



FUNDRAISING

Dumoulin and Audiotronic supporting the fight against CF

Dumoulin and Audiotronic have 140 locations and is Canada's largest locally owned and operated consumer electronic retailer of audio, video, photography, computer and communication products.

Cute and cuddly Shar-Pei puppy plush toys are being offered at Dumoulin and Audiotronic locations across Canada from November 22nd until December 31st. Customers may

obtain a Shar-Pei toy with any purchase by adding a \$3 donation to the Canadian Cystic Fibrosis Foundation. The toys can also be purchased for \$9.98 of which three dollars will be donated to the CCFF.

The Canadian Cystic Fibrosis Foundation is grateful to Dumoulin and Audiotronic for their generous support of its work to find a cure for CF.

CF Blue Bracelets

The Canadian Cystic Fibrosis Foundation now has CF blue bracelets on sale! These silicon bracelets are on sale for \$2 each and are one-size fits all. This is a great way to raise awareness for cystic fibrosis and show your support of the CCFF. If you would like to order bracelets for your friends and family, please call 416-932-3900 ext.225.

Upcoming Events

Toshiba Breath of Life Celebrity Ski Challenge

Thursday, February 9th at Blue Mountain Ski Resort in Collingwood, ON

65 Roses Gala

Saturday, April 22nd at Arcadian Court in Toronto

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MEDICAL UPDATE

Genetic Modifiers of Lung Disease in CF

New research findings, published in early October 2005, in the New England Journal of Medicine, indicate that genetic variations in the growth factor TGFβ1 modifies disease severity in cystic fibrosis (CF). A large team of investigators led by Dr. Michael R. Knowles (University of North Carolina, Chapel Hill), encompassing researchers at several institutions including but not limited to the University of British Columbia (Dr. Andrew Sanford) and Toronto's Hospital for Sick Children (Drs. Mary Corey, Julian Zielenski, Peter Durie), embarked on two studies to look at the effect of non-Cftr genes on lung function. They studied 10 genes that have previously been reported as modifiers in CF. This research group found that a altered version of one gene, called TGFβ1, is an indicator of more severe lung disease.

CF is a recessive genetic disease. People who have it have inherited two altered copies of the gene responsible for CF (called Cftr) from their

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PAST FUNDRAISERS

Thank you, Shiners!

Congratulations and a very big THANK YOU to the five Toronto & District Chapter area schools that participated in the 2005 Shinerama Campaign. The Chapter was well represented this year by University of Toronto's Scarborough Campus, Victoria College, Georgian College, Barrie & Orillia Campuses and Ryerson University.

Across the country, 35,000 student volunteers participated in Shinerama. The preliminary totals to date indicate that this year's campaign will reach **\$840,000** for the fight against CF. Congratulations on a job well done!

FrightLites®

The 2005 FrightLites® Campaign was a huge success! Children Trick-or-Treated safely this year while lighting a cure for cystic fibrosis! A remarkable **\$6,500** was raised in our district for cystic fibrosis research and care!

Thank you to the following schools and organizations that participated in this year's program: Aurora Heights, Blythwood School, Bogart Public School, Diefenbaker School, Fairwood Public School, Holy Jubilee, The Hospital for Sick Children, Island Public/Natural Science School, R.H. McGregor School, Northern Lights, Norway Public School, Oriole Park School, Park Public School, Rolph Road School, R.L. Graham Rogers Public School and W.J. Watson School.

A big THANK YOU goes to our FrightLite® Volunteers: Andrew Davies, CF Clinic Staff, Connie Colby-Schmied, David Pimentel, Eric Rubel, Erin Ashby, Jennifer Roberts, Joanne Bovair, Kim Anderson, Lorraine Methven, Michelle Mattocks, Pat Taylor, Randy Weiss and Sarah Bouchard.

Thank you for your hard work and support! Your strong commitment made this triumph possible! Congratulations on your success!

Chauffeured Elegance

On Thursday, November 17th, 2005 the Toronto & District Chapter and a team of incredible volunteers chauffeured 130 guests through Yorkville for an exclusive evening.

The memorable evening of opulence consisted of cocktails and hors d'oeuvres at three exclusive venues in Yorkville – Hollander York Gallery, Flow Restaurant and Lounge and Sassafras.

Lisa Bentley, nine-time Ironman Triathlete Champion, spoke at the event. Her motivational talk highlighted the power of the human spirit to overcome the daily struggles of this disease. Lisa's message of courage and determination gives hope to young children suffering with cystic fibrosis.

Guests were escorted from Hollander York Gallery along the exclusive red carpet and then to Flow Restaurant and Lounge for additional hors d'oeuvres and cocktails. The fun did not stop there, as guests were then chauffeured via luxury limousine to Sassafras and danced the night away!

