



Cystic Fibrosis Canada

Breathing life into the future®

CF Connections Calgary and Southern Alberta Chapter

May 2011 newsletter



Editor's Message:

Wow is it really here? May is CF month!!! What are you doing special this month to raise awareness? Are you participating in the Great Strides Walk? I know I am! I want to take this moment to thank Cystic Fibrosis Canada for giving me the opportunity to attend the Annual General Meeting in Quebec this year. I always find it very moving and inspirational to see all the efforts that go into finding a cure. Not just the local efforts that I see on a regular basis, but all across Canada, people are coming together. To see so many people in one room, all with the same goal is a very uplifting and promising sight. So thank you for letting me experience this. I always come home with a renewed and re-charged sense of hope.

2011 CALANDER OF EVENTS

Coin Boxes - All Year

May is CF Month

Banner Hanging - May

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

Shooting for a Cure - May 7th

Casino Event - May 11th and 12th

Great Strides™ Walk - May 29th

CARSTAR Soaps it Up - June 11th

65 Roses Ladies Golf - June 27th

Friends of CF Golf (Carstairs) - July 4th

Friends Fore CF Golf (Medicine Hat) - July

Ride for the Breath of Life® - September 17th

Frightlights® - October

Calgary and Southern Alberta Chapter AGM - October

An Evening of Fine Things - November

Wrapping for a Cure - December

KIN EVENTS

Kin/CF Day - May 7th

Stampede City Kinette 3rd Annual Daisy Chain of Loonies - April 30th

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

Claresholm Kinettes Annual Walk and Roll - June 4th

Kinsmen Pre-Parade, Mile of Dimes - July

Kinsmen Wheels, Stampede Week - July

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The deadline for June's newsletter is Monday May 25th. Please keep in mind we will be breaking for the summer, and June will be the last newsletter until we resume in September, so if you have anything pertaining to the summer, please send it for June.



Combination therapy provides hope for cure of dangerous infections of cystic fibrosis patients

Published: Sunday, April 24, 2011 - 12:32 in [Health & Medicine](#)

An over-the-counter drug used to treat diarrhea combined with minocycline, an antibiotic used to treat bacterial infections, could one day change the lives of those living with cystic fibrosis. Researchers at McMaster University have discovered this creative approach to tackle antibiotic resistance to bacterial infections, a frequent complication of those with cystic fibrosis. Cystic fibrosis is the most common, fatal genetic disease affecting Canadian children and young adults.

"Antibiotic resistance is having a profound effect on known drugs that are used to treat illness and disease," says researcher Eric Brown, professor and chair of McMaster's Department of Biochemistry and Biomedical Sciences and member of the Michael G. DeGroot Institute for Infectious Disease Research (IIDR).

"Previous advances in treating cystic fibrosis have been in managing infection, but since infectious organisms are increasingly developing resistance to antibiotics, the importance of providing new treatments is more important than ever."

Brown, who made the discovery in collaboration with McMaster researchers Gerry Wright and Brian Coombes, found that the combination of these two drugs inhibits the growth of bacteria after screening a collection of previously approved non-antibiotic drugs within McMaster's Centre for Microbial Chemical Biology.

Their screening revealed that this particular combination using the anti-diarrhea drug loperamide increases the efficacy of the antibiotic minocycline against multidrug resistant *P. aeruginosa*.

"Typically it takes 13 to 15 years to develop a drug," says Brown. "We think that this approach could cut drug development time in half."

"These exciting research findings hold promise that a new, safer method for treating devastating lung infections in people with cystic fibrosis may be just around the corner," says Maureen Adamson, CEO, Cystic Fibrosis Canada, a charity that partnered with the Canadian Institutes of Health Research to fund the project. "These findings could impact healthcare worldwide as antibiotic resistance is a tremendous threat to many populations." Wright, scientific director of the IIDR, adds that McMaster is one of the only universities to look at the combination of antibiotic and non-antibiotic drugs in combating bacterial resistance. But he believes this marks the beginning of using combination therapy as a more effective way to treat disease.

"This finding has opened doors to discovering the abilities of drugs when combined," he says. "Not only has antibiotic resistance become a growing threat to managing illness and disease, the use of combination therapy has added benefits. These combinations might be a way to selectively target bacteria and combat disease and leave so-called "good bacteria" intact to do other things. In effect you use fewer antibiotics to get the same effect."

