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Northern & Eastern Ontario

REGIONAL NEWSLETTER

SUMMER/FALL 2015

It has been an incredible year so far the Ontario North and East region and Cystic Fibrosis Canada! We are excited to share our local, regional and national news regarding past and upcoming fundraising events and strides made in cystic fibrosis research, care and advocacy.

We will be sending our newsletter out on a bi-monthly basis, but for more immediate updates, please visit [our website](#) and follow us on [Facebook](#) and [Twitter](#).

A MESSAGE FROM OUR REGIONAL EXECUTIVE DIRECTOR

We're All Ears!



Greetings from the Regional Office of Ontario North & East!

I continue to feel a great sense of pride and excitement every day I arrive to my office and assume my role as Regional Executive Director and the release of this first edition of our Regional E-Newsletter is just another reason why.

It has long been on our "To Do" list to develop a communications piece that can be easily shared with CF families, volunteers, supporters, corporate partners & clinics who help make our continued research and clinical care for our CF patients possible. All of you are the very reason why we have been able to steadily increase the median age of survival by a year for every year we are in business and that's only one example of the tremendous progress being made to find a cure or effective control for CF!

Sarah and I are thrilled to launch this quarterly e-newsletter which is intended to strengthen our connection with each other from right across our Region covering Ottawa, Kingston, Cornwall, Peterborough, North Bay, Thunder Bay, Sault Ste. Marie and Sudbury. If you have any stories to share of successful fundraising and awareness events for Cystic Fibrosis Canada, please do tell us about them as "we are all ears" and would love to showcase the remarkable efforts of our supporters and volunteers in future editions of *Panoramic Connections*.

Also thrilled to announce that we will soon be adding a third person to our team as the Events & Sponsorship Coordinator and the goal is to have this person in place by September. This added resource will greatly help our region by providing the support and skill set we need to further develop and grow our event and sponsorship revenue and we can't wait to introduce you to the newest member of our team.

Until then, thank you for your relentless efforts to raise money and awareness for CF; for your continued commitment to advocating for those who battle CF every day of their lives and finally, for sharing the hope and excitement we feel in being part of something so much greater than ourselves. If we all stick with it, we will soon be celebrating the END to CF and what a glorious day that will be.



Lois Graveline, CFRE
Regional Executive Director
Northern & Eastern Ontario

Becoming a Monthly Donor!

You can join us! Your donation drives us towards our goal of finding a cure or effective control.

Click to [Donate](#)



Your monthly gift...

- **Ensures sustainability:** a predictable source of income that we can depend on every month means that we have the resources we need to support our vision of a world without cystic fibrosis.
- **Helps us plan:** your monthly donation gives the Society a greater ability to get involved in long-term projects.
- **Saves money:** Monthly donations mean less paperwork and administration, so it is the most cost effective and environmentally friendly method of giving.

CF Connections

We're pleased to be able to share our successes and milestones from 2015, in our Cystic Fibrosis Canada Connections including highlights from our Research and Clinical communities, our hardworking Fundraisers and Partners, our Advocacy efforts and much more.

To read our latest edition of Connections please click [here!](#)



UPCOMING SIGNATURE EVENTS!



#ShineForCF Shine for Cystic Fibrosis Canada

Shinerama is Canada's largest post-secondary fundraiser in support of Cystic Fibrosis Canada. Over 35,000 student volunteers from 60 Canadian universities and colleges across the country come together every year to make a difference in the lives of those battling cystic fibrosis (CF). Student volunteers all over Canada are shining shoes, flipping burgers, washing cars and doing whatever it takes to raise crucial funding to fight cystic fibrosis. This national event puts the "fun" in fundraising!

Since 1964, Shinerama has raised nearly \$25 million dollars for life-saving CF research and care. We would like to extend our heartfelt gratitude to all past and present Shiners. The support from Shinerama schools and students over the past 51 years has been instrumental to advancing the battle against this devastating disease.

Regionally we have 9 participating Universities and Colleges running Shinerama campaigns! This September will be full of energetic, enthusiastic and determined Shinerama volunteers spreading the Cystic Fibrosis Canada love !

To see some great photos of participating Shinerama schools, please visit our [Shinerama website](#).

NEW REGIONAL EVENT!

UNCORK THE CURE
For Cystic Fibrosis Canada



Uncork The Cure is a **NEW** wine tasting extravaganza for the region!

This unique event gives participants the opportunity to enjoy dozens of different wines, plus the chance to win an amazing wine collection.

The region's first annual Uncork the Cure event is taking place in **Ottawa** on October 8th and on October 17th in **Cornwall** with plans to roll out to the rest of the region over the coming year! To participate and purchase your tickets for Uncork the Cure - Ottawa click [here](#).

#BF4CF

Brad Fritsch, (PGA) RBC Canadian Open

During the RBC Canadian Open this past July 23 - July 26, 2015, Canadian professional golfer Brad Fritsch, has partnered up with Carstar to raise money for Canadians living with cystic fibrosis.

