



# TORONTO CHAPTER NEWS

## SEPTEMBER 2017

*"It is not joy that makes us grateful. It is gratitude that makes us joyful." ~ David Rast*

**WELCOME SEPTEMBER!** Soon the leaves will change and the weather will get colder. But first comes the 3<sup>rd</sup> Annual Buds & Butterflies Walks for Turner Syndrome on Sept. 17<sup>th</sup> -and we are beyond excited!!

With two locations this year at the Bison Alumni Field (Wayne Gretzky Sports Centre) in Brantford, ON; and of course Woodbridge Fairgrounds in Vaughan – this promises to be the BEST Buds & Butterflies walk yet! Hope to see you all there ☺

And lastly, be sure to join us on our Facebook group, if you haven't already. Here is the link:

[https://www.facebook.com/groups/1707876506145797/?source\\_id=413720571985948](https://www.facebook.com/groups/1707876506145797/?source_id=413720571985948)

*Warmly,*

*Sarah Oostrom  
Toronto Chapter President*



*Live Love Laugh*

### Upcoming Events:

**Monthly Luncheon,  
Saturday, September 9<sup>th</sup>,  
1pm –3pm, Pickle Barrel,  
Yonge St. & Eglinton Ave.**

**Buds & Butterflies Walk  
for Turner Syndrome,  
Sunday, September 17<sup>th</sup>  
\*Woodbridge 11am-2pm  
\*Brantford 12pm-3pm**

**Monthly Luncheon,  
Saturday, October 14<sup>th</sup>,  
1pm –3pm, Pickle Barrel,  
Yonge St. & Eglinton Ave.**

**Monthly Luncheon,  
Saturday, November 11<sup>th</sup>,  
1pm –3pm, Pickle Barrel,  
Yonge St. & Eglinton Ave.**

### **TURNER SYNDROME SOCIETY OF CANADA**

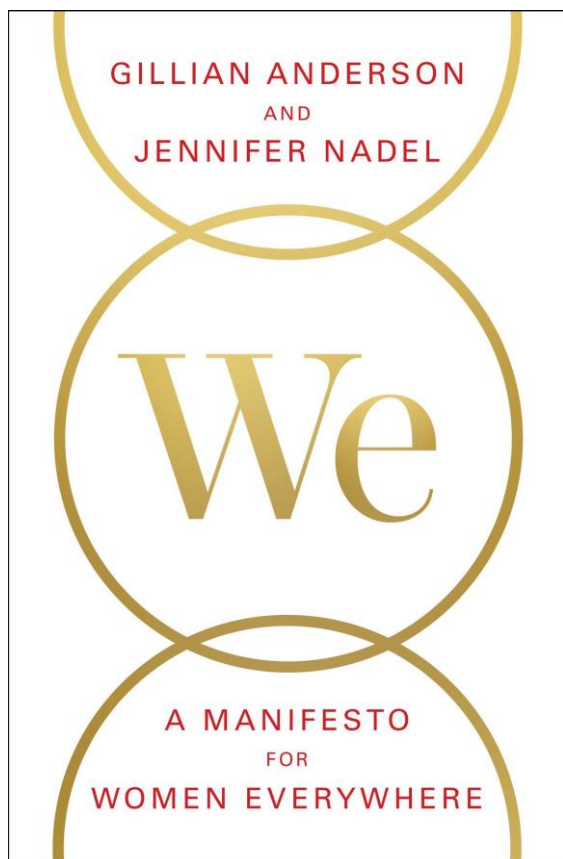
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# AUGUST RECOMMENDED READ:

*WE: A Manifesto for Women Everywhere*  
By: Gillian Anderson and Jennifer Nadel



**IMAGINE A SISTERHOOD  
ACROSS ALL CREEDS  
AND CULTURES.**

**AN UNSPOKEN  
AGREEMENT THAT WE,  
AS WOMEN,  
WILL SUPPORT AND  
ENCOURAGE ONE  
ANOTHER.**

*Actress Gillian Anderson and journalist Jennifer Nadel, friends for more than a decade, have created an intensely practical guide for individual healing and change. It's the road map*

*for life they wish they'd had and a rallying cry for women to try a different way of living.*

*Most of us know that the way we are living at the moment - our 'me'-based culture - isn't working. Rates of depression and self-harm are soaring and so are the levels of inequality. It is time to find a different, fairer and more compassionate way of living. To take the journey from me to we.*



**BUDS & BUTTERFLIES  
WALK FOR TURNER  
SYNDROME**

**SUNDAY SEPT. 17<sup>TH</sup>, 2017  
11AM - WOODBRIDGE  
FAIRGROUNDS,  
100 PORTER ST.,  
VAUGHAN, ON**

**SUNDAY SEPT. 17<sup>TH</sup>, 2017  
12PM – BISON'S ALUMNI  
NORTH PARK SPORTS  
COMPLEX  
(WAYNE GRETZKY  
SPORTS CENTRE),  
254 NORTH PARK ST.,  
BRANTFORD, ON**

