

## October — December 2008 Issue 42

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## CHRISTMAS SHOPPING MADE EASY

Four incredibly exciting events occurring in January and February will appeal to a variety of tastes. Make your Christmas shopping easy by contacting the CF office to purchase tickets for Christmas gifts, and support CF at the same time! Each purchase will come with an enclosed note to let the receiver know that their gift is also supporting our cause.



65 Roses Sports Club

For the **SPORTS** enthusiast, give the opportunity to interact in a fun-filled night with a member of the Oilers. Ethan Moreau has been the honorary chair for this event since 2000 and is committed to Supporting the chapter in this role. The Dinner is scheduled for Saturday, January 10, 2009 and ticket packages start at \$100. Call the CF office to learn about the different packages and make your purchase!



For someone who enjoys **THEATRE or MUSIC**, give them tickets to "An Evening at the Citadel" on *January 24, 2009*, this year for 'Three Mo' Tenors', "a powerful evening of one show-stopping song after another". Last year's theatre season included 'Three Mo' Divas', an outstanding evening of music, and this year's show promises to be equally fabulous. See the insert in this newsletter for more information about what is included in the entire evening, and for information about ordering tickets.



Lovers of **DANCE** would love to receive tickets to the *February 22, 2009* Citie Ballet Community Spirit show. This show will feature amazing dancers from studios around Edmonton as well as the awe of the Alberta Ballet dancers! Tickets are \$20 per adult and for children under 12, seniors, and students, they will cost \$15. A unique and fantastic stocking stuffer! Call the CF office to purchase your tickets!



Do you know someone who loves **WINE TASTING**? On Friday, *February 27, 2009*, they can sample a selection of remarkable French wines and tasty French crepes and cheeses at the French Fling! The insert in this newsletter has more information. Ticket prices will be finalized soon. Please call the CF office to purchase your tickets!

## DONATE YOUR HBC REWARD POINTS FOR CF



You can support CF by donating your Hbc Rewards Points earned at Zellers, The Bay, and Home Outfitters to the Canadian Cystic Fibrosis Foundation. To do so, you need to enrol at no cost and you will receive an Hbc Rewards card. Once you

have the card, you can choose to designate a portion of accumulated points to specific charities. The CCFF receives a quarterly update of all donation totals and redeems points for an annual cash contribution from Hbc. For more information, you can visit [www.hbc.com/hbc rewards](http://www.hbc.com/hbc rewards) and look under the Community Program tab.

## CLINIC NEWS

Recent research findings have brought to light a concern regarding phthalates and enzymes taken as part of routine CF therapy. Phthalates are compounds found in the enteric coating of enzymes and allow the enzymes to pass through the stomach to the intestine without being destroyed by the acids in the stomach. Researchers recently found unexpected levels of phthalates in the urine of patients with CF.

The Cystic Fibrosis Foundation is unaware of any evidence that phthalates found in the enzymes are harmful to people with CF. The Foundation, with the support of Health Canada and the Food and Drug Administration, recommends that people with CF continue taking their enzymes since Canadians with CF taking enzymes have enjoyed

Improved nutritional status. They are a key reason the median age of survival for people with CF has doubled in the past 25 years.

Further information about phthalates and the Foundation's recommendations can be found on the CCFF website [www.cysticfibrosis.ca](http://www.cysticfibrosis.ca).

As these new findings may cause potentially unnecessary concern or alarm among the Canadian CF population, please review this information.

Please contact Aida Fernandes at [afernandes@cysticfibrosis.ca](mailto:afernandes@cysticfibrosis.ca) or 1-800-378-2233 ext. 229 at the Foundation's office if you have any questions. If you are planning to get pregnant or are pregnant or nursing, please talk to the CF Team at the CF Clinic about this issue.

## PRESIDENT'S CORNER

WITH ALAN BARTMAN

Fall is upon us with another summer having flown by.

The Prairie Regional Meetings (Alberta, Saskatchewan, and Manitoba) were just held in Regina on October 4-5, and Patti Magnan and myself had the pleasure of attending. Discussions were held on Risk Management, the Major Gifts Program, National Branding, and a wide variety of fundraisers held throughout the three Prairie Provinces.

At our chapter over the last 3 months things have been rolling on at a furious pace. This always seems to be the case in this chapter. Golf tournaments were held by Advocis, Akita, and Rose and Thorn to raise funds and awareness for CF research. In addition, the "Original Joes - Run For The Lung" was held in August, the World Health Club Aerobathon was held in June, the CF Coin Boxes continue to bring money in, local Softball tournaments continue bring in funds. Grey Cup raffle tickets are now on sale, and we are already into our 4<sup>th</sup> printing.

With all of these happening, and more that I haven't mentioned that are either complete or in the works, it is not surprising that we have once again surpassed our fundraising budget for the fiscal year. For this, I would like to thank all of those who continue to work endlessly to make the Edmonton and Northern Alberta Chapter as successful as it is.

There are also a few exciting things on the horizon for our chapter: the 65 Roses Oilers dinner, a dance spectacular, possibly a dinner theatre at the Mayfield, and last but certainly not least, our chapter Signature Event "CFAR" (Cystic Fibrosis Amazing Race).

When the phone rings looking for volunteers, please consider coming out to help this fabulous group. They are extraordinary at raising money and awareness for the Canadian Cystic Fibrosis Foundation. One day, and hopefully very soon, a cure or control for Cystic Fibrosis will be found. It is because of everyone's efforts and determination that this will become a reality.

## GOLF SCORES FOR CF

The 2008 summer season was another successful one for golf tournaments raising money for CF in the Edmonton area.

On June 9, the **Leduc Kinsmen** held their first tournament for CF.

