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Upcoming Events

Original Joe's Run for the Lung—August 25

**U of A Shinerama—
Sept. 6 & 7**

NAIT Shinerama— TBA

**Trip Raffle— October 23
draw date!**

**Grey Cup Ticket sales—
SOON!**

*Additional Information for our
Chapter events can be found on
our website or call 780-466-2265
for details.*

****NOTE: SINCE THE EDMONTON
OFFICE CURRENTLY IS DOWN TO ONE
EMPLOYEE, PLEASE CALL AHEAD
BEFORE COMING IN TO MAKE SURE
SOMEONE IS IN THE OFFICE. Sorry for
any inconvenience this may cause.**

Great Strides™ walk

Congratulations to our Incentive prize winners for the Edmonton 2013 walk, they are:

Sharon Chadwick -Photography Package

AJ Low- iPod Touch

Noelle Bunten- Samsung Tablet

Lynn Mills- One nights' accommodation at
Penticton Lake Resort

We always encourage our members to get involved with the Great Strides™ walk every year; so if you aren't involved yet, we hope to see you next year! We have confidence that our online registration and donations will be open in January 2014 for Team Captains to register early and encourage your friends and family to join your teams! Anyone wanting more information on this event please contact the Edmonton & Northern Alberta Chapter at 780-466-2265 or kirvine@cysticfibrosis.ca.

There are several locations across Alberta

(Edmonton, Fort McMurray, Grande Prairie, Leduc, Whitecourt, Calgary, Crowsnest Past, Lethbridge, Medicine Hat and Red Deer) and if there isn't a location near you, we can always help you get one started! With that said, there are countless volunteer opportunities with the Great Strides™ event, so if that is of interest to you let Kathy know at the Edmonton & Northern Alberta Chapter! Planning starts as early as January for many of these locations. There are also many "day of" volunteer opportunities, so **SAVE THE DATE, Sunday, May 25, 2014.**

ONLINE DONATIONS are being accepted up until July 15th, help Cystic Fibrosis Canada reach there 3.456 million dollar goal!

The Edmonton & Northern Alberta Chapter hosts several satellite walk locations and would like to say thank you to everyone involved from our participants, volunteers and sponsors for making all of our walks so successful!



Group shot of the walkers in Fort McMurray

Membership & Volunteer Forms

Just a friendly reminder to update your membership (\$20) with the Edmonton & Northern Alberta Chapter if you haven't already done so. If you don't have a copy of the membership/volunteer form, please email Kathy and she will get one to you!

Casino Update!

Thank you again to all of our volunteers who worked the Casino on February 6 & 7th. Our chapter made \$77,800.00 that will help to fund research and high quality care at our clinics here in Alberta!



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.

Office Phone: 780-466-2265

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Issue 63 was released on July 10, 2013

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	Scott Hanna
Past President	Pat Magnan
VP Fundraising	Stacy Hipkin
VP Pub & Promo	Vacant
VP Fund Dev.	Peter Hackett
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CF Adult Liaison	Maureen Jamieson
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CF Adult Clinic Liaison	Joan Tabak
CF Peds Clinic Liaison	Angela MacDonald
CF Kin Liaison	Gerry Boehm
Chapter Manager	Kathy Irvine
Event Coordinator	Vacant

Ride for the Breath of Life



On Saturday June 22, motorcycle enthusiasts made the 8th Ride for the Breath of Life a tremendous success again this year. We thank J'Lyn Nye of 92.5 FRESH FM who led the 180km ride from the Tim Horton's in Sherwood Park through Ardrossan, Camrose, Wetaskiwin and to our final destination at Lakedell Ag Society Hall. Though our ridership was down slightly from last year, we still manage to raise almost \$42,000!!! Thank you to all our riders for participating in this year's ride with special thanks going out to all our volunteers who gave up their time to help with registration, everyone who manned the poker rally stops, 50/50 sale volunteers, our photographers and chase vehicle drivers along with those who assisted the riders and helped make the day run so smooth including a special shout out to Joan Losinski and her crew for preparing a fantastic lunch as always!

We would also like to acknowledge a few of our exceptional sponsors only because there are far too many to mention. **Alberta Cycle, Provincial Home Oxygen, 100.3 FM The Bear, Petrin Mechanical, Lakedell Ag Society Hall, Fairmount Hotel** and all the other businesses who helped make this year a success!

Thank you to **Tim Horton's** (Broadmoor & Yellowhead), **Ardrossan Automotive & Tire, The House of Thunder and Reynolds Museum** for gracious allowing us to use their parking lots for our poker rally stops.

