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CF 65 Roses Liaison	Rob Sokil
Chapter Co-ordinator	Emily Westwood
Fundraising Co-ordinator	Yvonne Wupori

EDMONTON CHAPTER'S MASCOT CREATING A STINK

Skelly Skunk, created for our new slogan, "CF Stinks!" has arrived. Designed especially for the Edmonton chapter, Skelly Skunk is an adorable 15 inch plush skunk, which our chapter is using for both public awareness and fundraising.

He, and the new slogan were inspired by a ten year old girl. The name comes from our long-time friend and supporter, Bill Skelly, a past chair of the 65 Roses Sports Club. The Edmonton Kinsmen Club, the Edmonton Kinette club, and the Fort Edmonton Kin Club provided funding for Skelly's development, ensuring that all proceeds would directly benefit the Edmonton CF Chapter.



Skelly Skunk is available by calling or e-mailing the Edmonton CF Chapter office

Please call the CF office if you would like to order some Skellys for yourself or for selling at a special event!

WANTED: TICKET SELLERS FOR GREY CUP RAFFLE

We are in the midst of our annual Grey Cup ticket raffle and could really use more people to sell the tickets. Each ticket comes in a sealed envelope and sells for \$2.00. Tickets are numbered with scores, for example: East 7, West 32 (I wish!). A cash prize will be awarded for both the actual score in each quarter and for the reverse score in each quarter. Therefore, each purchaser

has two chances to win for the price of the \$2 ticket. Prize payoffs range between \$50 and \$400, depending on whether the ticket holds an actual or reverse score, and depending on which quarter. The \$400 payoff is for the Final Score, Actual Score.

If you can sell some tickets, please call Emily at the office (466-2265).

Clinic News

Hear the latest in CF Research

**November 17, 2006
730 PM
St James School
7814- 83 street**

THE LATEST CF RESEARCH CF Night

Team members will share the information received at the North American CF Meeting on November 17, 2006 at 7:30 PM. The meeting takes place in St James School at 7814-83 street, in the building housing the CF Foundation Office. Please call CF Clinic Office to confirm attendance 407 6745. Wine and cheese to follow. No children please.

We have now on loan from the RespirTech company the new vest like system, InCourage. The CF Office now has 3 systems that people with CF can trial if they are interested.

Call the office at 407-6745 to put your name on a list. Websites for info are www.respirtech.com www.thevest.com www.electromed-usa.com

Condolences go out to family and friends of Carrie Schlegel (Senft) who passed away July 22 2006. She will be remembered for her keen interest in people and feisty spirit.

Congratulations to 3 clinic team members on the arrival of their little ones. Odette Brown had a baby boy and Gayle Subchuk had a baby girl. Dr Zuberbuhler is now a grandpa to a little girl.

PRESIDENT'S CORNER

In the years that I have been involved in CF, I have probably attended 10 or

more Shine Day kick-offs. What is a Shine Day? It's when the post secondary

schools that are involved in Shinerama blanket the city with "shiners" – people willing to shine your shoes, your car...anything, for a donation to cystic fibrosis. This year I attended the NAIT Shine Day kick-off. After attending so many of them, I thought I'd seen all there was to see, but soon discovered that I hadn't. This year, NAIT changed their Shine Day plan. I was sceptical – why change from a formula that had been successful? The kick-off had moved to a classroom setting, instead of the auditorium. Global TV was hosting the morning show from the kick-off, but they were covering a myriad of topics – from how to take care of shoes to some of NAIT's services to cystic fibrosis. A monster truck and the Mini car club were coming. Was this going to work?

Michelle Decoursey, Erica (my daughter) and I were scheduled to show up at 8 am as CF representatives. Finding the location of the kick-off on the main campus was easy – just follow the excitement! People were taking registration, while others were blowing up balloons, while others were signing up for their shine location, while others were having breakfast, while Global was broadcasting. NAIT's organising committee put on entertaining skits, invented a cheer and boosted the troops like I had never seen at a Shinerama event before. The venue was perfect. The end result was that NAIT had their best shine day ever, and I learnt that you can change something that works to create something even better. Cystic fibrosis is fortunate to have this amazing group of people working with us in the fight. NAIT will

AN EVENING AT THE CITADEL

The Edmonton chapter of the Canadian Cystic Fibrosis Foundation invites you to an evening of theatrical entertainment, and much more! The "Evening at the Citadel" fundraiser will take place on February 10, 2007 at the Citadel theatre. This event includes a wine and cheese reception, the performance of the play, "The Constant Wife", a Grand Marnier and dessert reception following the play, plus a silent auction.

