



**January 2010  
Volume 1, Issue 1**

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### President's Message

**Nancy Nagy**  
*President, Winnipeg Chapter*

This past fall was full of events and activity! This included everything from the MLCC Coin Container Campaign in September, Poker Tourney in October, to the Educational Symposium. A big thank you goes out to all the volunteers, sponsors and supporters for helping to make these events so successful!

Awareness Month in November brings out some incredible stories of people of all ages living with Crohn's Disease and Ulcerative colitis, and others supporting those with IBD. The *Gutsiest Canadian Contest* highlights these individuals and the winners were announced in November. As many of you with IBD know, it is comforting to know that you are not alone with these diseases and it's inspiring to see what can be accomplished.

In case you missed these stories, including the YouTube video of 9-year-old Landon Lafond and Edmonton Oiler Fernando Pisani, here are the links:  
<https://secure.getgutsymonth.com/index.php>  
<http://www.youtube.com/watch?v=HE5Vxe8erw>

I would like to introduce some of our new volunteers to the Chapter:

Nikki Burroughs a Youth Advisory Council representative, Melissa Nicol is Youth Coordinator, Jenna McNeil is Newsletter

Editor, Mandeep Kaurgill Volunteer Recruiter and Amanda Clinton and Brittany Dales are Youth Volunteers. Welcome aboard!

I look forward to working with everyone, in what is shaping up to a busy 2010!



### Calling All Youth 15 to 25!

**Nikki Burroughs**  
*Youth Advisory Council Rep.*

My name is Nikki and I am the new Youth Advisory Council (YAC) rep! I have teamed up with the Youth Volunteer Coordinator, Melissa, to get youth involved with the Winnipeg Chapter. Please check us out on our website [thegutsygeneration.com](http://thegutsygeneration.com).

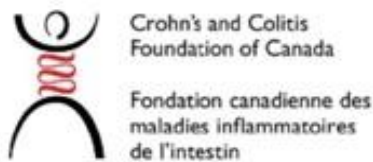
We are also on Facebook, Twitter and YouTube - be sure to check it out! We have a lot of great ideas we'd like to get rolling and we need YOU to make them happen. Please join us at the Volunteer Orientation. We can be contacted at [winnipeg@ccfc.ca](mailto:winnipeg@ccfc.ca).

## CCFC & You Education Symposium

**Lesley Lewis**  
**Chapter Development**  
**Coordinator, MB/SK**

The CCFC held their 2<sup>nd</sup> CCFC & You Education Symposium in Winnipeg on November 14 at the Victoria Inn. Dr. Hillary Steinhart from Mt. Sinai Hospital in Toronto was the keynote speaker. Dr. Steinhart came to Winnipeg as a result of the Winnipeg Chapter receiving the 2007 Chapter of Excellence award.

Other talks included an overview of the GEM Project as well as a local surgeon that included a patient's perspective. For more information on upcoming education events, or if you have any suggestions on who you'd like to hear speak, please visit our website at [www.ccfc.ca](http://www.ccfc.ca)



## 2009 CCFC Congress Report

**Dennis Spence**  
**Chapter Voting Delegate, 2009**

The theme of the CCFC 2009 Congress was "Scaling New Heights". This theme draws on the enormous strides made over the last few years – the continued significant funding of research through difficult economic times, the startup of the GEM project and the declaration of November as the Crohn's and Colitis awareness month.

This congress was the first I have attended and I wasn't sure what to expect when I first arrived. I was soon impressed with the friendliness by which I was greeted and the sense of commitment from everyone I met to find a cure for IBD. Most people I talked to either had IBD or a friend or family member with this disease. The goals were all the same – find a cure and end the suffering.

I think the highlight of the congress for me was our trip to McMaster University. We viewed their research facilities to gain an understanding of how research funding is being used to advance our knowledge of the causes of IBD and how this knowledge can be utilized in the treatment of IBD. A new IBD clinic has been established at the university medical centre to provide one stop patient centered care for IBD patients who have conditions including ulcerative colitis and Crohn's disease.

