

# Good Therapy



Canadian Cystic  
Fibrosis Foundation

*Breathing life into the future®*

February 2010

Issue 64

www.cfvancouver.ca

## EXCITING TIMES AHEAD

In the last issue of Good Therapy, Joyce Taylor, retiring Chapter Manager, said that improved statistics or quality of life for patients with cystic fibrosis really don't mean a lot to the family who has lost a loved one with CF. *"Only a cure for CF is meaningful!"* As the new director of the Vancouver / Lower Mainland Chapter, I couldn't agree more.

I am truly honored and humbled to be associated with the amazing collection of talent that makes up our Chapter. I have been privileged to volunteer with the Foundation since 2000. It has been incredible to see how much the Vancouver / Lower Mainland Chapter has grown and prospered over the last decade. What's more significant, however, is the bright future that lies ahead for us.

This year we celebrate a huge milestone - the 50th Anniversary of the Canadian Cystic Fibrosis Foundation. In the 1960s, children with CF often did not survive to attend kindergarten. The research funded by the Foundation has positively impacted the lives of young people with CF and today, CF is no longer only a "children's disease." People with CF are living longer and healthier lives.

Together, we have the opportunity to build an even better and healthier future for everyone affected by this disease, by capitalizing on our past accomplishments and recognizing the opportunities that are before us. We will continue to rely on the invaluable contributions of those who deserve our thanks: our dedicated board members, donors, corporate partners and supporters, medical teams, collegiate chapters, and our Chapter members and volunteers who have given generously of themselves, making possible our many events and services. On behalf of the Chapter, I want you to know your efforts are recognized and appreciated.

Again, I want to thank all of you and encourage your involvement with the Foundation and our Chapter. I look forward to sharing many exciting news with you in future issues of Good Therapy, and I welcome your suggestions and feedback.

I know that together we can *breathe life into the future*. Exciting times, indeed!



Martina Meckova, MBA  
New Chapter Director

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A handwritten signature in blue ink that reads "Martina Meckova".

## THANK YOU

### Memorial donations made in memory of:

Stephanie Boyce, Joannie Brennen, Judge David Brine, Melanie Coffey, Allen Cramm, Winnie Elmer, Bruce Gray, Andrea Herzer, Amanda Jack, Norma Knight, Erin Luymes, Jean Nash, Cheryl Nilsson, and Isabelle Tonolli.

### Tribute donations made in honour of:

Dan Alcock, Rachel Fortier, Donna Krohman, Luca Piccolo, and Ursula Recksiedler.

### Donations made through:

District Five Kin Clubs, and the Home Loans Canada Charitable Foundation.

## Cystic Fibrosis Education Day Chapter AGM

Please join us for a Cystic Fibrosis Education Day and the Chapter Annual General Meeting.

**Tuesday, March 9th, 7 p.m.**

4050 Gravely Street, Burnaby, BC  
(CF Chapter Office)

**6:45 p.m. Sign in and Welcome**

**7:00 - 7:30 p.m. Guest Speakers**

**Dr. James Zlosnik,**

UBC postdoctoral fellow at Child and Family Research Institute (CFRI), BC Children's Hospital

**Mr. Christophe Blohmke,**

UBC PhD candidate at CFRI,  
BC Children's Hospital

**7:30 - 7:40 p.m. Questions and Answers**

**7:45 p.m. Chapter AGM**

Socializing

(lots of free parking available)

## Christmas Caroling with Eva Markvoort

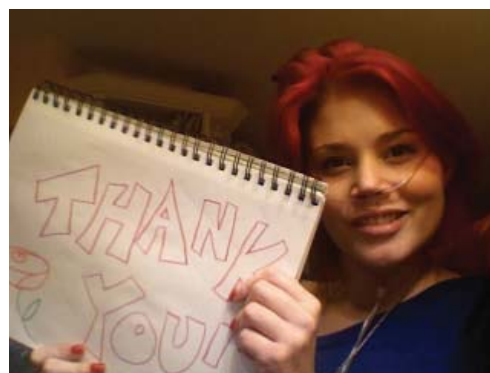
In December, Eva Markvoort contacted the office with a plan. Eva has been a tireless face of CF in Canada, and over the last year she has been promoting the documentary [65\\_RedRoses](#) at local film festivals. Many of you are probably aware of Eva's blog at <http://65redroses.livejournal.com/>. If you haven't read it, please do so as it is profoundly moving and insightful.

