

WALK TO MAKE CYSTIC FIBROSIS HISTORY

VIRTUAL CHALLENGE

Please join us on “Walk Day”, Sunday, May 31st for our virtual ceremonies. You can find out if your region/walk is hosting an opening ceremony below and learn more about our National Closing Ceremony as well.

NATIONAL CLOSING CEREMONY INFORMATION

Please feel free to join our National Closing Ceremonies for a word from our CEO, Kelly Grover on our [CF Canada Facebook page](#) at 4pm EDT/ 3pm CDT/ 1pm PDT/ 5pm ADT

ATLANTIC REGION: VIRTUAL OPENING CEREMONY INFORMATION

Walk Location: All Atlantic Walk Locations

Time: 10:30 a.m. ADT

Overview: Although not physically together, our Walks have joined forces to create a virtual Regional Opening Ceremonies for the 2020 Walk! The video will premiere on both our [YouTube](#) channel and [Atlantic Region Facebook Page](#) and will feature some amazing people within the CF community! We will be highlighting an amazing CF warrior, acknowledging some awesome people, listening to some music and much more - so we hope to see you there.

Learn more: Details will be sent via email to all registered walkers on Saturday May 30, posted on our [Regional Facebook page](#), as well as included on all the [Atlantic Walk pages](#) listed on the CF Canada community event pages.

QUEBEC: VIRTUAL OPENING CEREMONY INFORMATION

Walk Location: All Quebec Walk locations

Time: 10:00am EST, 10 h

Overview: Let’s bring together the whole province to celebrate this different, but incredible Walk. We will take the time to talk to some of our volunteers and walk participant and finally reveal the amount raised in Quebec.

Learn more: [Fibrose kystique Canada – Division Québec Facebook page](#)

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BC/YUKON: VIRTUAL OPENING CEREMONY INFORMATION

Walk Location: All BC/Yukon Walk Locations

Time: 12:30 PM PST

Overview: hear from our Walk coordinators, announcement of totals raised, message from our regional manager and fund development associate.

Learn more: The premier will be on May 31st via Facebook [HERE](#).

ONTARIO: VIRTUAL OPENING CEREMONY INFORMATION

Walk Location: Hamilton

Time: 9:30 AM EST

Overview:

- Welcome by Johanna Cotte (staff)
- Message from Kin (Marty Makins) and Tammy Strong (President of Chapter).
- Followed by videos sent in by participating Team Captains, saying their why, how long in the Hamilton Walk and what they are doing virtually.

Learn more: [Cystic Fibrosis Canada – Hamilton Facebook Page](#)

Walk Location: Kingston

Time: 10:00AM EST

Overview: Chapter president, Shauna (CF mama), will be discussing how the walk impacts her and Tommy's life and what they plan on doing to get active during the day

Learn more: [Cystic Fibrosis Canada - Kingston Facebook page](#)

Walk Location: Ottawa

Time: 9:30AM EST

Overview: Chapter president, Megan (CF mama), will be discussing how the walk impacts her and Lily's life and what they plan on doing to get active during the day. Also shouting out WFG, Nancy Allen, Bell Media, and Enterprise for their generous donations and sponsorships to 2020 Walk.

Learn more: [Cystic Fibrosis Canada - Ottawa Facebook page](#)

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Walk Location: Niagara

Time: 10:00 AM EST

Overview:

- Opening with Oh Canada (Gary Donovan, the coordinator said it is a surprise who is singing it).
- Welcome by walk coordinator, Gary Donovan
- Playing of a video of Safari Niagara (where the Walk has traditionally been held), showcasing the animals.
- PowerPoint of past walk photos.

Learn more: Through Zoom. Link [here](#). Password – 938322

Walk Location: Sarnia-Lambton and Chatham

Time: 10:30- a.m. EST

Overview of what they can expect to see: Welcome to Sarnia and Chatham, thank you to the teams that have signed up in both locations, how to share your Walk day activates and how much both locations together have raised thus far and an update on how the fundraising numbers at the end of the day will be announced

Learn more: [Cystic Fibrosis Canada Sarnia-Lambton Facebook Page](#)

Walk Locations: Toronto, Richmond Hill, Barrie, Mississauga, Milton and Bracebridge

Time: 10:00 AM EST

Overview:

- Welcome on behalf of CF Canada
- Sponsor recognition
- Message from CF Doctor- Dr. Tullis
- CF Ambassador Story- Hilary Becker
- Local fundraising updates
- Regional Walk recognition

Learn more: All registered Walkers will receive a “schedule of events” email prior to Walk-day with detailed information to join us for our Opening Ceremonies. An overview will also be posted [HERE](#).

