



## Great FASD Horseback Ride Across Canada

### A Rolling Summer Camp for Fetal Alcohol Spectrum Disorders Awareness

[www.faslink.org](http://www.faslink.org)

**Who:** FASlink Fetal Alcohol Disorders Society, lead rider Steve Thomas, Relay Riders, Saddle Clubs, Endurance Riders, First Nations, runners, bikers, hikers, youth groups, service clubs, and most of all, **YOU.**

**What:** Horseback ride across Canada.

**Where:** Coast to Coast across Canada

**When:** May 17/07 Halifax, NS to September 10/07, Victoria, BC.

**Why:** Raise awareness for Fetal Alcohol Spectrum Disorders. Provide and maintain resources for grassroots. FASD supports. The TRIUMF Project.

**Rolling Summer Camp:** Join us along the way, at events or camp overnight. Pow wows, chat, sing campfire songs, share experiences and ideas.

**Relay Pouch:** Containing names of participants and Greetings from community leaders and other documents, to be presented to the Governor General of Canada after the journey.

**Route:** [www.faslink.org/ride01.htm](http://www.faslink.org/ride01.htm).  
Secondary routes must be used for safety. There are areas where laws or practicality require that we will have to transport the horses. Special events along the way in the towns and villages of Canada.

#### How can you help and participate?

- **Participate**
- **Sponsor** equipment, supplies, food, feed, fuel, accommodation, etc. Call us.
- **Ride** with us.
- **Plan an event.** Invite your friends, groups and neighbours. Let us know ASAP to schedule.
- **Print**, post and distribute this poster. An electronic copy is available online.
- **Fundraise.**
- **Educate** yourself and others about FASD.

**Sponsors:** The ride will be filmed in high quality digital video and still photography. We will produce a DVD. Sponsors providing funds, equipment, supplies, accommodations or events will be prominently displayed in the filming process and may use, royalty-free, clips from the filming in their advertising and promotional campaigns.

**Donations:** FASlink is funded through voluntary donations. To assure our editorial integrity and independence, FASlink does not accept any funding from the beverage alcohol industry.

**FASlink:** Love, Frustration, Caring and Hope...each of us trying to make a better world for one more unborn baby, one more child, one more teen, or one more adult.

FASlink Fetal Alcohol Disorders Society  
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## About Fetal Alcohol Spectrum Disorders

**About FASlink:** FASlink began online in 1995. FASlink's website contains more than 110,000 searchable FASD related documents and serves more than 400,000 people annually. The very active FASlink Discussion Forum compiles research papers and discussions into the FASlink Archives. FASlink relies on donations and does not accept funding from the beverage alcohol industry.

**About FASD:** An individual's place, and success, in society is almost entirely determined by neurological functioning. A child with a brain injury is unable to meet the expectations of parents, family, peers, school, and career and can endure a lifetime of failures. The largest cause of brain injury in children is prenatal exposure to alcohol.

Often the neurological damage goes undiagnosed, but not unpunished.

- More than 37% of Canadian babies have been exposed to multiple occurrences of binge drinking (5+ drinks per occasion). (Statistics Canada)
- Another 42% have been exposed to multiple sessions of 1 to 4 drinks per occasion. (Statistics Canada)
- This often occurs in the first 2 to 3 months before the woman knows she is pregnant.
- More than 50% of pregnancies are unplanned.
- Prenatal alcohol exposure has been linked to more than 60 disease conditions, birth defects and disabilities.
- Damage is a diverse continuum from mild intellectual and behavioural issues to profound disabilities or premature death. Prenatal alcohol damage varies due to volume ingested, timing during pregnancy, peak blood alcohol levels, genetics and environmental factors.
- Ethanol interacts with more than 1000 genes and cell events, including cell signaling, transport and proliferation.
- Issues range from almost imperceptible to profound. It is somewhere in the middle of behavioural and performance issues that they attract the attention of parents, educators, medical and social work professionals, and eventually the justice system.
- Typically, about 20% of children require Special Education services, the majority for conditions of types known to be caused by prenatal alcohol exposure. It is probable that at least 10% of children are significantly enough affected by prenatal alcohol exposure to require special education.

If you drink, don't have sex. If you have sex, don't drink.

Prevent Fetal Alcohol Spectrum Disorders (FASD)

- As they become adults, FASD does not disappear but the issues of youth translate into ongoing problems in family relationships, employment, mental health, and justice conflicts.
- The cost to the individuals affected, their families and society are enormous and as a society, we cannot afford to ignore them.

### Prenatal exposure to alcohol can cause:

Attention Deficit Disorders (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Mental Retardation, Developmental delay, Failure to thrive syndrome, Swallowing/Feeding disorders, Little or no retained memory, Severe loss of intellectual potential, Loss of intellectual functioning (IQ), Poor adaptive skills transferring learning to new situations (AQ), Severely compromised life skills development, Emotional maturity far below chronological age, Behavioural problems, Inability to predict consequences of actions, Extreme impulsiveness, Poor judgment, Little or no capacity for interpersonal empathy – social cues, Little or no capacity for moral judgment, Highly concrete. Inability to understand abstract concepts, Tourette Syndrome traits, Reactive outbursts, Autistic traits / Asperger syndrome, Cognitive perseveration, Echolalia, Bi-polar disorder / Manic Depression, Depression, Suicide, Sociopathic behaviour, Sleep disorders / Night terrors, Sensory integration problems, Higher than normal to dangerously high pain tolerance for major insults, Extreme sensitivity to touch, food and clothing texture and minor injuries, Developmental coordination disorder – Fine and gross motor skills problems, Microcephaly, Height and weight deficiencies, Cerebral palsy, Heart defects, Heart failure, Death, Deafness/Hearing problems, Central auditory processing disorder, Developmental speech and language disorder, Mild to severe vision problems, Esotropia, Dyslexia, Facial anomalies, Serious maxillo-facial deformities, Cleft palate, Dental abnormalities, Immune system malfunctioning, Asthma, Complex seizure disorder, Epilepsy, Tremors, Tight hamstrings, Rigidity, Slack muscles, Genital deformities, Hernia, Precocious puberty, Kidney failure, Kidney and liver defects, Hip deformities, Underdeveloped fingers, Shortened and bent little finger, Spinal dimple, Hair growth on back of neck, Pigeon chest, Concave chest, Cancer - Acute lymphoid leukemia (ALL) and acute non-lymphoid leukemia (ANLL)

### Demonstration:

Break a raw egg (without breaking the yolk) into a bowl. Add a 1 ounce shot glass of alcohol. With a swizzle stick, gently stir some of the alcohol into the egg white. Watch the effects on the egg white. White streaks will form in the clear portion. Alcohol literally cooks the cells. "Here is your baby's brain on alcohol"

Fetal Alcohol Spectrum Disorders are 100% preventable.

To ignore the facts does not change the facts.