



THE EDMONTON & NORTHERN ALBERTA CONNECTION

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Calendar

May-June 2010

April 29-May 1

National AGM in Ottawa

May 4

Chapter Board Meeting

June 1

Chapter Board Meeting

July & August

Chapter Board Meeting dates TBD

Sept. 7

Chapter Board Meeting

Sept. 7

Draw for Trip Voucher raffle at board meeting

Sokil Transportation Celebrates 20 year collaboration with the Chapter

Rob Sokil and the Sokil Transportation Group first became involved with CF and the chapter when work colleague, Joe Nimchuk, told him about his son's disease.

Sokil has learned a lot about CF in the years since Nimchuk first convinced him the company should concentrate its corporate charity efforts on fighting CF. He says the most impressive and encouraging thing about the people he has met is the sense of hope and positive spirit of people with CF.

"They're tremendously brave and they put up with an awful lot. It's a difficult disease to deal with on a daily basis. The routines they have to deal with are tremendously taxing. I can't even imagine dealing with that," says Sokil.

He has been chairman and an important part of the 65 Roses Sports Club committee. He was an important contributor to the national AGM in Edmonton in 2005, even though no one in his family has CF.

"I try to let people know as much as I can about CF; about the work being done by the local office and opportunities that they can become involved, either by straight donations in any of the campaigns, becoming corporate sponsors or volunteering their time."

But he says the work of volunteer lifers like him continues. "I think it's an ongoing process, all the time. It's one person at a time. We keep bringing the message forward and bringing the profile of CF up in the public's eyes." ●



President Allan Bartman presents Rob Sokil with an award in recognition of his 20 years of service to the Chapter at the 2010 Annual General Meeting.

Edmonton Kinsmen Corporate Cup Hockey Tournament

Supporting the Chapter for 12 years



The Kin Corporate Cup is part of Kin Canada's more than 45 year partnership with the CCFF.

The Kinsmen Corporate Cup just finished its twelfth annual tournament. It is a hockey tournament that was started by Kinsmen member John Windwick.

David Wolanski is the spokesman for the tournament. He says the tournament raises awareness among companies that participate and their players through speakers like Megan Parker (see pg 3).

Corporations enter hockey teams on the February weekend, have a great time and raise funds for CF.

The tournament has grown in the last number of years, to 24 teams, all taking place at the Kinmen Arena on the Southside of Edmonton.

On average, the Kin Corporate Cup raises about \$15,000 per tournament, all which is donated to the Edmonton and Northern Alberta chapter of CF. ●



CF Connection is a free newsletter for members published bimonthly by the CCFF Edmonton & Northern Alberta executive committee with offices in Rm 205 of St. James Elementary Catholic School at 7814-83 St., Edmonton.

Issue 48 was issued March 1, 2010. It was edited by Patrick Lépine with contributions by Joan Tabak, Emily Westwood, Allan Bartman and Dr. Preston W. Campbell.

Mission

The Canadian Cystic Fibrosis Foundation (CCFF) helps people with cystic fibrosis. The Foundation funds research towards the goal of a cure or control for CF, supports high quality care, promotes public awareness of the disease, and raises and allocates funds for these purposes.

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Director at Large	Sherri Selby
CF Kin Liaison	Gerry Boehm
Chapter Manager	Emily Westwood
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Cooking for CF

We are proud to announce the creation of "Cooking for Cystic Fibrosis." We have compiled almost 150 recipes that have passed a nutritional analysis as great recipes to help people with CF. Each recipe has a nutritional breakdown and has been cooked by fellow CF families, so they are certified delicious! It includes everything from snacks to main courses to desserts. This cookbook is not a fundraiser. It is

Mac & Cheese Bake

4 servings

2 cups macaroni
1/2 cup mayonnaise
1/4 cup chopped pimento
1/4 cup green pepper
1/4 cup finely chopped onion
10-1/2 oz. can condensed cream of mushroom soup
1/2 cup whole milk
1/2 cup shredded sharp cheddar cheese

Cook macaroni and drain. Add mayonnaise, pimento, green pepper and onion. Blend together mushroom soup, milk and cheese. Stir into macaroni mixture and place in 1 quart casserole dish. Top with additional cheese and bake uncovered at 400F for 20 minutes.

Nutritional Analysis (per serving):

564.5 calories
13.5 g protein
34 g fat
758.6 mg sodium
51.4 g carbohydrates
2.2 g fibre

By Caroline Warren

simply a tool that we pulled together to help CF families. The cookbook costs \$10 and can be ordered through our office. Because the cost of the cookbook just covers our printing costs, if you would like us to mail you a copy, postage will be added on top of cost of the cookbook.

Call the office for more details! ●

Cherry cheesecake

From The Good Housekeeping Illustrated Cookbook

Preheat oven to 350oC

Crust:

1 cup graham cracker crumbs
1/2 cup finely chopped walnuts
1/3 cup butter, melted
1/4 cup sugar

Combine and press into the bottom of a 9" springform pan.

Filling:

3 packages cream cheese
1 1/2 cup sugar
6 eggs
2 cups sour cream
2 tablespoons cornstarch
1 tablespoon lemon juice
2 teaspoons vanilla

In a large mixing bowl with mixer at medium speed, cream together cream cheese and sugar. With mixer at low speed, add remaining ingredients until smooth. Pour into pan, bake for 1 hour or until lightly browned. Turn off oven; leave cake in oven for 30 minutes.

Remove and cool on rack. Cover with saran and chill. To serve, remove side of pan, loosen the bottom from the pan and slide onto serving plate. Spoon topping evenly.

Topping:

21 ounce cherry pie filling with
1 tablespoon lemon zest and 1/2 teaspoon lemon juice.

