



Canadian Cystic
Fibrosis Foundation

CF Connections

November Newsletter

A message from the President

At this time of year, it's always easy to get caught up in the busy holiday season...Canadian Thanksgiving, Halloween, US Thanksgiving (that's when you get all those shopping deals south of the border!) and Christmas just around the corner. In the midst of it all is our Annual General Meeting and Volunteer Awards & Recognition.

In between FrightLite orders and Gift Wrap shifts, the AGM festivities were held this past Sunday at the Alberta Children's Hospital. Thanks to all those who attended! Thank you also goes out to Dr. Eoin O'Grady from the Department of Microbiology & Infectious Diseases at the UofC Health Science Centre for coming out to speak to the group on "Burholderia Cepacia Complex Virulence Mechanism". Dr. O'Grady is working with Dr. Pam Sokol's lab here in Calgary. It was wonderful to have one of our scientists shed some light on all that complicated research that goes on! It was also a great opportunity for our members to get to meet and chat with Dr. O'Grady and his wife Heidi.

A few candidates were also declared elected by acclamation for those positions up for election, and we welcome the new members to the board:

Cara Wiley – Newsletter Editor
Marie Nicholson – Secretary
Debbie Laval – VP Volunteers & Community Partners
Carol O'Connor – Treasurer

Congratulations to the newly elected members who's positions become effective January 2009. The position of President remains available for anybody interested. I will finish my term as President in January 2009. If you are interested in this position, please contact Teri at the office, or myself.

Thank you also to those outgoing members, Monique Rodger (VP Volunteers & Community Partners), Rebecca Watson (Treasurer), Brenda McKeown (Newsletter Editor) and Salima Nurani (Secretary). It's been a pleasure, ladies! We are so very happy that now you will have more time on your hands to sign up for those volunteer shifts!

The Executive team is now busy reviewing our Chapter Plan for the next year!

I hope everyone is staying healthy and happy!

Carole Erlam

WE NEED YOUR HELP!!!!

THE KINETTE CLUB OF STAMPEDE CITY

HAS A **CASINO** COMING UP

WHEN: FRIDAY JANUARY 9TH & SATURDAY JANUARY 10TH, 2009

WHERE: ELBOW RIVER CASINO

IF YOU ARE WILLING AND ABLE TO HELP OUT PLEASE,

EITHER

FILL IN THIS FORM AND RETURN IT TO ME BY FAX AT HOME: 403-254-4691 OR
AT THE CF OFFICE: 403-262-7556

OR

GIVE ME A CALL AT HOME: 403-253-6897 OR AT THE CF OFFICE: 403-266-5295

POSITIONS REQUIRED **DAY SHIFT TIMES** **NIGHT SHIFT TIMES**

Banker	10:30am - 7:00pm	6:15pm – 3:00am
Cashier	11:15am – 7:00pm	6:15pm – 3:00am
Chiprunner	11:15am – 7:00 pm	6:15pm – 3:00am
Countroom	n/a	10:15pm – 3:00am

NAME _____

PHONE NUMBER _____ EMAIL _____

DATE OF PREFERRED SHIFT _____

TIME OF PREFERRED SHIFT
(DAY OR NIGHT) _____

PREFERRED POSITION _____

IF YOU NEED FURTHER DETAILS, I CAN ALSO BE REACHED AT HOME BY EMAIL: rtlang@shaw.ca.

THANK YOU SO MUCH; YOUR HELP IS ALWAYS GREATLY APPRECIATED!!!

Teri Lang

Casino Chairperson, Kinette Club of Stampede City

Office Coordinator, Canadian Cystic Fibrosis Foundation, Calgary & Southern AB Chapter

Influenza Vaccination Clinic Information Fall 2008

Influenza: Influenza is a viral infection of the lungs and airways. Usually, influenza affects people between November and April. It is spread through coughing and sneezing or by hands that are covered with infected respiratory secretions.

Influenza can be mild for some individuals and very serious for others. It can spread quickly in schools, institutions and workplaces. **Vaccination** is an important method to prevent influenza infection and illness.

