



CF Connections

Calgary and Southern Alberta
Chapter

February 2011 Newsletter

Breathing life into the future®

Editor's Message:

Well as you can see, it's finally here. If you haven't been around the last couple of months, the "it" I'm referring to is our wonderful new logo and name. We are now Cystic Fibrosis Canada. I for one am very excited! Our new logo gives one the feeling of hope for the future and shows how far we have come in 50 years. We should all be very proud of all that has been accomplished over those years, and of all that our organization continues to do to make our children's, family's or friend's lives longer and healthier. Please join me in welcoming this new era of possibilities!

Cara Wiley

2011 CALENDAR OF EVENTS

Coin Boxes - All Year

Parent Information Day - March 12th

May is CF Month

National AGM in Quebec - April 28th to 30th

Banner Hanging - May

Shooting for the Cure - May 7th

Mums for Mom - May 5th, 6th, and 7th

Casino Event - May 11th and 12th

Great Strides™ Walk - May 29th

CARSTAR Soaps it Up! - June

65 Roses Ladies Golf - June 27th

Friends of CF Golf (Carstairs) - July

Friends Fore CF Golf (Medicine Hat) - July

Global Fest Parking - August

Ride for the Breath of Life® - September 17th

Calgary Chapter AGM - October

An Evening of Fine Things - November

Wrapping for a Cure - December

KIN EVENTS

Kin/CF Day - May 1st

Stampede City Kinetite 3rd Annual Daisy Chain of Loonies - TBA

Kinsmen Children's Hospital Home Lotto - May, June and July

Kinsmen pre-parade, Mile of Dimes - July

Kinsmen Wheels, Stampede week - July

Stampede City Kinetite Casino -

High River Dinner and Dance - March

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Deadline for the March Newsletter is
Wednesday February 23rd.





YOU'VE HELPED US SOAR

Welcome to Cystic Fibrosis Canada! I am pleased to report that our organization celebrated our new name and symbol yesterday, February 1. With the help of countless volunteers and supporters, Cystic Fibrosis Canada has officially taken flight!

Our team spent a fun-filled afternoon at the busy Toronto Eaton Centre, and we had the opportunity to speak with many members of the public about the work we do. The cystic fibrosis community was also well-represented, and helped put a face to our important cause.

I would like to thank Debra Berlet, our President, for sharing her hopes and dreams for our re-energized organization; and Lovisa McCallum, an incredibly tenacious mother of an eight-year-old with cystic fibrosis, touched the hearts of everyone who attended with a candid account of her family's daily struggle with the disease.

We shared the celebrations with our community outside of the Greater Toronto Area using social media! From Vancouver to Halifax, Cystic Fibrosis Canada's launch was celebrated with great enthusiasm. I invite you to view [pictures](#) and a [video](#) of our event.

I was delighted to meet some of you, and I am struck by the passion and deep determination of our volunteers, families, researchers, clinic teams and supporters. I am excited about this next chapter for Cystic Fibrosis Canada, and look forward to our journey to a cure.

Thank you,

Maureen Adamson

Breathing life into the future®
www.cysticfibrosis.ca

Charitable registration: 10884 E100 RR0001

Cystic Fibrosis – Parent Info Day



Saturday March 12
9:00 – 3:00PM

Learning

Research

Fun information

Meet the team

Watch for information and invitations
Coming in your mail this month

Contributed by Chrissy Farr. Mother of Presley, age 9 months.

Chrissy was concerned about strangers touching her baby when they are out in public areas and potentially exposing her to colds and flus. She found a website source of small, cute, portable "signs" that can be attached to strollers, car seats, etc. The signs read: "Your germs are too big for me. Please don't touch."

Chrissy has found them really helpful. If you are interested in learning more about them, please check out their website at www.mamabears.com

The lady who distributes them would like to offer a 50% discount to parents, friends and family of those with CF. The discount code to use when ordering is VIPMAMA - all uppercase, no spaces.

Gaye Hopkins BSW, RSW
Social Worker
Cardio Respiratory Clinics
Alberta Children's Hospital

Smile

*If you see a person on the street
with wet and cold feet
and a hat opened wide,
it's nice to put a penny inside.*

*Bells ringing
and people singing
probably means
charity fundraising.*

*Put five bucks in or maybe two,
it's all up to you
what you like to do.
I would put five;
it's a better chance for
people to stay alive.*

*It's wintertime,
that means you should give,
because when you give
you feel warm,
kind of like a newborn.*

*So maybe smile to
someone on the street
or give some slippers
for their icy cold feet.
Well I have to go
so good-day
and remember
to give in all ways.*

Grayce Trimble

Grayce is a nine year old girl with Cystic Fibrosis, who receives her care at the Alberta Children's Hospital. She is an accomplished poet who came in third in her age group nationally last year. Her poem "Smile" was selected in the top 25 for Canadian students in grade three. She hopes that you enjoy it.

