



Breathing life into the future®
EDMONTON & NORTHERN ALBERTA CHAPTER

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Upcoming Events

Get Your Game On –Feb 8
Chapter AGM—March 2
Great Strides™ walk
Ride for the Breath of Life

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

This will be the last issue of
The Edmonton Cystic Fibrosis
Connection newsletter— watch
for the Regional Newsletter
publication coming soon!

Great Strides™ walk—2014

This year our chapter has set an ambitious goal to raise 250,000 through the Great Strides Walk. In order to achieve this goal we need as many CF families and chapter volunteers actively involved in Great Strides as possible. Please consider the importance of the funds this event will raise for medical research, and the difference these funds make to those with cystic fibrosis. We hope that you will make the Great Strides Walk *an important priority*, as we would love to have you join us May 25th. **Please register today** at www.cysticfibrosis.ca/greatstrides

Remember we need each and every one of you to support this event in whatever way you can.

Sponsorship Opportunities: As our chapter works to obtain sponsorship for the Great Strides Walk, it is very helpful to have contacts at the businesses we approach. Sometimes, just knowing the right person makes all the difference as to whether or not a company will sponsor our event. Please put on your thinking caps and help us develop a list of contacts at local businesses.

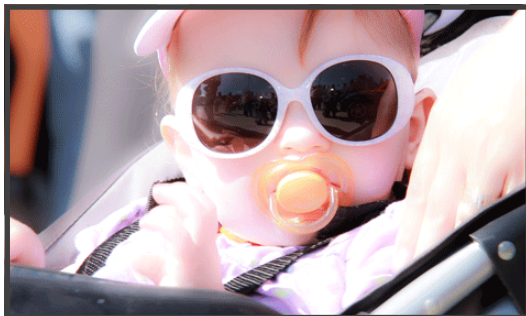
Do you have any business contacts in Edmonton or other communities throughout Northern Alberta? Where do you and your family members work? Who do you know? Perhaps you know a store owner, a manager, or an employee. Maybe you are a regular customer at a business or have recently made a major purchase. You might even know someone who works at the head office of a



company here or in another city or town in Canada. Please contact the CF office if you could refer us to any business contacts that you have, so that we may provide them with a sponsorship package.

Sponsoring the Great Strides Walk offers a company an opportunity to advertise to prospective customers. Companies also use sponsorship as a way to thank their loyal customers, create good will for future transactions, and build or maintain a positive reputation. It gives them a chance to give back to the community by supporting a very worthy cause—helping those with cystic fibrosis through first class medical research and clinical care. We are proud to offer businesses a variety of ways to support Cystic Fibrosis Canada and are very grateful for the support they provide!

Volunteer Opportunities: The Great Strides™ walk Edmonton committee is looking for volunteers to join the **committee**, but there are many volunteer opportunities that exist where the time commitment varies and you would not have to commit to coming out to monthly committee meetings. For details on what we are looking for, please take a look at our Great Strides™ walk January newsletter that can be found through this link http://www.cfedmonton.ca/events_2014_May%2026.html.



~ Pat ~



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

Issue 65 was released on January 21, 2014

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

Casino Date Bumped Up!

We are pleased to find out that AGLC has bumped our Casino date up to the 3rd Quarter for this year. With that, the chapter also would like to put out a call for a volunteer that would be interested in heading up the responsibility for calling volunteers and ensuring that all the positions are filled. Our current Chair for our Casino would be willing to work with the new Chair until they are comfortable with their new role! If you are interested, please contact us at the office by calling 780-466-2265 or by email

info_edmonton@cysticfibrosis.ca.

Openings for Board Members!

March 2nd we will be holding our Annual General Meeting, if you or anyone you know would be interested in exploring opportunities to sit on the Edmonton & Northern Alberta Chapter Board, please enquire by phone 780-466-2265 or email info_edmonton@cysticfibrosis.ca. It's a very rewarding experience that we encourage volunteers to seriously think about.



Regional Award Winners!

Congratulations to our 2013 Regional Award Winners from the Edmonton & Northern Alberta Chapter!

