



The Town of Flatrock

663 Wind Gap Road
Flatrock, NL
A1K 1C7

PHONE (709) 437-6312
FAX: (709) 437-6311

www.townofflatrock.com

October, 2016

Town of Flatrock Grants:

The Town Council of Flatrock is looking for a part time person with experience in researching and applying for grants. Please contact the town office: info@townofflatrock.com.

Tidy Towns:

The Town of Flatrock won the 2016 Tidy Towns Award. The Town Council of Flatrock would like to thank all residents for their part in this as well as all our youth who impressed our judges.

Municipal Assessment Agency:

The Town Council of Flatrock would like to remind residents to check their 2016 assessments from Municipal Assessment Agency which were in the mail on October 3, 2016. If you have any questions on the value of your property or want to appeal the value you can contact Municipal Assessment Agency. Appeal deadline is November 2, 2016.

The Town of Flatrock does not assess the properties and cannot change the value or answer your questions on the values, only Municipal Assessment Agency can answer your questions.

Call: 1-877-777-2807 or visit their website: www.maa.ca.

Torbay Volunteer Fire Department:

The Torbay Volunteer Fire Department will be taking part in Guy Fawkes Night bonfire on Saturday, November 5 at 7 pm on the beach in Flatrock, next to Ocean View Park.

The Torbay Volunteer Fire Department has requested that if possible all residents have visible house numbers placed on their homes in case of emergency. Thank you to the many residents who already have their house numbers on display.

Flatrock Come Home 2017:

The 2017 Flatrock Come Home year will be held July 22 to 30th. The next meeting will be held at the Flatrock Community Center on Wednesday, October 19 at 7 pm. New members welcome.

Soiree:

The date for the 2017 Flatrock Soiree is July 29 and 30th.

Flatrock Fall Fair Festivities

Halloween Coffee House: Saturday, Oct. 29th at 7:30 pm at the Flatrock Community Center. Tickets \$10.00 available at the door or call Marion 437-6945. Refreshments, local entertainment, 50/50 draw, costume optional.

Christmas Raffle, Knitted and Baked Goods, Sunday, November 13 at 2:00 pm at the Flatrock Community Center. Donations of items for the raffle, knitted and baked goods are much appreciated. **Card Game** at night Sunday, November 13 at 8:00 pm. Tickets \$10.00. Door Prize \$100.00. Ticket holders are eligible for the door prizes as well as all prizes drawn at the card game. Tickets are available from any Ladies Auxiliary Members. Sincere thanks for the huge support of our last card game and our annual garden party.

REMEMBRANCE DAY

The Flatrock Heritage Committee will be having a Remembrance Day ceremony on **Friday**, November 11, 2016 at the War Memorial. People are asked to be assembled by 10:40 am. Refreshments will be served at the Town Hall following the ceremony. All are invited to attend to pay their respects.

The Heritage Committee are asking residents if they know of anyone or any names of people from Flatrock who served in any form in any of the wars from World War I to present, to contact Madonna 437-5836 so they can be remembered at the service.

Holidays:

Please be advised that the Town Hall will be closed on November 11 in observance of Remembrance Day.

Remembrance Day Colouring Contest:

Attached is the coloring contest [Page 13 and 14] for children aged up to and including 12 years of age from Flatrock. Contest is for four age groups; 2 years and under; 3 to 5 years; 6 to 8 years; and 9-12 years. You can drop off your picture to the town office from Monday to Friday between 8:30 a.m. and 4:15 p.m. or after hours in our mail slot on the green door in the porch. Deadline is November 2 at 4 pm. Winners will be drawn on Monday, November 7th. Each winner receives a Chapters Gift Card.

Summer Students:

The Town of Flatrock avails of government funding from federal and provincial sources for summer student's positions. The town received Federal grants for 10 full time students plus 4 full time students for Recreation. The Town received grants for 4 part time students from Provincial grants plus 1 full time for Recreation. There was a total of 32 students hired in Flatrock this year though Federal grants, Provincial grants and the Town of Flatrock.

Any student requiring volunteer hours please contact the town office and we will provide you with some hours.

Town plan update

The Town Council held a public meeting regarding the Town of Flatrock 2015-2025 Municipal Plan at the Flatrock Community Center on Wednesday, October 5. The next step is for the Commissioner of the meeting to send a report to Town Council and Municipal Affairs.

