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Golfing for CF – Par 5

During the summer of 2007, **5 different charity golf tournaments** were held for Cystic Fibrosis.



Advocis (the Financial Advisors Association of Canada) teed off on

June 22 at Jagare Ridge for their first fundraiser on behalf of the Edmonton & Northern Alberta CF chapter. In September, Advocis representative Brendan Fitzgerald presented CF representative Ted Zukiwsky with a cheque for \$5,000 raised at the tournament.



Katch Kan, an Edmonton-based oil and

gas industry company, specializing in rig safety, hit the ball down the fairway with their "Go for the Green Hole-in-One Challenge" on July 20, also held at Jagare Ridge. This tournament was also a first as a fundraiser for Cystic Fibrosis. The final amount raised for CF is not known, but Katch Kan is matching all individual donations.



Akita Drilling ran their sixth annual tournament

out at RedTail Landing on August 1 and raised \$28,890.20 for CF! Akita's tournament is always a ton of fun for the participants, and their ongoing commitment to CF is truly appreciated.

Waiward Steel Fabricators held their 18th annual golf tournament on August 11. From their tournament, they sent a donation of \$2,400.



22ND ANNUAL
CYSTIC FIBROSIS
ROSE & THORN
MIXED CLASSIC 2007

The **Rose & Thorn** Mixed Classic sank an amazing putt on August 20. The Rose & Thorn Mixed Classic replaced the 65 Roses Ladies Classic with a new format welcoming both men and women golfers. Some teams were mixed, some were all women, and some were all men. Held at The Links in Spruce Grove, the tournament was opened with a continental breakfast and welcome from J'Lyn Nye, Global TV, and concluded with a luncheon and program hosted by Rob Christie, Magic 99 Radio. The tournament raised almost \$29,000! Each of these tournaments owes its success to many corporations as well as to the participating golfers and to many volunteers. We wish to thank are the golf courses themselves. All of them were most helpful and hospitable. We thank Advocis, Katch Kan, Akita Drilling, and Waiward Steel Fabricators and their sponsors for their tournaments and the many sponsors for the Rose & Thorn:

Silver Sponsors – Norden Autohaus; Rosenau Transport; Wild Africa Cream
Bronze Sponsors– Melcor Developments Ltd.

Hole Sponsors- All Weather Windows; Canadian Western Bank; Connor, Clark & Lunn Private Capital Ltd.; Edmonton Eskimos Alumni; Grand Marnier – Charton Hobbs; Insight Medical Imaging; Investors Group; Liquor Depot Charitable Foundation; Otto Mobiles; PCL Construction Management Inc.; Primrose IDA Pharmacy; Rycor Holdings Ltd.; Sorrentino's Restaurant

Clinic News

The dietary department has asked for and received more time for the adult and pediatric dieticians in clinic. Because of this realignment, our adult dietician is changing. Kendal is sad to be leaving working with us and we thank her for all her hard work. We welcome a new dietician Susan Yoo and look forward to getting to know her.

As of July 2007 compressors no longer are covered partially or completely by Aid to Daily Living Program in Alberta. We are looking into this and have had contact with the national CF Foundation as well about this issue.

Reminder

If you need medications, please call the pharmacy first to see if they have a refill on file.

If you are seen in emergency or admitted to hospital, please call the clinic office and leave a message so we can follow up with you.

If you have EQUIPMENT at home that is not being used, the clinic could use it for loaners for new patients.

Two Bright Lights

Don't cry because it's over
Smile because it happened - Dr Seuss

Condolences go out to family and friends of Vince Champagne and Brandy Whiteside.

Vince will be remembered for the unique person he was and his website

www.breathelife.ca

Love of family, friends, and animals was the centre of Brandy's life. She was always quick to respond to the needs of others.

Give It Away

Love is one treasure that multiplies by division. It is the one gift that grows bigger the more you take from it. It is one business in which it pays too to be an absolute spend thrift. You can give it away, throw it away, empty your pockets, shake the basket, turn the glass upside-down and tomorrow you will have more than even.

- Author unknown

PRESIDENT'S CORNER

We look forward to this time of year around the office because it's our "quiet" time. The golf tournaments are done, the Motorcycle Ride and Great Strides are done, we really only have the 65 Roses Oiler dinner and Grey Cup tickets on our plate...and gearing up for the Citadel. For a chapter that has over 30 fundraisers, we like this time of year to catch up a little on the things that are not directly related to fundraising.