I would also like to recognize our committee for their hard work: **Riad Assaf, Tamara Boyes, Les Cox, Peter Hackett, Ron Hauenfrers, Kathy Irvine, Joan Losinski, Monica McGrath, Abe & Shannon Van Dorp** (top right picture).



We sincerely appreciate all the fundraising efforts of every rider. Several received special recognition at the end of the ride and here is a recap of just a few those. A book of the 2012 Ride for the Breath of Life keepsake was awarded to **Don Bouclin** for having participated in the ride each and every year. The Carey Losinski memorial trophy went to the **Rum Runners** (a generous group of people that come in from Drayton Valley to participate in the ride including: **John, Justin and Trevor Luchyk**). Another trophy was presented to our top fundraising individual, **Abe Van Dorp** who raised \$10,920! Finally the top fundraising team, bringing in \$13,935 was team **Sierra Thunder**. Well done by all!!

We are always welcoming new riders. Please let your family and friends know about **next year's Ride for the Breath of Life scheduled for June 21, 2014**. We hope to see you, and many of your friends, out for a great day next year!! In the meantime we leave you with this thought...

*Four wheels move the body.
Two wheels move the soul.*

The 2013 Ride for the Breath of Life Committee





25th Annual Cystic Fibrosis
Hockey Draft of Hope. 2013 NHL Stanley Cup Finals

This year's 25th Annual Hockey Draft of Hope was another success, despite fears that the NHL would not run a season. We estimate that we were able to raise around \$12,000 this year .

This was the second year that the Hockey Draft was run out of our home in Calgary. We would like to send a huge thank you to all of our friends, family, and coworkers that came over to help out. It has become a very smooth operation and we couldn't have done it without you. Also a huge thank you

to Kathy in the Edmonton Cystic Fibrosis office for all of her support as well. Thank you to Sue Burnham for picking up the entry forms at the North Speedy location, this really helps us out on a very busy day. Lastly, thank you to everybody that entered and promoted the Hockey Draft.

We're looking forward to another successful fundraiser next year!

~Jordan & Megan Parker~

Connecting Canadians with Cystic Fibrosis The 'My Cystic Fibrosis Canada' Network!

Cystic Fibrosis Canada recently launched the **My Cystic Fibrosis (CF) Canada Network**, Canada's first-ever social network designed specifically for CF patients, by CF patients, to connect and share important information about living with this fatal genetic disease. The network is available on www.mycfnetwork.com.

With nearly 4,000 CF patients across Canada, connecting Canadians with cystic fibrosis is more important than ever before. People with cystic fibrosis should not meet in person in order to control the transmission of dangerous infections and to protect their health. The *My CF Canada Network* is an online forum where CF patients can connect and can help make living with this disease a less isolating experience.

"The *My CF Canada Network* is a unique and rare opportunity for Canadians living with CF to be able to connect with each other," said Carly Stagg, member of the Adult Cystic Fibrosis Advisory Committee (ACFAC), who advises Cystic Fibrosis Canada about the challenges facing adults with cystic fibrosis. The committee played a critical role in bringing the network from concept to reality. "When people with CF sign up, and bring their friends and family along, they're going to be able to have conversations in a

private forum in a way they never could before."

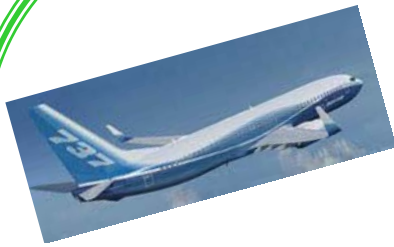
The *My CF Canada Network* is the first and only social network of its kind in Canada where Canadians with this disease can:

- Discuss the treatments, programs and services available in their province/region
- Video chat and instant message with others
- Share stories and personal issues
- Share and discuss news about the latest research in Canada and abroad

Receive support for advocacy and fundraising initiatives from a much broader community

Cystic Fibrosis Canada acknowledges Novartis Pharmaceuticals Canada Inc. for the collaboration that has made the *My CF Canada Network* possible. This innovative patient portal was developed by blueband digi- tal.





Tickets
\$5/each

Trip Raffle

1st Prize: \$2500 Travel Voucher

*Plan your dream Vacation

2nd Prize: VIA Rail Holiday Pkg

*VIA Rail one round trip for four (4) passengers to Jasper

*Two (2) one (1) night accommodations for two at Jasper Park Lodge

*One \$75 Gift Card for dinner at Evil Dave's Grill

Call 780-466-2265 to buy or sell!



