

THE FOOTPRINT

THE CMTA YOUTH REPORT

MAKE EVERY STEP COUNT

Welcome to the THIRD Issue of "The Footprint"

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

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WHO'S ZOOMING WHO



Time to tap into the TRIBE...

Zoom is one of the best ways to stay connected to our friends and family. The Youth Community of the CMTA is Zooming to keep connected from all over the world!

CMTA Youth Zoom Hangouts

have happened three times so far, and they have been awesome. We had over 80 youth join our last hangout and it was a blast.

We get a rockin' newscast from the Youth Council, we have lots of updates on the youth movement and Camp Footprint, and we do a few activities to help us get to know some new friends. The best part of all is that **everyone on the call has CMT, so even strangers understand!** Don't miss the next one coming up.....

THIS Sunday, August 29 from 7:00-8:30 pm EST



The Belle of the Ball!



My name is Annabelle Ensor. I'm 17 years old and live in Western Colorado. I was diagnosed this year with CMT 4J. At first, I wasn't fazed. I'd prepared for this outcome and had accepted it before we'd received the results. It wasn't until a couple days later that the fears started settling in. What if I could never get a partner again? Could I live with myself having children knowing they'd be affected by the same thing? How do I know how quickly it's been progressing? What if it starts progressing faster? I felt like life had cheated me.

Today, my attitude on my diagnosis is that I already had CMT before being diagnosed. Knowing the name of what makes me different isn't a bad or sad thing. It's a brilliant, wonderful, enlightening thing. My life may be impacted by CMT, but I still have the control. I get to decide whether CMT is a cause for depression or encouragement and fulfillment.

I'm no longer afraid of not getting a partner. The right partner will love and accept me and see beyond my disorder. I don't worry about having children because if my children are affected, I can help them through it. It doesn't matter how quickly it's been progressing because I have an amazing life, and that doesn't change just because I have a diagnosis. It doesn't matter if it starts progressing faster because I have the strength to get through it.

God gave me the passion for biomedical engineering when I was 14 years old, and since then, that's what I've been pursuing. It's amazing how your own mind knows you need something before you do. I'm going to be a biomedical engineer, and, until a cure is reached, I'm going to design adaptive tools for CMT patients. What an amazing gift that is, to have a passion for something needed not only by me, but by my family.



My name is Abby Charles. My sophomore year of high school I was in the school musical, and the cast puts on a little preview for the school to see to make sure they come.

The day of the preview at the end of our show I was trying to say my line and I ended up falling and spraining my foot. Even though I had a sprained foot I wasn't letting that stop me from the three months of practice I had put into the show.

Even if I only had one line to say along with the dancing, I still came back to be in the show. From doing the school musical with a sprained foot, not only did I realize what song I wanted to do for the school talent show, but the school newspaper wanted to do a story on me.

I chose the song "Titanium" because as it says

in the song "I'm bulletproof, nothing to lose fire away fire away," meaning to me no matter what tries to knock me down, I always know how to get back up again.



It's Up to Us by Colin J. Hutton

Recently, the CMTA Youth decided to do a fundraiser bingo card. The fundraiser helps the CMTA and CMTA-STAR fund researchers to find cures. If you want to donate you can; the opportunity is open all the time.

The fundraiser is important to me because I have CMT type 2A2B, and the fundraiser helps people find cures for CMT. I joined the fundraiser because I wanted to help find a cure for CMT.

By sharing my bingo card on Facebook and Instagram, as well as some in-person requests, I was able to raise \$205 from everyone who donated.

Seeing how many people donated made me very happy. The CMTA got over \$1000 on the first day. That made me excited and hopeful. For anyone who missed the bingo fundraiser, you can still [donate at the CMTA website](#) and participate in our next big fundraiser in October, The Dance4CMT. Thank you to everyone who helped!



REGISTER



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

Coming from personal experience, I have learned so much and made some of the best friends in the world, all by just reaching out. It may not seem like it, but just reaching out to one other person can make a world of difference. I should know because it's how I got involved in this amazing community.

No matter who you reach out to they will welcome you with open arms and you will instantly become part of this funky footed family. Luckily, there are so many ways that you can reach out and connect to other youth with CMT. There are social media accounts on Facebook and Instagram. This Sunday, there is another awesome CMTA Youth Zoom Hangout. (REGISTER)

And most important, you can sign up and join us for the upcoming DANCE4CMT! There will be so many youth who will be a part of that event from all over the country and all over the world. Don't miss this

opportunity to have some fun and raise some funds for the CMTA!
The more you put into the youth community, the more you will get out
of it, I promise! You are not alone.



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

[[CLICK HERE](#)]

COMING SOON!



THE CMTA
YOUTH BOOK

“STAY TUNED”



TREATMENT DRIVEN • COMMUNITY POWERED

We are the driving force behind CMT research

Follow us on social media :)