Town Office Hours:

From Monday to Friday the Town Hall hours will be from 8:30 am to 4:15 pm.
The office does not close for lunch.

Town staff is **not** to be called after hours; they can be reached through the Town office Monday to Friday from 8:30 am to 4:15 pm. For after hour emergencies please contact any member of the Town Council at the numbers on page 9.

Town Council Meetings:

Deadline for applications or correspondence for Flatrock Town Council meetings are noon on the Thursdays before the meeting. The Town Council meets every second Monday and is open to the public at all times. If you wish to speak to Council on a matter, please call ahead of time so we can put your name on the agenda.

The next council meeting is: 6:30 on Monday, October 24 and November 7 and 21.

Town of Bauline:

Congratulations to the Town of Bauline from the Town Council of Flatrock on the Grand Opening of their Town Hall and Community Center scheduled for November 19. A fantastic accomplishment for their community.

Seniors Christmas Dinner:

The Seniors Dinner will be held on **Saturday, November 26 at 7 pm** at the Flatrock Community Center. Invitations are mailed out for the Seniors Dinner and if you did not receive an invitation or are 65 years of age this year please contact the Town Hall at 437-6312 or email info@townofflatrock.com and we will add you to our list.

Santa Claus Parade:

The Santa Claus Parade is being held on **Sunday, December 4th at 2:00 pm** weather permitting starting at Ocean View Park / Breakwater proceeding into the Back Road turning right on Pouch Cove Highway and back Windgap Road. All children can bring their letters to Santa Claus as Canada Post will be at the parade to collect letters. Everyone is invited to put a float in the parade and if you know of any business or groups who would like to put a float in the parade please contact the Town office at 437-6312 or e-mail at info@townofflatrock.com. Prizes for family or community floats are:

1st place \$100.00, 2nd place \$75.00, 3rd place \$50.00 Prize of \$100.00 for best commercial float
Prizes for best costumes are: 1st - \$40.00, 2nd - \$30.00 and 3rd - \$25.00

Tree Lighting:

The tree lighting ceremony will be changed this year, the ceremony will be held immediately after the Santa Claus Parade on **Sunday, December 4th** at the **Flatrock Community Center**. Hot chocolate will be served and Christmas carols will be sung with Santa and his helpers.

Garbage:

The Town Council of Flatrock has a new contractor for garbage removal and bi – weekly recycling. The tender was awarded to Ridge G & P Services. Congratulations!

Garbage:

The Town Council of Flatrock would like to thank DBI Garbage Removal and recycling for the service over the past years. Thank you for the great service you provided our town.

Annual Bulk Garbage Clean Up:

The Town of Flatrock's annual bulk garbage pick-up was held in September, thank you to all who participated, the next bulk garbage pickup will be in June 2017.

Garbage:

The Town Council of Flatrock ask all residents to cover garbage at all times or put in a garbage box. If you are not using a garbage box do not put any garbage out until garbage day. Garbage has to be out by 8 am on garbage day. The Town Council of Flatrock has received some concerns from residents regarding garbage being left around on properties that is attracting rodents, please try not to leave garbage around and to use a garbage box if possible. Garbage day is every Wednesday.

Recycling:

Residents are asked to have recycling out with your garbage by 8:00 am on recycling days [every second Wednesday]. **Next recycling days are October 19, November 2, 16, 30 and December 14 and 28.** Remember greasy containers such as chicken boxes, buckets and pizza boxes as well as Styrofoam and wrapping paper are not recyclable. Just a reminder, you can drop off your recyclables, the ones you pay a deposit on, to the Town Hall. These recyclables [remove corks and covers] are going into an account at the Evergreen Recycling Depot and all money raised will go to the Flatrock Recreation Program. If you would like to donate your recycling to the Flatrock Recreation Program, drop them off at the Evergreen Recycling Depot marked “**Town of Flatrock**”.

Gobags:

The GoBag flyers will not be delivered to a property unless a gobag box for your flyers is installed on your property, this is free of charge. There is an outside box set up at the Flatrock Town Hall and Wilkinson's Convenience for anyone who would like the flyers and does not have a gobag tube. **Contact information:** gobag@transcontinental.ca or 748-0888.

No Dumping:

There is no dumping anywhere in the Town of Flatrock. It has been reported that people are dumping garbage, such as building materials in the areas of Martins Point, Red Head soccer field, Medalsis Pond Road and Flatrock cemetery. Garbage should be brought to Robin Hood Bay. The town holds a bulk garbage pickup twice a year.

