

# THE FOOTPRINT

THE CMTA YOUTH REPORT

MAKE EVERY STEP COUNT

## Welcome to the FOURTH Issue of "The Footprint"

A newsletter by the youth of the CMTA for the youth of the CMTA!

### IN THIS ISSUE:

Dance Success • Pageant Proud • The Poet Lauriault  
Sam's Secrets • Book Time



Hi! My name is Kaitlin Siegel, I am 13 years old and I have CMT type Dominant Intermediate E. The Dance 4 CMT took place on October 23rd. During the weeks leading up to the event all of the participants raised money through various ways.

Personally, I created a donation

page on the CMTA website describing myself and my life with CMT. I then emailed it to all of my friends and family and the donations started pouring in!! My parents also posted it on their social media

pages. I learned how truly generous and supportive my family and community are! I was the number one fundraiser, overall raising almost \$5,000!! The entire event raised almost \$30,000, which is so amazing and shows the power of people coming together for a great cause! The Dance 4 CMT was a Zoom video dance party where all of the participants and their friends and families virtually joined in on the party! It was truly amazing!! I had so much fun and it was a blast to be a part of! The DJ was incredible, the costumes were great, and overall it was a fantastic night!

CMT definitely has its day to day challenges, but overall so many positive things have been brought into my life because of it! I have participated in Camp Footprint for the past 2 years and have met so many inspiring kids and leaders throughout. I also have met some of my best friends this way. When I am older I hope to be a part of the Youth Council and be actively involved with others like me. Overall the CMTA brings so much to the youth community, and I'm so happy to be a part of it!





Hello! My name is Miah Hughes! I am from Connecticut and I was diagnosed with type 1A CMT when I was in 4th grade. Living with CMT I have learned to adapt and advocate for myself in many different ways. CMT has thrown many obstacles at me and some that I have yet to overcome. I have had hard days of course, but overall I have attempted to keep a positive mindset and keep pushing forward. The biggest problem that I face is hiding my AFO's because I am scared of what people will think of me when I wear them. Slowly, I am learning to not take others peoples opinions into consideration and it has gotten me a long way.

Recently, I have been working on my platform in hopes to compete in pageants! My platform is all about how abilities differ from one person to another and how I changed my perspective while living with CMT. I have just started to get involved with the CMTA youth program! I am also held a fun Talent Show fundraiser and we had a blast! A bunch of you performed your talent to raise money for the CMTA!

# THE POET LAURIAULT



Help  
by: Tim Lauriault

Help

Such a simple word in and of itself  
It can be a great ally  
But a great burden all the same  
To some, it is what we gain  
To others, it is what we lose  
We gain the help that we seek only to lose a  
part of our soul that we didn't know existed  
until it happened  
It feels so amazing to receive yet so  
burdening once received



Help

So easy to give  
But hard to take  
Something we want  
Something we resist  
Something we need  
Something we hate

I need help

This is something I rarely say  
I know I need it, yet I never want it  
I ask why I need it?  
Why don't I want it?

What do I want?

Why can't I accept it? Why do I feel as though I'll fall apart without it?!  
Why is it something I long for?!  
Why do I say no to it?!  
What is wrong with me?!  
Why am I so conflicted?!  
What do I really want?!  
What is this thing that I so very much need to understand before I can  
accept what is standing before me?!

That want,

That need,

That dream,

Is to be normal

To be like every one else

To be able to really do anything that I wish to do



# SAM'S SECRETS

sam "i am" docker

I am about to share the biggest secret I have.....  
**CONNECT WITH THE CMT COMMUNITY AS MUCH AS YOU CAN!!!!!!**

This year there are so many things to be thankful for. Being part of the amazing CMT community has really helped me get through stressful times of the pandemic and college. I am most thankful for the friends that I have made over this past year on the youth council as well as from camp and hang outs. It is always so refreshing knowing that I am able to escape into the CMT community and know that everyone will always have my back and be there for me. I am also thankful for my family who continues to support me with all of my needs when it comes to CMT. They are always there to help me whenever I am struggling or just need a little extra support. There are so many things to be thankful for this year, so it is important that we recognize what we are most thankful for so we can appreciate those things as much as we can.

## COMING SOON!



## THE CMTA YOUTH BOOK

**"STAY TUNED"**

**"WALK A MILE IN MY BRACES"**

**Release Date:**

**Monday, November 29!!!!!!**



Have a story  
to share, we  
want to hear  
from you.

[CLICK HERE]



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We are the driving force behind CMT research

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