LCBO stores raise funds for Cystic Fibrosis

May is Cystic Fibrosis Awareness Month

Starting May 1, the public can help support Cystic Fibrosis Canada (formerly known as the Canadian Cystic Fibrosis Foundation) by making a donation at any of the more than 600 LCBO stores throughout Ontario. Donation boxes for Cystic Fibrosis Canada will be displayed at LCBO checkout counters until May 31.

"We thank the LCBO for this opportunity to raise awareness of cystic fibrosis and for helping make a difference in the lives of children, adolescents, and adults with cystic fibrosis," said Maureen Adamson, Chief Executive Officer of Cystic Fibrosis Canada. "Despite progress to date, our work continues. Every week in Canada, two children are diagnosed with cystic fibrosis and one person dies of this fatal genetic disease. Our sights are squarely set on a cure. We invite LCBO patrons to join us in our fight for life and help us find a cure."

"LCBO is pleased to partner with Cystic Fibrosis Canada and help improve the lives of individuals and communities across Ontario," says LCBO President and CEO Bob Peter. "We appreciate the unwavering generosity of LCBO's customers and staff who support these worthy causes and, in turn, assist their fellow Ontarians."

Cystic Fibrosis Canada is one of 25 provincial, as well as numerous local charities, that will benefit from the LCBO's province-wide donation box program in 2011. In 2010, LCBO raised a total of \$4.2 million for charities through special programs and initiatives, of which \$3.8 million was raised through in-store fundraising. In addition, LCBO's annual dividend transfer to the Ontario government, which totaled \$1.41 billion in fiscal 2009-10, excluding taxes, supports a wide range of important government programs, services and priorities, including health care and education.

Cystic Fibrosis Canada thanks the public for its support when shopping at their local LCBO stores during May.

Dear Families;

It is with mixed emotions that I advise you that I will be leaving the Alberta Children's Hospital on May 6 and so will no longer be the social worker on the CF Clinic. The hospital has begun the process to replace me and hopefully, a new social worker will be on board soon.

It has been a privilege for me to work with your family over the past fifteen years and leaving will be very difficult for me. I have worked at the Children's Hospital for twenty-three years now and I have to admit, leaving the hospital feels somewhat like leaving home!

I will be taking on a new social work position that is much closer to home for me and am looking forward to planning how I will occupy my time in the seven plus hours a week I used to spend in my car, traveling to and from work each day.

I have been truly inspired by the passion and dedication you show to the CF cause, for your own child and for many of you, for the larger CF community itself. I share your passion and so our paths may well cross again, at the Great Strides walk or the Christmas gift wrapping or another CF fund raising event. My heartfelt good wishes go out to each one of you. You have touched my heart and left a permanent imprint.

Gaye Hopkins

Cystic Fibrosis Canada has launched a new website, www.drowningontheinside.ca to help educate the public, raise awareness and generate more funds. Please take time to visit this website, and spread the link around via facebook, twitter, email or word of mouth. Meet the faces of CF, read their blogs, make a donation, or learn more about this disease.



Members of the Great Strides Walk committee were at North Hill Mall selling jelly beans, conducting a colouring contest for the kids, promoting Great Strides by handing out brochures, stickers and tattoos and inviting people to join us on May 29th. The Great Strides Walk bear made a special appearance, passing out warm-fuzzy hugs to delighted children throughout the mall.

A big Thank You to the Volunteers who made this event special: Holly Wagner and her kids Chandler, Natalia, Cameron and Nicole; also to Teri Wagner, Sabrina Resch and Kirsten Hrup!!

April 10 to April 16, 2011 was National Volunteer Week!

There are 12.5 million volunteers across Canada, giving over 2.1 billion hours of service to community health care, sports and recreation, heritage and arts, environmental protection and advocacy, disaster relief, international development, and volunteer firefighting - the list is endless!

National Volunteer Week pays tribute to the millions of Canadian volunteers who graciously donate their time and energy. This year's 68th annual National Volunteer Week took place the week of April 10 to 16. It is Canada's largest celebration of volunteers, volunteerism, and civic participation.

