

ERRIN ENG'S BIG ADVENTURE (continued)

How you can help him meet his 100,000 km goal:

He would love to make an impact in any community for things like fresh fruits and vegetable hampers, basic cooking courses, nutrition and healthy exercise education for children. You can contribute to Community Kitchen's Program in Calgary <http://www.communitykitchenprogram.com/> or find a similar program in your own community. You can link your fundraising pledges to Errin's Facebook page. As time goes on the links to other local programs will show up on his site.

You can help him along his way. Send him a note on Facebook to arrange a contribution of bike parts, moral support and of course, he may need some extra cash eventually.

http://www.facebook.com/n/?group.php&gid=144419888905107&mid=2ac30e5G299e464cG52fb92fG6&n_m=sunlady%40shaw.ca

For our friends across Canada, he may be in your region sometime soon. He would be glad to accept invitations for a hot shower, a meal or a soft bed or a yard to pitch his tent in.

Submitted by Christie Eng