Volunteer Opportunities

If you are interested in any of the volunteer opportunities below please contact Kirsten Hrup at (403) 266-5295 or email kirsten@cfcalgary.ca

Events Calendar Administrator

Who: 1 volunteer
What: Post and maintain our Chapter event listings on cysticfibrosis.ca
When: Ongoing
Time(s): 2-4 hours per month
Where: Home-based volunteer opportunity
Details: Responsible for maintaining and updating details of our Chapter's events and fundraising activities using the online events calendar located at cysticfibrosis.ca. No specialized software required, although confidence with, and access to computer programs such as email, internet and MS Word/Works or OpenOffice is required.

Data Entry

Who: 1 volunteer
What: Administrative support - data entry
When: approximately February through March
Time(s): 2 – 4 hours per week
Where: CF Office
Details: Volunteer will assist with basic data entry; requires accurate and consistent data-entry ability.

Great Strides™ 2011

Our Great Strides™ Organizing Team is getting laced up and ready to go for the 2011 walk on Sunday, May 29th.

Below are a few examples of ways in which you can help:

- TEAM Liaison(s)
- Donations & Sponsorship
- Promotions
- Event-day Volunteers
- Corporate Partnerships

...and more, depending on your level of interest!

There's a variety of opportunities, if you would like to join a dynamic group of volunteers and help contribute to our organization's largest fundraiser contact Kirsten today!

7th Annual "Lung Function" 2011

Formerly known as the Heroes Among Us Awards Gala
Thursday, April 14th, 2011
Sheraton Suites Eau Claire
5:45 pm Cocktails • 7:00 pm Dinner • 8:00 pm Program
Live & silent auction • Entertainment • Prizes • Guest keepsakes
Semi-Formal
Tickets are \$150.00 each or a table of 10 for \$1350.00
www.summitfoundation.ca



It's our fight.
It's wishing, waiting, breathing, wheezing.
It's a fist full of enzymes and a new set of lungs.
It's pairing optimism with science, hope with heroes and the impossible with possible.
It's never saying never... ever.
It's the patients' discipline.
Its steep climbs followed by incredible views.
It's the anticipation of an easier life.
It's the medicine, IV's, needles, x-rays, ct scans, pain, blood, love and hate.
It's the glitz and the galas and the give and the goals.
It's the collaboration between perfect strangers and the connection between friends.
It's the birthdays that WILL come.
It's the lungs that WILL function.
It's the life that WILL inspire.
And it's the effort of all of us that WILL
make it possible to find a cure.

**Please join us in our fight.
Sponsor ✕ Attend ✕ Donate ✕ Get involved.**

WWW.CEFFORT.CA

P.O. Box 87071, Douglas Square RPO, Calgary, AB, T2Z 3V7, P: 403-669-5603, F: 403-723-9992 E: info@ceffort.ca W: ceffort.ca

Please note, all proceeds from this event will go to the Summit Foundation.

This is your last chance to help us raise \$15,000 for Cystic Fibrosis Canada. CARSTAR needs 672 more people to like their page. Share this page with your family and friends!

<http://www.facebook.com/carstarcanada>

CASINO

The Calgary & Southern Alberta Chapter's next Casino will be held on:

May 11 and 12, 2011
at the Deerfoot Inn & Casino

We still need some volunteers:

(May11) we n need BACKUPS for the day and night shifts.

(May12) we need CHIPRUNNERS for the day and night shifts.

WE also need BACKUPS for the day and night shifts.

Please contact **Bob Derbowka** if you have any questions or if you would like to volunteer for the Casino.

Bob Derbowka
403-288-1340
bobbyd@shaw.ca



The 22nd Annual 65 Roses Ladies Classic Golf Tournament will take place on June 27, 2011 at the Earl Grey Golf Club in Calgary.

Come and join us for a wonderful, fun filled day of golf, dinner and prizes and help us in our continued effort to raise funds for research to find a cure for CF.

*The **Early Bird** registration fee is \$235.00 per person, if received by March 31st. After that date the entry fee will be \$250.*

Contact the CF office at 403/266-5295 for a registration form and help us in continuing our effort to "Breathe Life into the Future".

Another big Thank You to all the volunteers, new and veterans, young and old, who came out for Wrapping for a Cure. We need so many to fill all the shifts we have in three malls and every shift you volunteer for makes a difference.

If you do not want to wait until next Christmas season to volunteer we have numerous events throughout the year you might like to participate in.