Summer Soccer:

Councillor Marion McCarthy and the Flatrock Town Council would like to thank all the Soccer volunteers and all the players for taking part in our Summer Soccer Program. Any player that did not receive their medal or award please call Marion 437-6945.

TARGA NL

Targa Newfoundland was in Flatrock on Sunday, September 13th. There was a good turnout of fans to watch the many cars that went through our Town. The drivers went to the Flatrock Community Center where pictures were taken with the cars and drivers. The drivers were very impressed with the scenery in our town and how friendly everyone was. A huge thank you to the volunteers who made it a safe and successful day. Also thank you to the residents for their patience and the inconvenience while the roads were closed. Check out the website at: www.targanewfoundland.com

Terry Fox Run:

The Annual Terry Fox Run was held in Flatrock in September 2016. Thank you to everyone who participated and organized the run.

Sports:

If anyone has an acknowledgement of any sports accomplishments that they would like to have in the town newsletters, please send the information to info@townofflatrock.com.

Beamer and Recreation fields:

The Town Council ask that residents respect all property by not riding ATV's, dirt bikes and other recreational vehicles on any property as the continuous driving back and forth destroys the landscape. Thank you for respecting your community and environment.

The town ask that any residents with concerns should call the [RNC] Royal Newfoundland Constabulary immediately at 911 for emergency or 729-8000.

Suspicious Activity

The Town Council of Flatrock ask if any residents witness any suspicious activities in your neighbourhood, you should call the [RNC] Royal Newfoundland Constabulary immediately at 911 or 729-8000. We have been hearing from some residents regarding high speeds on our side roads, strange vehicles congregating in cul- de- sacs and reckless ATV driving. If someone goes through your car and takes any items you should notify RNC as there may be other property in your area having the same issue. The town has contacted the RNC and they suggest that any residents with concerns should call the above numbers to file a confidential complaint. In the meantime the RNC confirmed that they will be stepping up their presence in areas of concern.

Town of Flatrock Group email:

The Town Council of Flatrock ask that any resident who would like their email added to a group email for the purpose of sending information such as changes in garbage day, bulk garbage notification, recreation activities and any other information concerning the town, to please send your email, name and street to the town office at: info@townofflatrock.com
Your email will not be shown or used by anyone else.

Flooding:

With climate change happening we have to be proactive with making sure we are prepared for extra water flow. A few small things that can help with water flow would be to make sure that your driveway culvert and drainage ditches in front of your property are clear from debris. Debris could cause water build up which could end as water backing up onto your property or over the road. Consider a French drain on your property to help water flow to the drainage ditches instead of over your property. If there is a high water table in your area, consider installing a sub pump to prevent basement flooding.

Snow Clearing

The Town Council would like to remind residents **NOT to park on sides of road** so our snow clearing equipment can have room to clear the town roads. Remember you are **NOT allowed to shovel snow** out in to the road or across the road to cause an obstruction to traffic. This is a safety issue for emergency equipment accessing any road and finding a vehicle parked on the road or snow pushed on the road could delay access to an emergency. The Town is not responsible for any damages incurred to any fence or garbage box that is not set back 17.5 ft. from center of any local road and 33.5 ft. from any highway. The town has a priority list of roads to follow and our children's safety and school bus runs is at the top. Please watch for children waiting for school buses during our snow season, remember "Snow means Slow".

Development in Flatrock:

The Town of Flatrock has issued:

74 permits in 2012, 48 permits in 2013, 81 permits in 2014, 51 permits in 2015 and to date in 2016: Residence 12, garage 14, shed 6, extensions 5, renovations 15.

Home Renovations:

The Town Council of Flatrock now has a Renovation Permit for all renovations in the Town Of Flatrock. You will need to fill in an application stating what renovations you are having done. The application does not need to go to a Council meeting. You pick up your Renovation Permit for a fee of \$25.00.

Permits:

Permits are required for all sheds even movable sheds, please contact Town Office for details. Any application for a shed has to go to a Council Meeting for approval. If you apply to have a shed on your property the permit application is \$10.00 and permit costs 20 cents a square foot with a minimum cost of \$30.00. You can be asked to remove a shed if you do not have a permit for it.

