

THE EDMONTON CYSTIC FIBROSIS CONNECTION



Breathing life into the future®
EDMONTON & NORTHERN ALBERTA CHAPTER

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NEW Infection Control Policy

Upcoming Events

- Trip Raffle Draw—Oct. 23
- Gunnin' for CF— Nov. 9
- Grey Cup Pool — Nov. 24
- Faceoff with Cystic Fibrosis dinner— January 8, 2014
- Gift Card Orders
- Steeped Tea Orders

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.**

Faceoff with Cystic Fibrosis — Ryan Nugent-Hopkins

January 8, 2014 the Chapter will celebrate it's 25th Faceoff with Cystic Fibrosis fundraising dinner.

We will celebrate our 25th Anniversary in style at the Enjoy Centre in St. Albert this year. We have booked the Moonflower room that holds up to 650 guests comfortably!

If you haven't hear already, we have secured Ryan Nugent-Hopkins as our Honorary Chairperson for our upcoming date! We are so pleased and excited to have Ryan on board and want to make this evening special for him and our guests!

We have also invited some of the Oilers Alumni to join us and share some great NHL hockey history with our guests.

Bob Stauffer will be our guest emcee for the evening and I hear he has some entertainment planned for us along with the ever popular "Ask the Player" session that everyone loves.

The evening will start at 5:30pm for cocktails and mingling with dinner starting right around 6:45pm. As always, we will have a silent auction and hope to secure a few specialty items for a live auction!

For additional information on the event or to purchase tickets, feel free to visit <http://faceoffwithcf.eventbrite.com> or contact Kathy at the office 780-466-2265, kirvine@cysticfibrosis.ca.

We hope to see you there! Note: INFECTION CONTROL POLICY IN PLACE



President's Message

Thank you to all the volunteers and members of the Edmonton and Northern Alberta Chapter of Cystic Fibrosis Canada. It is due to all of your efforts that we have had another successful year of fundraising.

Cystic Fibrosis Canada continues to change the structure of our organization in order to grow and to become a stronger organization. There is now a "Regional Executive Director" position for each region. The Regional Executive Directors will liaison between the chapter staff and national in addition to determining the necessary resources for the chapters in their region. This should help National to understand better what is occurring in each of the local chapters. I'd like to introduce Andrea Pratt as our Regional Executive Director for the prairies.

Changes at the National level are impacting the way our chapter functions. As we reach out to you in our search for volunteers please consid-

er this quote by Edward Everett Hale:

*I am only one; but still I am one.
I cannot do everything; but still I can do something;
and because I cannot do everything,
I will not refuse to do the something that I can do.*

We will need volunteers that are available during regular work ours to help with administrative and fundraising tasks at the office at St. James School.

We are also in need of new board members. Please feel welcome to attend a meeting (generally monthly on a Tuesday evening) to see what it's all about. The board members are people, just like you, who care about the welfare of someone special who has cystic fibrosis.

Please contact Kathy at the office to get more details about volunteer positions.



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

Website: www.cfedmonton.ca

Email: info_edmonton@cysticfibrosis.ca

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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
Secretary	Emily Westwood
Treasurer	Andrea Richard
CF Adult Liaison	Maureen Jamieson
Director at Large	Allan Bartman
CF Adult Clinic Liaison	Joan Tabak
CF Peds Clinic Liaison	Angela MacDonald
CF Kin Liaison	Gerry Boehm
Community Devel-	Kathy Irvine

Volunteer Opportunities

Your local chapter needs your help! If you are interested in getting involved with fundraising, whether that is by selling raffle tickets, chairing a project/fundraiser, sitting on a fundraising committee or on the board, we have many opportunities that will be available soon! If you don't currently have volunteer experience, that is okay too. We will do our best to fit the needs of all the requests that come in! If you have a friend or family member that you think would like to help out, have them contact us at the office by calling 780-466-2265 or by email at kirvine@cysticfibrosis.ca.



GIFT CARD ORDERS!



It is that time again! The Christmas season is just around the corner and brings us the gift card orders. Deadlines to get orders in will be November 22nd and December 9th. This is always a great option for those hard to buy for friends and family in your life! Gift cards are also available for most grocery stores, so think about getting some through the chapter to help raise funds before you go out to purchase your groceries. :-)

We have an order form included with our newsletter as an insert, but this form is also available online at www.cfedmonton.ca or through our chapter office.

