

# CHAPTER CHAT

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## THE POWER OF ONE

### REFLECTING ON OUR UNIQUE TALENTS

With the beginning of a new year comes resolutions and reflection. A time to see how far we've come and set plans for what we hope to achieve. However, it seems that recently people are reflecting on what they should or shouldn't have done and forgetting to focus on the gifts and talents they have shared to make this world a better place.

Perhaps 2009 should be about taking a look at ourselves and realizing our potential while celebrating the fact that we truly have so much to offer. Will this be the year when we take pride in what special gifts we have? Maybe this year we change our way of thinking and remind ourselves that we make a difference. Maybe we focus on the unique ways we can get more involved in the mission of the Foundation. Perhaps we think of ways to motivate others to see the importance of supporting such a wonderful cause. Maybe this will be the year when we finally think less about what we can't offer and more about what we can because within each of us is the potential to achieve great things.

This issue is filled with ways to stay involved with the mission, from becoming a committee member to continuing to stay positive when asking for donations. There is definitely something for everyone and certainly a chance for everyone to use their talents to help bring us closer to a cure.

We here at the Cystic Fibrosis Foundation truly hope that 2009 brings great things for each of you and your families. We hope, with sincerity, that you are able to stay positive and that you will take the time to reflect upon how you can make a difference this year. Most importantly we want to thank you for your continued support of our mission. Without you we would not be as successful as we are. YOU truly make a difference.



### Meet the Staff

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# GREAT STRIDES

## Great sites!

With 14 walk locations, including two new sites, there's a place for everyone and we plan to make 2009 the best Great Strides season yet. We can't wait to help you get started with your fundraising and we look forward to seeing you on walk day as we celebrate the accomplishments of all of our dedicated walkers.

## Walk Schedule

- May 1, Epley Park at Village Elementary, Hartland
- May 2 - Ottawa Park, Toledo, OH
- May 2 - Creasey Bicentennial Park, Grand Blanc
- May 7 - Riverfront Plaza at GM Renaissance Center, Detroit
- May 9 - Dodge Park, Sterling Heights
- May 9 - Pine Grove Park, Port Huron
- May 9 - Conner Park, Fremont, OH
- May 9 - Veteran's Memorial Park, Bay City
- May 16 -Gallup Park Ann Arbor
- May 16 - Municipal Park, Rochester
- May 16 - Maybury State Park, Northville
- May 17 - Drake Sports Park, West Bloomfield
- May 17 - Wilderness Trails Zoo, Birch Run
- June 7 - DeWitt Riverside Park, DeWitt

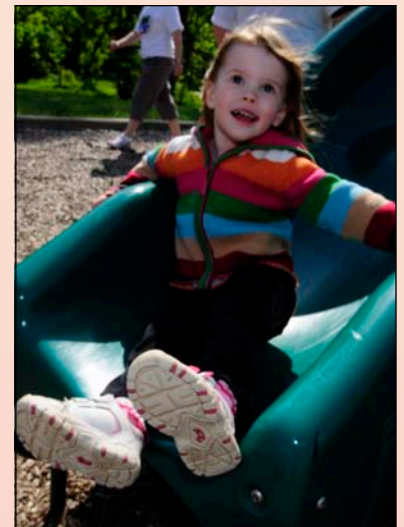
To register your team please visit our website at [cff.org/chapters/detroit](http://cff.org/chapters/detroit) or contact any staff member at 248-269-8759. The sooner you register the sooner the fun can begin!



### What is Great Strides?

*Great Strides is the CF Foundation's largest national fund-raising event. In 2008 nearly \$37 million was raised to support vital CF programs. Each year tens of thousands of walkers gather together all over the country to support the mission of and bring awareness to the Foundation.*

*Each May individual walkers, groups of friends and families and corporations come together forming teams and raising much needed funds to help us find a cure. Walk day, a day filled with fun and festivities, is a wonderful celebration of the hard work and dedication of each of our walkers.*



# FALL WRAP UP

With a fall full of first time events our chapter boasted a fun and successful end to the year.