But, having said that, we are not a chapter to sit idle and we have been trying to find some fundraisers to fill in our "quiet time" for a while - and this year, we've done it. So much for quiet time!

In November, we are looking to hold a Christmas "non-craft" sale. We see loads of craft sales around Christmas time, but we are hoping to hold a non-craft sale. What is that? It's simply people with home businesses that sell non-craft items coming together in one place. Things like Tupperware, 5th Avenue Jewellery, Weekender Wear. So - if you sell anything like that, or know someone who does, please have them contact our office and hopefully they can participate in our event. It will be a first come, first offered event - in other words, there will be only one person in the venue selling Tupperware, so the first to sign up gets it! This is a very successful event in Victoria, so we are hoping it works in Edmonton as well!

Our second new event is a curling bonspiel. We are hoping to hold this in January and we have a great chairperson for this event who has it well under way. This is an event we have toyed with for a while, but never got it off the ground, so we are excited to pull this together this year. The venue isn't 100% determined yet, but if you have a team that would like to participate, or if you would like to help organize the event, please let us know!

So, the Edmonton chapter determination to exceed our fundraising dollars continues! So far, we are looking good, but I'll fill you in on those details next time...and since this is our last newsletter before Christmas, let me be the first to say have a Merry Christmas and wonderful holiday season!



Top winner of 2007 Hockey Draft, J. Ron MacDonald receives his cheque from Doug Milne, Hockey Draft chairman

“A Teacher’s Guide to Cystic Fibrosis”

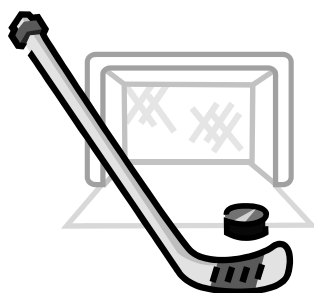
A Teacher’s Guide to Cystic Fibrosis” is a pamphlet produced by the Foundation. It’s a great resource for teachers who have a child in their class with CF. We have copies available in the office so please call if you would like a copy or two for sharing with your child’s teacher.

The 65 Roses Sports club currently has 7 members. If you are interested in joining this group to help plan future sports-connected events in support of CF, please contact the CF office to find out about the next meeting. The current members are: Rob Sokil, Esmond Warren, Pat Magnan, Jerry Gordon, John Tabak, Farouk Nurani, Rob Emerson

A Good Year for the Hockey Draft

The 19th Annual CF Hockey Draft of Hope has been wrapped up and we had another successful year. Although a Canadian based hockey team was unable to bring home the Stanley Cup, this fund raising project brought in approximately \$20,000 for CF research in the Province of Alberta. Since its inception, this project has now raised over \$200,000 and that is a tremendous achievement. This year’s profit was about double the prior year and it is attributed to two factors: an in-

creased return of past entrants and a new multiple ticket purchase option. We believe we are well positioned to further increase our profit in 2008.



The 2007 CF Hockey Draft of Hope owes a lot to three companies who continued their strong support for this

project: Edmonton Sun, Primrose IDA Pharmacy and Speedy Muffler, Brake & Wheel. The 2008 CF Hockey Draft of Hope will mark the 20th Anniversary of this project and we plan to recognize this milestone with some special features including additional prizes, online ticket entry and more. To help ensure this outcome, some new organizing committee members would be greatly appreciated. Please contact either Emily at the CF office (466-2265) or Doug Milne (452-2174).

The Chapter would also like to thank the following volunteers, who donated their valuable time to this year’s project:

- | | | |
|--|------------------------|-----------------------------------|
| Marcel & Michele Fontaine | Matthew Christiansen | Heidi Bidwell |
| Joe & Eugenia Nimchuk | Kyle Zroback | Tracy Cleveley |
| Abe, Erica & Brent Van Dorp | Sue Burnham | Toni Saccomani |
| Sherri Selby | Michelle Thornell | Michel & Chantal Magnan |
| Ken & Betty Orchard | Lauren Barnhard | James Canuel |
| Jane, Larry, Verity, Paul & Nicole Filipow | Christine Hornig | Caroline, Shirley & Esmond Warren |
| Lisa, Shawn, Caroline & Jay Grono | Zachary Jansen | Dax Kempton |
| Janice Palsat | Esther & Beth Szatmary | Lisa Taylor |
| Beth McKenzie | Marcia & Doug Milne | Doris Gordon |