Akita Golf

Thank you to all of our volunteers that came out to help with this golf tournament! We had some ladies from the Leduc Kinette club join us again, we had several members from our chapter along with some new volunteers through Intuit Canada. Your time and effort is certainly appreciated!

This is Akita's 12th year running this successful tournament to raise funds for Cystic Fibrosis Canada as their charity of choice. They work hard to put together a tournament they can be very proud of and they raised \$52,000 this year! A very special thank you going out to Lorne, Cindy and Matt from Akita Drilling for their tireless work putting this tournament together to help those who have cystic fibrosis! The hours they put in for the tournament are done on their own time as volunteers!



Great Strides™ walk TEAM Fundraisers

Lungs of Anarchy have a few upcoming fundraisers that will help to raise funds for their Great Strides™ walk team! It is never too early to start planning! Here are the details:

Steeped Tea Fundraiser:

40% of sales from select product will go back to your team! They are *extending an invitation to all Edmonton Great Strides walk teams* to take part in this fundraiser to raise funds for your own teams! For details, see the order form included with this newsletter or you can call the CF Office right now at 780-466-2265. Please note that this will be a CHRISTMAS order, so the deadline for orders will be November 22nd and you will be able to pick up your orders at the office between December 11th and 20th (excluding the weekend). Order forms available on our website too!

Gunnin' for Cystic Fibrosis: Saturday, November 9, 2013 (Note: INFECTION CONTROL POLICY in effect)

For just \$40/person you can enjoy a great indoor paintball experience and help to raise funds for cystic fibrosis at the same time! The fee includes 200 paintballs and equipment rentals. After paintball there will be a prize raffle, 50/50 raffle and maybe even a snack! For more information on how to get tickets, call the CF Office. This event is being held at the Edmonton Paintball Centre, 10010 107A Ave in Edmonton.

Schanks Fundraiser: April 26, 2014

Details to be announced closer to the date!

Are you planning a fundraising event for your Great Strides™ walk team? Let us know and we can help get the word out for you too!

Original Joe's Run for the Lung

Thank you to Alison and Rob for another successful year with their Run for the Lung event! With over 70 runners attending, young and old, they brought in \$13,000! The Original Joes on Rabbit Hill Road provided a fantastic BBQ lunch for participants and Rob purchased some impressive prizes as he always does!

This year we had two ladies that had a friendly challenge going on to raise the most funds; they also decided to step it up and put a different spin on the run by having their teams dress up!

Joan McQuitty's team theme was "Once there was a Princess" and they raised funds in memory of her daughter Jessie. Joan flies into Edmonton to participate in this event that was originally started for her daughter back in 2005. Jessie lost her courageous battle to cystic fibrosis in 2007 at the tender age of 24.

Lorna's team name was "Against all Odds" . Lorna had t-shirts made and they were sold as part of her fundraising efforts.

Lorna attended our event last year and walked it with her oxygen tank and a walker. This year, shortly after her live lobe lung transplant, she was able to run much of the 5km trail and breathe with ease!

Between these two ladies alone (Lorna and Joan), they raised just over \$6000, so a special shout out for both of you! We also recognize and thank **everyone** who attended and raised funds for Cystic Fibrosis Canada that day, including many of the Edmonton and area Original Joe's employees!

A very special thank you going out to all of our volunteers that day too! We couldn't run the event without your support!





TRIP RAFFLE!

The draw will be held on October 23rd, so this is your last chance to get in on a chance to win one of TWO amazing prizes! Both retailing at or very close to \$2500! It's only \$5/ticket, so get your tickets now before it's too late!



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

GREY CUP

With the help of many of our chapter volunteers, we are selling the grey cup pool tickets once again for just \$2/ticket. This is such an easy sell to friends and colleagues and always makes the Grey Cup parties just a little bit better with that chance to win some money! If you would like tickets to sell, or to just be added to our list of volunteers for next year, let us know! Thank you to our 70 plus volunteers from across Alberta that are selling tickets for us including some of our local Kin Canada clubs, it is because of your volunteer efforts that make this a successful fundraiser year after year. 2013 will be the 38th year for this fundraiser seeing close to \$170,000 raised up to the close of the raffle in 2012! The very first year this fundraiser made \$850 and the highest year was just over \$11,000 with the help of matched giving through BHP Billiton and Graydon Chretien.