## Run for the 65 Roses

Fun is what it was all about on September 13th. From the minute we entered the Raceway Park Racetrack in Toledo we knew it would be an evening to remember. Guests enjoyed the exciting atmosphere as they dined on a delicious prime rib and seafood buffet. Each individual was given a quick lesson on betting and then they headed off to place their first round of bets with complimentary vouchers.

The generosity of our guests and the racetrack employees made this a wonderful event that we are genuinely looking forward to hosting again this year.

## Shoot for the Cure

Our first annual Shoot for the Cure could not have gone any better. The weather was more than perfect and the conditions were just right for this clay pigeon shooting tournament.

As teams of shooters set off to several stations, staff and volunteers readied the club house for a wonderful dinner and post-games reception.

The kind-hearted, generous nature of our guests was obvious as they helped everyone get in on the shooting action and when our 50/50 raffle winner donated all of his winnings back to the Foundation.

We certainly hope to see this event continue to grow and we know it will be a success in 2009 as well.

## Fall Fowling Fest

Who knew that a combination of football and bowling could be so much fun? Apparently our Young Professional Leadership Committee knew Fowling was just the thing to bring people out for a day of excitement.

Oakland Yard Athletics provided an exceptional setting for this event which included a great tailgating vibe. As individuals did their best to knock down bowling pins with a football the rest of the guests cheered and watched excitedly from the sidelines. Great food and a silent auction helped seal the fate of this event as an all around winner.

## Wine Openers

This year we hosted, not one, but two stellar wine tastings. The first, The 5th Annual Lansing Area Wine Opener, held at Eagle Eye Golf Club was a wonderful evening filled with great wine, delicious food and plenty of personality. Sparty, the Michigan State mascot, made an appearance, even "playing" the drums with the band. Coach D'Antonio stopped by to say a few words and MSU's very own Coach George Perles mingled with guests with a glimmer of pride in his eyes for being part of such a great event.

The next evening we moved across the state to spread awareness at the beautiful Matthai Botanical Gardens in Ann Arbor. There was a definite feel of elegance as guests mingled and enjoyed fine wine. With a silent auction filled with wonderful items and a successful "Bid for a Cure" this event was certainly the talk of the town. Guests were pleased to have such a pleasant and unique event in their area and have already mentioned their excitement for the 2009 event.

## Special thanks to our Event Sponsors

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# WHY CFF?



**Meg Bauer, age 12, is just one of the many faces of CF and a true reminder of why we continue to fight for a cure.**

## Don't Worry, Be Happy

*In today's fast-paced world it's easy to lose sight of why we work so hard to find a cure for CF. In this thoughtful article by CF mom, Beth Bauer, we are given the chance to reflect upon how CF affects the whole person, in ways many of us don't realize. CF patients have more to deal with and worry about than "simply" staying healthy. This is a wonderful reminder that we are fighting for more than just a cure, but for an overall better life for our patients and their families.*

"As a mother of a child with CF, I hope that a cure will someday be found so that my daughter can live a normal and happy life as someone who is healthy and does not feel the burden of CF. My daughter, Meg, is 12 years old and truly understands what her future may hold, having this disease. She is very compliant with her medication and chest physical therapy. She actively participates in medical studies to try and cure this disease.

She worries about getting sick, germs, pseudomonas and her future and grades.

As a 12 year old, she desperately wants to fit in at school and not be different. She washes her hands often, uses hand sanitizer and covers her water bottle with a plastic bag to stay healthy. She hides her CF by taking her enzymes in the bathroom so not to be discovered as the "CF 7th grader." This need to fit in has manifested into an obsession to retain good grades and strive for perfection. An "A" is not good enough, it has to be 100%. She worries all the time about grades and school. It has gotten to the point where we had to seek counseling to help her learn how to deal with anxiety and worry. We have learned many techniques to use to help her through these difficult adolescent years.

