



Welcome to the 2009 CF Newsletter. This year will see some changes to our newsletter, including a monthly hero, and a whole page for you our readers to write in. I hope you use this as a resource and a method to get in touch with others who might share similar problems, or worries, or even joys and triumphs.

This year also brings many wonderful changes to our local chapter, as well as nationally. We have added a new member to our team. We are pleased and honoured to welcome Kirsten Hrup, our new Fundraising coordinator. Stay tuned and look next month for a bio on Kirsten so you can get to know her, and learn about how she's going to improve our fundraising. Thanks Kirsten!

This year also brings newborn screening to Saskatchewan, making it the third province to test newborns for Cystic Fibrosis.

I am looking forward to a great year of fundraising, bringing us one step closer to a cure. I hope you will join us this year at one of our many great events, and enjoy the newsletter! Please feel free to email us any ideas, and especially your hero of the month!

Calendar of Events

High River Kinsmen- Annual Dinner & Dance for
CF – March 7th

Shooting for a Cure – May

Mums for Mum – May 7th, 8th and 9th

Great Strides™ Walk – May 31

CARSTAR Soaps it Up! – June

Ride for the Breath of Life – June 20th

65 Ladies Golf – June 22nd

Friends of CF Golf (Carstairs) – July

Friends Fore CF Golf (Medicine Hat) – July

Global Fest parking – August

Calgary Chapter AGM – October

FrightLites – October

Gift Wrap - December

Inside this issue:

*Page 3 : Wrapping for a cure
pictures*

Page 5: Hero of the Month

Page 8: You wrote in...

*Deadline for March Newsletter is
February 23rd*

2008 WRAPPING FOR A CURE

Thank you to everyone who came out to wrap gifts, you helped us raise a total of \$24,285.91 for Cystic Fibrosis!!

A special thank you to Paula Neuhold from North Hill Centre who volunteered, organized the celebrity gift wrap week and donated mall space and supplies. Also, to Caroline Newton from Market Mall who donated mall space for our booth and donated the paper and bows. And to Chris Van Doorn who donated space in his Chinook Centre Zellers store.

Thank you to the following people who also contributed to our Wrapping For A Cure fundraiser this year; Dan Sellers who donated his time and expertise to set up our online registration. Doug Watson for building our Zellers and Market Mall booths, they look so professional and were a joy to work in! Thank you for setting them up and taking them down! Rebecca Watson for your many hours of hard work from ordering supplies to wrapping countless gifts! Agata Korczewski and Chris Archibald, who not only volunteered to wrap for many shifts but also were in charge of scheduling. Debbie Carver, for doing such a great job with PR and also wrapping for many shifts. Laura and Ron Read, Steve Peplinsky, Robin Archibald and Keith Hodgeson and the Watson family who came out to help take down the Market Mall booth. Kirsten Hrup, our new Fundraising Coordinator who jumped right in and learned all she could about the gift wrap while also wrapping and coordinating while I was away. Fred Wuotila, who collects boxes for us all year and is my North Hill "supervisor". The Watson family, Peggy Noble and her family, Doreen McMullen and Debbie Carver who all worked the very last shifts on Christmas Eve and cleaned up and stored everything.

We also want to express our thanks to Jim and Beth Larocque who not only volunteered to wrap, but also matched the amount that was raised on their shift, which was an incredible \$500.00. Thank also to Theresa Larocque who donated \$100.00 to the gift wrap.

Thank you to all the volunteers who braved the cold and snow and made it to their shifts on time! This fundraiser could not have happened without the dedication of so many!

Please check our web site www.cfcalgary.ca and the newsletter in late October or early November 2009 for info on the 2009 Wrapping For a Cure. If any of you are interested in joining our committee please contact myself or the CF office.

Once again thank you and Happy New Year!

Monique Rodger
Wrapping For a Cure Chairperson
daveandmonique@shaw.ca



Above left: Former Flames Jim Peplinsky and Ken King came out to help raise funds and awareness at our North Hill Centre booth.

Above right: Ben Archiblad having fun and being wrapped up for Christmas!

Bottom left: Thank you to Paula Neuhold, Marketing Manager at North Hill Centre for volunteer to wrap and donating the space for our booth in the North Hill Centre as well as all the wrapping supplies!

Bottom right: Kathleen Templeton-Bandola and her dedicated team wrapping at Zellers Chinook.