Vaccination clinics are open throughout the various health regions. You can obtain information regarding these clinics by contacting: Health Link (943-LINK (5465 You can also refer to www.calgaryhealthregion.ca/yourhealth/influenza.

In the Calgary Health Region there will be clinics held in three areas

Influenza Vaccination Information **Calgary**

Clinic hours are as follows:

- Monday to Thursday: 10:30 am to 8:00 pm
- Friday, Saturday and Sunday: 10:30 am to 5:30 pm
- NO appointments – drop in only
- All locations are accessible by wheelchair
- Parking is free at all locations

Sunridge Professional Building

(3rd Floor) 2675 36th Street NE
Free parking available on site

Comfort Inn & Suites South

Manchester Room, Lower Level
4611 MacLeod Trail South

Child Development Centre (CDC)

Main Level - 3820 24th Avenue NW
(West end of UofC campus, directly across from the Alberta Children's Hospital)

Hand washing is another important way to prevent influenza. Make a habit of washing your hands often. Remember to throw away tissues after wiping your nose. Cover your nose and mouth when sneezing or coughing. Keep your fingers away from your eyes, nose and mouth.

Family Education Day

Plans are underway for our next education day April 2009

Final dates and times will be announced early January.

If you have any requests for topics, or if you have any questions please call Lisa or Danielle at 403-955-7319.

Outreach Clinics

Did you know that Pediatric Outreach clinics are held at the Medicine Hat Regional Hospital, Red Deer Regional Hospital and the Lethbridge Regional Hospital.

In the year to come we expect to conduct a total of two out reach clinics in each of these locations, for a total of six clinics. Approximately 12-14 families attend these clinics.

The families who attend outreach clinics also are required to travel to Calgary for 2 full clinic appointments. However, they continue to express their appreciation for the opportunity to access CF care closer to home. The distance and time spent in travel is significantly reduced and the benefits are evident for both parents and children.

Bryce's Tips

for taking vitamins

- 1.) Take aquADEK out of bottle 1-2 hrs before swallowing
- 2.) Take 2 aquADEK with water
- 3.) Suck on a Riesen chocolate caramel or a strong flavoured candy (adds extra calories!!)

CF Research: Progress, Hope and Challenges Today.

Take part in an important conversation about the latest progress in CF research and join the Cystic Fibrosis Foundation on Wed., Nov. 12 (8:00 p.m. EST) for a live Web cast, "CF Research: Progress, Hope and Challenges Today."

Visit the "[CF Education Web casts](#)" page for more information and to register.

Preston W. Campbell, III, M.D., executive vice president for medical affairs of the CF Foundation, will give an update about several of the potential CF therapies currently in development, including VX-770, VX-809, Denufosol, and others.

He will be joined by Robert J. Beall, Ph.D., president and CEO of the CF Foundation, who will help answer questions asked by Barbara Allen, an adult with CF, and Laura Homassel, a parent of a child with the disease.

You can submit questions to the experts when you register and also during the live broadcast.

(please note that this is the American foundation and it's research, not the CCFF.)



We are pleased to announce that our web site has been "refreshed". Please take a look at www.cfcalgary.ca where you can keep up with the latest fundraisers and what's new with the Calgary and Southern Alberta Chapter. Thank you to Dan Sellers for donating his expertise and many hours of hard work!



Alyssa Renke and friends went "hog wild" to celebrate her 10th birthday. Together they made cup cakes and piggy banks and also collected \$76 in the CF piggy bank.

I would like to start some new regular pages in our newsletter for the CF community. I am hoping to put together a FAQ/advice page. Do you have problems getting your child to take enzymes or vitamins, or getting your child to sit through physio? Email any questions or things that you find work for you to ccffcal@telus.net. Each month I will ask next months questions, so you, the experts have time to answer them.