Signage in the Town of Flatrock:

To erect a sign in the Town of Flatrock requires a permit from the town. We would like to know the size and location of the sign that you would like to put up. This would then need to be passed by the town. Signs that are not approved will be removed by the town staff.

It is illegal to post signs on Newfoundland Power poles.

Pole Lights:

If any pole lights are out near your home you may contact the Town Office and we will let Newfoundland Power know of this situation. If you can provide the number that is on the pole to the council office, this will speed up the process of getting the light replaced.

Community Skate Dates:

General Skates for all Communities every Sunday 4 pm to 4:50 pm.
Admission is non – perishable food item.

Food Bank:

The Town Council will accept non-perishable food items for the local food bank year round. If you would like to donate to the food bank you can bring the non-perishable food to the town office Monday to Friday between 8:30 am and 4 pm or anytime the town hall is open for functions or any activities.

Dog Tags:

If you would like your dog or even your cat registered in the town, then just drop by the town office and get a license for your pet, they are FREE OF CHARGE.

Animal Control:

The Town of Flatrock has Meagan Battersby, the animal control officer for the Town of Torbay working animal control for Flatrock. If you need to contact Meagan regarding an animal issue you may contact her at 437-6532 (Ext 285), or call the Flatrock Town Hall at 437-6312. Please note when walking dogs they should be on a lease at all times and tethered on private property. **Please clean up after your dog when walking. Dogs are not allowed to roam.**

DVD. Mugs, Ornaments: The Town of Flatrock has 2 DVD's for sale. One DVD is of the 1989 Soiree and the other is a video done by the Town of Flatrock in 1990. These DVD's show Flatrock scenery, the Lancers, Patrick Moran, Mark Hiscock, Leah Stamp Band, Is'd Bye Band and Reunion Band. \$10.00 each. Mugs: \$5.00 each. Deck of Cards with Flatrock Logo - \$5.00.

Heritage Committee:

The date of the next Heritage Meeting will be posted on the town website.

Flatrock Recreation:

Information attached page 10.

Flatrock 50 + Club:

Information attached page 11.

Purple Light Campaign:

Information attached page 12.

Flatrock Environment Committee:

The next meeting will be posted on the town website.

East Coast Trails:

The East Coast Trails have walking trails in Flatrock. There is signage at Hickey's Lane and near the wharf for anyone who would like to avail of the trails. You can get more information on the trails at www.eastcoasttrail.ca.

Compost Bins:

The Town of Flatrock has compost bins available. Cost is \$21.99 plus \$2.86 tax, total \$24.85 each. The compost bins can be picked up at the town hall.

Diabetes Containers:

There are two red containers for clothing donations to the Diabetes Association located at the Flatrock Town Hall.

ReThinkWasteNL

Eastern Waste Management has a list of waste categories on this site: ReThinkWasteNL.

eWaste NL [Electronics Waste]

There are electronics recycling depots for TV's, computers, etc. in St. John's. The contact information is: eWasteNL@gmail.com or phone 689-7402.

Household Hazard Waste

The Household Hazardous Waste drop-off at the Regional Facility located at Robin Hood Bay is open Wednesday and Saturdays from 8 am to 4 pm. For more detailed information on the materials accepted there, please visit www.curbitstjohns.ca/?Content=Residents/Household_Hazardous_Waste

BIZPAL

BizPaL is an online service, www.bizpal.gov.nl.ca providing permit and licence information to help entrepreneurs start and grow their business. BizPal provides integrated information on permits, licences and other regulatory requirements across three levels of government. BizPal's web-based, self-service application is practical, free and easy to use. Using a question and answer format, BizPal generates an accurate, timely and customized list of permits and licences that entrepreneurs may require for starting or growing a business.

Facebook and Twitter

Like us on Facebook at www.facebook.com/townofflatrock or follow us on Twitter at www.twitter.com/townofflatrock to keep up to date on what is happening in the Town!

Kevin Parsons MHA

Kevin Parsons MHA contact information: phone 729-6979, fax 729-5774,
Email: kevinparsons@gov.nl.ca

Nick Whalen, MP:

Nick Whalen MP contact information: Phone 772-7171

Email: nick.whelen@parl.gc.ca

Matthew Cooper Recreation:

Regional Recreation Coordinator, 335-2848 ext. 4 or recreation@pouchcove.ca

St. Michael’s Parish: Phone 437-6628 email: holytrinity@bellaliant.com

Cape St. Francis School: Phone 335-2962

Kids Help Line 1-800-668-6868 or KidsHelpPhone.ca

Mental Health Emergency

Mental Health Emergency Services are provided for anyone in crisis that include feelings of being overwhelmed, stressed, frustrated, and being unable to cope. Our mental health can be affected by: Family Relationships, Addictions Issues, Financial Difficulties, School or work stress, Grief, Abuse/Trauma or Illness.

