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Upcoming Events

Watch for these events
coming up in the new
year!

- Kin Corporate Cup
- Shoot, Score and So Much More (Kinettes)

February 24, 2012 @
"On The Rocks"

- Great Strides Walk
special edition
newsletter



We wish you a happy
holiday season!

One Sophisticated Evening. . .

The 3rd annual French Fling took place this year at La Cité Francophone and was a smashing success. Delectable French hors d'oeuvres were served alongside a variety of French wines for an evening to delight the palate. The Tangele Latin Trio provided live music throughout the evening as nearly 250 guests mixed and mingled.



Linda Duncan; their support of our cause is much appreciated.

The Edmonton Kinettes hosted the evening, and the evening was made possible by the combined efforts of many individuals. Michelle Childs acted as the liaison for our Chapter and worked with volunteers to gather auction items and publicize the event.

Amongst those in attendance were Mayor Stephen Mandel and NDP MP

We had positive feedback about this event and we look forward to another great evening next year!

Stretch Your Dollar With A Charitable Tax Credit!

Did you know that Alberta has a very generous charitable tax credit program? Effective January 2007, the Alberta tax credit for eligible charitable donations that **exceed** \$200 in a tax year increased to 21% of the amount donated? When added to the federal tax credit, Albertans receive a 50% credit on those donations! See below for examples.

Total Annual Donation	Alberta Credit	Federal Credit	Total Tax Credit
\$500	\$83	\$117	\$200
\$1000	\$188	\$262	\$450
\$2000	\$398	\$552	\$950

Donations postmarked before December 31, 2011 are still eligible!



The Edmonton & Northern Alberta Connection is a free newsletter for members published by the Cystic Fibrosis Canada, Edmonton & Northern Alberta executive committee with offices in Room 205 of St. James Elementary Catholic School at 7814-83 Street.

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Issue 56 was released December 12, 2011.

Mission

Cystic Fibrosis Canada helps people with cystic fibrosis. It 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.

President	Pat Magnan
Past President	Allan Bartman
VP Fundraising	Julie Mitchell
VP Pub & Promo	Scott Hanna
Secretary	Stacy Hipkin
Treasurer	Carolyn Grono
CF Adult Director	<i>vacant</i>
CF Clinic Liaison	Joan Tabak
Director at Large*	Peter Hackett
Director at Large	Deanna Morrison
Director at Large	Andrea Richard
Director at Large	Sherri Selby
CF Kin Liaison	Gerry Boehm
Fundraising Manager	Kathy Irvine
Chapter Coordinator	Katherine Lauzon

Raffle Round Up

Over the last few months we once again ran our Trip and Grey Cup raffles.

Trip Raffle:

First prize was a \$5,000 voucher to travel *anywhere* in the world! The lucky winner of this prize was Jim Simpson. The second prize was a VIA Rail round trip from Edmonton to Vancouver for two. The winner of this prize was Daniel Kitt.



Grey Cup Raffle:

We sold out of 3 full runs of tickets this year! The tickets went fast and we awarded \$3600 in prizes.



Thank you to all of our dedicated volunteers who sold tickets for these raffles and helped us raise much needed funds for CF research!



President's Message

Volunteering for Cystic Fibrosis Canada is a very rewarding experience because our volunteers know that they are **making a difference** in the health and quality of life for people with cystic fibrosis by raising money for medical research. When the new year rolls around, please consider helping our organization in 2012. Here are our top ten suggestions:

- 1) Enter a team in the Great Strides Walk. Did you know that if your friends and family members help you collect pledges, you can easily raise hundreds or even thousands of dollars? When this money is combined with that of other families across the country it can make a huge difference for those living with CF! The Great Strides Walks take place in May, but it's best to start planning early.
- 2) Enter the Hockey Draft of Hope in April. By choosing the NHL players that you think will score the most points in the playoffs, you could win cash prizes. Your entry fees help raise funds.
- 3) Join the Ride for Cystic Fibrosis for a great motorcycle ride and barbecue in June, or spread the word to friends who ride.
- 4) Support the Kinsmen and Kinette clubs at their various events for cystic fibrosis held throughout the year including the Kin Corporate Cup (hockey tournament), Shoot Score and So Much More (pub night), French Fling (wine tasting), and the Leduc Golf Tournament. Several of the Great Strides Walks outside the Edmonton area are also organized by Kin Clubs as well as many other Kin events. If you attend one of these, please be sure to tell the members how much we appreciate them.
- 5) Collect items for silent auctions, live auctions and raffle prizes. If you are a regular customer at a business or work for a generous company you may be successful in obtaining a donation from them.
- 6) Join a committee to help organize the Great Strides Walk, the Ride for Cystic Fibrosis or the French Fling. Most committee members are parents of children who have CF and they enjoy chatting and sharing ideas about coping with CF.
- 7) If you are a very busy person, but could spare a half day once a year to help, you could man a registration desk, prepare and sort raffle tickets, stuff letters in envelopes, load a truck with chairs and tables, work at a golf tournament or help with set-up and cleanup at an event.
- 8) Would you like to share your story about cystic fibrosis? If you want to raise awareness about this disease, we are often looking for volunteers willing to work with our office staff to share their personal experiences in newspaper articles, video messages and speeches.
- 9) Organize an event in your own community. Did you know that fund raisers in towns and small cities are often very successful because of the strong community support and excellent local media coverage?
- 10) Sell raffle tickets to friends and family. Our annual travel raffle and Grey Cup pool are very popular.
(These are great projects for families throughout Northern Alberta)

Please continue to watch for details on these volunteering activities in upcoming newsletters. Our office staff is available to answer any of your questions about volunteering for our chapter and to help you. I also look forward to meeting with anyone who would like to become more involved. Thank you very much to all of the fantastic volunteers who helped Cystic Fibrosis Canada this year. Together we can accomplish so much in our goal to cure cystic fibrosis. Wishing all of you a very happy and healthy holiday season!!