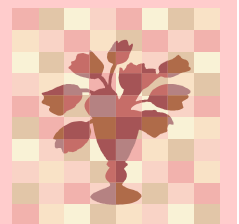
At Cystic Fibrosis Canada, we are successful in our events due to the dedication and commitment of our volunteers-over 50,000 of you! National Volunteer Week is a perfect time for us to celebrate the success and progress of the organization and highlight the importance of the contribution our volunteers have made, and continue to make. Whether you planned a special recognition dinner or enhanced an existing event, please share your stories with us.

I want to personally thank the volunteers of Cystic Fibrosis Canada-I am constantly amazed at your passion, your ability to turn it in to action that results in impact! Thank you, you are all super-heroes!

All of us at the Calgary and Southern Alberta Chapter of Cystic Fibrosis Canada offer our deepest sympathy to families who have recently lost loved ones. We extend our sincere thanks to those who have sent donations in memory of:

Iris Scott

Also thank you to Theresa Larocque who made a special donation.





Calgary & Southern Alberta

North Glenmore Park - West End
May 29th

- Registration starts at 10:30am (**new time!!**)
 - Walk starts at 12:00pm (**new time!!**)
- BBQ, entertainment, prizes, games and awards ceremony to follow the walk

Online registration for Great Strides is open! Register today, collect \$100 or more in donations and be entered into a draw to win a \$3,000 family shopping spree at Zellers, The Bay or Home Outfitters.

If you would be interested in volunteering for this event, or if you have any questions, please contact Kirsten Hrup at (403) 266-5295, or by email at kirsten@cfcalgary.ca

Online registration is now *open!!!*

Visit <http://www.cysticfibrosis.ca/en/GreatStrides/index.php> to register or sponsor an individual, or to join a team.

Lethbridge

Henderson Horseshoes Group Picnic Shelter
May 29th

- Runs from 12pm to 4pm
- A non-competitive, family-oriented 3km fundraising walk with activities and entertainment for participants.

Open to the public and all members of the CF community, persons with CF, family, friends, colleagues, corporate teams, etc

For more information or to register visit Cystic Fibrosis Canada's Great Strides Page at <http://www.cysticfibrosis.ca/en/GreatStrides/index.php>

Or to learn more about the Kinsmen Club of Lethbridge visit them at <http://www.lethbridgekinsmen.ca/>

Did you know...

Last year 600 teams and 60 walkers, made up of 8,600 participants walked together, to raise 2.7 million dollars. Of that, 2 million was raised online. So far this year 502 teams have already registered. You have a little over 2 weeks left to register, and start raising those dollars. Our goal at Cystic Fibrosis Canada this year is to raise 2,950,000. Please join us, and take Great Strides to find a cure for Cystic Fibrosis.

To join a team, or walk as an individual please visit <http://www.cysticfibrosis.ca/en/GreatStrides/index.php>.

Did you also know...

Advocis is a National Team Partner of the Great Strides™ walk. In 2010, Advocis members joined the walk in celebration of the 25th anniversary of the partnership between our two organizations. Ten Advocis chapters participated last year and raised more than \$22,000.

This year we hope to have even more Advocis chapters participate. Cystic Fibrosis Canada is encouraging all chapters to contact the Advocis volunteers in their communities to ask for their support by entering a team in the walk. Visit <http://www.advocis.ca/chapters/chapterList.aspx> for an Advocis chapter contact list.

For more information on the Advocis-Cystic Fibrosis Canada partnership, please contact Jason Balaban at jbalaban@cysticfibrosis.ca.

**Friends Fore Cystic
Fibrosis
Charity Golf Tournament to
benefit the Cystic Fibrosis
Canada**

**June 18, 2011
Cottonwood Coulee Golf
Club,
Medicine Hat, AB**

11am Sign in & Charity BBQ
& 1 p.m. Shotgun Start

\$100.00 Entry Fee
**Includes 18 hole green fees,
Power cart, Steak supper,
Individual prize & on course
events**

Theme of CRAZY 8'S

SPONSORSHIP

Team- \$400.00 - 4 golfers

Gold- \$500.00 or over

Silver- \$100.00-\$499.00

Bronze- \$99.00 and under

(Tax receipts are issued only for
sponsorship or monetary donations)

To donate any promotional items,
prizes, sponsorship, and golf
registration please contact Raymond
& Theresa Renke