Call 24 hour Province Wide Crisis Phone Line 737-4668 or 1-888-737-4668.

After Hours Emergencies:

Town staff is NOT to be called after hours; they can be reached through the Town office Monday to Friday from 8:30 am to 4:15 pm. For after hour emergencies the Town Council can be reached at the following numbers:

Mayor Darrin Thorne	Finance/ Roads/ Arena/ North East Avalon Joint Council NEAJC	437-5654
Deputy Mayor Terry Humber	Tourism/ Planning/ Community Center/ Soiree/ Killick Coast Games	437- 6634
Marion McCarthy	Recreation / Heritage / Soiree/ Killick Coast Games	437-6945
Michelle Martin	Recreation / Heritage / ICSP/ Volunteer Fire Dept liaison/ Killick Coast Games	437-5016
Paul Burton	Tourism/ Streetlights/ Roads/ Animal & Garbage Control/ Killick Coast Games	727-6640
Catherine Houlihan	Environment/ Heritage/ Soiree/ Stewardship Association Of Municipalities SAM/ North East Avalon Joint Council NEAJC	437-1452
Bob Schmiedendorf	Environment/ICSP Integrated Community Sustainability Plan	685-7341

FLATROCK RECREATION: Annual General Meeting [AGM]

Members of Flatrock Recreation Commission will be holding our AGM on Tuesday, October 25th, 8 pm at the Flatrock Town Hall. Residents are encouraged to consider joining our commission and assisting with the enhancement of recreational and leisure opportunities.

Kids Halloween Dance

Flatrock Recreation will be holding our annual Kids Halloween Dance on Friday, October 28th at Cape St. Francis Elementary. Kids in grades Kindergarten to 3 are invited to join us from 6:30 to 7:30 pm, while students in grade 4 to 6 can join us from 7:45 to 9 pm. Admission fee is \$2 and canteen service will be available.

Babysitting Course

The Town of Pouch Cove in Conjunction with Canadian Red Cross will be holding a babysitting course on Saturday, November 5th, from 8:30 to 4:30 pm at the Pouch Cove Recreation Chalet. This course is open to youth ages 11 (within the 2016 calendar year) and above. Registration fee is \$40 and due by Friday, October 28th, and is payable at the Pouch Cove Town Hall. For more information, please contact the Regional Recreation Coordinator at 335 2848 ext. 4 or via email at recreation@pouchcove.ca

Christmas Craft Fair

Flatrock Recreation will be holding a Christmas Craft Fair on Saturday, November 19th, at the Flatrock Community Centre from 10 am to 4 pm. Admission is a \$2 donation to the Canadian Tire Jumpstart Program. If any vendors are interested in purchasing a table, please contact the Regional Recreation Coordinator at 335 2848 ext. 4 or via email at recreation@pouchcove.ca.

Breakfast with Santa

Flatrock Recreation is pleased to inform residents that our annual Breakfast with Santa will be held on Sunday, December 4th, from 8:30 am to 11:30 am. Tickets will be on sale from November 1st to November 24th, and can be purchased at the Town Hall or Wilkinson's Convenience. Tickets **must be** purchased in advance, as there won't be any ticket sales at the door. Due to the popularity of this event, we will be selling tickets for two different serving times (8:30 am and 10:00 am). Ticket prices are \$6 per adult and \$4 per child, kids two and under are free.

Skate with Santa

Our annual Skate with Santa will be held Sunday, December 11 at the Jack Byrne Regional Sports and Entertainment Centre from 4 to 5 pm. Admission is a non-perishable food item.

Seniors Christmas Outing

Plans are currently in the process for a seniors Christmas outing to occur during the month of December. Once plans are finalized, information will be posted around town.

2017 Killick Coast Games

The Towns of Flatrock and Pouch Cove will be co-hosting the 2017 Killick Coast Games. The planning committee for these games has been formed and we will be releasing information regarding the date very soon.

