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HEART AND STROKE FOUNDATION OF ONTARIO

October 5, 1990

An open letter to the citizens of Lanark, Leeds and Grenville Counties.  
Thanks from the heart.

The Heart and Stroke Foundation of Ontario has had another record year. There was a 33% increase in the volunteer base bringing the number to more than 60,000. There are now 86 chartered chapters in the province and together these dedicated volunteers brought in more than 30 million dollars. These dollars were raised in many ways. The person to person campaign in February, racing ducks down 19 different waterways around Ontario, over 200,000 students jumping rope. The Lighthearted Cookbook sales reached a record breaking 300,000 copies. There were dances for heart, darts for heart, swim for heart, dream auctions, golf tournaments and many more fundraisers all trying to raise dollars and awareness for the fight against Canada's # 1 killers, heart disease and stroke.

As usual, Lanark, Leeds and Grenville Counties exceeded all expectations, raising more than \$455,000. This amount will go a long way in the field of heart and stroke research and education. The foundation funds 67% of the heart and stroke research in Ontario but this is only half of the requests made for funding.

All of the local chapters, and there are five in Lanark, Leeds and Grenville, exceeded their goals in Heart Month.

Now that fiscal 90 is over and successful the work is well under way preparing for fiscal 91. The good people of Lanark, Leeds and Grenville have always been generous with their dollars, please, also be generous with your time. When you are approached to help in some way, think about someone you know who has had a problem with heart disease or stroke and do it for them. If you or your organization would like to help, call your local Heart and Stroke Foundation of Ontario office and leave your name. We are winning many battles but the war is far from over. We need you, please help.

R.A. (Ray) O'Neil  
Area Co-ordinator  
Lanark, Leeds and Grenville Counties

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