

Breathing life into the future®

Editor's Message:

Hello, I hope everyone had a great summer! I can't believe it's already over!! We didn't have a whole lot of events or things happening in the past two months, but our office and committee members are getting ready now for the fall and winter. The Ride for Cystic Fibrosis took place in September and everyone had a wonderful time! The Wrapping for a Cure committee has already had a meeting and is gearing up for December. I'm sure this year will be better than ever with all these hard working individuals ☺ Inside this newsletter you'll find information of course on any events happening soon, another change to staffing at the Children's CF Clinic, and some of the great work that is being done around the country. Make sure you check out page 5 and see how you're one click away from raising money for Cystic Fibrosis Canada! Please enjoy this month's newsletter, and have a safe and Happy Halloween.

Cara Wiley

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) - June 18th
Ride for Cystic Fibrosis - September 17th
Calgary and Southern Alberta Chapter AGM - October 23rd
Wrapping for a Cure - December

KIN EVENTS

Kin/CF Day - May 7th
Stampede City Kinettes 3rd Annual Daisy Chain of Loonies - April 30th
Kinsmen Children's Hospital Home Lotto - May, June and July
Claesholm Kinettes Annual Walk and Roll - June 4th
Kinsmen Pre-Parade, Mile of Dimes - July
Kinsmen Wheels, Stampede Week - July

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Céline Dion presented Cystic Fibrosis Canada's Hall of Fame award

Céline Dion and René Angélil recently received Cystic Fibrosis Canada's Hall of Fame award at a ceremony in Las Vegas. Their ongoing support represents a source of hope and inspiration for all individuals and families affected by cystic fibrosis. To see a video presentation, and read more about this, please visit www.cysticfibrosis.ca

Knights in Shinerama armour fight to help cure cystic fibrosis Students across Canada fundraise in support of Cystic Fibrosis Canada

Toronto, Ontario (September 6, 2011) – Each week in Canada, two children are diagnosed with cystic fibrosis (CF) and one person dies from the disease. Every September, thousands of Shinerama students across the country shine shoes, wash cars and collect pennies to fight this devastating disease. This year, Canadians can support these Shiners in the fight to cure cystic fibrosis in two ways: by donating through www.shinerama.ca or by texting SHINE to 45678 (charges will appear on mobile device/cell phone bills).

“We are all excited to make this year's Shinerama the biggest fundraising year yet,” said Ryan McDermott, National Shinerama Chair. “Many Canadians rely on the support and dedication put forth by Shiners across the country in the hope for a cure and we will strive to be knights in their daily fight.”
Cystic fibrosis cuts young lives short and is the most common fatal genetic disease that affects Canadian children and young adults. There is no cure.

“We are very grateful for all of the Shinerama participants and donors across Canada,” said Maureen Adamson, Chief Executive Officer of Cystic Fibrosis Canada. “It is the dedication of volunteers that compels us to continue to have our sights set squarely on finding a cure and we will turn the corner on this devastating disease.”
In its 47th year, Shinerama rallies 35,000 students from more than 60 universities and colleges across Canada. The campaign, which began in 1964, has raised more than \$21.5 million to support Cystic Fibrosis Canada's programs.

For more information, or to make an on-line donation, visit www.shinerama.ca. To read the terms and conditions of mobile giving, visit www.mobilegiving.ca.



Researchers at the University of Montreal are finding answers for cystic fibrosis -related diabetes (CFRD), an increasingly common complication affecting nearly 40% of adults with cystic fibrosis.

August 2011 — Approximately one in 10 Canadians (10%) is diagnosed with diabetes. For adults with cystic fibrosis, this figure increases to four in 10 (40%). A daunting statistic, which has become more apparent as the Canadian CF population continues to grow older.

CFRD is a unique form of diabetes that can lead to further health complications, including weight loss, reduced lung function, and eye, nerve and kidney damage, as well as increased health care expenses. Research has shown that unexplained decreases in lung function can occur up to two years before CFRD is diagnosed. Like cystic fibrosis, diabetes can be treated but not cured.

Researchers at the University of Montreal, under the direction of Dr. Yves Berthiaume, have been looking for answers to this complex disease and its connection to cystic fibrosis. Their research is uncovering important answers. In 2004, the University of Montreal established one of the world's largest adult cohorts of CFRD. Over 200 patients are included and have been followed for over eight years. This research is providing better strategies to prevent and treat CFRD.

"As a mother of two adult children with cystic fibrosis, I know that this research is fundamental. As the cystic fibrosis community ages, CFRD adds yet another huge burden to individuals with CF. I know because my daughter Megan has CFRD which she has been living with for 10 years, and my son has a 40% chance of also contracting the disease. Anything to prevent CFRD, or improve how they live with it, is a priority in my books", says Debra Berlet, a concerned parent and President, Cystic Fibrosis Canada.

Research using CF mouse models shows that CFRD may be caused by an increased sensitivity of the cells in the pancreas that regulate blood sugar, to the negative effects of inflammation caused by cystic fibrosis. Focusing on this link may mean CFRD could be avoided.