FLATROCK FIFTY PLUS FUN CLUB
663 Wind Gap Road
Flatrock, NL A1K 1C7

The fifty plus club has started our bi-weekly meetings for the year September 2016 – June 2017. The executive met early in September and made some great plans for the year. Listed below is a list of activities for the year, of course there may be changes made as the year progresses but you can see we have a busy and fun filled year ahead.

September 15	First meeting for the year, review financial statements and plans for coming year. Visit from Provincial President Mr. Robert Rogers.
September 21	Walk to beamer, back to Community Centre for pizza and Music
October 18	Spa Night at the Community Centre
October 20	Presentation by Travel Agent Jaime Murphy
October 22	Bowling Holiday Lanes
Nov 12	Laser Tag
Nov 18	Friday Night Social Community Centre
December	Lester's Farm – sleigh ride and brunch
December 4	Breakfast with Santa and Santa Claus Parade
December 10	Christmas Pot Luck and Dance
January 20	Friday Night social at Community Centre
February 18	Anniversary Dinner and Dance
February 26	Snow Fest Card Game
March 2	Pool Night at West Side Charlies
March 24	Friday Night social at Community Centre
April 14	Friday Night social at Community Centre
May 6	Mother's Day Dinner and Dance
June 17	Year End Potluck

Of course, we have our weekly exercise class on Monday afternoon from 1:00 to 2:00. This is open to anybody who wants to attend, \$50.00 for ten weeks. We also have yoga class on Tuesday evenings from 7:30 to 9:00, ten weeks for \$30.00.

Please feel free to contact any member of the executive with any questions or concerns.

Carm Martin, President	437-6921
Viola Mulrooney, Vice President	437-6422
Danny Kavanagh, Second Vice President	437-6902
Marg Parsons, Secretary	437-5789
Paula O'Keefe, Treasurer	682 8023

PURPLE LIGHT CAMPAIGN

To Whom it May Concern,

October is Rett Syndrome Awareness Month and as some of you may know, our daughter Jessica has Rett Syndrome. The month of October has been designated as a month to bring awareness to this disorder. On October 29th many locations and monuments will be lit up purple to show unity on bringing awareness of this rare disease. The CN Tower, the 3D Toronto sign, the Calgary Tower, high level bridge and Niagara Falls, just to name a few, will be lit up purple.

Rett Syndrome (RTT) is a neurodevelopmental condition characterized by the loss of spoken language and hand use, coupled with the development of distinctive hand stereotypes. This disorder is seen in infancy and occurs almost exclusively in females. It is usually caused by a mutation of the MECP2 gene on the X chromosome. Rett Syndrome is found in all racial and ethnic groups throughout the world. It affects one in every ten thousand live female births. Early developmental milestones appear normal, but between 6-18 months of age, there is a delay or regression in development, particularly affecting speech, hand skills and gait. A hallmark of Rett Syndrome is repetitive hand movements that may become almost constant while awake. Other more common medical issues encountered include epileptic seizures, muscle stiffness, osteoporosis, scoliosis and Parkinson like shakes. Despite its multiple handicaps, Rett Syndrome is not a degenerative disease. Many individuals with Rett Syndrome live long into adulthood. There is currently no cure.

On behalf of Jessica and the rest of our family members, we are requesting that you "light it up purple" on October 29th to help us raise awareness for Rett Syndrome. We are inviting, schools, community centres, town halls and family homes to help us light it up purple for Jessica and all persons living with Rett.

Our family is helping raise awareness through a PURPLE LIGHT CAMPAIGN. Throughout the month of October we are selling purple light bulbs for \$5.00 each with all proceeds going towards research for Rett Syndrome in Canada. To purchase your purple light bulb and learn more about Rett Syndrome please contact us at 709-437-1583 or email Juanita at juanita@girlpower2cure.org.

Thank you for your time and consideration.



