



Canadian Cystic Fibrosis Foundation

50 YEARS ANS

CF Connections Calgary and Southern Alberta Chapter

January 2011 Newsletter

Editor's Message:

Happy New Year!! I hope everyone had a safe and wonderful holiday season! I am looking forward to an exciting 2011, with lots of changes happening for the Canadian Cystic Fibrosis Foundation, including a new name and logo started February 1st. We have all of our usual great events this year and are working on making the Great Strides walk bigger and better than ever! I would like to personally thank everyone who helped make 2010 such a successful year for our chapter and ultimately for our Foundation. Please enjoy the first newsletter of the year, and as always feel free to contact me with any suggestions and/or comments.

Cara Wiley

2011 CALENDAR OF EVENTS

- Coin Boxes - All Year
- Parent Information Day - March 12th
- May is CF Month
- Banner Hanging – May
- Shooting for the Cure – May 7th
- Mums for Mom – May 5th, 6th, and 7th
- Great Strides™ Walk – May 29th
- CARSTAR Soaps it Up! – June
- 65 Roses Ladies Golf – June
- Friends of CF Golf (Carstairs) – July
- Friends Fore CF Golf (Medicine Hat) – July
- Global Fest Parking – August
- Ride for the Breath of Life® - September
- Casino Event – May 11th and 12th
- Calgary Chapter AGM – October
- An Evening of Fine Things - November
- Wrapping for a Cure - December

KIN EVENTS

- Kin/CF Day – May 1st
- Stampede City Kinette 3rd Annual Daisy Chain of Loonies - May
- Kinsmen Children's Hospital Home Lotto – May, June and July
- Kinsmen pre-parade, Mile of Dimes – July
- Kinsmen Wheels, Stampede week – July
- Stampede City Kinette Casino -
- High River Dinner and Dance - March

Please note not all dates are posted, we will have them for you A.S.A.P

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Deadline for the February's Newsletter is Monday January 24th.



Greetings Everyone, I hope this message finds everyone in good health.

On behalf of the entire Executive Committee and especially the CEO Search Sub-Committee, Debra and I are delighted to announce the hiring of our new CEO!! Maureen Adamson was the candidate selected from our exhaustive search, so, an offer of employment was extended and accepted. Maureen will begin her tenure with us on January 17, 2011.

Maureen Adamson has an extensive and very successful background in senior management, particularly in the health-services field. She comes to us from her current position as VP Corporate Services at Mohawk College in Hamilton Ontario. Prior to her position at Mohawk, Maureen has held the positions of CAO and VP of Corporate Services for Women's College Hospital and served a lengthy tenure at the Province of Ontario. At the Province she held a number of progressive senior management positions including Assistant Deputy Minister and CAO - Health System Investment and Funding, Assistant Deputy Minister and CAO - Corporate Services and Organizational Development, as well as other progressive roles in financial, administrative, and operational leadership.

Maureen has an MBA from the Rotman School of Management, University of Toronto, a Bachelor, Business Administration degree from Lakehead University, and a college diploma in Business Administration from Sir Sandford Fleming College. She has also taken a number of other courses in Strategic Leadership, Strategic Marketing and has a Directors' Education Program certification.

As impressive as Maureen's background is, we are much more enthusiastic about what she can bring to us at the Foundation. Maureen is especially adept at team-building, empowerment, and extensive communications. She was able to present to us a very comprehensive and impressive plan to guide her through the first few months with us.

The offer of employment was compiled, with our input, by Amrop Knightsbridge, our Search Firm consultants (lead by Jack Penaligon), reviewed by our friends at Fasken-Martineau (special thanks to Maria Giagilitsis), and approved by the Executive Committee prior to being offered to Maureen.

It is no secret that Maureen has a monumental task at hand, to succeed Cathleen Morrison is no small feat! Maureen is very excited at the prospect of joining us however, and is eagerly anticipating her start date. Cathleen has generously offered to have an "overlap" period to help Maureen get settled. More information will follow in the coming weeks and into the new year. Please join us in welcoming Maureen Adamson!!

Paul Arsenault
Past President & Member, CEO Search Sub-Committee

Debra Berlet
President & Chair, CEO Search Sub-Committee

As a farewell to Cathleen Morrison, the Canadian Cystic Fibrosis Foundation is putting together a scrapbook for her to commemorate all her years of service to us. We are responsible for a page for this book from Calgary. If you have anything you would like submit for the page, please email it A.S.A.P to the office at teri@cfcalgary.ca or kirsten@cfcalgary.ca.



Canadian Cystic
Fibrosis Foundation

We've got some exciting news! As of
February 2011, the Canadian Cystic Fibrosis
Foundation is changing its name and logo!