All I want for Meg is to be healthy, happy and not worry. Isn't this what parents always want for the children they love?"

-Beth Bauer-

## FAST FACTS

When the Foundation was established in 1955, children with CF were not expected to live long enough to attend elementary school. Due in large part to the Foundation's aggressive investments in innovative research and comprehensive care, the predicted median survival age for people with this disease has greatly increased.

More potential therapies are in the CF drug development pipeline today than in the entire history of cystic fibrosis research.

The Cystic Fibrosis Foundation is the primary sponsor of CF research. Almost all of the approved CF drug treatments available today were made possible because of research funded by the CF Foundation.

# STAY INVOLVED

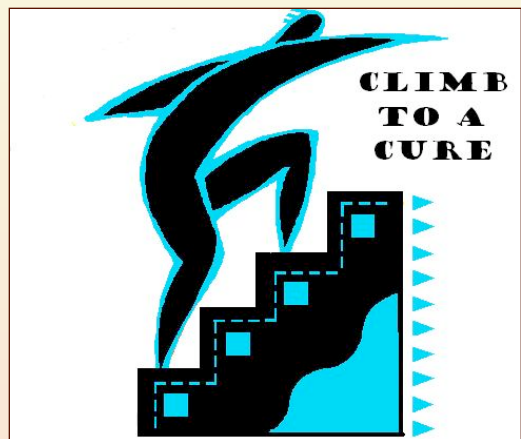


The Cystic Fibrosis Foundation has established the Youth Leadership Board, a unique opportunity for select students to participate in the development of a dynamic, youth-driven community outreach program. We are seeking additional students that are going to be in the 6th-12th grade. The Youth Leadership Board provides students with a unique opportunity to learn leadership skills, gain fundraising experience and become involved in the planning and execution of events. Board members are given the chance to work with schools in their community to help raise vital funds for the Foundation and each student plays an active role in these events. The Youth Leadership Board is also an excellent resume builder for college applications and develops integral skills needed in school and beyond. If you have students you would like to recommend for a position on the Board please contact Sue Collins at [scollins@cff.org](mailto:scollins@cff.org).

## Young Professional Leadership Committee

The Young Professional Leadership Committee, or YPLC, is a group of young professionals between the ages of 21 and 40 who are dedicated to making a significant impact in the fight for a cure. Committee members help promote the Cystic Fibrosis Foundation by networking in the community, coordinating fundraising events and speaking as a collective voice to groups and organizations. The YPLC also hopes to recruit additional individuals who will proudly support the mission of the Foundation through the use of their talents and relationships.

For more information please contact Sandy Wilton at [swilton@cff.org](mailto:swilton@cff.org).

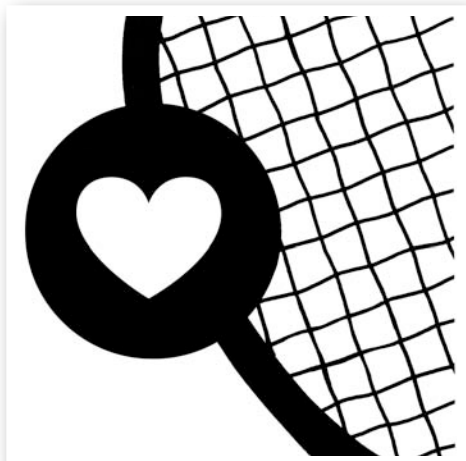


## BRAND NEW - Climb to a Cure

*Looking for a fun, exciting way to get involved this year? We are currently looking for committee members and teams for our first ever Climb to a Cure, a stair climb event that promises to be filled with action and adventure. This event, planned for August 2009, will be challenging and competitive while raising vital funds for the CF Foundation.*

*For more information on how to get involved please contact Sue Collins or Mary Ellen Kearney at 248-269-8759. We look forward to working with you on this great event!*

## Tennis Auction Ball: A Love Affair, 21st Set A Black Tie Gala



The Cystic Fibrosis Foundation's Tennis Auction Ball (TAB) will take place on Saturday, March 28th, 2009 at the elegant Royal Park Hotel in downtown Rochester. This glamorous evening includes cocktails, dinner, dancing, live entertainment and a fabulous live and silent auction. In conjunction with the gala the Foundation also holds a Pro-Am Tennis Tournament on Sunday, March 22 at the Dearborn Racquet Club. This tournament is a day-long, round-robin event which also raises funds for the CFF.