President's Corner

The last two years have passed very quickly, and I have very much enjoyed being the Chapter President. Patti Magnan is now taking over the Presidency, and I would like to wish her all the best. She has done a great job as the Vice President of Fundraising, and I am certain that she will do the same in her role as President.

Each year has been extremely active with the number of fundraisers we

By Past-President Allan Bartman

organize and with the work done to develop new ones. It has been very encouraging to see the level of support we receive from our partners in Kin Clubs and in Shinerama groups and it has been a pleasure to work with the staff, the board members and all of the chapter volunteers. I would like to thank you all for the opportunity to be the Chapter President. ●



2010 Volunteers of the Year

Our volunteers of the year, Megan and Jordan Parker, have made very different journey's to volunteering for the CCFF Edmonton and Northern Alberta Chapter.

For Megan, volunteering started at an early age. "I've been involved with CF fundraising ever since I can remember. I was diagnosed at about 9 months old and my family started bringing me out to fundraisers ever since then." She became re-involved in the Edmonton chapter when she moved to Edmonton to attend university in 2004.

Jordan got started after meeting Megan and they started dating, but Megan only takes part of the credit for his involvement.

Megan speaks often at events and Jordan gives moral support, but he has become more involved in the chapter. As Megan explains volunteering helps her as much as it helps the chapter.

"For me, getting involved in CF fundraising is fulfilling because it gives me a sense of belonging to a tight-knit community of people who understand what I'm going through without having to explain myself. It helps me cope in a positive way with my disease."

Last year, Jordan took over responsibility for the chapter's hockey draft, a labour intensive project that keeps the hockey fan occupied, but that's not the only hockey related event Jordan enjoys. He has attended the Kin Hockey Cup every year since they started dating.

"All he has to do is support me while I speak and he gets pizza and beer," says Megan. ●

By Patrick Lépine



Chapter President Allan Bartman presents the 2010 Volunteer of the year award to Jordan and Megan Parker at the 2010 AGM.

CFar Cancelled

Lack of Registrations Cited

For the last two years, the planning committee for CFar has put a lot of work into getting a new event off the ground. After the chapter board members reviewed the situation, they made the decision to cancel CFar. Despite lots of publicity and promotion, no pre-registrations were received by the date of the April board meeting.

CFar was intended as the chapter's signature event. Teams were to a race throughout Fort Edmonton Park to solve puzzles, participate in specific challenges, and answer questions.

We are grateful to the City of Edmonton for refunding the deposit paid for Fort Edmonton Park which had been booked for this event. We are also grateful to our event sponsors and we are in the process of advising them of this decision and discussing possible sponsorship alternatives. ●



Destination Anywhere Raffle

Where would you go if you won a travel voucher worth up to \$4000? Disneyland? Mexico? Maui? Las Vegas? Buy a ticket for \$10 on our Destination Anywhere Raffle, and if you are the winner, you will consult with a travel expert at Argyll Travel to explore your options and plan your trip to the destination of your choice.

See our website www.cfedmonton.ca for official rules. Raffle tickets are available at the CF office. Call us to buy tickets or if you are interested in selling tickets on behalf of the chapter. The draw for the winner will be made on September 7th, 2010.



Don't take your organs to Heaven; Heaven knows we need them here.



Don't take your organs to Heaven; Heaven knows we need them here. Organ transplants are important in extending the lives of people with many different diseases, including cystic fibrosis.

However, a shortage of donor organs limits the number of people whose lives can be saved. In 2006, 252 people were on the lung transplant waiting list, while 171 lung transplants were performed.

Make a positive decision to become an organ donor. Alberta does not have an organ donor registry at this time but you can make your wishes known

by signing the back of your Alberta Health card.

Let your family and friends know that you have made the decision to become an organ donor. Ask them to think about Canadians whose lives depend on the decisions made by others and maybe they will sign their cards too. Everyone is a potential donor, regardless of age. The oldest Canadian organ donor was 90 years of age and the oldest tissue donor was 102.

For more information, look under Treatments/Transplantation on the national website at www.cysticfibrosis.ca. ●

Faceoff with CF Dinner

Thanks to the fantastic support of Ethan Moreau and Steve Staios, the Faceoff With CF dinner held January 23 sold out this year for the first time in memory!

With 154 people in attendance, Ethan and Steve entertained us with the "Ask the Player" section of the program, took oodles of photos and signed their names a million times! Dan Tencer did a fantastic job at the microphone again this year, keeping the program entertaining and on schedule.



From Left to right: Ethan Moreau, Bill Skelly and Steve Staios

The evening was capped off by a beautiful, moving speech by Erica Van Dorp. The end result? Over \$15,000 was raised in the fight against cystic fibrosis.

Next year's event will have some changes, particularly since we lost Steve to Calgary, but promises to be another fantastic night. The event sold out in 3 weeks this year, so mark it on your calendar for next year and get your tickets early! ●

French Fling

by Emily Westwood

Great Night despite Attendance Drop

With 13 wine vendors providing samples of dozens of different wines from all across France, French Fling offered all guests a great wine-tasting experience again this year.

Guests enjoyed a delicious buffet of hors d'oeuvres and appetizers prepared by the Chateau Louis Hotel chef. The auction included several unique items: a Canadian Country Music Awards package, a dinner at the Blue Pear Restaurant, an autographed Johnny Depp photo, and many other items too.

We were honoured to have Seanna Collins emcee the evening with Leighton Sorenson acting as the auctioneer for the live auction. Attendance was down this year, but it was a great evening in spite of that.

Special thanks go to the event hosts, the Edmonton Kinette Club. Plans are under way for the third French Fling to be held in November 2011. We will avoid a week night next year. ●



Emcee Seanna Collins and auctioneer Leighton Sorenson