Cystic Fibrosis
Canada

ESTABLISHING PHYSIO ROUTINES
FOR PARENTS OF YOUNG CHILDREN WITH CF

- WHEN:** Wednesday January 19, from 6:00 to 8:00 PM
- WHERE:** Alberta Children's Hospital and by telehealth at the Red Deer, Lethbridge and Medicine Hat Hospitals
- WHAT:** This is an informal, interactive session hosted by clinic physiotherapist Clare Smith and social worker Gaye Hopkins. This is your chance to ask any questions you might have, have your concerns heard and to share strategies with other parents.
- SPECIFICS:** This session is for adults only and other arrangements should be made for childcare. Other adult caregivers (grandparents, child care providers, etc.) are welcome at this session. Telehealth provides both video and audio of the session in Calgary, to parents in other areas of the province. Technical support will be available at each site, to assist parents in the two-way communication process between sites.
- Please contact Clare (403 955 2806) or Gaye (403 955 7031) for further information. RSVP's are required as telehealth services in outlying communities will be cancelled, if there are no attendees from that community.

UPCOMING TELECLASS

Winning with CF: Tools, Tips, and Tactics for Raising Healthier Kids™

DATES: Seven Weeks: February 9th to March 23rd, 2011

TIMES: Wednesdays; 5:00-7:00 pm Pacific, 6:00- 8:00 pm Mountain; 7:00- 9:00 pm Central; 8:00- 10:00 pm Eastern

LOCATION: In the comfort of your own home via Teleclass*

COST: \$59.00 per person/ couple. \$10 discount for registrations by Jan 20th. Limited partial scholarships are available. *Please note: This class uses a combo of telephone and internet instruction. The long-distance fees from your own telephone carrier are not included in the tuition cost.

TO REGISTER:

Call Lisa Greene at (425) 891-2842

Send Lisa an email at WinningWithCF@gmail.com

Visit www.WinningWithCF.com

This is a seven week, 2 hour teleclass for parents/ guardians of children with cystic fibrosis. The tuition fee covers the cost of materials and seven class sessions of live instruction and interaction with other CF parents. REGISTER SOON! Space is limited.

For more information on this teleclass, please visit their website at www.WinningWithCF.com

I was able to attend a workshop by Dr. Cline and Lisa Greene at the North American Cystic Fibrosis conference in 2009. They are engaging, dynamic speakers and have considerable experience in working with families who are parenting children with Cystic Fibrosis. Lisa Greene is also the parent of two children with CF and uses examples from her own experiences, throughout the teaching process. It is my understanding from them, that this teleclass can be accessed by families in Canada. The cost is very reasonable at 59.00/family for the seven week session.

Gaye Hopkins BSW, RSW

Social Worker

Cardio Respiratory Clinics

Alberta Children's Hospital

Mark your calendars!

Parent Information Day is being held on Saturday March 12th 2011 at the Alberta Children's Hospital. Watch your mailboxes for invitations with more information!



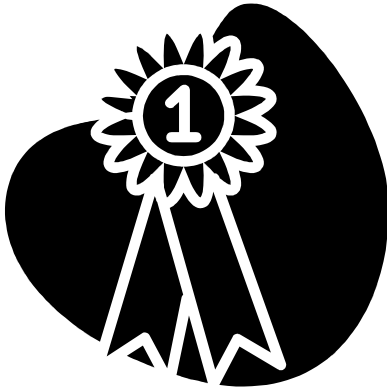
Congratulations to Ben Archibald who was the winner of the 2010 Regional Youth Award given to a teen in the Prairie regions for their outstanding volunteering commitment to the CF cause. Ben accepted his award in style in the company of the Calgary Flames players who came out to support Wrapping For A Cure at the North Hill Centre Dec 17th. Thank you Ben for volunteering for so many events and being our CF ambassador whenever the Flames come to North Hill Centre! You are a star!

-From left to right.... Brendan Morrison, Ben Archibald, Adam Pardy, Tom Kostopoulos.



Congratulations to our friend Fred Wuotila who received the 2010 Grassroots Volunteer Award from our Foundation. Fred started volunteering with us 6 years ago when he found out about Wrapping For A Cure on Shaw TV community events. Fred worked in retail for years and was keen to put his wrapping expertise to a good cause. Fred wraps almost everyday at North Hill Centre and collects empty boxes all year round from local retailers to donate to the gift wrap, saving us from having to buy boxes for this location.

-From left to right, Paula Lee North Hill's Marketing Director, Fred Wuotila, Co Chairperson for Wrapping For A cure Judy Derbowka and Bob Derbowka.



