

Dear All,

I intend to participate this spring, as I did last year, in a 3-day hike "Miles for Smiles" on behalf of AKSM-Jerusalem to raise much needed funds for this worthy organization that plays a vital role in mainstreaming people with mental disabilities into Israeli society.

No, I am not soliciting funds from you.yet!

I merely wish to invite you and your friends and family who may be interested in joining some very special individuals for a truly exceptional event. For those of you interested, I will be more than glad to share with you my experiences from last year and provide any information regarding this trek. I should add that this is an equal-opportunity trek as last year approximately an equal number of men, women and teenagers participated in this hike. From our collective experience, the participants found this to be an excellent and fun "bonding" experience with their family, so feel free to have your spouses and children join you for a family outing!

And for those of you who cannot join me on this trek – which is also fine – I would be thrilled if you would sponsor me (you can find the forms on www.akim-jerusalem.org.il/kilometrim/pdf/sponsor_a_walker-2010)!!!

In the meantime, I wish all the best to you and your families.

Yours,

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P.S. You can click on to the link below to view pictures from the 2009 "Miles for Smiles Bi'shvil AKSM-Jerusalem" trek (from Tel Aviv to Jerusalem) by visiting the AKSM-Jerusalem website:

www.akim-jerusalem.org.il/Kilometrim/trekkers/htm.