Volunteer Leadership Award: *Jordan & Megan Parker* have been involved with the Chapter for several years and have always been active volunteers. They currently act as co-chairs for the NHL Hockey Draft of Hope (for the last 5 years). Even after their move to Calgary and more recently becoming parents of TWINS, they still work tirelessly to support the Edmonton & Northern Alberta Chapter. Thank you!!

Support Group Award: *The Edmonton Kinette club* have always been great supporters of our chapter. Just to name a few ways they have supported us locally: through the 65 Roses Sports Club, funding the Skelly Skunk & Skelly Jr. project, French Fling wine tasting event, their annual Get Your Game On event (**Feb. 8th, 2014 at Schanks!!**) and they also put a Great Strides™ walk team in our Edmonton walk location every year! Thank you!!!



A picture of some of the Edmonton Kinettes dressed up for a theme night for one of the Kin conferences



Jordan & Megan accepting their Chapter Award in 2010

Great Strides™ walk TEAM Fundraisers

Pub Night Fundraiser— March 1, 2014 at the Road House Pub and Grill in Whitecourt, AB. \$20/ticket includes Silent auction, raffles, snack and more! For more information contact Sam Bruder at 780-305-3080 or Shiloh Walker at 780-268-0343.

Schanks Fundraiser— April 26, 2014, details to follow but will include a silent auction and raffles for sure! Here is a small write up by Kat Douglas, the team captain of Lungs of Anarchy to inspire others to start up some team fundraisers!

*My family and I always fundraised for the great strides walk (Back when it was the moon walk) but we only asked for pledges from friends and family. I started a team last year because my friends started getting involved, and CF started seriously interfering with my life (hospital stays, missing school, losing friends). Being team captain of the Lungs Of Anarchy, my only plan was to ask for pledges like we always did so my mom and I went into the Great Strides™ walk workshop and everyone started talking about the fundraisers they were doing; so with that inspiration and my frustrations towards the disease, we held a silent auction. It was incredibly successful being our first one ever. With this one fundraiser we raised more than we ever did in just asking for pledges and also got more people involved. After that we started brainstorming, googling and looking at Pinterest for ideas. **Gunnin for CF** was an indoor paintballing event which was fun because kids could attend. We raised \$941 for our first time doing a fundraiser that's pretty outside the box. It's all about trial and error. Just doing it and then later writing down everything you will do differently next time. My advice for anyone getting into bigger fundraisers for the first time is have enough volunteers, start early, don't be afraid to ask businesses for donations because it never hurts to ask and no fundraiser that raises money for cystic fibrosis is unsuccessful. Every dollar is one step closer.*

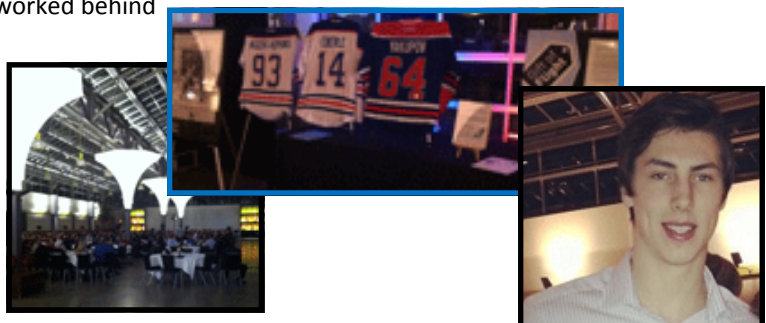
Faceoff with Cystic Fibrosis

Our 25th Anniversary Celebration was a huge success with 250 people in attendance, bringing in approximately \$31,000 after expenses to help fund research in hopes of finding that cure or control for cystic fibrosis! Our Honorary Chair, Ryan Nugent-Hopkins attended along with some Edmonton Oiler Alumni and Rob Brown stepped in last minute as our guest emcee because Bob Stauffer fell ill. Garry Meyer also helped out by lending us his live auctioneer talent! We thank all of our special guests along with everyone who attended and helped to make this a very successful night!