INCOME TAX INFORMATION

Just a reminder that all children with Cystic Fibrosis are eligible for the disability tax credit. This credit is based on children receiving "life sustaining therapy" (ie. chest physiotherapy) on a regular basis, totalling at least fourteen hours per week. If this is new information to you or you have any questions, please see Gaye when you are in clinic or contact her directly.

Those families who are in receipt of the Child Tax Credit are entitled to additional financial benefits, once the disability tax credit paperwork has been filed with the CRA (Canada Revenue Agency). This happens automatically, there is no need for you to file any additional paperwork.

Additionally, according to the CRA website, families who have to travel greater than 40 kms, to travel to the hospital to receive CF care, may be able to deduct travel related costs (mileage). Families who travel greater than 80 kms, may also be able to claim costs for meals and accommodations. Receipts need to be kept. Please refer to the CRA website for further details.

REQUEST FOR PICTURE SUBMISSIONS

Parents, we are asking you to please send in pictures of your child/children at the CF walk or other events, pictures of your kids doing activities and of them doing CF care. Please email them to our CF office at ccffcal@telus.net.

These pictures will be used to make a video for promotion purposes for the chapter. Please don't forget to include your child's name and age. Please note however, that you do not have to use the child's real name

SWITCH TO E-MAIL!

Congratulations to Lorene Klippert who was the lucky winner in our draw for a movie pass for two. Thank you to all our readers who will now receive the newsletter via e-mail instead of through the post. You save the environment we cut costs!

Please contact Teri at the office if you want to make the switch also!

HERO OF THE MONTH

Ben Archibald



Ben has been CF (Canadian National Anthem) singer at the 65 ladies golf tournament for 5 years now. At 13 years old he is the tourney photographer and goes around to all the teams to meet them and take their photograph. He acts as an extra, delivering things to holes, ect, and was thrilled with his first chance to drive the golf cart himself. He regularly goes with his mom to personally deliver CF thank you pictures to new sponsors of the golf tournament. This past year, he was asked by the Kinsmen to sing and present at the Kin convention in Lethbridge. He was also presented at elementary schools on behalf of the Kinsmen doing short presentations on CF and answering a question past. Ben has also gift wrapped at Christmas time for numerous years, this year at North Hill mall with some Calgary Flames. In general he has become an enthusiastic volunteer, presenter and spokesperson on behalf of the Canadian Cystic Fibrosis Foundation. We appreciate all the work he does on behalf of the CCFF.

Ben is in grade 8 at Davis Thomson Middle School where his favourite subjects are PhysEd and Math. He is the goalie for the Blackfoot Eagles hockey team and in the summer plays in goal for the Willowridge Warriors soccer team. Go Ben Go!!!

REGIONAL DIRECTOR POSITION

We need a new Regional Director... could it be you???

Regional Director

- Show motivation, guidance and assistance to area chapters by establishing regular communications including providing resources from the CCFF to chapters.
- Bring chapter concerns to the national Board of Directors, serve in a leadership capacity at the Prairie Regional meetings and assist chapters with national award nominations.
- Provide a line of communication between the Board of Directors and the chapters and submit Regional Director reports about chapter activities at national meetings.
- Attend national Board of Director meetings in February and September in Toronto and attend the national AGM (PEI in 2009 and Ottawa in 2010) in April.
- It is a two-year term.

If interested or if you have any questions please email Beverly Van Horne at bgvanhorne@gmail.com

RIDE FOR THE BREATH OF LIFE



The 2009 Motorcycle Show at the Calgary Roundup centre was a great success. Great thanks to The Rock Riders Association who donated space to "The Ride for the Breath of Life"

Pictured above is Jeanette Bolton (Rock Riders) and Grant Weir (Chair for the Ride)

OUR THOUGHTS ARE WITH YOU

The Calgary and Southern Alberta chapter of the Canadian Cystic Fibrosis Foundation would like to extend our deepest condolences to the Rock Riders, especially to Barry and Jason Scott. On October 26th, 2008 they lost a dear friend, wife and mother. Anne Marie Scott passed away peacefully at home having suffered from Diabetes and kidney failure. She was a loving, devoted mother to her son Jason and an honourable wife of 26 years to husband Barry. Anne Marie spent her days as a personal care worker, giving her time and helping those in need. She had a passion for sports, having won gold in the international dory in 1992 and a black-belt in karate. She also had a love for animals, and the outdoors. We know she is deeply loved and missed, and our hearts and thoughts go out to our good friends the Rock Riders in their time of grief. Donations can be made to either the Humane Society or the Canadian Diabetic Association in her memory.