Draw Date: October 23, 2013

License # 357339

1999 Tickets Printed

*Some restrictions apply

Carstar Collision's "Soaps it Up" National Car Wash

Sixteen years ago, Victoria, the granddaughter of one of the Franchise Partners was diagnosed with cystic fibrosis. After discovering the extensive daily regimen Victoria's family went through in order to give her the best quality of life possible, President and CEO, Sam Mercanti, rallied the entire company together to support the efforts in finding a cure for this disease, making Cystic Fibrosis Canada CARSTAR Canada's national charity of choice. Every year they donate the proceeds from multiple fundraising events to Cystic Fibrosis Canada and its local chapters. To date, CARSTAR has raised over **2 Million dollars for Cystic Fibrosis Canada**. In the Edmonton and area location we have 5 locations that are actively involved in the Soaps it Up car wash campaign (held in June every year) ; CARSTAR Edmonton South, CARSTAR Edmonton South East, CARSTAR Edmonton North, CARSTAR Edmonton West and CARSTAR St. Albert.



Share the Power of a Wish.® Refer a child to Make-A-Wish® Northern Alberta

Make-A-Wish® grants the wishes of children with life-threatening medical conditions in Northern Alberta. We believe that a wish experience can be a game-changer. This one belief guides us. It inspires us to grant wishes that change the lives of the kids we serve.

The process of making a wish is life-affirming and full of hope, it empowers children, replacing fear with happiness and making them feel like normal kids again. The child's imagination is always the driving force in determining, designing, and coordinating the wish experience. Every wish is unique and powerful.

We rely on wish referrals from caring individuals in our community to help us reach kids and grant them a wish. Due to the progressive nature of Cystic Fibrosis, children living with this medical condition often qualify for a wish.

Why refer a child to Make-A-Wish?

Health professionals who treat wish kids overwhelmingly believe that the wish experience can improve a wish kids' physical health.

Most health professionals say a wish come true has the potential to be a positive turning point in the child's battle for health.

Parents observe that a wish come true makes kids feel stronger and more energetic.

Wish kids are more willing to comply with difficult, but vital, treatment regimens.

Parents and medical professionals alike describe the wish experience as a frequent turning point in wish kids' battles for health.

The referral process is easy:

Visit www.makeawishna.ca to read our wish eligibility guidelines.

Complete the Wish Referral Form online or by phone.

That's it! We take care of the rest.

For more information, please contact our Wish Coordinator, Aissa Briones, at aissa.briones@makeawish.ca or phone 780-444-9474 ext. 203.



A Favorite from Kato's Kitchen

Cheesy quinoa cakes

What you need:

- 2 cups cooked quinoa
- 2/3 cups of shredded cheese
- 3 table spoons of flour
- 1 egg lightly beaten
- Salt to taste
- 2 1/2 table spoons of extra Virginia olive oil

Mix the quinoa, shredded cheese, flour and egg together in a bowl.

In a frying pan cook small balls of the mixture in the oil. Similar to making pancakes except you need to keep them small or they fall apart when flipping them. About 5 minutes on each side or until brown.

Notes about this recipe:

I made this with 3 eggs, 2 cups of quinoa, way more than 2/3 cheese and I eyeballed the flour. This fed me and my boy-friend and we had left overs. The health benefits (from the CF version of information I took away from the nutrition class I took at Grant McEwen) is that the quinoa is all protein. Also the more eggs and cheese you add the more calories. I used a lot of salt and pepper and I cooked the whole thing in crisco not extra virgin olive oil.

It would probably taste even better with a cheese sauce but what I used was a cream cheese teriyaki sauce and it was delicious!

7th Annual Original Joe's Run for the Lung

Sunday, August 25, 2013

August 25, 2013 marks the 7th Annual Run for the Lung event! This is a **FUN** 5km run or walk in the Terwillegar area starting and ending at Original Joe's, 2323 Rabbit Hill Road.

Rob Sokil and Ally Stone, co-chairs for this event, would like to invite you out to enjoy a wonderful event that follows with a great BBQ and prizes!

Register today by [Registering online](#), by calling 780-466-2265

or stop in at the Rabbit Hill Road Original Joe's!

Full details of this great event can be found at www.cfedmonton.ca along with printable pledge/donation forms. We encourage our participants to collect pledges and there is a prize awarded for the top fundraiser of course! Hope to see you there!

5 Year Award Presentation



Kathy Irvine was presented her 5 year Employee Recognition certificate by Chapter President Scott Hanna at the June Board Meeting. Thank you for your dedication to Cystic Fibrosis Canada.



www.twitter.com/CF_Edmonton

www.facebook.com/cysticfibrosisedmonton