I would also like to start a Monthly Hero page for our extremely dedicated volunteers, our kids who have to fight so hard, and our adults who have accomplished so much. So if you know someone who is a CF hero send a picture and bio to ccffcal@telus.net so we can let them shine.

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



WRAPPING FOR A CURE 2008 20th Anniversary



The Gift Wrap is set to start on Saturday Dec 6 this year at North Hill Centre, Market Mall and Zellers Chinook. At North Hill Centre we will be located at the same place as last year, by the stairwell to the World Gym. At Market Mall our location will be at the community booth centre, by the entrance of Zellers and Safeway and next to Swimco. The Zellers in Chinnok centre will find us again, same location as past years, on the second level by the entrance to the mall and by the cash registers.

This year we have a new committee member who will be in charge of scheduling. Thank you Agata Korczewski for helping us out this year. If you want to book a shift you can phone Agata (403) 287-1755 or visit our web site and book online www.cfcalgary.ca .

Remember that we have a lot of shifts to cover and it would help us a great deal if you find a partner to wrap with. This has become a popular fundraiser to do as a family, group of friends, co workers or bring some high school students who need community volunteer hours for school.

If you have a student who needs a letter or form filled out, please contact me: daveandmonique@shaw.ca
Or phone (403) 730-7978.

Also we'll be looking for a lot of volunteers for our busiest day on Dec 24th! There will be two shifts per location: 10-2 and 2-5pm. So again, this could be a very special way to spend a few hours on Christmas Eve with family and friends by giving to the Cystic Fibrosis Foundation!

Our goal this year is to beat last year's total of **\$25,000.00!**

Thank you to North Hill Centre, Market Mall and Zellers for donating the space in your stores for our gift wrap!

And stay tuned for more details on the celebrity week at North Hill Center tentatively scheduled for Dec 15-Dec 20th.

Monique Rodger
Vp of Volunteers and Community Partners
Chair of Wrapping for a Cure

Canadian Cystic Fibrosis Foundation
Calgary and Southern Alberta Chapter
2008 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

- | | |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Cheque | Card # _____ |
| <input type="checkbox"/> Visa | Expiry Date _____ |
| <input type="checkbox"/> 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!

2007/08 Calgary & Southern Alberta Chapter Executive

President	Carole Erlam	208-8392	erlam@shaw.ca
VP – Volunteers & Community Partners	Monique Rodger	730-7978	daveandmonique@shaw.ca
VP – Publicity & Promotions	Debbie Carver	230-7893(h)	carver63@telus.net
Treasurer	Rebecca Watson	256-2543	preciousthyme1@shaw.ca
Secretary	Salima Nurani		
Adult CF Clinic Liaison	Melissa McGoldrick	695-7129	melissamcgoldrick@hotmail.com
Children's CF Clinic Liaison	Jenny Wilmot	217-1768	jenccc@telus.net
Kin Liaison	Robin Stanton		rmlstanton@shaw.ca or rstanton@calgary.ca sparrow101@gmail.com
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Director at Large	Debbie Laval	249-0409	aliceandmandy@shaw.ca
Director at Large	Alice Leiper	241-6223	bgvanhorne@shaw.ca
Regional Director	Beverly Van Horne	730-2182	suey@godfrey-godfrey.ca
Past President	Sue Godfrey	226-2807	lauraread1@shaw.ca
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Great Strides Chairperson	Jeanette Demers Weir	256-1755	suey@godfrey-godfrey.ca
FrightLites Chairperson	Susan Godfrey	226-2807	bgvanhorne@shaw.ca
Casino Chairperson	Beverly Van Horne	730-2182	daveandmonique@shaw.ca
Gift Wrap Coordinator	Monique Rodger	730-7978	sparrow101@gmail.com
Gift Wrap Co-Coordinator	Cara Wiley	398-7221	ritaowen@telus.net
65 Roses @ Ladies Golf Chairperson	Rita Owen	249-4641	mmcwhirter@shaw.ca
Friends of CF Golf Chairperson	Matthew McWhirter	288-1786	
CF Chapter Office	Teri Lang		
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