

THE EDMONTON & NORTHERN ALBERTA CONNECTION



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Calendar

Feb. - Apr. 2011

- Feb. 1**
Chapter Board Meeting
- Feb. 18-21**
Edmonton Kinsmen- Kin Corporate Cup for CF
- Feb. 20**
Faceoff with CF dinner
- Feb. 25**
Edmonton Kinettes- Schanks Night for CF
- Mar. 1**
Chapter Board Meeting
- Mar. 13**
Annual General Meeting (Kinsmen River Valley Place)
- Mar. 28-29**
Casino for CF (volunteers needed)
- April 4**
Chapter Board Meeting
- April**
Hockey Draft

Employer Fundraising Programs Benefit CFC

Graydon Chretien is a CF dad and a member of our chapter who works for BHP Billiton at the Ekati Diamond Mine in the NWT. BHP Billiton is one company of many with an employee matched giving program.

Located 200 kilometres south of the Arctic Circle, Ekati is Canada's first diamond mine. Last year the Ekati Mine was also the site for one of our chapter's satellite Great Strides Walks.

Graydon finds the work rotation appealing - two weeks on, two weeks off, with 12-hour shifts seven days a week.

Graydon says, "It is absolutely great to work for an employer that is generous enough to have a matched giving program. It encourages other people and myself to get involved in fundraising in various communities."

The company's donations to charities are based on the employee's own fundraising up to a maximum amount per person per year.

During each of his two weeks off, Graydon flies back home, where he also

takes care of is his current fundraiser for our chapter. Most recently, Graydon chaired the 2010 Grey Cup raffle, our most successful raffle ever, raising \$11,115.50 and selling all but 20 tickets.

BHP Billiton is an international producer of major commodities such as aluminum, coal, copper, manganese, iron ore, uranium, nickel, silver and titanium minerals, and diamonds. With its headquarters in Melbourne, Australia, the company is listed on the Australian Securities Exchange, the London Stock Exchange and the Johannesburg Stock Exchange.

ATCO through each of its subsidiaries (**I-Tek, Gas, Power, Electric, Pipelines**) has been a regular supporter for years, thanks to all of their employees who designated Cystic Fibrosis Canada as their charity for payroll deductions. ATCO matches employee charitable donations. Other corporations who have sent us matching donations or employee-recognition donations in the last few years are **Vermilion Resources, Suncor, Petro-Canada, and Camrose Concrete.** ●



Marlene Redman, adult with CF, spent her time in hospital crocheting a set of Winnie the Pooh characters for an event auction.



Russell Knapp and friends collected bottles at school in Mayerthorpe for one semester to raise \$326.25 for CF.

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

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Mission

Cystic Fibrosis Canada (CFC) 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.

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Happy Birthday to Us: Chapter Anniversary

The Edmonton & Northern Alberta Chapter of the Canadian Cystic Fibrosis Foundation (now Cystic Fibrosis Canada) was formed in February, 1961. Just think of all the progress we have seen in those 50 years for people living with cystic fibrosis. Just think of all the fathers, mothers, aunts, uncles, grandparents, friends, and neighbors who have worked to achieve that progress. It's time to celebrate! We have also experienced many painful losses during those years, and we wish



to remember and honour those as well.

Saturday, June 25 is booked for 50th Anniversary Celebration. We have a list of members and supporters past and present to whom we will be sending invitations. However, we also have many names for which we cannot find addresses, especially from the chapter's earlier years. If you know of someone to whom we should send an invitation, please call the CF office with their name and address. ●

President	Pat Magnan
Past President	Allan Bartman
VP Fundraising	Julie Mitchell
VP Publicity & Promotions	Scott Hanna
Secretary	Stacy Hipkin
Treasurer	Carolyn Grono
CF Adult Director	Megan Parker
CF Clinic Liaison	Joan Tabak
Director at Large	Lisa Taylor
Director at Large	Jocelyn Gillis
Director at Large	Sherri Selby
CF Kin Liaison	Gerry Boehm
Chapter Manager	Emily Westwood
Fundraising Manager	Kathy Irvine
Newsletter Editor	Patrick Lépine

Job Posting: Chapter Assistant/Coordinator

The Edmonton and Northern Alberta Chapter is seeking an organized and motivated individual to join our office staff.