Matched Giving Opportunities

Our Chapter has been truly fortunate to receive thousands of dollars through matched giving programs offered by businesses that are available to employees who fundraise. If you work for a company that offers matched giving and would like to explore ways to take advantage of such opportunities to benefit Cystic Fibrosis Canada and our fundraising efforts, please give me a call! We certainly have many types of fundraising opportunities available!



In Memory of Amie

Condolences go to family and friends of Amie Gray – Carroll who passed away in August
She was well known for being the first living donor lobar lung transplant done in Alberta.
That gave her 12 wonderful years which she used to the fullest!
She will be missed for her smile and friendship which she shared generously with everyone.
Breathe free Amie
~ Joan Tabak ~



www.twitter.com/CF_Edmonton



www.facebook.com/cysticfibrosisedmonton



www.mycfnetwork.com

TO SEE FULL FLYER DETAILS VISIT WWW.CFEDMONTON.CA - STEEPED TEA LINK!



Building communities,
one cuppa' tea
at a time!™

Total Price with Applicable Taxes

Tea	\$
Infuser	\$

Seller's Info

School or Organization	Seller Name	Seller Phone
Teacher/Coach	Grade/Team	Orders Due
Raising Money For	Sales Goal (in dollars)	

		After Eight	Earl Grey de la Crème	English Breakfast	Sweet Pineapple Sencha	Cinnamon Stick	Lemon Shiffon	Power Berry	Razzle Dazzle Raspberry	Piña Colada	Berry Mania	Don't Worry Be Happy	Bella Coola	Monkey Infuser	Steeping Slider - Heart	One Cup Steeping Sacks	Total Items	Multiply # of items by price with Tax	Total Price with + Tax	ORDER TOTAL
		BLACK TEA 1.75OZ. 50G			GREEN TEA 1.75OZ. 50G			ROOIBOS TEA 1.75OZ. 30G			FRUIT/Wellness 1.75OZ. 50G			INFUSERS						
ONE	Name:	Tea																X		
	Contact Info:	Infuser																X		
TWO	Name:	Tea																X		
	Contact Info:	Infuser																X		
THREE	Name:	Tea																X		
	Contact Info:	Infuser																X		
FOUR	Name:	Tea																X		
	Contact Info:	Infuser																X		
FIVE	Name:	Tea																X		
	Contact Info:	Infuser																X		
SIX	Name:	Tea																X		
	Contact Info:	Infuser																X		
SEVEN	Name:	Tea																X		
	Contact Info:	Infuser																X		
EIGHT	Name:	Tea																X		
	Contact Info:	Infuser																X		
NINE	Name:	Tea																X		
	Contact Info:	Infuser																X		
TEN	Name:	Tea																X		
	Contact Info:	Infuser																X		
ELEVEN	Name:	Tea																X		
	Contact Info:	Infuser																X		
TWELVE	Name:	Tea																X		
	Contact Info:	Infuser																X		
SELLERS TOTAL		Tea																X		
		Infuser																X		

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PRINTED IN CANADA

SUPPORTER ORDER FORM

NAME OF SUPPORTER: _____
 ADDRESS: _____
 NAME OF PARENT: _____

PHONE NUMBER: _____
 POSTAL CODE: _____
 GRADE/CLASS: _____

DATE: _____
 EMAIL: _____
 FAX: _____

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<u>Department Stores:</u>		
(DB) Giant Tiger	3.0% _____ x	\$25.00
	_____ x	\$100.00 \$ _____
(DB) Hudsons Bay (Hbc, Home Outfitters)	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) London Drugs	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Sears	2.0% _____ x	\$25.00
Reloadable	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
<u>Fuel:</u>		
(DB) Esso	2.0% _____ x	\$25.00
Reloadable	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Petro-Canada	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
<u>Home Improvement:</u>		
(DB) Home Depot	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00 \$ _____
(DB) Home Hardware	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Lowe's	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Rona/Totem	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
<u>Specialty Stores:</u>		
(DB) Starbucks	5.0% _____ x	\$10.00