Congratulations to Judy and Bob Derbowka who received the 2010 Grassroots Volunteer Award from the Canadian Cystic Fibrosis Foundation. Bob and Judy have been volunteering with the Calgary and Southern Alberta for numerous years, including sitting on event committees, bingo, and many many other events over the years. Currently, Judy is the co-chair for Wrapping for a Cure and Bob is our Casino Chairperson. Thank you to Bob and Judy for all you do for our chapter!

-From left to right, Judy Derbowka, Debbie Carver (VP of Publicity and Promotions) and Deb Laval (VP of Volunteers and Community Partners)

VOLUNTEER SHOUT OUT

A big Thank You goes out to all the volunteers who participated in the fundraising celebration the North Hill Centre took on for us. Every time someone volunteered, their name went into a draw for the Backpack of Goodies...and it was won by Cara Wiley! Thanks to Cara and her family, who usually accompanied her, for the many shifts she took on over the past year. It just goes to show you that volunteering does pay off!

We cannot do what we do for the cystic fibrosis cause without the hard work and dedication of our volunteers. We like to recognize a job well done, and this past fall we made a few presentations to some very deserving people. At the AGM in October we announced the recipients of our local chapter awards. Some were presented that afternoon and the rest were finally presented to individuals while they were busy volunteering (of course!) for the Wrapping for a Cure leading up to Christmas.

Certificates of Appreciation were presented to:

- * Marie Tiedman
- * Elise Miles
- * Barry Lindgren
- * The Wylie Family
- * Mr. Mike's - Airdrie
- * CARSTARs - Lethbridge

ArtWork Thank you's were given to:

- * Paula Boyd
- * Val Turner
- * Teri Lang
- * Kirsten Hrup
- * Cara Wiley
- * Colleen Clancy

Prairie Regional Awards were handed out as well, a few at The Evening of Fine Things fundraiser, and the balance during gift wrap shifts. These awards were:

- * Verna & Ernest Yurkiw - Grassroots Award
- * Bob & Judy Derbowka - Grassroots Award
- * Fred Wuotila- Grassroots Award
- * Joanne Breeze- Grassroots Award
- * Ben Archibald - Youth Award
- * Market Mall - Community Support Award

Congratulations to all the recipients who are all well deserving of these recognitions and a big Thank You for all their efforts and ongoing support.

We can't do it without you!

Calgary's Premier Volunteer Recognition Event!

Volunteer Calgary's Leadership Awards is Calgary's premier, community-focused volunteer recognition event. Established in 1997, these awards celebrate the contributions and accomplishments of outstanding volunteers in our community. The awards recognize leaders of volunteer programs, outstanding youth volunteers, employee volunteers, innovative volunteer programs and exceptional individual volunteers.

Held each year during National Volunteer Week, the Leadership Awards promote the value of volunteering and serve as an inspiration for others to get involved in the Calgary community. For more than 50 years, Volunteer Calgary has supported volunteerism and the many organizations in Calgary and area that rely on volunteers to carry out their mission. Today, Volunteer Calgary serves over 450 non-profit member organizations with a variety of programs and resources to build capacity in the volunteer sector. The Calgary & Southern Alberta Chapter of CCFF is a member of Volunteer Calgary, and we are trying to utilize their resources to our advantage.

The Leadership Awards is our opportunity to celebrate the thousands of volunteers that support our member organizations as well as the growing number of companies in Calgary that are committed to supporting volunteerism in the workplace.

If you would like to nominate someone from our CF community, please take the time to read the nomination form and perhaps submit one to Volunteer Calgary. The link is on the poster that follows. It is always nice to show the rest of the volunteer community, what (or perhaps, who) we have going for us!

We salute you all!

http://www.volunteercalgary.ab.ca/leadershipawards/la_generic.pdf

CASINO

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

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

About 50 volunteers are needed. With your help we could raise about **\$70,000** for cystic fibrosis research at the University of Calgary

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



When: Sunday May 29th

Where: North Glenmore Park

For more information visit:

<http://www.cysticfibrosis.ca/en/chapters/CalgarySouthernAlberta/GreatStridesWalk2011.php>

For printable pledge forms visit:

<http://www.cysticfibrosis.ca/en/chapters/CalgarySouthernAlberta/GreatStridesWalk2011.php>

See you there!!

Volunteers needed for the Wrapping For A Cure committee.

Our Wrapping For A Cure event has grown considerably throughout the years. In order to keep our three locations we need more helping hands. If you would like to join us, whether helping with set up, scheduling, supplies or any of the many tasks, please contact us. We will have our "wrap up" meeting in February and we would love for you to join us.