As well as searching for the cause, the team is also focused on prevention of CFRD. Thanks to the cohort study group, researchers found a link between blood sugar levels and the number of circulating white blood cells (cells involved in inflammation). The goal is to target changes in blood sugar in order to prevent the inflammation, thus preventing CFRD from developing.

As part of the research, Dr. Berthiaume's team is interested in benefiting patients directly and quickly. They have undertaken a study of 60% of the cystic fibrosis population in Quebec by reviewing best practices in diagnosing and treating CFRD across six CF clinics. The goal is to improve the detection of CFRD to start treatments early, and connect their research findings to the treatment.

In 2011/12 Cystic Fibrosis Canada provided \$225,000 to the University of Montreal for CFRD research. This research may unlock the door not just for cystic fibrosis related-diabetes, but for the over 285 million individuals living with diabetes world-wide.



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Another change from Alberta Children's Hospital.....

As many of you know already, Claire will be leaving ACH and moving to a new position at the Adult CF Clinic. Our new physiotherapist will be starting in September.

Please welcome Rebecca (Bex) to our team. Some of you will be familiar with her as she has worked on inpatients and she has also done the occasional shift in clinic.

Welcome to our CF Team Bex!!!

..... And on that note a quote that lets all of you know.....

"Just because everything is different doesn't mean anything has changed." ~Irene Peter.

From your Team at the Alberta Children's Hospital

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:

Fred Robinson
Marie Eyma
Fred Brown

A Tribute was made for *Rob O'Neill* from Davis GMC Buick Ltd. in Lethbridge.

We also received a very special gift made through the 65 Roses Ladies Golf Tournament. It was made by Tammy Hironaka in memory of her sister Sherry *Maynard Avramenko* who passed away in in the late 1980's.

Doug and Carol Fraser donated a gift in honour of Father and long-time volunteer, *Robin Archibald*, on the occasion of a very momentous birthday he celebrated over the summer.

Luckily we receive gifts from various places throughout the year but many of them seem to arrive in the summer. Huge, huge thanks must go out to the following for their extreme generosity and ongoing support they give us:

Earl Grey Golf Club: \$14,763.00
Husky Charitable Foundation: \$3780.00

The United Way, the All Charities Campaign, LCR Vending Services, and all of the members of Kin Canada also deserve special recognition for all of their hard work and kindness

The chapter has received a few "surprise" donations over the summer as well. These are from foundations that have not previously donated to us.

The Olympia Charitable Foundation gave us \$2000.00 and the Enterprise Holdings Foundation were also very generous, donating \$2500.00.

You're Invited to Attend...

The Calgary and Southern Alberta Chapter's

Annual General Meeting

Including

Volunteer Recognition and Cystic Fibrosis Education

On October 23rd 2011 from 1:00 pm until 4:00pm

At the Alberta Children's Hospital

in the

Kinsmen Learning Centre (room 3 on the 4th floor)

Please R.S.V.P to Teri or Kirsten at (403) 266-5295

*Dave Appleton from Planning Strategies Group will be discussing
the benefits of the Registered Disability Savings Plan.*

DealTicker

Dealticker.com is a group buying website that offers daily deals to their subscribed customers- everything from discounted products to discounted services.

They have chosen Cystic Fibrosis Canada as their featured charity for October. This means that when customers donate from their website to Cystic Fibrosis Canada, Dealticker will match any donations made this month dollar for dollar!

WOW! Thank you Dealticker!

"Wasn't that a Party?"

Thanks go out to Natalee Bouman of Medicine Hat, AB for organizing her own fundraiser as she does each year. This year's event was a party theme where she managed to raise a whopping \$1550.00.

Congratulations and "party on" Natalee!

"When life gives you lemons, make lemonade."

Many thanks go out to Mr. Peter McWhir and his 7 (yes seven) grandchildren who set up a lemonade stand with all proceeds going to Cystic Fibrosis. One of the grandchildren has CF and all the others have rallied around in support. Their efforts were rewarded when their total amount raised reached \$200!

Way to go!

The Medicine Shoppe
PHARMACY

f Medicine Shoppe Crowfoot
facebook.com/MedicineShoppeCrowfoot

WILL DONATE
ONE DOLLAR
TO
Cystic Fibrosis Canada

for every new "LIKE"
our Facebook page receives
during the month of October.
(up to a maximum of \$2,500)

RIDE FOR



Special thanks to our sponsors:



Thanks to all of our other friends and supporters!