The Chapter Assistant will assist our Chapter Manager and Fundraising Manager with professional and efficient general office administration and with planning and organization of fundraisers. Working 25-30 hours per week, s/he will spend the first six months becoming familiar with the more routine aspects of our operations. Based on satisfactory performance in this role, the Chapter Assistant will be trained for and will assume greater responsibility as the Chapter Coordinator after the first year of employment.

For a complete job description, please go to our website www.cfedmonton.ca. Look on the main page under "Join Us" and click on the appropriate link. Please submit your resume and cover letter via email or Canada Post by February 21st to an address below. Only candidates selected for interviews will be contacted.

Emily Westwood and/or Kathy Irvine, Cystic Fibrosis Canada, 7814 - 83 Street NW, Edmonton, AB, T6C 2Y8. Email addresses: ecfs1@telus.net or ecfs.fundraising@telus.net

President's Corner By President Patti Magnan

Lately, I've been working on the schedule for the casino. I am so happy that some of our regular volunteers return year after year, and am equally excited to welcome some new workers. People are generously donating

their time: in many cases either by taking a day off work, or by working to the wee hours of the morning. Thank you for caring about people with cystic fibrosis, and for helping them through the casino. ●

Employment and CF: CF and Disclosure By Sherri Selby

The Government of Alberta - Alberta Learning Information Service has advice about disclosing a disability to prospective employers. "What to Say About Your Disability and When" is available at <http://alis.alberta.ca/ep/eps/tips/tips.html?EK=163> and also has links to more tips like "Examples of Résumé Types," "Job Interviews for Persons With Disabilities," "Succeeding in the Workplace as a Person With a Disability," and "The Functional Résumé — Focus on What You Can Do."

While you are not required by law to disclose (see Alberta Human Rights Commission - Human rights in the workplace at <http://www.albertahumanrights.ab.ca/employment.asp>), doing so can be a very personal choice. Do you tell the employer? How and when do you tell them? You have to decide what is best for you. Whether you mention it in your cover letter or résumé, during the interview or at the time of the job offer depends on you and the situation. What works for one person may not work for another individual, and what works with one employer may not be successful with another.

Tips and advice on disclosing disabilities

Before deciding if, when and how to disclose your disability, think about and discuss the following questions (Adapted from University of Alberta, Career and Placement Services Tips): Is your disability visible? How do most people react when they learn about your disability? How do you deal with their reactions? When do you feel most comfortable and confident disclosing your disability? Are there any safety reasons (personal or organizational) that would affect your decision to disclose? How will your employer react to your disclosure? Will they think you are dishonest? How will you deal with their reaction? What misconceptions might the employer have about your disability? If you disclose, will you be able to reassure your employer that your disability will not affect your ability to do the work? Do you need accommodations for your interview? Or if you get the job? What do you know about this employer's policies and experiences regarding people with disabilities?

If you have had little success in disclosure situations

or feel uncomfortable, try role playing the disclosure process with supportive friends or family members. Here are some tips: Be positive. Focus on your skills and qualifications and don't present your disability as a weakness. Be prepared to address any concerns employers express, even if they are not expressed directly. Know what workplace accommodations you may require, including their availability, cost and what funding programs the employer can access. Anticipate the employer's reaction to and possible questions about your disclosure and know how you will answer the questions. Use examples.