Walk Location: Windsor/LaSalle

Time:: 9:30 a.m. EST

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Overview of what they can expect to see: Welcome, thank you to teams, agenda for the day, how to share your Walk day activities, closing ceremony details

Learn more: [Cystic Fibrosis Canada Essex-Kent Facebook Page](#)

Walk Location: Kitchener/Waterloo

Time: 10:00 AM EST

Overview: An online Celebration of Kitchener-Waterloo & District

- 2020 Walks & Challenges to Make Cystic Fibrosis History
- Special guests, ribbon cutting, music by TEAM T&J, video of challenges, virtual Kin barbecue.

Learn more: Link will be sent to all Kitchener/Waterloo registrants and posted on the [Cystic Fibrosis Canada Kitchener-Waterloo & District Walk & Run](#) Facebook page.

PRAIRIES REGION: VIRTUAL OPENING CEREMONY INFORMATION

Walk Location: Winnipeg

Location of Opening Ceremonies: St. Vital Park – picnic site 2 & 3 (our normal walk location)

Time: 11:00 CST

Overview: A live Facebook video with a handful of people giving greetings, a Kin Canada cheque presentation and will draw for a few day of Walk prizes

Details: Our walk chairs will say hello, our Honourary family will be interviewed, there will be greetings from the chapter, kudos to everyone from the Regional office, a message from our provincial Advocate, the Kin cheque presentation, and prize draws. We anticipate some of our chapter members to gather with us and do some quick virtual challenge interviews.

Learn more:

- On the Winnipeg chapter Facebook page [HERE](#).
- On the Walk to Make Cystic fibrosis History Facebook page Walk to Make Cystic Fibrosis History – Winnipeg linked [HERE](#).
- All Prairie day of ceremonies will be posted on our Prairie Region Facebook page [HERE](#).
- Via .our Weekly Walker Bulletin (also posted on Facebook)
- And via. an email sent by the Walk chairs to all participants

Walk Locations: Estevan, Regina, Saskatoon & Swift Current

Time: 11am CST

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Overview: We are very excited to hold our first ever Saskatchewan Virtual Opening Ceremonies for the Walk to Make Cystic Fibrosis History – Virtual Challenge. This will be a full event featuring our SK Walk Coordinators, a CF speaker (Saskatchewan’s oldest person diagnosed at birth), our Provincial Advocate, a couple of videos from our CF Community and of course our fundraising total for the province. We are also very excited to have special guest, Saskatchewan’s own Country sensation Tenille Arts performing.

Learn more: Stay tuned to our Saskatchewan Facebook Pages for more information on the ceremonies as a Premier Event. If you are not on Facebook, we will also be doing a YouTube Premier on our new CF Canada – Saskatchewan YouTube channel.

- <https://www.facebook.com/CysticFibrosisCanadaNorthSaskatchewan/>
- <https://www.facebook.com/CysticFibrosisCanadaSouthSaskatchewan/>
- <https://www.youtube.com/channel/UCDs6oIw6tAUXKT2UdiHEhyw>

ALBERTA: VIRTUAL OPENING CEREMONY INFORMATION

Walk Location: Calgary

Time: Opening Ceremonies Video Released at 9:00 AM MST

Overview: The video is going to be thanking our walkers, and show pictures/ videos of local participants walking “virtually” for CFC

Learn more: The video will be released on our Facebook page [HERE](#).

Walk Locations: Edmonton & Northern Alberta (available to Beaumont, Fort McMurray, Grande Prairie)

Time: 9:00 AM MST

Overview: Edmonton Chapter President address, Laurel Gregory address, potential slide show

Learn more: Cystic Fibrosis Canada Edmonton [Instagram](#) and [Facebook](#) page.