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Heather Genest
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Websites: www.cfedmonton.ca
www.ccff.ca

Clinic: University Hospital
(780) 407-6745



Edmonton and Northern
Alberta Chapter

Calendar – October – December, 2007

- Oct. 2 – Board meeting (1800 hrs @ CF office)
- Oct. 9 – Parent support group meeting (1860 hrs @ CF office)
- Oct. 20 – Aerobathon at World Health Club
- Nov. 6 – Board meeting
- Nov. 13 – Parent support group meeting
- Nov. 25 – Grey Cup Game & raffle
- Nov. 23 – 65 Roses Oilers Dinner
- Nov. 30 – Miniquad/Pocketbike raffle
- Dec. 4 – Board meeting
- Dec. 11 – Parent support group meeting

CF Support Group

“Physio, calorie intake, enzymes, antibiotics, clinic, nebulizers, Tobi, fat content, pancreatic discomfort, stool textures....”

Those are not words that most parents or caregivers have in their daily vocabulary! But for those of us with children who have CF, we are all too familiar with our daily obsession with

these terms!! In response to many, many requests, the Edmonton and Northern Alberta Chapter for Cystic Fibrosis is pleased to initiate it's first ever **CF Parent Support Group!!** This initiative is an attempt to provide a helpful way for parents and family members (or caregivers) to express thoughts,

questions, and get helpful tips about CF from others facing the same issues.

Who? Parents and other caregivers of those with CF. In order to provide the best environment, children will not be able to attend. When? **Tuesdays: Oct. 9, Nov. 13, Dec. 11, 6:30-8:00pm** Where? **Edmonton and Northern Alberta CF Office** located on the 2nd floor of St. James School 7814 – 83 Street, Edmonton. RSVP: **Please call the office at (780) 466-2265 to confirm your attendance.**

Collection Box Campaign

LONDON DRUGS During the month of September, the London Drugs stores of Edmonton and area are displaying our coin collection boxes at their cus-

tomers service counters. London Drugs has helped with this fundraising project for several years, and we are grateful for their support. If you are outside the Edmonton area and

have a connection with any other business or businesses who would be willing to carry coin collection boxes for a month or two, please contact the CF office.

CF Fundraising Casino

Our CF Fundraising Casino took place on August 29 & 30, 2007 at the Century Casino. It was our first time at this particular casino. We do not have an actual dollar amount of our earnings but the casino is always a great fundraiser for us, I will give you an update in the next newsletter. It

was great to see the usual crew of volunteers and equally great to see some new faces. Thank you to the following volunteers, from Marcia Milne, Casino Chairperson, for taking time from their busy summer schedules to work the long shifts and sometimes even 2 shifts.

Eugenia & Joe Nimchuk	Sue & Ted Zukivsky	Rod Sherman
Patricia Rollison	Laura Krefting	Caroline Warren
Terrill Buttrey	Abe Van Dorp	Ken Orchard
Vic Rudkowski	Bob Rennie	Doug Milne
Patti Magnan	Charlene Keller	Cathy Gaida
Greydon Chretien	Charles Pratt	Ashley Galloway
Arnold Erickson	Conrad Michael	Chris Small
Marcel Fontaine	Barb Jensen	Vic Freire
Julie & Ralph Hornig	Jane & Larry Filipow	Christie Braden

VOLUNTEER DATABASE

This year, our chapter is working on updating our database of information about volunteers. That means confirming who is able and willing to volunteer and the capacities in which people would like to volunteer, or determining what changes people wish to make in their volunteer contributions.

Betty Orchard, a chapter volunteer

has very kindly agreed to take care of contacting all of you and collecting this information on our behalf. When she calls, please take a few minutes to respond to her questions. If we missed putting you on her list for calling, and you would like to be a chapter volunteer, please call Emily at the office (466-2265) to talk about where you could help.

STAFF CHANGES

Since the last issue of this newsletter, we have bid farewell to three of our chapter personnel, Yvonne Wupori, Fundraising Coordinator, Hannah Chan, summer student and Fundraising Assistant, and Anne Mills, Administrative Assistant. They were all real assets to the work of this chapter in

the past year.

