

Man walking for cancer will make stop here

By **STEPHANIE THIESSEN**
The Champion

He might seem like your average solicitor at first.

But Monday afternoon or evening when Steve Kay knocks on your door or enters your downtown business, you'll quickly realize that he's anything but average.

Mr. Kay will soon be embarking on the journey of a lifetime. He'll walk from Kitchener to Princess Margaret Hospital in Toronto beginning Sunday and ending August 22.

Along the way he'll stop in communities to raise awareness and funds for a program — the Healing Journey — at Princess Margaret Hospital that helps cancer patients.

He expects to arrive in Milton Monday just before 1 p.m. and will spend the afternoon visiting businesses to drop off pamphlets and pledge forms and let businesses know what he's doing.

When stores close, he'll move to residential sections of town and go door-to-door raising awareness of Healing Journey and collecting donations.

"I began thinking about doing this about two or three years ago. Cancer has riddled my family," Mr. Kay said.

Next May, as the second part of his Miles to Go walk, Mr. Kay will complete an even longer trek from Toronto to Thunder Bay.

His goal is to raise \$100,000 — and he has every intention of meeting that.

"I'm very optimistic about raising \$100,000. Whether it takes me one or five years, I'll meet that goal," said Mr. Kay, who lived in Milton for nine months before moving in May.

The creator of the Healing Journey program is Dr. Alastair Cunningham, a cancer survivor. The program is for cancer patients and their family members who want to take control of their situation. The

psychological self-help program can improve communication, lessen anxiety and depression, among other health and mental benefits, Mr. Kay said.

It's the devastating effects cancer had on his grandfather, five cousins and an uncle that inspired Mr. Kay.

"If Terry Fox could walk across Canada on one leg, surely I can do something I believe in and create awareness," he said. "I've always, in the back of my head, wanted to do something. I've always liked helping others."

Plans for the walk didn't go as he had originally thought. He first planned on

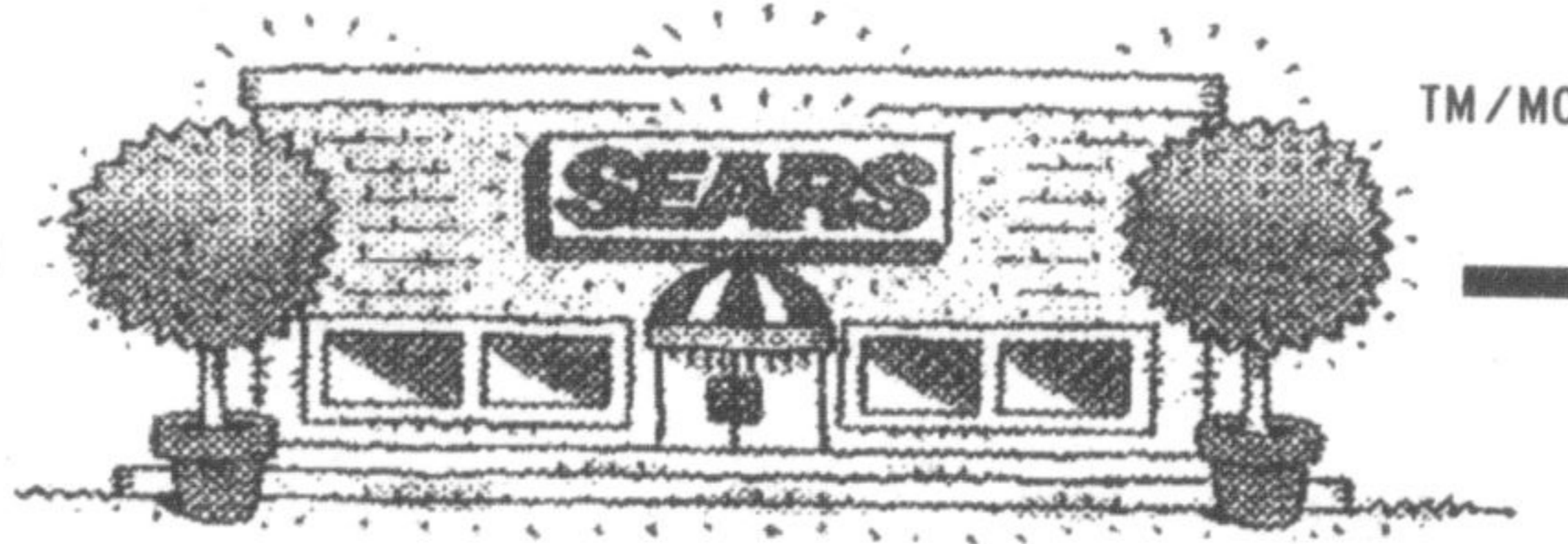
walking from Kitchener to Thunder Bay but soon realized he didn't have enough planning time. So he decided to break it into two walks.