The next big event is the Great Strides Walk in May that again, we depend on many, many volunteers to make it the success it is. Please contact the office if you are interested in helping in the planning stages or even just on the day of the walk.

We are also working on getting an inaugural Great Strides Walk underway in Lethbridge this year, with the support of the Kin and Kinettes down there. So if you live in the area, or know of someone who does, and would like to help with this fun event, please contact our office here at 403-266-5295 or greatstrides@cfcalgary.ca

Volunteering helps you stay warm....inside and out!

A very important message from our chapter executive regarding membership:

Our Chapter membership consists of parents, grandparents, relatives and friends, CF adults, and many unrelated volunteers.

Chapter members:

- **raise funds in the Calgary and Southern Alberta area**
- **promote public awareness of cystic fibrosis**
- **serve as a local resource to partners**
- **support people and families affected by cystic fibrosis**

As a member of Cystic Fibrosis Canada/ Calgary and Southern Alberta Chapter you can:

- **Contribute to the direction to the chapter at a local level**
- **Be involved as a volunteer at events and help raise awareness in our community**
- **Provide leadership / assistance / knowledge to serve the Chapter**
- **Attend the Annual General Meeting to elect the Board of Directors**
- **Receive a subscription to the monthly Calgary newsletter - "CF Connections"**
- **Become a volunteer for a specific project, event or in a capacity where your specialized skills or experience will contribute towards the goals of the Chapter**

\$20 Family membership is good for one year from February 1, 2011 to January 31, 2012.

An elected Board of Directors oversees the operation of the Chapter.

If you would like to become a Chapter Member, please complete and mail in our Membership Form, or contact the Chapter office: Phone: (403) 266-5295 or Email: info@cfcalgary.ca



We invite you to take a look at our Chapter's fresh new Facebook page www.facebook.com/cfcalgary. We have just reached 100 "likes" and our goal is to be at 200 by May 1st - help us reach that goal by visiting the page and "liking" it today.

You can still view the page, even if you are not registered with Facebook - check it out today for some great videos and announcements.

<http://www.facebook.com/cfcalgary>

Please share this link with friends and family - invite them to join to stay connected to our chapter online

DATE: _____ FAMILY NAME: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL CODE: _____

PHONE: _____ EMAIL: _____

CF Connections Monthly Newsletter (Included with membership): Email Canada Post

Adult Member #1	Adult Member #2	Children	Age:
Name:	Name:	Name:	
Daytime #:	Daytime #:		
Business #:	Business #:		
Cell #:	Cell #:		
Fax #:	Fax #:		
Email:	Email:		

Enclosed is my membership registration fee of \$20

Enclosed is my tax deductible donation of \$35 \$50 \$100 \$500 Other _____

Total: _____

METHOD OF PAYMENT

CHEQUE (Cystic Fibrosis Canada) VISA MASTERCARD

CARD #: _____ EXP: _____

SIGNATURE: _____

Optional Information:

How did you hear of our organization/cystic fibrosis?: _____

Are you interested in volunteer opportunities with the Chapter? Please indicate:

- Organizing an Event Placing Coin Boxes General Volunteer Publicity
 Presentations Events Great Strides™ Walk Office
 Chapter Executive Other (Specify): _____

Submit membership form by mail, fax or email to:

CALGARY & SOUTHERN AB CHAPTER
1130F 44 Ave SE Calgary AB. T2G 4W6
T 403-266-5295 F 403-262-7556
inf@cfcalgary.ca www.cysticfibrosis.ca

Bob and Judy Derbowka

What you didn't know about long time volunteers, our casino chair and wrapping for a cure co-chair

10 Things You May Not Know About Us Are.....

1. Judy was born in Odessa / Bob was born in Yorkton
2. Judy was a Girl Scout and loved camping / Bob was a member of the Univ. Unikranian Dance Troupe
3. Judy went to Business College / Bob graduated from U of S
4. We met at a bridge party / Bob likes to say we met in a bar
5. We lived in Edmonton 3 1/2 "cold" years before moving to Calgary
6. We raised two beautiful and intelligent daughters
7. We loved camping and cross country skiing with our girls
8. Today we have 2 daughters, sons(in-law) and 5 marvelous GRANDCHILDREN
9. We've always loved to travel and have had the opportunity to visit such countries as Russia, China, Egypt, Kenya, Turkey etc.
10. We volunteer with Cystic Fibrosis Canada and have met a wonderful group of friends who gave us much support when we learned our granddaughter had Cystic Fibrosis. Our thanks to all of you.



Cystic Fibrosis Canada - Calgary and Southern AB Chapter

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www.cfcalgary.ca



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