Eva and her friends have a Christmas tradition of walking around her neighborhood and caroling, accepting donations for CF along the way. This year Eva wasn't feeling up to being outdoors, but still wanted to continue with the tradition. Thus the plan!

Eva decided that if she wasn't able to go out to sing in the streets, she would bring her friends in and broadcast their songs to the world. She didn't expect much in donations. Usually, her caroling would bring in around \$500. Eva just wanted to keep up the tradition and spread some Christmas cheer.

On December 20th, 2009, Eva and her friends gathered in her room and sent their live video stream out to the world. The office set up an online donation system and watched the amazing group sing with joy. Like everything else that Eva does, her online donations exceeded everyone's expectations. People from around the world tuned in and sent in donations. As a result, over \$6,000 was raised.

Thank you Eva for all that you do and all that you are!



# Membership 2010

Your \$15.00 per household membership includes a subscription to the Vancouver / Lower Mainland Chapter's "GOOD THERAPY" Newsletter (4 issues)

LIST NAMES OF FAMILY MEMBERS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHONE #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

Would you like to receive newsletters by email? \_\_\_\_\_yes \_\_\_\_\_no, prefer mailed copy

Email address: \_\_\_\_\_

RELATIONSHIP TO CF: \_\_\_\_\_

MEMBERSHIP FEE ENCLOSED \$ \_\_\_\_\_ \$15.00  
DONATION \$ \_\_\_\_\_  
TOTAL ENCLOSED (tax receipt will be issued) \$ \_\_\_\_\_

Please indicate how you would like to work with the Vancouver / Lower Mainland Chapter to increase public awareness of CF and raise funds for vital research.

YES, I would be willing to assist with:

- |                     |                          |                     |                          |                        |                          |
|---------------------|--------------------------|---------------------|--------------------------|------------------------|--------------------------|
| ORGANIZING AN EVENT | <input type="checkbox"/> | SWIM-A-RAMA         | <input type="checkbox"/> | PLACING COIN BOXES     | <input type="checkbox"/> |
| GENERAL VOLUNTEER   | <input type="checkbox"/> | GOLF TOURNAMENTS    | <input type="checkbox"/> | PRESENTATIONS          | <input type="checkbox"/> |
| PUBLICITY           | <input type="checkbox"/> | TELEPHONING         | <input type="checkbox"/> | OTHER, PLEASE SPECIFY: | <input type="checkbox"/> |
| GALA                | <input type="checkbox"/> | CHAPTER EXECUTIVE   | <input type="checkbox"/> | _____                  |                          |
| GREAT STRIDES WALK  | <input type="checkbox"/> | ENTERTAINMENT BOOKS | <input type="checkbox"/> | _____                  |                          |
| RAFFLES             | <input type="checkbox"/> | _____               |                          |                        |                          |

When is the best time to call you? \_\_\_\_\_

What days and times are you available? \_\_\_\_\_

Your input is vital to the Chapter!

Please contact us by email, mail, phone or stop by the office.

4050 Graveley Street, Burnaby, B.C. V5C 4A5

Phone: 604-436-1158 Fax 604-436-1154 Email: [director@cfvancouver.ca](mailto:director@cfvancouver.ca)

Or register on line at: [www.cfvancouver.ca](http://www.cfvancouver.ca)



## HLC HOME LOANS CANADA CHEQUE PRESENTATION

On January 27, we received a cheque for \$13,232 from HLC Home Loans Canada; proceeds from their charitable golf tournament held on July 21, 2009. The cheque presentation took place at Max Pinsky's office. Max Pinsky was instrumental in introducing the CF cause to HLC.

