



# Canadian Cystic Fibrosis Foundation

## 50 YEARS ANS

# CF Connections

Calgary and Southern Alberta Chapter

September 2010 Newsletter

### Editor's Message:

September is here! Summer is over, and even though the executive took a break, everyone else was still busy raising the funds and spreading the awareness. North Hill Mall has held a few events for us over the summer, and we just wrapped up the Global Fest Parking courtesy of Forest Lawn Zellers. Despite a few postponed shows and some uncooperative weather, the event was as successful as ever. I spent a few nights with the ladies from Zellers, and I have to say that I was very impressed and humbled by their dedication and commitment to our cause. Every year I see the same ladies out there for hours parking as many cars as possible, accepting the \$5.00 donations and raising so much awareness for our cause. I would like to send out a huge thank you to these individuals for doing this for us year after year, and for rallying behind us to continue to make this event possible. And of course thank you to all of our volunteers who also participated. I hope everyone has a wonderful month, and enjoys the newsletter.

Cara Wiley

### 2010 CALENDAR OF EVENTS

- Coin Boxes - All Year
- May is CF Month
- Banner Hanging – May
- Shooting for the Cure – May 1<sup>st</sup>
- Mums for Mom – May 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>
- Great Strides™ Walk – May 30<sup>th</sup>
- CARSTAR Soaps it Up! – June 12<sup>th</sup>
- 65 Roses Ladies Golf – June 28<sup>th</sup>
- Friends of CF Golf (Carstairs) – July 5<sup>th</sup>
- Friends Fore CF Golf (Medicine Hat) – July 17<sup>th</sup>
- Global Fest Parking – August 20, 22, 24, 26 and 28.
- Ride for the Breath of Life® - September 18<sup>th</sup>**
- Casino Event – 2011
- FrightLites® – October
- Calgary Chapter AGM – October
- Wrapping for a Cure - December

### KIN EVENTS

- Kin/CF Day – May 1<sup>st</sup>
- Stampede City Kinette 2nd Annual Daisy Chain of Loonies - May 1<sup>st</sup>
- Kinsmen Children’s Hospital Home Lotto – May, June and July
- Kinsmen pre-parade, Mile of Dimes – July 2<sup>nd</sup>
- Kinsmen Wheels, Stampede week – July 1<sup>st</sup> -11<sup>th</sup>
- Stampede City Kinette Casino - July 22nd, July 23rd
- High River Dinner and Dance - March 6<sup>th</sup>

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## **SOMETHING TO BE PROUD OF!**

MoneySense magazine recently rated Canada's top 100 Charities. The article and supporting information are available on the magazine's Web site at:

<http://www.moneysense.ca/2010/06/17/the-charity-100-where-is-your-money-going/>

The first point to note in this information is that the Canadian Cystic Fibrosis Foundation receives a rating in the article – this means that the CCFF is recognized as one of Canada's Top 100 Charities, as defined by the amount of money raised by a charity. It should be noted that the magazine reports omitting churches and universities from this ranking. Considering that there are over 85,000 registered charities in Canada (according to the Canada Revenue Agency), we should all be very proud of this accomplishment!

The magazine provides information on the methodology used to rank the charities (<http://www.moneysense.ca/2010/06/17/the-charity-100-methodology/>). In general, charities were ranked based on the percentage of funds spent on programs, and on fundraising efficiency, governance and transparency, and size of reserve fund. The charities were also grouped with other charities of similar purpose for comparative purposes. In the Health/Health Services category, the Canadian Cystic Fibrosis Foundation received an overall score of A-, tied with the Heart and Stroke Foundation of BC and the Yukon for second place, overall, in this category

## **DID YOU KNOW.....**

Did You Know...that if you are a Government of Canada employee, you can make a donation to the Foundation through the National Healthpartners campaign?

The Foundation is a member of Healthpartners - a group of sixteen of Canada's most trusted health charities - that offers employees and retirees of the Federal Public Service, the opportunity to voluntarily contribute dollars to Canadian registered charities. Donations can be made through the campaign known as the Government of Canada Workplace Charitable Campaign or GCWCC that is done in partnership with United Way every fall.

## RESOURCE FOR PARENTS OF CHILDREN WITH CYSTIC FIBROSIS

I was fortunate enough to attend the last CF North American meeting and while I was there, I participated in a workshop entitled “Love and Logic”. It was conducted by Dr. Foster Cline (child psychiatrist) and Lisa Greene, who is the parent of two children with Cystic Fibrosis. They offer a comprehensive program that includes video, audio and web-based support for families and was specifically created for parents who are raising children with a chronic illness or medical condition. For further details, please refer to their website:

**[www.ParentingChildrenWithHealthIssues.com](http://www.ParentingChildrenWithHealthIssues.com)**. They have also published a book, titled **Parenting Children with Health Issues**. The hospital has purchased several copies of this book and they are available for loan at no cost, from the library in the Family and Community Resource Centre, on the second floor of the hospital. I have also purchased a copy of this book and if you would like to look through it when you are here in clinic, please let me know.