In the end, Mr. Kay said, it works out better than one long walk. He hopes businesses will post pledge forms and flyers and leave them up until next year when he does the second walk. That way, he has nine months to collect donations and create awareness.

Now, all that's left to do is wait for the walk to begin.

Stephanie Thiessen can be reached at sthiessen@miltoncanadianchampion.com.

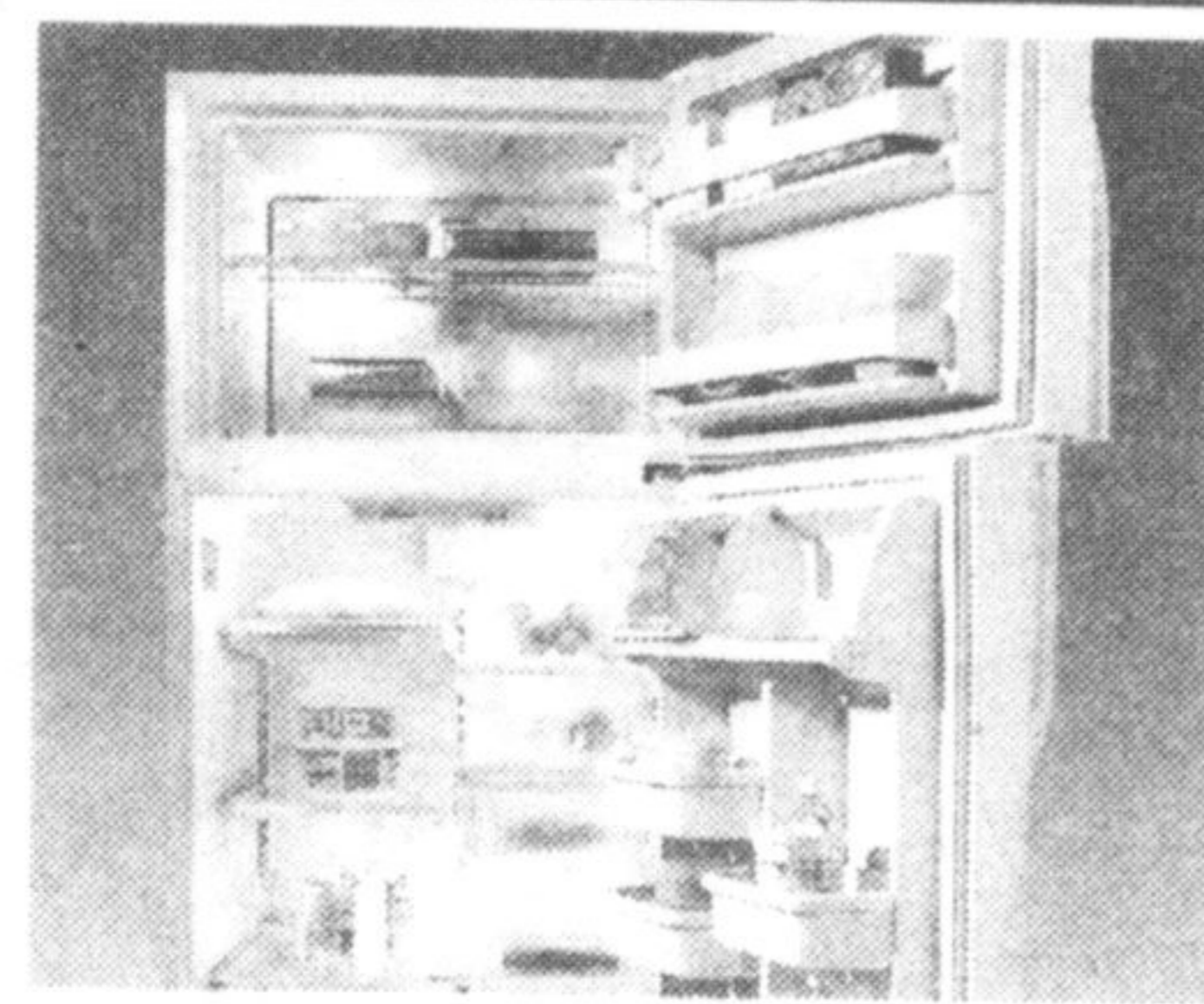
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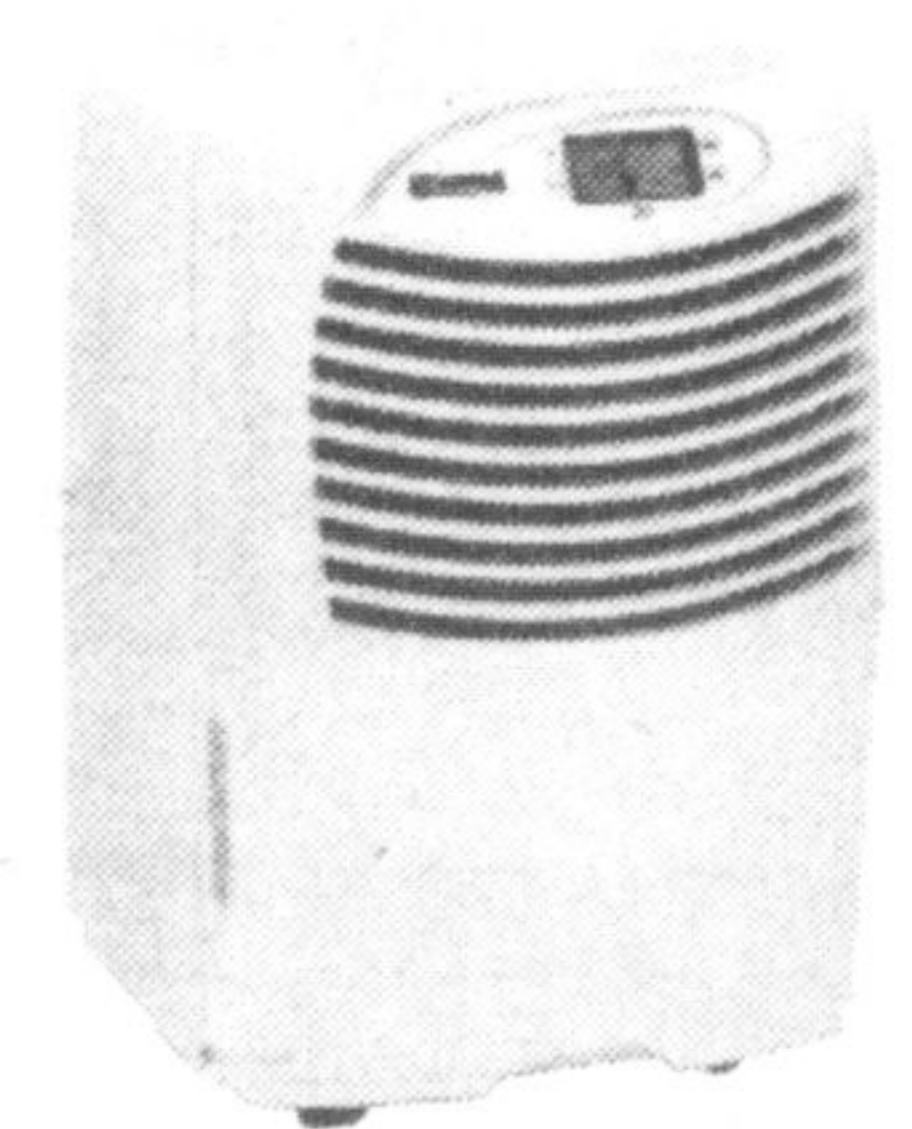
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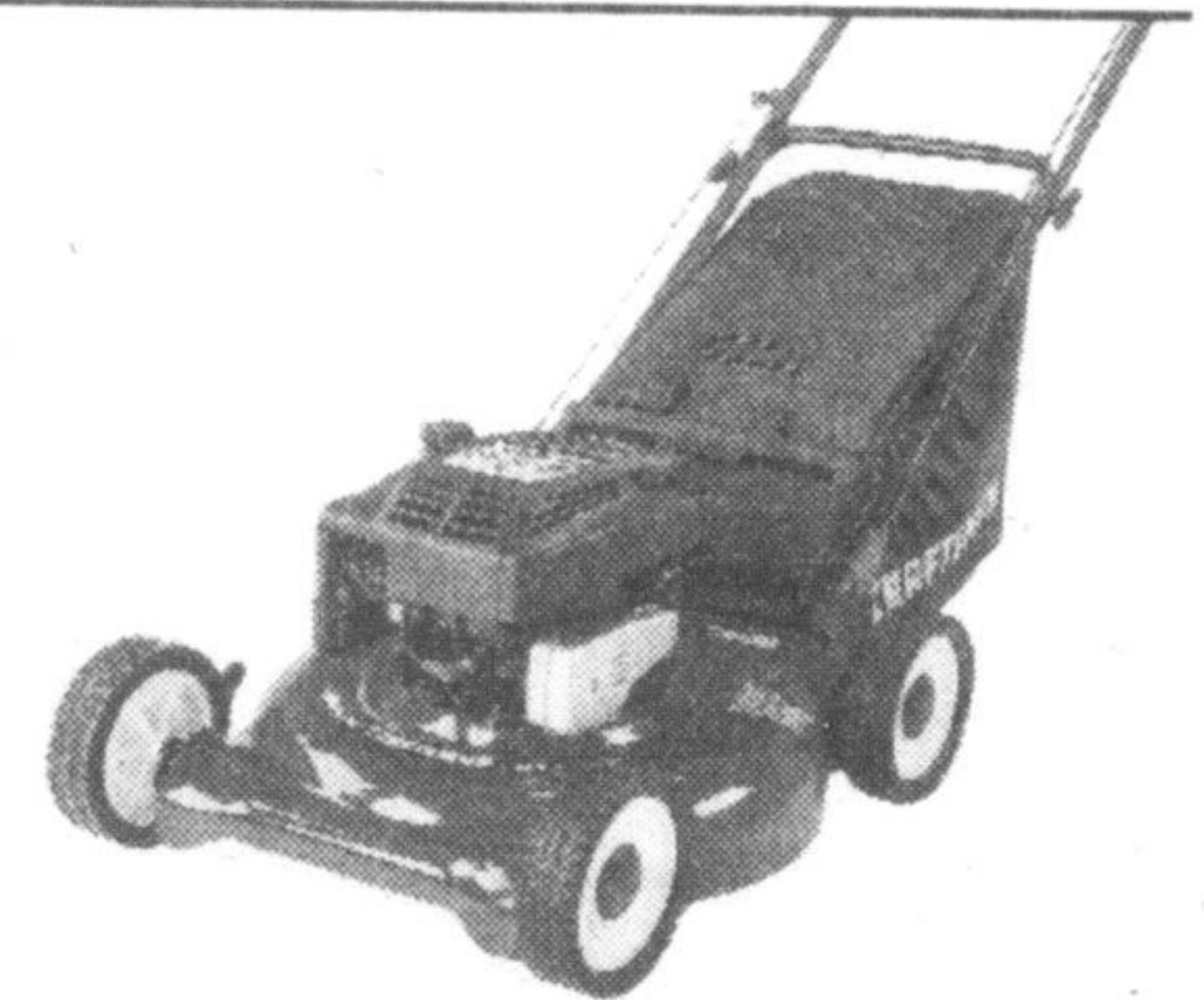
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• Due to unexpected vendor delays, the Memorex 10-Pack DVD+R Video Box, SKU 10031866 advertised on page 9 of our August 15 - 21 flyer is unavailable.

We are happy to offer customers the Memorex 5-Pack DVD+R, SKU 10029162 for \$12.99, a savings of \$2 off the regular price of \$14.99.

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