"The Constant Wife", a social comedy, has been described as

"deliciously witty, an antecedent to the women of Desperate Housewives and Sex and the City." The cost of this event is only \$55, an outstanding bargain. It would make an excellent Christmas gift for those on your list who have everything! Tickets will be available at the CF office after December 1, 2006. We'd also greatly appreciate donations for the silent auction for this event. If anyone has restaurant or hotel connections these make great silent auction items! Help us in the fight against CF, and have a fun evening out!



An Evening at the
Citadel presents "The
Constant Wife"

February 10

STAFF CHANGES

Since our last newsletter, our chapter has bid farewell to Tammy Turko, Fundraising Coordinator. Tammy has moved on to new employment and we wish her well.

We are very pleased to welcome Yvonne Wupori as the new Fundrais-

ing Coordinator.

In addition, we now have another part-time employee in the office, Anne Mills, who will assist with clerical tasks. Both Yvonne and Anne just started in October.

OFFICE FURNITURE DONATION

The Edmonton and Northern Alberta Chapter wishes to thank Gil Mowbry LLP Chartered Accountants for their generous donation of used office furniture. Mowbry Co. was in the midst of renovations and offered the furniture to us. From them we received

two desks, several filing cabinets, and also storage cupboards. All of these items are very much appreciated, particularly the filing cabinets and storage units. Thanks also go to Abe Van Dorp and friends for picking up and delivering the furniture.

'Tis the Season – for Craft Sales

To quote the Wetaskiwin Kinettes, "It's that time of year for good tidings and good cheer . . . " The Wetaskiwin Kinettes are holding their annual craft auction on Friday, November 3 at the Kin Hall. This is an event which is always a lot of fun. Admission is either an item (or items) in a brown bag worth \$10, or \$10. For more information, contact Lynn

at 312-4527.

As well, the chapter has a table booked at the Strathcona Farmer's Market for Saturday, October 28 and for Saturday, December 2. For the October date, we will be selling Skelly skunks, Frightlites (CF glowsticks), and Grey cup raffle tickets. For the December date, we will be selling Christmas crafts.

Allied Van Lines Scholarship

The Chapter is seeking applications for the Allied Van Lines Scholarship. If you are interested, please *submit your application by November 30, 2006*. The scholarship provides \$1000 to an individual with cystic fibro-

sis who is pursuing a post-secondary education, preferably in the Information Technology field, at an accredited institute. It was established in memory of Denis Rouault who was an employee of Allied Van Lines when

he passed away from CF.

If you are interested, please call the office to provide a fax number where we can send you further information.

Aerobathon Schedule

9:00AM Bootcamp
9:30AM Revs
10:00AM Force
10:30AM Cardio Kick
11:00AM Step Up
11:30AM Ball/ABSolute Core
12:00PM Hip Hop
12:30PM Breathe



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

Come join us in supporting Cystic Fibrosis, collect pledges and participate in a variety of Worlds Health Club's Group Fitness classes on Saturday, November 4 from 9 am

to 1 PM at the World Health Club West Location at 142 St and 107 Ave. Members and non-members are welcome, with pledge packages available at all clubs

There will be giveaways and fundraising prizes.
-participate in some or all of the days events
-stay for the open house and refreshments.

65 Roses Edmonton Oilers Dinner

Edmonton Oiler *Ethan Moreau* has signed a contract for four more years with the Oilers, much to the relief of our Chapter. Ethan is the Honorary Chair for our annual Oilers Dinner and he and his wife Ornella will be our special guests again at the annual 65 Roses Edmonton Oilers Dinner. The dinner is scheduled for **Wednesday, November 22** at The Derrick Club. Invitations have been sent to businesses who have been corporate sponsors in the past at this event. If you or some-

one you know would consider being a CF corporate sponsor through this event, please contact the office to have the information sent to you. *Author Heather Summerhayes Cariou* will be the speaker at this year's dinner. Heather is a former professional actress and dancer. She has now authored a book entitled *Sixty-five Roses: A Sister's Memoir*. Heather was six when her four-year old sister was diagnosed with CF. "Rich in detail, loving, funny and profoundly moving,

her book *Sixtyfive Roses* is a story about fighting for your life and your dreams and never giving up. It's about loving fearlessly and the choice we make in the name of love. It's about the kind of faith, fortitude and forgiveness we tell ourselves we don't possess, but which is present in all of us." We're looking forward to hearing Heather speak. Sponsors will receive a copy of her book at the dinner.

65 Roses Ladies Golf Classic

On a sunny August 21st at the Mill Woods Golf Course, 140 ladies gathered to golf in the 21st Annual Ladies Golf Classic. Following a continental breakfast in the Woodvale Community Center and an 8:30 shotgun start, the tournament was underway.

The event marked both the continuation of a successful summer tournament and the

transition to a new organizing committee. This year we welcomed J'Lyn Nye, Global TV's News Hour Final's anchor and co-producer, as our honorary chairman. J'lyn emceed the lunch program which followed the tournament, and her talk reminded us all about the main reason we hold this tournament, to continue the fight for better care and



J'Lyn Nye, honorary chair, presents Shanna Atterbury with one of the many prizes received by the golfers.

treatment and for the search for a cure for CF.