Monique Rodger

(403) 730-7978

daveandmonique@shaw.ca

WRAPPING FOR A CURE 2010

A sincere thank you to all the dedicated volunteers who came out to support our Wrapping For A Cure event this Holiday Season. It was a huge success beating last year's total by \$7000.00! A grand total of \$37,000.00 was raised this year! We could not have achieved this without your help. We saw incredible dedication from volunteers who came out and wrapped not just once, but many times during our event. It was also great to see Gaye Hopkins from The Children's Hospital's CF clinic bring along some of her co workers including Dr. Bjornson. Also volunteering were the wonderful scientists from the research lab at the University of Calgary, Christine Eshaghurshan and her co workers took some time away from CF research projects to help us out.

On December 17th Paula Lee, Marketing Director from North Hill Centre, once again put a huge effort into organizing the Calgary Flames and Stampeders special day along with a silent auction raising \$1770.00 in just one hour!

It's wonderful to see this event grow bigger every year and to see so many wonderful families and volunteers get involved!

We wish you a Happy New Year and once again thank you to all who volunteered.

Special thank you to the Wrapping committee who put in many hours of preparation, setting up, scheduling, and wrapping!

- ★ Judy Derbowka
- ★ Chris Archibald
- ★ Agata Korczewski
- ★ Cara Wiley

Also thank you to our sponsors:

- ★ Devon Energy
- ★ Cenovus
- ★ Paula Lee and North Hill Centre
- ★ Jill MacDonald and Market Mall
- ★ Chris VanDoorn and Zellers at Chinook Centre
- ★ TD Bank Market Mall
- ★ Staples Market Mall
- ★ O'Connors

Monique Rodger

Wrapping For A Cure Coordinator



Bonnie Edmonds and Erin Rodger, putting their wrapping skills to a good cause.

Once in a while you meet someone who makes a significant contribution to your life in some form or other. Meet Bonnie Edmonds whom we met a few years ago through Erin and Simone's competitive riding stables. Bonnie rides and competes along side my daughters and after learning Erin has Cystic Fibrosis, did not hesitate to join the fight against CF. Bonnie has involved her company Cenovus, through their "Thanks & Giving" campaign. Cenovus encourages their employees to volunteer for a charity of their choice, in return Cenovus makes a monetary donation to that charity. Bonnie and Cenovus raised \$1000 for our 2010 Wrapping For A Cure event. In addition, Bonnie made a personal donation of \$1000.00 of which Cenovus matched, totaling a \$3000.00 donation to our Chapter!



Thank you for your caring support to our cause Bonnie!

Your friends,
Monique, Dave, Simone and Erin Rodger.



Dear Cystic Fibrosis,

Hi! My name is Coda,

My before-and-after school program, Kids Come First raised money for two charities this summer. We had a lemonade stand and a penny carnival at our daycare. Many kids LOVED these 2 things! We are planning to do them again next year. I especially loved the lemonade stand because it was cool and refreshing on a hot summer day! Anyways, we hope you can use this money to help others in need.

Sincerely,

Coda, Grade 6

Ranchlands Children Come First

65 Roses Commemorative Prints

The 65 Roses Painting was done in Eva Markvoort's honour, the Vancouver Chapter is selling commemorative prints of the painting. They are available for purchase at \$65, plus shipping. To order, visit <http://cfvancouver.ca/poster-orderform.php> or call 604-436-1158. The prints are 38" long x 21" high.

All proceeds from the sale of the 65 Red Roses painting and prints will benefit the Canadian Cystic Fibrosis Foundation.



It is with great pleasure that we wish Dr. Harvey Rabin a very Happy 70th Birthday. Dr. Rabin is the head of infectious diseases at the Foothills Hospital and more importantly, our beloved doctor of many years for the adult cystic fibrosis clinic. He has worked tirelessly for all of his patients and for the CF cause in general. Tribute gifts have come in to honour him for this special Milestone. Thanks to those of you that donated. Best wishes for a wonderful celebration and for many more from all of us here at the chapter!



There were no memorials for the month of December, however, we at the Calgary and Southern Alberta Chapter would like to take this time to thank those who made Christmas tributes:

Erin and Simone Rodger
 Elisabeth Berghuis
 Geoffrey Fairfield
 Andy and Emily Kowlaczek
 Deb Laval



Kirsten Arup

Better get to know our Fundraising Coordinator

10 Things you May Not Know About Me Are...

1. I have two hobbies, quilting and fish-keeping. I have over 60 fish, including two angel fish named Marble and Slab.
2. In the past 15 years I have moved 15 times.
3. My favourite author is Jude Devereaux, a romantic novelist.
4. I once owned a motorcycle, but never rode it.
5. I am a part-time student at Mount Royal and also studying Yoga.
6. My favourite colour of vehicle is red.
7. I am a vegetarian.
8. I have a dog, Bella, who was rescued from a shelter in Georgia, USA.
9. I have two middle names, Teresea and Ann, after each of my grandmothers.
10. I am fascinated by technology, especially medical technology.



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