According to the information in the book, the philosophy of the authors is to help parents respond to their children in ways that will encourage them to accept responsibility for their healthcare, while imparting hope and teaching coping skills. As always, while this appears like helpful, positive information to me; I am not the expert on being a parent of a child with Cystic Fibrosis and as such, I welcome your feedback. I always find it helpful, when parents let me know whether they would recommend a resource to other parents of children with Cystic Fibrosis.

Submitted by Gaye Hopkins, Medical Social Worker, Alberta Children’s Hospital CF Clinic



Erin Rogers pays a visit to Teri Lang and Kirsten Hrup at the new Calgary and Southern Alberta Chapter's office. We have moved to **1130F 44 Ave SE**. We're very excited about the new offices, we have more space for visitors, and parking!!! The phone numbers and emails still remain the same.

## VOLUNTEER V.I.P.'s

We had a few events in the summer run with our partnership with North Hill Centre.

Two pancake breakfasts were held during Stampede week, one at North Hill and another at Dalhousie Station. We had a tent set up to sell our Jelly Beans and CF bears, as well as roaming Donation Collectors.

Many thanks go out to:

Teri Lang  
Val Turner  
Lorie Fairservice  
Jane McChesney  
Al Searle  
Barb Kwasny  
Allison Yurkiw

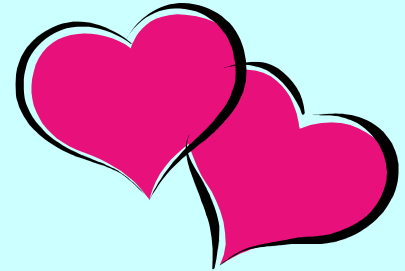
Kirsten Hrup  
Judy Derbowka (both days!)  
Melissa Soles  
MJ Hammer  
Deb Laval  
Bex Yurkiw



## Special recognition to the team of grad students/researchers from Dr. Mike Surette's lab who all got out of the lab came out to North Hill;

Christina Eshaghurshan  
Anne-Marie Lacroix  
Monica Faria

Nathalie Marshall  
Margot Grinwis  
Brad Leong



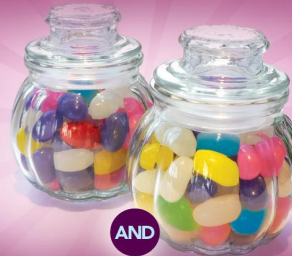
It was a great 2 days and was a fun event. With free pancakes thrown in!

The Calgary Rose Society held their show and judging was on July 24th at North Hill Centre.

Paula Boyd and Deb Laval went to sell Jelly Beans and a special 65 Roses pin that day.

Thanks to everyone who came out for these events. Our North Hill events will resume in September.

C A N D Y  
C A U S E S



C A R I N G

**VOLUNTEER OPPORTUNITY**  
Anyone wishing to volunteer a couple hours of their time can get in contact with Teri or Kirsten to make arrangements to go to North Hill Centre and sell jelly beans for a couple of hours.

### DID YOU KNOW.....

....that every time you volunteer at North Hill Mall, your name goes into a draw for a Backpack filled with goodies? And every month, something else goes into that backpack? So far there is a CF bear, of course some jelly beans, a bottle of wine and some passes to the Hot Springs.....just to name a few!  
So some of you will have 3 or 4 entries so far!

## Motorcycle Enthusiasts

We need riders!! If you like to get out in the fresh air with a group of great people for a great cause, please come out and join us!

RIDE FOR THE

# Breath of LIFE



**AIRDRIE TO DRUMHELLER  
SEPTEMBER 18, 2010**

**ALL RIDERS WELCOME! FUN FOR ALL AGES!  
FOOD • PRIZES • ENTERTAINMENT!**

### REGISTRATION

**\$25** **\$35**  
SINGLE RIDER W/PASSENGER

### REGISTRATION WAIVED

IF MORE THAN \$125 IN PLEDGES RAISED FOR CYSTIC FIBROSIS! RAISE \$200 OR MORE IN PLEDGES FOR CYSTIC FIBROSIS AND BE ENTERED TO WIN TWO TICKETS FROM WESTJET!

### DEPARTURE 11AM

MR. MIKES STEAK HOUSE - 130 Sierra Springs Drive SE, Airdrie  
DIRECTIONS: Off the OE2 and Big Springs Road SW in Airdrie.