Our new Fundraising Coordinator, Heather Genest, joined us on September 24. She comes to us with previous fundraising experience and we are looking forward to having her energy and enthusiasm with us.

CF Sahara is a Go

Blain Davis has been planning and training for months for an ultramarathon in the Sahara Desert in October, 2007. Through the race, Blain is raising money for cystic fibrosis research. This summer he experienced a major setback when his home was one of the ones destroyed by fire in the MacEwan neighbourhood of Edmonton. But Blain is a determined man. Be-



sides finding a new home for his family, he had to order a new birth certificate from his country of birth and also apply for a new passport. These documents were destroyed with all their other belongings. And the ultramarathon project is still a go! For more information about this amazing effort and how to support Blain, please visit our website at www.cfedmonton.ca.

Shopping for Skelly the Skunk



Beginning in May, CF month, and continuing to the end of June, Edmonton and area Shoppers Drug Mart stores carried and sold Skelly the Skunks.

Besides raising money for CF research, each sale increased aware-

ness of our cause since all skunks have labels attached which give a brief description of CF.



Introduction – CF Adult Liaison Officer

My name is Sherri Selby and effective April of this year I am the "new" adult liaison officer/director for the Edmonton CF chapter. I am 43 years old and was diagnosed with CF when I was 3. In March 2000 I received a life-saving lung transplant which has been very successful. I am currently attending the University of Alberta in which I will defend a Master of Science thesis in 2 weeks (yipes!). I am also looking for a job in science or teaching but meanwhile study and prepare for this upcoming event. I have other interests that include art (drawing and colored pencil), travel - I have been to Italy, Spain, Portugal, England and Scotland - and I work out at the YMCA. I would like to be able to run 5 K one day, body permitting. I hope I can be of service. If you wish to contact me about issues of concern/information/ideas please email me at selbysl@shaw.ca

Grey Cup Raffle

Also available from the CF office are Grey Cup raffle tickets. Tickets sell for \$2.00 each and the buyer fills out information on the ticket stub so they can be contacted after the Grey cup game. Each ticket has a

preprinted score for the West and the East.



Prizes are given to holders of the tickets with the correct scores at the end of each quarter as well as for reverse scores. Please call the office to get tickets to buy or to sell.

WORLD HEALTH CLUB 2nd Annual Aerobathon for Cystic Fibrosis

Be Breathless for the right reasons!

**Saturday October 20th (9am-1pm)
Kensington location (137 Ave and 127 St)**

Open House, all are Welcome!

World Health Club's Second Annual Charity Aerobathon in support of Cystic Fibrosis

Pledge forms available at all World Health Club locations. To pre-register for the event please e-mail christine.frank@worldhealthclub.ca. First 100 pre-registrants will receive a goody bag with items

from lulu lemon and spasion etc. Lu Lu lemon will also be putting on a 'function' show (function as opposed to fashion as their clothes are functional). All outfits modeled will be auctioned

off for charity post show. Stay for free snacks provided by Booster Juice and Pita Pit, and participate in the city's premier fitness classes for a great cause.

MiniQuad /Pocketbike – Raffle



First Prize
Suzuki QuadSport Z50 (mini quad)
Donated by Alberta Cycle
Retail value \$2649

Tickets were on sale starting April 28, 2007 and the Prize Draw will be at the CF Office on November 30, 2007. No cash alternative for prizes. If either of the winners cannot be located within 15 days, a second name will be drawn. Tickets are \$4 or three for \$10. Raffle License #250745

**Please call the office to get tickets to buy or to sell.
(780-466-2265)**



Second Prize
Repsol Pocketbike (mini bike with gas engine)
Donated by Gingerbread Racing
Retail value \$399.00

65 Roses Edmonton Oilers Dinner

Edmonton Oiler, **Ethan Moreau**, will be the honorary chair for the annual 65 Roses Oilers Dinner. This year's dinner is scheduled for Friday, November 23. If you or someone you know is interested in

being a sponsor for this event, please call the office. We'll be happy to send you a sponsor information package. Invitations have been sent to businesses who have been corporate sponsors in the past at

this event. If you or someone you know would consider being a CF corporate sponsor through this event, please contact the office to have the information sent to you.