WEBSITE A GREAT SOURCE FOR EVENTS AND INFORMATION

Don't forget to check our local web site for information on up coming events and fundraisers. We will post registration forms and other info on www.cfcalgary.com

You can also find all past and current newsletters on the site. If you would like to have your event or fundraiser on our web site please contact me daveandmonique@shaw.ca

Our web site is a great tool, be sure to use it!

YOU WROTE IN...

{This page is for you, the readers to send us your questions, thoughts, tips, or pretty much anything relating to CF. How you cope, parent someone with cf or having cf yourself. We want to hear from parents, grandparents, siblings, children with cf, and adults with cf.

Here are a few to get your started}

Annoying Situation:

Have you ever been served in a restaurant or out at a community event and someone makes a ridiculous comment on the enzymes your child is taking. Something like, "how much could we get for those on the street" or "wow, those are a wack of vitamins" or "could have I some?" If so, what is a quick, standard response you normally come back with? I know it makes my child uncomfortable - sometimes to the point of not wanting to take her pills in public. Any advice would be most appreciated.

Annoyed in Calgary

Needle Phobia:

Do any of you parents out there have troubles getting your child to sit for needles, or bloodwork? I know it takes 2 nurses plus myself to hold my 5 year old son down for his... If you suffer from this problem here are some tried methods of helping your children cope;

- Bring a favourite teddy, or stuffy to cuddle and feel safe with
- Bring a new story book to read with your child and keep the focus on the story rather than the needle
- Bring a pinwheel and have your child exercise deep breathing.

Any more suggestions, or tips, please send them in!

Getting Organized:

Have you ever found yourself thinking "did I take this medication yet today?" or "did my husband already give Bradley his vitamin?" I know in our house we went through it almost every day with some many to remember. One day we came up with a way of always knowing what meds our son needs to take, what time of day he needs them and whether or not he's had them.

We bought a large dry-erase board and hung it in the kitchen. We then drew up a chart listing each medication our son needed and the time of day it was taken, and then days of the week. So when my husband, myself, or a babysitter gave our son something, we just put a check in the corresponding box, and there was never any worries.

Canadian Cystic Fibrosis Foundation
Calgary and Southern Alberta Chapter

2009 MEMBERSHIP APPLICATION

FAMILY NAME: _____

ADDRESS: _____ CITY: _____

POSTAL CODE: _____ RES # _____ FAX # _____

1 st Adult member	2 nd Adult member	Children	
name: _____	name: _____	name: _____	age: _____
bus # _____	bus # _____	name: _____	age: _____
cell # _____	cell # _____	name: _____	age: _____
fax # _____	fax # _____	name: _____	age: _____
e-mail _____	e-mail _____	name: _____	age: _____

To receive the newsletter via email, please provide an email address below:

Enclosed is my \$20.00 membership fee: _____ New _____ Renewal
(Tax Receipt-able)

I am sending **\$20** per household

- Cheque Card # _____
- Visa Expiry Date _____
- MasterCard Enclosed is my membership of \$ 20.00

Enclosed is my donation of \$ _____

TOTAL enclosed \$ _____

Signature _____

Please return this form & payment to:

Canadian Cystic Fibrosis Foundation
Calgary and Southern Alberta Chapter
130, 6001 – 1A Street
Calgary, AB T2H 0G5
Phone: 403-266-5295 Fax: 403-262-7556
email: ccffcal@telus.net

Please note that if your membership is not kept up to date, we will be unable to mail you a copy of the newsletter. For those with access to a computer, please help keep costs down by switching from mail to electronic mail for receiving your newsletter!

2009/2010 Calgary & Southern Alberta Chapter Executive

VP – Volunteers & Community Partners	Deb Laval	249-0409	deblaval@hotmail.com
VP – Publicity & Promotions	Debbie Carver	230-7893	carver63@telus.net
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65 Roses @ Ladies Golf Chairperson	Rita Owen	249-4641	ritaowen@telus.net
Friends of CF Golf Chairperson	Matthew McWhirter	288-1786	mmcwhirter@shaw.ca
Friends Fore CF Golf Chairperson	Theresa Renke		friendsforecf@canopycanada.net
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