We invite each of you to come cheer on our wonderful tennis players and to join us for a luxurious evening while supporting the Foundation's mission.

For more information please contact Shelly Francis at (248)-269-8759 or [sfrancis@cff.org](mailto:sfrancis@cff.org).

# CALENDAR OF EVENTS 2009

February 21 - Winter Beach Blast

Hall Party

Contact: Wendy at [wbeards@comcast.net](mailto:wbeards@comcast.net)

February 28 - For the Love of Marge

Dinner benefit

Contact: Scott at [satch24@sbcglobal.net](mailto:satch24@sbcglobal.net)

March 22 - Tennis Auction Ball Pro Am Tournament

Tennis Tournament

Contact: Shelly at [sfrancis@cff.org](mailto:sfrancis@cff.org)

March 28 - Tennis Auction Ball: A Love Affair, 21st Set

Black Tie Gala

Contact: Shelly at [sfrancis@cff.org](mailto:sfrancis@cff.org)

Website: <http://detroit.cff.org/tab09>

April - Sal's Pals Charity Event

Dinner benefit

Contact: Jenny or Rick at [salspals2004@yahoo.com](mailto:salspals2004@yahoo.com)

May 30 - Art for a Cure

Strolling Evening

Contact: [artforthecurecf@yahoo.com](mailto:artforthecurecf@yahoo.com)

May 30 - ATA - Breakathon

Festival Event

Contact: Sandy at [swilton@cff.org](mailto:swilton@cff.org)

May/June - Great Strides

Contact: CFF staff at (248) 269-8759

Summer - Just Let Me Breathe

Rock CF Concert

Contact: Shelly at [sfrancis@cff.org](mailto:sfrancis@cff.org)

August - Climb to a Cure

Stair Climb event

Contact: Sue at [scollins@cff.org](mailto:scollins@cff.org)

September - 2nd Annual Run for the 65 Roses

Racetrack benefit

Contact: Shelly at [sfrancis@cff.org](mailto:sfrancis@cff.org)

Website: <http://detroit.cff.org/65rosesrun09>

September 18 - Carmona Classic Golf Outing

Contact: Scott at [satch24@sbcglobal.net](mailto:satch24@sbcglobal.net)

September 24 - Shoot for the Cure

Skeet shoot tournament

Contact: Sandy at [swilton@cff.org](mailto:swilton@cff.org)

Website: <http://detroit.cff.org/shoot09>

October - Gloria Kitchen's Annual Dinner Dance

Contact: Shelly at [sfrancis@cff.org](mailto:sfrancis@cff.org)

October 9 - 2nd Annual Ann Arbor Area Wine Opener

Contact: Sue at [scollins@cff.org](mailto:scollins@cff.org)

Website: <http://detroit.cff.org/annarborwine09>

October 22 - 6th Annual Lansing Area Wine Opener

Contact: Sue at [scollins@cff.org](mailto:scollins@cff.org)

Website: <http://detroit.cff.org/lansingwine09>

For general information on any event please contact any CFF staff member at (248) 269-8759.

## The Cystic Fibrosis Foundation Annual Meeting

Thursday, January 29, 2009

6:00pm until 8:00pm

Troy Community Center - Room 304

3179 Livernois Road, Troy, MI 48063

The Metro Detroit - Northwest Ohio Chapter Board and Staff would like to invite you to join us for our Annual Meeting and Awards Reception. Let's celebrate together our outstanding accomplishments of 2008 and look ahead to 2009!

RSVP: (248) 269-8759 or email [detroit@cff.org](mailto:detroit@cff.org)