Many thanks to HLC for choosing the Canadian Cystic Fibrosis Foundation as part of their charitable giving. HLC's donation will be used to support the research that is so necessary to find a cure or control for cystic fibrosis (CF). With the help of donations like this, the dream of finding a cure for cystic fibrosis is a real possibility.

HLC Home Loans Canada is a mortgage brokerage company and a subsidiary of CIBC Mortgages Inc.



From L to R:  
Calvin Jang, AMP at HLC; Martina Meckova; Max Pinsky;  
and James Russell, Vice President, BC at HLC  
at the cheque presentation.

## ADVOCIS

The Advocis Charity Classic will be held on July 23, 2010 in support of their national charity, CCFF. Local life insurance planners and agents have been supporting CCFF for many years through a raffle and their golf tournament.

Last year's tournament raised \$5,215 for CF. Thank you! Please contact Sterling at 604-436-1158 if you are interested in being part of the tournament.

## CF INVITATIONAL GOLF TOURNAMENT

Sixteen years and as always there will be a waiting list for people to get into this golf tournament. Sid Keay and Mike Cassidy have always put on an amazing event, and once again, this year will be spectacular. To date, the event has raised over \$2 million to help find a cure for CF.

The tournament will be on May 13, 2010 at Newlands Golf and Country Club in Langley. The dedication of the fantastic organizing committee has helped to fund considerable research that is making a difference for all CF families. Thank you!

Sid Keay at the  
2009 CF Invitational  
Golf Tournament





## THE 5TH ANNUAL GEARUP4CF JUNE 19 TO 27, 2010

The 5th Annual GearUp4CF ride is becoming a Canada-wide Event! Riders from both sides of the country signed up to climb the mountains and raise money for a cure for Cystic Fibrosis.

Since its inception five years ago, GearUp4CF has raised over half a million dollars for the Canadian Cystic Fibrosis Foundation. This year again, cyclists will embark on a 1,200 km ride over nine days through some grueling terrain including the Rockies, Selkirk and Purcell mountain ranges.

We have room for 24 riders, and although we are over half way there, we still need YOU. Be a part of this amazing adventure and embrace the challenge. Every drop of sweat and aching muscle will make a huge difference for CF.

A team of dedicated volunteers will go along with the riders to ensure they get enough food and are kept well hydrated. Kinsmen clubs from across the province are putting together evening meals for the riders.

We are still in need of the donation of a Mini-Van or small SUV to go along on the ride to help support the riders and carry needed supplies. Please contact Sterling if you can help with this.

Participation in GearUp4CF is limited to 24 cyclists. Each participant is expected to raise \$5,000 in donations for the Canadian Cystic Fibrosis Foundation. For further information please visit [www.gearup4CF.org](http://www.gearup4CF.org) or contact Sterling Aurel at 604-436-1158 or [events@cfvancouver.ca](mailto:events@cfvancouver.ca).

Please help up make GearUp4CF 2010 another success!



## 2010 GREAT STRIDES WALK

It's time to start thinking about the upcoming Great Strides® Walk, to be held on Sunday, May 30, at Fleetwood Park in Surrey. This is YOUR Walk, and it's up to the Vancouver and Lower Mainland CF community to get out and walk to find a cure. Sign up your family, friends, co-workers, and even strangers off the street. Put together a team, give it a name, and get ready to strut your stuff.

The Great Strides website is now live. Check it out at [www.cysticfibrosis.ca/greatstrides](http://www.cysticfibrosis.ca/greatstrides). Our goal this year is to raise \$2.5 million in support of the Foundation's research and care programs.

We will be sending out some info to help you bring in pledges, including how one local team got their pharmacy involved in their fundraising efforts.

KVOS will be helping promote the event with TV ads in their ON SCENE section running between March 13 and 19.



## NEW THIS YEAR

Teams raising \$1,000 or more will receive up to 20 dry-wicking sports shirts that can be customized with your Team Name using fabric markers.