Sept 17 dawned cool but clear - a perfect day to take part in the Ride for Cystic Fibrosis (formerly the Ride for the Breath of Life). The day began at Mr. Mikes in Airdrie, as 47 bikes and bikers gathered for a complimentary breakfast. Pledges were handed in, announcements were made and then they were off. The group traveled first to Linden where wonderful baked goods and coffee were provided by Country Cousins Bakery and Global Grounds Coffee House. With everyone's appetites satisfied, the bikers then made their way to Drumheller. As you all realize, this is a ride for CF so FOOD is a big part of it! Upon arrival at the Midland Hall, a BBQ lunch was provided by the Stampede City Kinsmen. A silent auction was in progress, prizes were given out and two tickets anywhere Westjet flies were raffled off. Our top fundraiser again this year was Dave Rodger with a total of \$4,000.00 in pledges! The entire event raised over \$17,000 and couldn't have been done without our sponsors, bikers, donors and volunteers. Special thanks to Bob Lang and the Kinsmen Club of Stampede City for planning and organizing this fabulous event.

Keep watching your newsletter, the date for next year's Ride has not been confirmed yet but it will be announced as soon as possible and we would love to have you join us!



On Saturday August 27th, North Hill Centre hosted Stampin' the Swamp where they asked for \$2.00 donations in exchange for passes to sit and watch Shrek and Fiona in some interactive music fun, and a chance to meet the characters afterwards.

We would like to take this time to recognize North Hill Centre for their continue support with such events. North Hill Centre also supports our Wrapping for a Cure and holds an annual Celebrity Gift Wrap and Silent Auction. Please accept our sincerest thanks to Paula Lee and North Hill Centre.



We would also like to acknowledge Community Engagement Committee member Holly Wagner (pictured above) for attending this event and her efforts to raise awareness.

CASINO NEWS

I am pleased to report that \$66,665.36 was deposited into the CF Casino bank account from the casino that was held in May,2011. A heartfelt thank you to all those who volunteered for that event.

Our NEXT casino will be held in Oct/Nov/Dec of 2012, the exact date will be known in May,2012. Stay tuned.....

WRAPPING FOR A CURE 2011

As we head into the Fall we also start preparations for our big Holiday Season event "Wrapping For A Cure". We will wrap at our same three locations again this year, Market Mall NW, North Hill NW and in Zellers located at Chinook Centre SW. We will begin at Market Mall Dec 1, with North Hill and Zellers beginning Dec 9th.

Market Mall is proudly offering 100% recycled and eco friendly wrapping paper this year, we've found some pretty prints and look forward to promoting an eco friendly wrapping booth.

Paula Lee, at North Hill Centre will need 10 volunteers for Saturday Dec 10th. Paula is organizing CELEBRITY DAY at the Wrapping For A Cure event and needs our help. If you can volunteer please contact the office 403 266-5295 or email me at daveandmonique@shaw.ca

This event requires many hours of volunteer support and we are always looking for new wrappers. If you know someone that loves to wrap please forward them our web site or have them phone the office (403) 266-5295. Please keep us in mind if you are looking for something meaningful for your family to do on Christmas Eve as this is our busiest day. Our shifts start as early as 8:30am till 1:00 pm then the second shift from 1:00pm until 5pm. At Zellers we're usually closing the booth by 4pm.

So please check our web site www.cfcalgary.ca and look for the Wrapping For A Cure link to online registration that should be up and running by the end of October or call the office at any time and Teri or Kirsten will be happy to take your name and number.

Also, we can always use more volunteers on our committee, if you are interesting in being part of this fun group please contact Monique (403) 730-7978.

We look forward to another busy and prosperous event and hopefully we can beat last year's \$37,000!

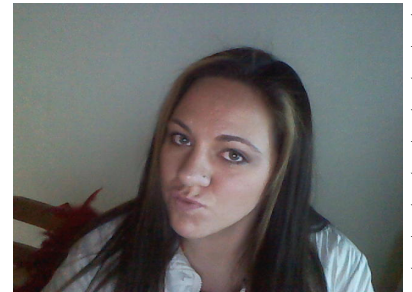
Thank you,
The Wrapping For A Cure committee

Holly Wagner

Better get to know an Outstanding Volunteer

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

1. I serve on the Community Engagement Committee for Cystic Fibrosis Canada, Calgary Chapter, as well as the Great Strides Committee.
2. I am a Single Mom of 5; 3 boys, 2 girls and the youngest of whom was born with Cystic Fibrosis.
3. I was once serenaded by Paul Brandt, on air, while volunteering for Radiothon at the Alberta Children's Hospital; where he asked if he could hold my precious wee baby girl.
4. I listen to Canadian Country music and enjoy supporting local artists by taking in live shows.
5. I have an amazing and supportive extended family, that volunteer with me at Cystic Fibrosis events.
6. I have a gorgeous, attentive little betta with long flowing red fins, named Saphira.
7. I enjoy quality time playing with my kids, night-out girly movies and putting paint on a canvas
8. My best friend, of 31 years, works for Cystic Fibrosis Canada, Calgary Chapter.
9. I have sailed aboard a Pirate ship, zip lined through the lush green jungles and snorkeled the magnificent blue waters surrounding Puerto Vallarta, Mexico.
10. I was born in Orangeville, Ontario and have lived here in Calgary for the past 22 years, a wonderful place which I now call Home.



Cystic Fibrosis Canada - Calgary and Southern AB Chapter

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**Cystic Fibrosis
Canada**

Calgary & Southern AB Chapter