A special mention goes out to our sponsors for the evening; Inland Audio & Visual, Ron Hodgson Chevrolet, BJ Electric and Jones Lang LaSalle Real Estates Services along with the Kin clubs in attendance. St. Albert Kinsmen, Stony Plain Kinsmen, Edmonton Kinsmen and the Fort Edmonton Kin club bought almost 70 seats for our Faceoff with Cystic Fibrosis Dinner.

A heartfelt thank you to Ryan for supporting our cause in more ways than one. Ryan was the Molson Breweries charity of choice winner in October and donated the \$1,000 to the Edmonton & Northern Alberta Chapter! We also received an additional \$500 through the Burnaby AAA Winter Club Bruins!

And of course a special thanks goes out to those who worked behind the scenes to pull this event off; Chris & Michelle Husch, Michelle Decoursey, Kim Tuks and Stacy Hipkin. We also had several more behind the scene volunteers help round up silent & live auction items!





CYSTIC FIBROSIS

Information Day & Chapter AGM

Date: Sunday, March 2nd, 2014

Time: 2:00 p.m. CF information session

- **Details to follow**

2:45 p.m. Chapter Awards

3:00 p.m. Coffee Break

3:15 p.m. AGM commences

Location: Kinsmen River Valley Place

- After entering the parking lot for the Kinsmen Sports Centre (9100 Walterdale Hill), continue west towards the High Level bridge. Just after you pass the tennis courts and before you pass under the bridge, you will see the River Valley Place on your left (one story building).

Refreshments provided!

The Infection Control Policy is in effect!

Please note that the AGM is *adults only*.

Great Strides™ walk Workshop

To be held prior to the AGM at 12:15 - 1:15





Volunteer Engagement Conference

Cystic Fibrosis Canada held their first ever Volunteer Engagement Conference in November. Delegates from chapters across the country met to learn about best practices for fund raising, stewardship and recognition, thank you letters, social media, sponsorship requests and building communication. A special focus was the Great Strides Walk and ways to make this event even more successful. Several new resources have been developed, which will be very practical and helpful for those involved in the chapter. Chapter volunteers and particularly board and committee members are encouraged to read the volunteer engagement conference handbook, which is full of fantastic information from the conference.

Chapter Newsletter— FINAL ISSUE



The Edmonton & Northern Alberta Chapter is now a part of the Western Region and this includes all chapters in BC, Alberta, Yukon and NWT! With this new and exciting move, we will be linking together through one joint newsletter!

We would also like to inform the Edmonton & Northern Alberta Chapter members that this will be the *last paper version of a newsletter that we will be mailing out*. All the great stories and research updates will still be available

through a regional newsletter by email. If you are currently receiving a paper copy of the newsletter and would like to be on this e-newsletter list please email kirvine@cysticfibrosis.ca. If you do not have an email address and/or would like to find out more about alternate paper publications from our national office, please give Annie Markvoort a call at 604-436-1158 ext. 102 or email amarkvoort@cysticfibrosis.ca. Thank you for understanding!

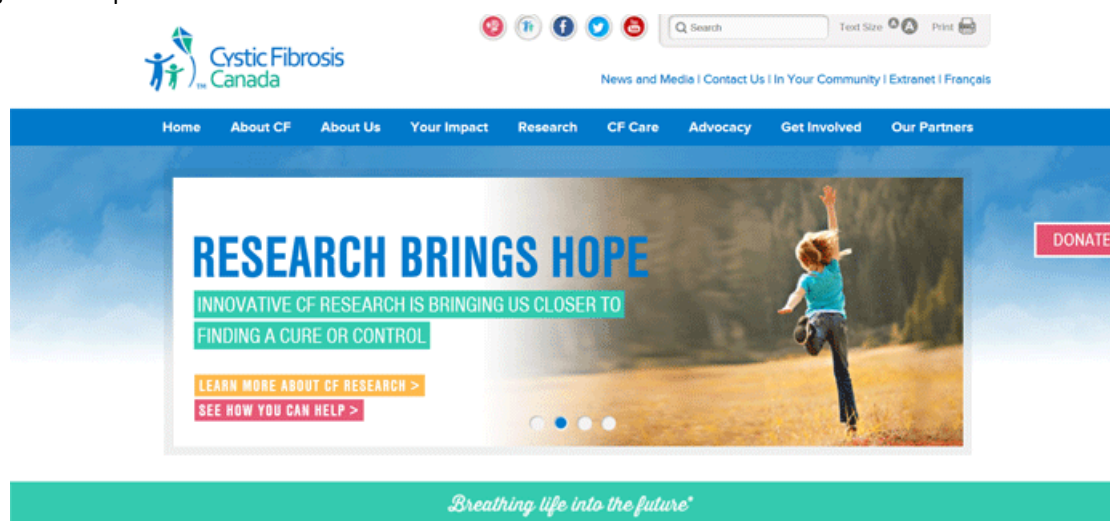
Get Your Game On!