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<u>Specialty Stores:</u>		
(DB) Aeropostale	7.0% _____ x	\$25.00 \$ _____
(DB) Aldo	7.0% _____ x	\$25.00 \$ _____
(DB) American Eagle	5.0% _____ x	\$25.00 \$ _____
(DB) Bath and Body Works	7.0% _____ x	\$25.00 \$ _____
(DB) Best Buy	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Canadian Tire	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Chapters/Indigo/Coles	10.0% _____ x	\$20.00
	_____ x	\$50.00 \$ _____
(DB) Claire's Store	9.0% _____ x	\$25.00 \$ _____
(DB) Future Shop	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Gymboree	7.0% _____ x	\$25.00 \$ _____
(DB) i-Tunes	4.0% _____ x	\$10.00
	_____ x	\$25.00 \$ _____
(DB) La Senza	7.0% _____ x	\$25.00 \$ _____
(DB) M&M Meat Shops	3.0% _____ x	\$25.00 \$ _____
(DB) Mark's Work Wearhouse	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Options (Gap, Old Navy, Banana Republic)	7.0% _____ x	\$25.00
	_____ x	\$50.00 \$ _____
(DB) Payless Shoe Source	5.0% _____ x	\$25.00 \$ _____
(DB) Pet Smart	3.0% _____ x	\$25.00 \$ _____
(DB) Pottery Barn	5.0% _____ x	\$25.00 \$ _____
(DB) Shoppers Drug Mart	3.0% _____ x	\$25.00 \$ _____
	_____ x	\$50.00
(DB) Sport Chek	4.0% _____ x	\$25.00 \$ _____
(DB) Staples	3.0% _____ x	\$25.00
Reloadable	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00 \$ _____

Restaurants:

			x	\$25.00	
			x	\$50.00	\$ _____
(DB) The Children's Place	7.0%		x	\$25.00	\$ _____
(DB) The Shoe Company	7.0%		x	\$25.00	\$ _____
(DB) Town Shoes	7.0%		x	\$25.00	\$ _____
(DB) Toys 'R' Us	2.0%		x	\$25.00	\$ _____
(DB) Williams-Sonoma	5.0%		x	\$25.00	\$ _____
(DB) Winners / Marshalls	7.0%		x	\$25.00	\$ _____
			x	\$50.00	\$ _____
<u>Restaurants:</u>					
(DB) Boston Pizza	7.0%		x	\$25.00	
			x	\$50.00	\$ _____
(DB) Burger King	5.0%		x	\$10.00	
			x	\$25.00	\$ _____
(DB) Cactus Club	7.0%		x	\$25.00	
			x	\$50.00	\$ _____
(DB) Cara Multi-Brand	3.0%		x	\$25.00	
(Milestone's, Kelsey's, Swiss			x	\$50.00	\$ _____
Chalet, Montana's Cookhouse,					
Harvey's, Coza! Tuscan Grill)					
(DB) Darden Restaurants					
Olive Garden	7.0%		x	\$25.00	\$ _____
Red Lobster	7.0%		x	\$25.00	\$ _____
(DB) Domino's Pizza	10.0%		x	\$25.00	\$ _____
(DB) Earls	7.0%		x	\$25.00	
			x	\$50.00	\$ _____
(DB) Joey Restaurant	7.0%		x	\$25.00	
			x	\$50.00	\$ _____
(DB) Keg	7.0%		x	\$25.00	
			x	\$50.00	\$ _____
(DB) Moxie's	10.0%		x	\$25.00	\$ _____
(DB) Old Spaghetti Factory	5.0%		x	\$25.00	\$ _____
(DB) Pizza Pizza	15.0%		x	\$25.00	\$ _____
(DB) Prime Restaurant	7.0%		x	\$25.00	\$ _____
(Eastside Mario's, Casey's					
RD's BBQ Blues,Pat & Mario's,BierMarkt)					
(DB) Red Robin	7.0%		x	\$25.00	\$ _____
(DB) Subway	5.0%		x	\$10.00	
			x	\$25.00	
			x	\$50.00	\$ _____