5001 TWP Road 113A Cypress
County, AB T1B 0K8
Phone 403-0405 or 403-548-1420
Fax 403-527-5504

Email:

friendsforecf@canopycanada.net

65 Roses Ladies Golf Classic

Earl Grey Golf Course

Monday June 27, 2011

- ❖ Golfers and volunteers needed
- ❖ Sponsorship opportunities available
- ❖ Prize donations welcome

For more information contact the Cystic Fibrosis
Office at 403-266-5295 or Visit our website at
www.cfcalgary.ca

SPRING

Into

SUMMER

Dance Party

Art Sale and Silent Auction

Fundraiser for Cystic Fibrosis

June 18, 2011

Hosted by:

The Kinsmen Club of Calgary



Featuring:
Panda Attack
And
Blueswak



Pulled Pork on a bun meal included

Tickets: \$25.00

In advance or a limited number at the door

Contact: Wendell 403-589-7991

Where: Rose Hall, Acadia Recreation Centre

240 90 Ave SW

Time: 6:00pm till 1:00am

Doors open at 6:00pm

CF presentation at 7:30pm

Panda Attack at 8:00pm

Blueswak at 9:00pm

Art sale and Silent Auction 6:30pm to 11:00pm



Congratulations **CARSTAR Calgary!** We are extremely proud to be congratulating **Carstar Automotive Canada Inc.** and the **CMD Carstar Group** on the opening of **Carstar Calgary East Lake** location!

CARSTAR SOAPS IT UP NATIONAL CAR WASH

Saturday, June 11, 2011

CARSTAR Calgary
4600-112th Avenue South East

CARSTAR Lethbridge
Unit 1, 2900 - 7th Avenue North

For more information visit:

<http://www.carstar.ca/soapsitup/>

THANK YOU, DUCATI!

Throughout 2010 Ducati North America held demo ride events at Ducati dealerships across Canada, where interested customers could test drive a new Ducati motorcycle. Ducati requested a donation to Cystic Fibrosis Canada be made at the event. As result more than \$7,000 was raised. Plans are underway for the 2011 demo ride events!

Here in Calgary the Ducati's Demo Days will be held on June 5th and 6th.

THANK YOU, KIN CANADA!

Kinsmen and Kinettes continue to lead the fight against cystic fibrosis. This past year, the members of Kin Canada raised nearly \$940,000 in support of the work of Cystic Fibrosis Canada. Kin members raise money in a variety of ways, such as at the Marsha Morton Memorial Golf Tournament hosted by the Orleans and District Kin Club in Ontario.

This annual golf tournament raised more than \$20,000 for Cystic Fibrosis Canada this past September. The event is named in honour of Marsh Morton, the daughter of Ken and Karen Morton who are members of the Orleans and District Kin. Marsha passed away in 1988 from cystic fibrosis, at the age of twelve.

This year, Kin members are determined to raise even more money in hopes of finding a cure or an effective control for cystic fibrosis. To learn more about the good work of Kin Canada or to become a member, visit www.kincanada.ca.

Laura Read

Better get to know our secretary and long time volunteer

10 Things you may not know about me are.....

1. In 1988-89 I lived in France with my husband, Ron, and my 2 boys, Andrew and Stefan. Ron was working for the Albertville Olympic Games.
2. I HATE shopping for clothes and shoes. HATE it.
3. I am a read-a-holic and finish 5 or 6 books a week -- mostly mysteries and literature. I admit I generally read the first 3 chapters and then the last chapter before finishing the rest. (Don't tell the authors)
4. In the past 28 years, I have held every position on the Calgary & Southern Alberta chapter executive -- except Treasurer.
5. I used to teach knitting at a yarn shop. I also sold my knitting -- especially baby sweaters -- at specialty stores.
6. I have been inside the clock tower in Calgary's Historic City Hall.
7. I would eat popcorn for dinner every night of the week if I could.
8. I was once the president of the Romance Writers of Alberta. I even completed a novel -- which was terrible and didn't sell.
9. Although it's taken me 5 years, I have almost finished my first year courses at the Alberta College of Art and Design. I love to paint with acrylics.
10. I am a slow jogger and have participated in a few half-marathons. This year, because of the crummy weather, I mostly run between the fridge and the TV.

Cystic Fibrosis Canada - Calgary and Southern AB Chapter

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Calgary & Southern AB Chapter