Another resource, albeit Australian, is Choosing Your Path, Disclosure: It's a Personal Decision, (http://pubsites.uws.edu.au/ndco/disclosure/intro_stuemp.htm). It "aims to provide information about the pathways and options of disclosing a disability, both the benefits and disadvantages as well as providing some key considerations to achieving effective disclosure, in post secondary education and employment settings." This resource, however, is just one tool in the process of deciding about disclosing a disability. Other practical support can be gained by talking to others about their experiences, such as when and how they disclosed, why they disclosed or not and the outcomes or consequences of disclosing. It is important to know and understand how personal information disclosed will be used by the employer or educational institution, and about their confidentiality and privacy policies. Some of this information may be available on education and employers websites or in their printed material. It's a good idea to do some research before disclosing.

Reaching your goals

Once you have reached a decision about disclosure, ask yourself one last question: will disclosing my disability at this time and in this way help me reach my goal of getting work?

Whether you are looking for full-time or part-time work, or exploring opportunities through volunteering or self-employment, the right work situation is out there waiting to be found.

Schanks for CF

The Edmonton Kinettes are holding their annual event for CF at Schanks Sports Bar at 9927 - 178 St. on Saturday, February 25.

The evening is a great way to end the work week, to start

the weekend, and especially to support the cause. Everyone is invited to come. Tickets are \$15 and they include games, snacks, and the opportunity to bid on some great silent auction items. Other parts of the evening

include a mini bag draw, a 50/50 raffle and door prizes.

You can pre-order tickets by phoning Alanna at 780-289-4013 or Ivy at 780-935-8540. You can also purchase your tickets at the door.

Faceoff with CF at Hockey Dinner



We still have some tickets for the February 20 dinner with Edmonton Oiler Andrew Cogliano in the Jubilee Auditorium hall. The evening includes a dinner, a silent auction and a program not to be missed. Tickets come in two price packages: Power Play for \$900 which includes 4 dinner tickets as well as other benefits, and Hat Trick for \$150 which includes 2 dinner tickets. With either package, additional tickets are available as well. To register please call the CF office. ●



Edmonton Oiler Andrew Cogliano will be the guest of honour at this year's Faceoff with CF dinner.

Lighten the CF Load By Michelle Childs

Last year my husband and I had the privilege of attending the CFRI's National Cystic Fibrosis Family Education Conference which is held each summer in Redwood City, California. We both believe it was the best thing we have done for ourselves since our daughter was diagnosed with Cystic Fibrosis. The conference connects adults with CF, parents, researchers and people from the medical community.

One of the best things about the conference was that not only did we have access to presentations from researchers around the world, but we were able to mingle with them and ask them questions. The support group sessions had to be our favorite part of the weekend; just to hear that we are not alone in some of our struggles and to learn how

others cope with similar situations.

The conference fee is \$175 (USD) for the early bird pricing and \$195 (USD) if you register after the early bird deadline, scholarships are also available. The fees include all of the amazing sessions, a wine reception and hospitality suite on Friday night; breakfast, lunch and dinner on Saturday, breakfast and box lunch on Sunday. The Sofitel hotel also had reduced room rates and a free shuttle from the San Francisco Airport.

After the CFRI weekend we had more hope, more knowledge, more empowerment and so many new friends that share a common struggle. We felt as though we were carrying a lighter load. I wish every CF parent could have this experience, it was truly invaluable. This year's conference is July 29-31 and you can find more information at www.cfri.org.

Casino Volunteers Needed

Our next casino is scheduled for March 28-29, 2011. We always need more volunteers for this event. If you are willing or interested in volunteering, please let us know as soon as possible by phoning the CF office.

Organ Donation

Organ transplants extend the lives of people with many different diseases, including cystic fibrosis. The primary obstacle in obtaining a lung transplant is the availability of suitable donor organs. Organ donation rates in Canada are slowly increasing, but the number of patients listed for transplants continues to grow faster.

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.

You must explain your decision and ask your family to respect your wishes. In Alberta, your next-of-kin will be asked to give consent before donation can occur, even if you have signed a donor card or registered. If your family is not aware of your intentions or does not agree to donate your organs, your organs won't be donated to someone in need.

Make time to come to the Chapter's Annual General meeting at Kinsmen River Valley Place on March 13