We will have a station set up at the walk for everyone to get their team shirts ready. The website also has some added features. This year, participants and teams can upload three photos and one video per team or individual participant. The site will also allow you to link to Twitter and Facebook.

Anyone interested in helping should contact Sterling at 604-436-1158 or [events@cfvancouver.ca](mailto:events@cfvancouver.ca).

## ZELLERS EASTER EGGS

Unfortunately due to Zellers' (HBC) extraordinarily commitment to the 2010 Winter Olympic Games, our friends at Zellers are not able to support us this year for the Easter Egg decorating event.

We look forward to continuing this fun tradition for many families again next year!

## SWIM-A-RAMA

The event day just around the corner, so are you ready to get wet, and splish-splash your way to raising money to find a cure for Cystic Fibrosis?

The 36th Annual Swim-a-rama will be held on March 21 at the SFU Aquatic Centre. KVOs TV will be highlighting the event in their ON SCENE segments between February 20 and 26. Local CF supporters, including Ted Steadman, Brian Benson, Robert Rée and Penny Pederson are already out collecting pledges for the event.

Brian was able to get the most pledges last year. Will someone be able to take his title away this year? Will it be YOU? Come out on your own, or better yet, get a team of family, friends or co-workers together to splash around and make some money for CF research.

Other fun includes the infamous Cardboard Boat Race (who knew that you could make a boat out of cardboard, and yes it will float!), the kids' duck pond, and an amazing BBQ put on by the New Westminster Kinsmen Club.



### Event schedule:

<b>9:00 a.m.</b>	Set up
<b>9:45 a.m.</b>	Registration begins
<b>10:00 – 11:30 a.m.</b>	Burnaby Mountain Mantas Swim Club BMMSC lap swimming Fun relay
<b>11:00 a.m.</b>	Activities start
<b>11:30 a.m.</b>	Barbeque starts
<b>11:40 a.m. – 1:00 p.m.</b>	CF Swimmers, SFU masters and alumni Fun Relay
<b>1:10 p.m.</b>	Official welcome
<b>1:30 p.m. – 2:30 p.m.</b>	SFU Aquatic swimmers Fun Relay
<b>3:00 p.m.</b>	Tear down

For more information on this event please call Sterling Aurel at 604-436-1158 or email at [events@cfvancouver.ca](mailto:events@cfvancouver.ca). We've included a pledge sheet here to help you get started. To donate on-line, download pledge forms and get more information please visit <http://cfvancouver.ca/swimarama.htm>.



**Canadian Cystic  
Fibrosis Foundation**  
*Give the breath of life*

# SPONSOR SHEET

Name \_\_\_\_\_

Address \_\_\_\_\_

**36th Annual Swim-A-Rama**  
March 21, 2010  
SFU Aquatic Centre, Simon Fraser University

I hereby understand that any individual or organization participating in this event is not to be held liable for damages or injury to me. All funds collected in the name of the Canadian Cystic Fibrosis Foundation Swim-a-rama are to be given to the CF office. In this connection I hereby waive any possible damages to person or property.

The CF Swim-A-Rama is an annual event to raise funds for research to find a cure or control for cystic fibrosis, an inherited disease affecting the respiratory and digestive systems. Swimmers swim 64 laps or one mile.

Signature \_\_\_\_\_

Sponsor Name (please print)	Mailing Address	City/Province	Postal Code	Donation	Collected
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
<b>SWIMMERS PLEASE COLLECT ALL PLEDGES PRIOR TO MAY 07 AND BRING WITH YOU TO THE SWIM.</b>					
Please Make Cheque Payable to: <b>Canadian Cystic Fibrosis Foundation</b> (Tax receipts issued for donations of \$20.00 or more)					
Canadian Cystic Fibrosis Foundation, Vancouver/lower mainland Chapter, 4050 Gravelley Street Burnaby, BC V5C 4A5 Tel: (604) 436-1158					