Hosted by the Edmonton Kinette Club on Saturday, February 8th, 2014 at Schanks Sports Grill starting at 6:30pm. Schanks is located at 9927—187 Street in Edmonton. Tickets are just \$15 and includes cover charge, appetizers and TWO free games! Silent Auction and raffles will be going on with some really great items, so come out and join the ladies and help them raise funds for Cystic Fibrosis Canada!

NEW LOOK! - National website

The National Cystic Fibrosis Canada website has a new look and promises to be much easier to navigate! Take a few minutes to look it over at www.cysticfibrosis.ca!

The new look is phase one with phase two plans incorporating all the chapter event information from across Canada! Keep watching for when phase two is finalized!





You are never too young to help raise funds and awareness!



Dear Cystic Fibrosis.

My Name is Hailey J. Hein. I am 8 years old. I raised this money. I did a Lemonade and rice crispie ball Stand. My Mom and Dad matched how ever much money I ~~was~~ raised. I raised more than my parents. I wanted to rais money in memory of Amie-gray, Carroll. She was my honoran Auntie. When I heard she passed away. my whole family was crying. She passei away in ~~aug~~ august 2013. She was a good girl. hopefully you know how I feel. This was all written by Hailey J. Hein.

THANK YOU!



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District CF Advocate Position Description

Cystic Fibrosis Canada's District CF Advocate (DCA) position is a volunteer role that takes only a few hours each year, but can have a significant impact on the way CF issues are addressed in Canada at the provincial and municipal levels. District CF Advocates send regular messages to their local elected and public officials in order to increase support for the programs, services and policies that will benefit Canadians affected by cystic fibrosis. They also attend at least one meeting each year with their local legislators. District CF Advocates report to and receive support/resources from their Provincial CF Advocate(s).

As a District CF Advocate, you are expected to:

1. Build relationships with key elected and public officials

- Email a targeted representative each time Cystic Fibrosis Canada issues an action alert on a new advocacy initiative; use our template letters at cysticfibrosis.ca and personalize with your story and how the issue affects you/your child/your family or friend.
- Hold at least one meeting per year with an elected/public official on the target list provided by Cystic Fibrosis Canada.
- Work with your Provincial CF Advocate(s) to organize advocacy events.

2. Grow the impact of your advocacy division

- Share your experience as a District CF Advocate and the impact you are making with friends, family, neighbours, etc.
- Refer persons interested in becoming District Advocates in your division to your Provincial CF Advocate(s).
- Follow-up with your Provincial CF Advocate(s) after meeting with elected/public officials.

3. Stay in touch

- Monitor CF issues in your province/division and keep your Provincial CF Advocate(s) updated and informed; support local fundraising initiatives.
- Coordinate with other local DCA's through email. Consider meeting online through free services such as Skype/Facebook to discuss and share successes/resources, etc.
- Update your Provincial CF Advocate(s) on your progress and let them know what resources you need to be successful.



We're on the move!

As of December 1, 2013 Cystic Fibrosis Canada's National Office and the Toronto District & Chapter Office will be located at:

**2323 Yonge Street • Suite 800
Toronto, Ontario M4P 2C9**



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www.mycfnetwork.com