!

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