Rett Syndrome facts:

- A debilitating neurological/development disorder that primarily affects females.
- Leading genetic cause of severe impairment in girls, most cannot speak, walk or use their hands.
- As prevalent as ALS, Cystic Fibrosis and Huntington's Disease.
- Another baby girl born afflicted every 90 minutes.
- Caused by a single gene mutation that leads to underproduction of an important brain protein.
- Potentially REVERSIBLE: Research shows once protein levels are normalized, symptoms subside.

www.girlpower2cure.org

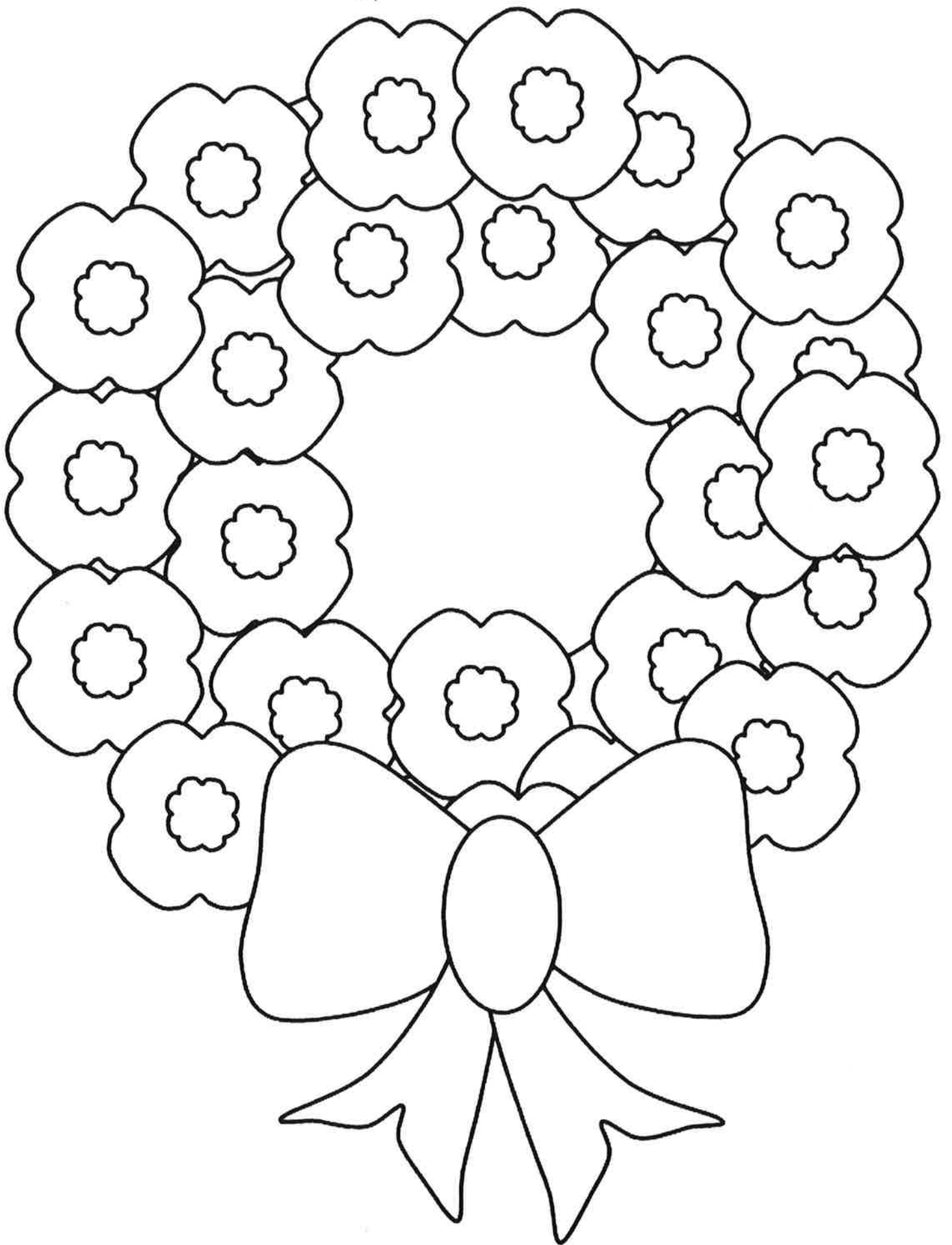


Hi! My name is Jessica. I have Rett Syndrome—an awful neurological disorder that messes up most everything I try to do — and it mainly affects GIRLS!

I cannot talk, use my hands or move around very well, but I can hear you. I understand you. I am smart. There are hundreds of thousands of other girls like me. Visit my web page to learn more. We need your help.

Jessica

www.girlpower2cure.org



NAME:

AGE

TELEPHONE #

TOWN OF FLATROCK
663 WINDGAP ROAD
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A1K 1C7