(DB) Wendy's Restaurant	3.0%		x	\$10.00	\$ _____
(DB) White Spot	7.0%		x	\$25.00	\$ _____
(C) Triple O's	7.0%		x	\$10.00	\$ _____
<u>Entertainment:</u>					
(DB) Cineplex Odeon	5.0%		x	\$10.00	
(Famous Players,Galaxy,SilverCity,			x	\$25.00	\$ _____
Colossus,Paramount)					
(DB) Rogers Video	7.0%		x	\$10.00	
			x	\$20.00	\$ _____
<u>Travel:</u>					
(NC) Avis Car Rental	7.0%		x	\$50.00	
			x	\$100.00	\$ _____
(NC) Budget Car Rental	7.0%		x	\$50.00	\$ _____
(DB) Fairmont Hotels	7.0%		x	\$100.00	\$ _____
(DB) Marriott Hotels	7.0%		x	\$50.00	
(can be used at any participating			x	\$100.00	\$ _____
Marriott properties)					
<u>Spas</u>					
(DB) WaySpa	10.0%		x	\$50.00	
(over 450 spas across Canada)			x	\$100.00	\$ _____
www.wayspa.com					
<u>Grocery Stores:</u>					
(DB) Loblaws	3.0%		x	\$25.00	
(Extra Foods,Lucky Dollar			x	\$50.00	
Foods,Superstore, Shop Easy			x	\$100.00	
Foods,The Real Canadian			x	\$250.00	\$ _____
Wholesale)					
(DB) Safeway	3.0%		x	\$50.00	
			x	\$100.00	
			x	\$250.00	\$ _____
(DB) Sobeys **Reloadable**	3.0%		x	\$25.00	
(IGA,Bonichoix, Foodland,			x	\$50.00	
Foodtown,Omni Foods, Price			x	\$100.00	\$ _____
Chopper,Needs,Commisso's,Tradition, Sobeys)					
(DB) T&T Supermarkets	2.0%		x	\$20.00	
			x	\$50.00	\$ _____

GRAND TOTAL: \$ _____

Revised September 9, 2013



REVISED INFECTION PREVENTION AND CONTROL POLICY FOR CF CANADA HOSTED AND SPONSORED EVENTS/MEETINGS

Effective September 21, 2013

The health and wellbeing of people with cystic fibrosis (CF) is of paramount concern to Cystic Fibrosis Canada. The purpose of Cystic Fibrosis Canada's Infection Control and Prevention Policy is to minimize the exposure of people with CF to harmful bacteria at Cystic Fibrosis Canada hosted or sponsored events and meetings.

Guidelines have been developed to minimize the exposure of people with CF to infection and to protect their health when taking part at Cystic Fibrosis Canada events and meetings. The guidelines are to be strictly followed at events and meetings organized by Cystic Fibrosis Canada, including those of its chapters.

As a matter of principle, Cystic Fibrosis Canada staff and volunteers are asked to anticipate possible situations that could bring people with CF together in close proximity, and people with CF are advised to avoid events held in confined spaces, where it is much harder to stay away from, or to avoid being close to, other people with CF.

The guidelines also apply to those who have been transplanted, since there is still a risk of acquiring new infections or of transmitting infections colonizing cystic fibrosis cells that remain in the nose, throat and sinuses.

The revisions to the 2011 infection control policy and guidelines were made based on the advice and recommendations of medical experts from Canadian cystic fibrosis clinics.

The key highlights of these revisions are as follows:

- The policy no longer ranks specific bacteria strains as all strains may be harmful to people with CF. Specifically listing *Burkholderia cepacia* (B. cepacia) may provide a false sense of security as an individual with B. cepacia may be present at a venue without being aware he/she has B. cepacia.
- For outdoor events, the recommended distance between people with CF has been revised from a minimum of 3 feet up to a minimum of 6 feet.
- For outdoor events, a provision has been made to assist with voluntary self-disclosure by people with CF.
- For indoor events, a provision has made for organizers to invite one person with CF to attend.

It is important to emphasize that attendance at events/meetings is at an individual's own risk.

Please read the Infection Control and Prevention Policy at:

<http://www.cysticfibrosis.ca/en/aboutUs/infectionControlPolicy.php>