CARSTAR generously donated \$1K for every birdie Brad made, and Brad himself donated \$100 for every birdie, and \$250 for every eagle! Check out Brad's video [here](#)! Follow Brad, on his official social media sites, [Twitter](#) [Facebook](#).

We thank Brad and his team for being so supportive in helping us raise money to find a cure or effective control cystic fibrosis. Champions like Brad continue to inspire our cystic fibrosis community and we are so very grateful to him and our Carstar partners in making this special initiative possible.



#LSNOTT

Max McGuire for Lawn Summer Nights

Lawn Summer Nights is a community of like-minded young professionals who support those living with cystic fibrosis. Lawn Summer Nights centers around a social summertime lawn bowling event, but its reach is much broader. The teams who take part in the 4-week event compete on the lawns, as well as through the donations they raise from their involvement.



Max McGuire, a CF adult, had the opportunity to write a newspaper article as a publicity piece for Lawn Summer Nights Ottawa, the Ottawa Citizen placed it in their 'UpBeat' section. Here is a little excerpt from it:

"I wasn't supposed to be here 20 years ago. Hell, I wasn't supposed to be here 33 years ago, but I am. I know I'm here because of the hard work and research that has been endlessly funded by fantastic events just like Lawn Summer Nights around Canada and the world, which have consistently allowed us to keep moving the "expiry date" forward. Join me, my family and friends in making CF stand for "Cure Found", and helping Lawn Summer Nights Ottawa, which begins July 8, reach its fundraising goal of \$50,000"

Take a peak at the rest of the article [Here!](#) If you would like more information please contact: ott@lawnsummernights.com.

KINEXTIONS

Kin Canada is a proud national partner of Cystic Fibrosis Canada. Each year Kinsmen and Kinettes host a variety of fundraising and awareness building activities in support of the cystic fibrosis (CF) cause. To date, Kin members have raised over \$42 million for cystic fibrosis research and patient care.



Kin Canada
Kinsmen • Kinettes • Kin

We are very fortunate to have strong connections with many KIN clubs throughout our region and work very closely with them to raise money and awareness.

For more information about KIN Canada click [here!](#)



Sixteen years ago, CARSTAR became a proud supporter of Cystic Fibrosis Canada after learning that a franchise partner's granddaughter had been diagnosed with cystic fibrosis. With over 180 locations across Canada, CARSTAR is the national leader of auto collision and auto glass services.

Since 1997, Cystic Fibrosis Canada has been their charity of choice. Through various fundraising events including the annual CARSTAR's Great Strides Walk for Cystic Fibrosis Canada, CARSTAR golf tournament and the annual Soaps it Up National Car Wash, CARSTAR and its franchise partners have donated over \$2 million to Cystic Fibrosis Canada.

Every year CARSTAR strives to increase the money it raises to invest in Cystic Fibrosis Canada's life-saving research and advocacy programs. CARSTAR remains excited about this partnership and looks forward to the day when CF stands for cure found.

Annual Zumbathon for CF

North Bay Chapter



Macrina Perron a volunteer with the North Bay Chapter has gone above and beyond for fundraising ! Macrina is one of the owners of 'The Studio', a Zumba studio in North Bay. The annual Zumbathon for CF is of particular importance to Macrina and her Zumba team. Macrina has two little ones. Brayden and Kiera with CF.

The annual Zumbathon raised over \$7,000 dollars this year for Cystic Fibrosis Canada going straight to research and clinical care.

We are so thankful to have such amazing support in the North Bay Chapter ! Macrina and her team at 'The Studio' are truly inspirations. THANK YOU !

See Macrina's video [here](#). Read about Macrina's story [here](#).



In partnership with the Ottawa Senators Hockey Club, the Ottawa Chapter of Cystic Fibrosis Canada is pleased to present their newly invigorated 2015/16 65 Roses Sports Club Membership Program. All proceeds generated by the Club's revenue help support the fight against cystic fibrosis. Click here to [support!](#)

THANK YOU TO OUR INCREDIBLE VOLUNTEERS

The success of our fundraising events would not be possible without our amazing team of volunteers.

Supporting our events such as our CARSTAR'S Great Strides Walk, Shinerama, Gala's and many more means a great deal to us and you are the reason we will invest more than \$5.2 million in leading-edge research this year alone.



We are always happy to welcome new volunteers to support our fundraising efforts and bring more awareness to this devastating disease. If you would like to join us in the fight for a cure or control for cystic fibrosis, please email our [Community Engagement Coordinator, Sarah Spence](#) for more information.

OUR TEAM

Lois Graveline

Regional Executive Director

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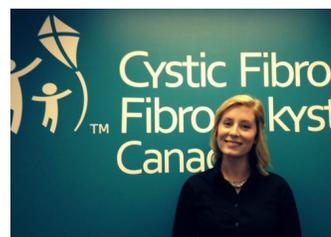


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LIKE! SHARE! FOLLOW!

We are continuously updating our Facebook and Twitter pages with cystic fibrosis news and events. Please like, share and follow us today!



Our Regional Office is located in Ottawa:

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