It includes access to advanced practice nurses and gastroenterologists all in one location which is a huge advantage for IBD patients.

The research luncheon at McMaster was especially memorable for the presentation by Mike Holmes' daughter Amanda who has Crohn's disease as was his attendance at the luncheon. As his daughter promotes the CCFC, they will bring IBD to the attention of more Canadians and that will have many long term benefits.

On Saturday we attended a number of breakout sessions including Raising Awareness – Getting the Media's Attention and Social Networking – Facebook and Twitter and how they can be used to promote CCFC activities. As a person who still doesn't have a cell phone, I was amazed at how many people (especially the younger ones) are already into this type of social networking.

To summarize my first congress I was deeply impressed with the enthusiasm and dedication of the volunteers and staff who are all committed to finding a cure for IBD. I look forward to attending a future congress so I keep up with the progress we are making in this fight against IBD.

## CCFC Kids Wii Tournament!

Date: 13 March 2010

Time: TBA

Where: 17 Wing Winnipeg  
(Air base) Wing Chapel

All youth who suffer from IBD are invited to attend a Wii Tourney. There will be games for everyone, and a chance to get together and just be a kid.

Contact Info:

[Winnipeg@ccfc.ca](mailto:Winnipeg@ccfc.ca)

or

Angela

[ambrooks@mts.net](mailto:ambrooks@mts.net)

### More Upcoming Events...

- Feb. 14 Family Funspiel
- March Educational Event  
Date TBA
- April 6 Business Meeting
- May 5 Business Meeting
- May 6 All That Glitters Gala
- May 8 M&M Charity BBQ Day
- June 6 Heel 'n' Wheel-a-Thon

Check our website for meeting/event location and updates ([ccfc.ca](http://ccfc.ca) > In Your community > MB/SASK Region > Winnipeg chapter).

## MLCC Coin Container Campaign

**Priscilla Santos,  
Coin Container Chair**

We have made a grand total of \$2687.63 for the month of September 2009 in the liquor stores. I would like to thank Nancy Nagy, Peter Gold, James Sheldon, Helen Bouchard, Dennis Spence, Dennis Sweeney, Diane and Les for all their help. They dropped off, picked up and counted all the coins. We currently have coin containers at La Grotta on Taylor. If anyone knows of any places that would like to help support the Crohn's and Colitis Foundation of Canada by placing some coin containers at their workplace please let me know.

Thank you and Happy New Year to all!

## CCFC Family Funspiel Susan Shaw

The winter is long and often cold, so let's join together for some fun and laughter as we raise funds for the Crohn's and Colitis Foundation.

As you may or may not know, Jim and I have three daughters with Crohn's disease. They continue to suffer with varying symptoms of this disease.



On February 14, 2010, we are planning to host the Fourth

Annual Family Funspiel at the Argyle curling rink. If you can or cannot curl, we are inviting you to join us as we have a great day spending time with our families and raising money for CCFC.

Please invite your friends and families to join us. You can enter as a rink or as a single and we will place you on a rink. The cost to curl will be \$15/adult and \$10/child 12 yrs and under.

If you can, we would appreciate donations to the silent auction or prizes for the bonspiel, you can let Susan know of any donations when you register. Please register by Feb 1, 2010 by calling Susan at (204) 461-2085 or (204) 467-8256.

## Volunteer Orientation

We have a busy year ahead of us so it's time to get organized. We'll be having a volunteer orientation meeting Tuesday Feb.2 at 7:00 p.m. at the WRHA Access Centre (975 Henderson Hwy). There will be a short presentation followed by the opportunity to sit, one on one with a member of the Crohn's and Colitis Foundation of Canada.

This brief orientation will allow us to show you a bit about the CCFC's role in the community, and how you can lend a hand.

If you are interested in attending this meeting, please R.S.V.P. to the chapter at [winnipeg@ccfc.ca](mailto:winnipeg@ccfc.ca) or call us at 231-2115 by Fri Jan. 30th. If this time or location is inconvenient for you, we are planning additional dates and times in the near future.