### ALL PROCEEDS TO CANADIAN CYSTIC FIBROSIS FOUNDATION

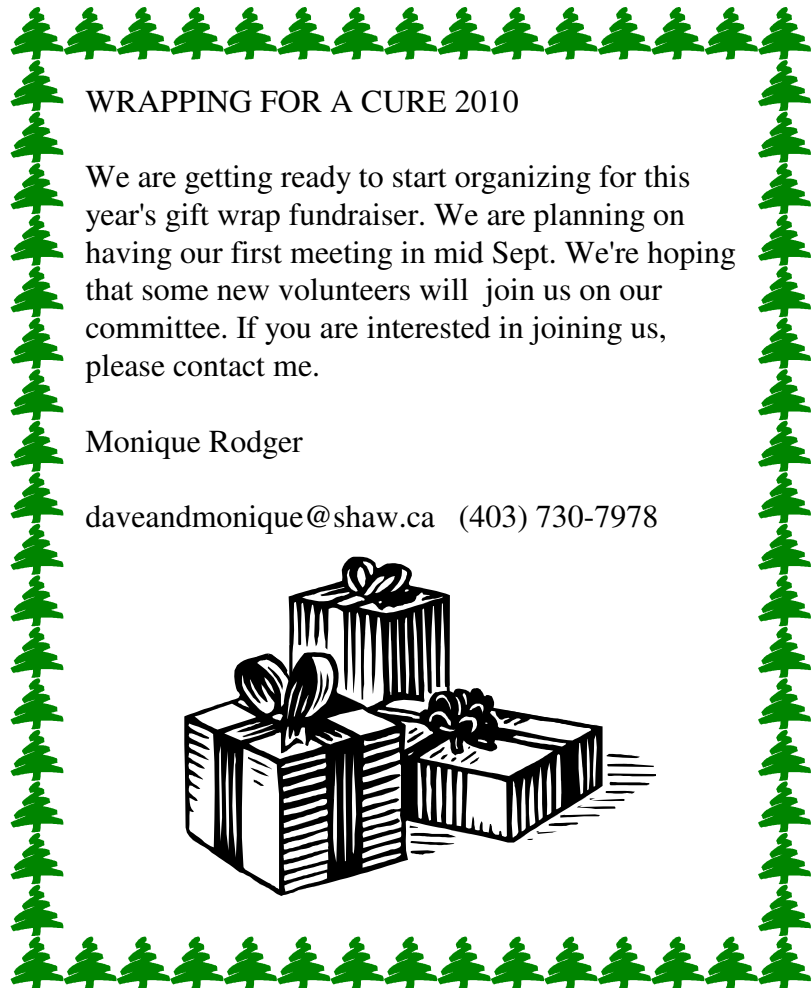
Register and collect pledges online at [WWW.CFCALGARY.CA](http://WWW.CFCALGARY.CA)  
or contact us at **403.266.5295**



Canadian Cystic  
Fibrosis Foundation  
"Quality & Soothe"  
"Quality & Soothe"



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## WRAPPING FOR A CURE 2010

We are getting ready to start organizing for this year's gift wrap fundraiser. We are planning on having our first meeting in mid Sept. We're hoping that some new volunteers will join us on our committee. If you are interested in joining us, please contact me.

Monique Rodger

daveandmonique@shaw.ca (403) 730-7978





## Hit The Beach for a Cause

On June 12<sup>th</sup>, 2010, an event called “Hit the Beach for a Cause” was organized by Jodi Beaugrand and Hailey Bauer to support Cystic Fibrosis. Both avid volleyball players, they wanted to do something to support this cause and raise awareness. The original intent was to have it prior to the Great Strides walk and donate money raised to the walk but snow does not lend itself for very fun “sunny” beach volleyball! So June 12<sup>th</sup> became the new date and everyone welcomed a sunny day as the volleyball community headed out to support this great cause.

There were 6 courts set up and about 40 people in attendance throughout the day playing 2 on 2 and 6 on 6. Everyone had a great day in the sand and sunshine and was excited when the guest of honour, 3-year old Owen Hamm, who has CF, arrived. Owen showed off his volleyball skills as he chased the ball onto the court amongst the coed players. However, running barefoot, blowing bubbles and building sand castles seemed to be his favourite part of the day.



Special thanks go to the Calgary Beach Volleyball Association for graciously donating the courts for the day. Without them this event would not have been possible. The event rose over \$500.00 for Cystic Fibrosis and a great thank you goes out to all the individuals who came out to support the cause.

Also a special thanks needs to be mentioned to Hailey for her creative work with the marketing/promotional signage for the event and to Jodi for organizing the event.

Our friends Blair and Jennifer Svoboda were married August 28, 2010. We have been friends since high school and the day Jen met Elijah, our son with CF, she fell in love. Both Jen and Blair have walked with us in Great Strides on our team 4Ijiah. They have become such a big part of our family. Elijah was thrilled when he found out Auntie Jen and Uncle Blair were getting married...and almost cried when he read the card on the table saying they had given money to the CF foundation. He said to me the next day that Auntie Jen and Uncle Blair are helping to find a cure...

Thanks to Jen and Blair for sharing their beautiful day with us and for their help in finding a cure.

Todd and Lindy Wylie (and Elijah too!)





## *Terralyn O'Connor*

Better get to know one of our volunteers

### **10 things you didn't know about me.....**

1. I wear mismatched socks almost every day
2. I was hit by a truck in 2000
3. I have a CF ribbon tattoo on my wrist
4. I was the photographer for the 2008 AGM
5. I have to have at least 1 Timmy's coffee a day
6. I have two kitty's Amaretto and Mrs. Kitty
7. My favourite thing to listen to is a thunder storm
8. I love reading
9. I used to bowl in a league
10. One of my favourite things to eat is sushi

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