**Advocis** held their second annual tournament at Jagare Ridge, this year on June 20.

On a cold, windy, and rainy day in

July, **Akita Drilling** held their 7<sup>th</sup> annual CF charity tournament at Redtail Landing – a real bunch of troopers!

August 18 – one of the hottest days of the summer – was the date of the 23<sup>rd</sup> annual **Rose & Thorn** (formerly 65 Roses Ladies) tournament held at the Links in Spruce Grove.



Ted Zukiwsky (left), representing our chapter, received the donation of proceeds from the Advocis golf tournament at a breakfast meeting. Brendan Fitzgerald is the Advocis representative on the right.

Once again **Waiward Steel** also held a tournament, their 19<sup>th</sup> annual, and donated funds raised.

Financial transactions for a couple of these tournaments are still incomplete, but we do know that \$64,828 has been raised through golf tournaments so far.

Thank you to all the many organiz-

ers, sponsors, and volunteers who worked on all of these events, particularly Scott Jacques for the Leduc Kinsmen, Brendan Fitzgerald for Advocis, Lorne Thompson for Akita, Sue Zukiwsky for the Rose & Thorn, and Waiward Steel employees in honour and in memory of Stephanie and Lindsay Power.



## NEW EVENT TAKES SHAPE



*Chasing the future . . .*

Under the leadership of Fundraising Coordinator Kathy Irvine, a planning committee of nine people is working on the planning and development of **CFar: Cystic Fibrosis Amazing Race**. This will be a race on bicycle, on foot, on rollerblades – any human-powered non-motorized form of transportation – through Edmonton's river valley trails and adjoining facilities. Participants in the race will have a number of challenges and contests to complete,

and cash prizes will be awarded to race winners. Participants will receive tickets to a post-race concert, a concert for which tickets will go on sale to the general public as well. The committee has yet to finalize the date and venue, but the plan is to hold the first CFar in August, probably August 22, 2009. One of the big tasks ahead is locating corporate sponsorship for this event. Please call Kathy at the CF office if you have any contacts who might be interested in getting involved with such an event.

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Clinic: University Hospital  
 (780) 407-6745



Edmonton and Northern  
 Alberta Chapter

Calendar  
 October, 2009 – January, 2009

- Nov. 4 - Chapter Board Meeting
- Nov. 10 - Grey Cup raffle: return unsold tickets for office redistribution to others looking for more tickets to sell
- Nov. 21 - Grey Cup Raffle: all tickets and money due at CF office
- Dec. 2 - Chapter Board Meeting
- Jan. 6 - Chapter Board Meeting
- Jan. 10 - 65 Roses Oilers Dinner
- Jan. 24 - An Evening at the Citadel
- Feb. 22 - Citie Ballet Community Spirit Show
- Feb. 27 - French Fling wine tasting
- Mar. 1 - Annual General Meeting

## YOUR HELP NEEDED

One of the most challenging tasks for event planning committees is the collection of items suitable for the silent auctions. Your help would be very much appreciated with collecting for the silent auctions for both "An Evening at the Citadel" and the "French Fling". The list of suitable items is almost endless. Here are some ideas, but please consider all the different businesses with whom you interact, and you will think of many more.

Some ideas are:

- \* gift certificates for high-end restaurants or hotel stays or golf resort greens fees
- \* gift certificates for such services as vehicle maintenance, massages, carpet shampoos, haircuts
- \* tickets to hockey games, concerts, special attractions, ski resort lift tickets
- \* televisions, MP3's, laptops, PDA's, GPS units
- \* tools, small appliances, remote car starter
- \* sculptures, paintings, jewellery

Items can be brought to the CF office for storage until the members of the event committee have their next meeting. Please call if you have any questions.

## EDMONTON CF ADULT WINS SUMMERHAYES AWARD

Michelle Thornell was surprised by the announcement that she is the recipient of the 2008 Summerhayes Award. Michelle is a member of the Rose & Thorn Golf Classic's planning committee and the announcement was made at the BBQ luncheon which followed this golf tournament held August 18.

The Summerhayes Award is a national award honouring a person with cystic fibrosis who has demonstrated an exceptional commitment to the CF cause. Michelle has supported the work of the

Edmonton chapter in many capacities for many years. She creates beautiful wood carvings of birds that she donates for event auctions, she has recruited sponsors and prize donors for many events over the years, and she has served on various planning committees, and on the chapter board as the CF Adult Liaison. She has shared her story many times both as a speaker and as a writer of a mail campaign letter.

Thank you Michelle for all you have done for the CF cause. It was our honour to let you know how much you are appreciated.

## 2008 HOCKEY DRAFT OF HOPE

This year's draft was the most successful to date! We raised \$25,800! Confirmations were sent to entrants in record time.

Marcia and Doug Milne wish to thank the following volunteers who helped with envelope stuffing, entry processing, data entry and checking:

Joe & Eugenia Nimchuck	Michele & Marcel Fontaine	Carolyn & Jay Grono	Allan, Katie, Megan & Alex Bartman	Jane, Paul, Verity & Nicole Filipow & friend Janice
Bob Rennie	Sue Burnham	Tracy Carlson	Lori Hanna	Corey
Matthew Christiansen	Chris Small	Doris Gordon	Heidi Bidwell	Ryan Rumsey
Patti Magnan	Megan Milne	Jordan Parker	Emily & Kathy in the office	

After 20 years of chairing the Hockey Draft, and after the most successful year ever, Doug and Marcia are moving to the United States. The Hockey Draft will be under new leadership next year. The Edmonton and Northern Alberta chapter wishes to thank Doug and Marcia for all the volunteer hours they have contributed over the years. The Hockey Draft is really just a small part of all they have done. We wish you all the best in your new home and jobs.