We look forward to meeting with you!



### Get Better Together!

This program was presented at our Education Symposium in November. In case you missed it, here is some information about it.

Get Better Together! is free a research-based program for anyone who is sick and tired of being sick and tired! Participants learn to manage their health conditions better and cope with the challenges that health problems create in our lives. Programs are 6 weeks long and take place for 2 1/2 hours a week.

Get Better Together is led by instructors the majority of whom are living with a health condition themselves. The program is developed and licensed through Stanford University in the US and is delivered across Canada as well as internationally. It is supported by the Wellness Institute at Seven Oaks General Hospital, Manitoba Health & Healthy Living and participating Regional Health Authorities.

For more information call 632-3927 or go to [www.wellnessinstitute.ca](http://www.wellnessinstitute.ca)

### Make Your Declaration- To Find The Cure

More than 200,000 Canadians suffer from Crohn's disease and ulcerative colitis, commonly referred to as Inflammatory Bowel Disease (IBD). In Canada, every year more than 9,200 people, including children, are diagnosed with these diseases of the digestive system.

Over 5,800 Canadians signed the Patient Declaration, help CCFC push toward its goal of 10,000 signatures by World IBD Day on May 19, 2010. Log-on to [www.isupportibd.ca](http://www.isupportibd.ca) to learn more.

### Fall Fundraiser Poker Tournament Fundraiser

*Jeff McFarlane*

This year, we had another Poker Tournament for our fall fundraiser. Again, a rousing success thanks to the great people with the MLCC, the Blue Bombers and Joe Aiello from CITI FM.

Over 75 people participated, including Obby Khan and a handful of Bombers. Joe Aiello from 92CITI FM lasted the longest of our celebrity participants, and had to be on the air the next morning at 5am. Thanks Joe.

Kelly Kellner of the Canadian Poker Tour was in town, and posted a bounty on himself. He pledged to give a free CPT membership to whoever knocked him out, but he ended up giving away a seat for the CPT player of the year tournament, valued at \$5000, because it was a CPT member that knocked him out .

Top prize was almost \$4000. We paid out the top 8 and 9, while 10 and 11 got nice prize packs.

A great time was had by all, and everyone is looking forward to next year's event!



## Heel 'N' Wheel-a-Thon

The date is already set for the 2010 Heel-n-Wheel-a-thon! Mark your calendars – June 6<sup>th</sup> 2010, at the Canadian Mennonite University, 500 Shaftesbury Blvd. Last spring, we were fortunate enough to have that “one” sunny day, and we have already placed our order for another great day this year!

We encourage everyone to think about bringing a buddy as a new pledge earner, or starting a team.

CROHN'S AND COLITIS FOUNDATION OF CANADA



**HEEL 'N' WHEEL-A-THON**

If you would like to get more involved and join our planning team, here are some positions that are open and may interest you; Telephone Calling Committee, Teams Coordinator, Volunteer Coordinator, Silent Auction Chair, Site Set-up Coordinator, Safety (R.N.), or Co Chair.

For more information, please email the chapter at [winnipeg@ccfc.ca](mailto:winnipeg@ccfc.ca).

## Newsletter Via Email

The Chapter is always looking at ways we can save money. If you have an email address we could send your newsletter to, it would help us on printing and postage, money that could go towards research. We encourage everyone with email to contact the Chapter at [winnipeg@ccfc.ca](mailto:winnipeg@ccfc.ca) to submit your email address. Thanks for your help in cutting costs!

## Next Chapter Meeting

**Feb. 23 Chapter Business Meeting**  
**St. James Assiniboia**  
**Health & Social Services**  
**2015 Portage Ave.**  
**7:00 p.m**

**Everyone welcome! RSVP your attendance to [winnipeg@ccfc.ca](mailto:winnipeg@ccfc.ca)**  
**We're looking for your input and ideas so please join us!**