65 Roses Eskimos Event

The 65 Roses Sports Club organised a different type of event this year for our evening with the Edmonton Eskimos. It was a Night at the Races at the Northlands racetrack, with sponsors and guests at a reserved area of Colours Restaurant. President

Caroline Warren presented a certificate of appreciation to former Eskimo Chris

Morris. Chris just retired from the team this past spring and

years. Eskimo wide receiver Pat Woodcock also attended the



Back row: Eskimos Alumni Hector Pothier, Ed Jones, Chris Morris (also Honorary Chair), Emilio Fraietta, Bill Manchuk, Bayne Norrie
Front row: Wide receiver Pat Woodcock, Kinettes Susan Dickson and Brenda Roper

we sincerely thank him for serving CF as the honorary chair for this event for the past 5

evening and he has agreed to be our honorary chair in the future. At least one Eskimo Alumni was also seated at every table with sponsors and guests. Each sponsor received a photo of the 2005 Grey

Cup Championship team, with the photo signed by Coach Dan Maciocia.

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

Chapter office:
St. James Catholic Elementary
School
7814 - 83 Street
Edmonton, AB T6C 2Y8
Phone: (780) 466-2265
Fax: (780) 437-7655

Emily Westwood
ecfs@telus.net

Yvonne Wupori
ecfs.fundraising@telus.net

Websites: www.cfedmonton.ca
www.ccff.ca

Clinic: University Hospital
(780) 407-6745



Edmonton and Northern
Alberta Chapter

Calendar

Nov. 3	Wetaskiwin Kinetite Craft Auction
Nov. 4	Aerobathon at World Health Club
Nov. 6	Grey cup raffle – return unsold tick- ets
Nov. 14	Board meeting
Nov. 17	Parent Night
Nov. 22	65 Roses Oilers Dinner
Dec. 2	Sale at Strathcona Farmer's Market
Dec. 15	Bingo
Jan. 5	Bingo
Jan. 9	Board meeting
Feb. 10	Evening at the Citadel Bingo

Oilers Alumni Golf Tournament

The sixth annual "My Team My Town" Charity Golf Classic was held on September 13 at the Northern Bear Golf Course and at RedTail Landing. Garry Meyer was the event planner and Dr. Ted Zukiwsky, our CF representative, assisted with the planning. The sold-out event began with Team Draws at Molson House

to assign an Oiler, Alumni, or celebrity to each of the golf teams. Lorraine Johnson and her team of volunteers assisted by being spotters for the various hole competitions. The post-tournament dinner was held on the ice at Rexall Place where the program included acknowledgement of the many sponsors, pres-

entations of fabulous prizes, and both a live and a silent auction. We gratefully remember the work of Ron Moore in establishing our relationship with the Edmonton Oilers in the early years of this tournament. CF will receive a donation of \$25,000 from the tournament's profits.

Collection Box Campaign

Each September, our chapter places coin collection boxes in Edmonton and area London Drugs stores. With the boxes collected and money turned in to the CF office so far this year, this little fundraiser has made \$638.03.

One of the collection box contributors is a chapter member from Girouxville. She ran the Girouxville campaign in March. If you live outside Edmonton and would like to do the same, please let us know. While we run the campaign in the

Edmonton area in September, you can choose another month or time of year if that works for you, and it's a great way to contribute for those of you who live too far away to volunteer with Edmonton events.

Bingo Volunteers – Our Thanks

By providing volunteers to assist with Kin Club of Fort Edmonton bingos, our chapter has raised \$1500 so far in 2006, and we raised \$2125 the previous year. Kathy Michaels phones and books people for each bingo. Thank you Kathy for your faithfulness making these calls, and thank you to all the people who say yes and come out to help. Here is the list of people we wish to thank:

Kathy Michaels Heidi Bidwell
Sue and Dean Burnham
Graydon Chretien Marcel Fontaine
Julie Hornig Patti Magnan
Shirley McQuitty Doug Milne
Orv & Blanche McJannet

Dan Orchard Pam Plourde
Joe & Eugenia Nimchuk
Bob Rennie Vic Rudkowski
Esmond & Shirley Warren
Kelly S Randy Taylor
Marie Tymofichuk Marcia Zroback
Jordan Milne Christa Brentnall
Rod Sherman

Upcoming bingo dates are:
Friday, Dec. 15, 2006 – evening
Friday, Jan. 5, 2007 – evening
Saturday, Feb. 10, 2007 – afternoon

If you can help with even one, please call Kathy Michaels (456-7479) or call the CF office (466-2265) to volunteer.