Ratti Magnan



Toothbrush Tips

Did you know something you use everyday can be full of bacteria? Here are some helpful hints from Tracy Cleveley, a Registered Dental Assistant who has cystic fibrosis and is a mother of 2 children. Even after being visibly rinsed clean, toothbrushes can still be contaminated with potentially harmful organisms. Here are some recommendations to keep your toothbrushes clean for a healthy you.

Proper Toothbrush Hygiene

Wash your hands before and after handling your toothbrush. Wash your toothbrush before and after every use by holding it under running water and forcefully rubbing your thumb over the bristles and back for five to ten seconds to wash away food particles. Always use toothpaste as it helps to keep your toothbrush clean. After you have used your toothbrush soak it in an antibacterial mouthwash with alcohol for ten minutes. Place the bristled end in the cup first and then pour the liquid over the end of the toothbrush. Dispose of the mouthwash after the time is up. Deep clean the toothbrush weekly by either placing it in vinegar for ten minutes or placing it on the top rack of the dishwasher and using ordinary dishwasher detergent in a regular cycle. (The dishwasher can be a little hard on the brushes sometimes. You may need to change the brushes a little more often if they wear quicker). Consider purchasing an Ultraviolet Cleaner. They work well, the light from the cleaner kills the germs so you don't have to. Never store your toothbrush in a



cabinet or toothbrush protector. This actually increases bacteria as the toothbrushes are unable to completely dry between uses and can also become moldy. Store in an open area away from the toilet, and do not keep lots of toothbrushes in a cup as they can spread germs as they rub together, but do store them in an upright position. Replace your toothbrush every three months. If you have an electric toothbrush replace the head every three months, sooner if the bristles appear worn or bent. Never share toothbrushes. While traveling store your toothbrush in a holder to keep it clean from debris in a suitcase or make-up case. Look for one with holes in it to allow for some air circulation. If you are sick, change your toothbrush to a new one after three days ALWAYS – even if you are on antibiotics for the illness. You can re-contaminate yourself with any bits of bacteria on the brush. *Don't take the chance.*



Local Support for Cystic Fibrosis

Edmonton Public Teachers (Local 37 of the Alberta Teachers' Association) have once again made a donation to Cystic Fibrosis Canada. Throughout the year, teachers can elect to have a deduction taken from their paycheque and directed towards community organizations. A committee of teachers gathers applications and awards funds based on the amount available to them. This past year was a record year for giving by teachers, and we received **\$3,500!** Since 2007, we have received over \$10, 000 from this grant. We would like to thank the Edmonton teachers who donate to this fund and continue to aid in our fight against cystic fibrosis.



Local 37 President Ed Butler & board members

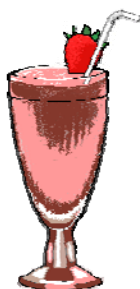
This year we were once again the recipients of the **Union 52 Benevolent Society** grant . This money is collected by CSU 52 in Edmonton and disbursed to local organizations for capital projects through a committee. Our office was able to use this money to purchase much needed additions to make our office space more functional. Our storage room now features *sturdy shelving* to house all our event paraphernalia, our board table and staff desks are surrounded by *ergonomic chairs* and our volunteers will now be able to transport with ease new *folding tables*. Thank you to the Union 52 Benevolent Society for their help in making our office run smoothly!

Holiday Office Hours

Dec 19-22	7:00am-2:30 pm (regular hours)
Dec 23	7:00am-2:00pm
Dec 26-30	OFFICE CLOSED
January 2, 2012	Normal hours resume (7:00am-2:30 pm)

Dish Up Some Variety!

Looking for some great meal ideas?
Check out www.chef4cf.com for some fresh ideas for meals and snacks!



Check us out Online!

The Edmonton & Northern Alberta Chapter of Cystic Fibrosis Canada was featured on the Alberta Community Spirit Program website.

Go to www.culture.alberta.ca/communityspirit and scroll down the page to see featured organizations shown in rotating order.



A year in review...

Great Strides Walk

French Fling

**Ride for the
Breath of life**

*Advocis Golf
Tournament*

Run for the Lung

**Crown & Anchor
Fundraiser**

**Ahita Golf
Tournament**

RAH
RT GOLF
TOURNAMENT

**FABRIC
SALE**

**Carstar
Carwash**

**Waiward Steel Golf
Tournament**

*Grey Cup
Raffle*

**Mail
Campaign**

**Hockey
Draft**

*50th
Anniversary!*

*Cystic Fibrosis
Spectacular*

Shinerama

**Kin
Events**

*Millwoods
Movie
Nights*

**Faceoff
With CF**