Our presenting sponsor, Solvay Pharma, made this amazing evening possible. We are so grateful to Solvay Pharma for their on-going support. We would also like to acknowledge the generous contributions of our additional event sponsors: Communicor Group Inc., Hillebrand Estate Wines, and Orbis Communications. Thank you for helping to make this event a wonderful success.

Finally, we wish to extend a very special THANK YOU and highlight all the volunteers who assisted with our Chauffeured Elegance event. This evening could not have succeeded without your diligence and dedication. We had a great team and we truly appreciate all your efforts.

A big THANK YOU to our Chauffeured Elegance team: Lisa Anderson, Elizabeth Barnett, Michael Bartlett, Sam Brightling, Tim Chan, Ashley Curran, Joanne Fox, Kimberly Fu, Julia Gardner, Lisa Hayford, Claire Kang, Andrew Lacas, Sarah Lostracco, Shirley Luong Do, Regine McAndrew, Rory McGillis, Jack Miskiewicz, Marci Mosher-Mandel, Sheetal Nanda, Sonia Nanda, Jennifer Neill, Gina Nemi, Mike Semansky, Karen Tam and Jennifer Williams,

Congratulations to our 2005 Volunteer Award Recipients

On September 21st a number of the Toronto & District Chapter volunteers were recognized for their dedication, hard work and commitment to the fight against cystic fibrosis. Congratulations to you all and thank you again for giving so freely of your time and energy to the Toronto & District Chapter.

2005 Volunteer of the Year: Steve Silva

2005 Leadership Award: Glen Davis, Andrew MacEachern, Rick Crowhurst & Kelly Murphy, Patricia Phillips & Jeremy Pollard, Steve Bain & Gail Bancroft

2005 Corporate Partner Award: Orbis Communications

Lifetime Achievement Award: The Robbie

Volunteer Information Night

The Toronto & District Chapter will be having a Volunteer Information Session on **Tuesday, January 17th** at 7:00 pm.

This is a great opportunity to come and learn about the many volunteer opportunities that exist within the Toronto & District Chapter. We have various opportunities that include something for everyone. By volunteering your time to the Toronto & District Chapter, you can meet new people, learn new skills, gain valuable experience and

make a significant difference in the lives of people suffering from cystic fibrosis.

Join us on January 17th and meet the Toronto & District Staff, other volunteers and learn how you can help in the fight against cystic fibrosis.

The information session will take place at our office located at 2 Carlton Street, Suite 817 in Toronto. For more information contact: adrienne@ccfftoronto.ca.

Looking for a Super Strider

The Canadian Cystic Fibrosis Foundation is looking for members of the CF community to serve as the 2006 Great Strides™ Super Striders.

The Super Strider program is important to the national campaign, as it creates a powerful connection between the CF community and the general public. The Super Strider's image and personal story will be featured in all promotional materials. In 2005, Isabelle, from Quebec, and Caitlyn, from Ontario, represented the CCFF as the inaugural Super Striders. They were featured on approximately 100,000 Great Strides™ pledge forms Canada-wide.

Applicants interested in becoming a Great Strides™ Super Strider can send a photo, along with brief story about their personal fight against cystic fibrosis to:

The Canadian Cystic Fibrosis Foundation
Attn: Super Strider Program
2221 Yonge Street, Suite 601
Toronto, Ontario M4S 2B4

Or send an email to: info@cysticfibrosis.ca (don't forget to attach a picture). The submission deadline is December 23, 2005.

MEDICAL UPDATE

parents. There is wide variation in lung function and survival in individuals with CF, even among individuals who have the same genetic C_{fr} mutations (the most common genetic mutation is called $\Delta F508$). The environment may influence the severity of an individual's disease state, so too, genetic factors. The presence of "modifier" genes is thought to contribute to the severity of disease in any given person.

In the first of the two studies, the group of researchers looked at individuals with CF, who had severe or mild lung disease,

and who had two copies of the $\Delta F508$ version of the gene responsible for CF. The patients in the "severe" category had poorer lung function, higher yearly decline in lung function, and poorer nutritional levels. People in this group were twice as likely to have two copies of the altered version of the TGF β 1 gene.

The second study confirmed that the altered version of the TGF β 1 gene adversely affected lung disease in CF. This gene has functions related to growth, the immune system, inflammatory and anti-inflammatory responses.

The above studies illustrate that the same genetic mutation can be protective or harmful, depending on the environment and depending on other genes. While the altered version of the TGF β 1 gene is linked to worsened CF lung disease, asthma, and chronic obstructive pulmonary disease, it seems to be protective against chronic obstructive pulmonary disease that is caused by smoking.

Identification of modifier genes allows doctors to tailor more aggressive therapies for higher risk patients, and creates new potential therapeutic approaches

aimed at regulating the expression of modifier genes such as TGF β 1.

The Canadian Cystic Fibrosis Foundation would like to thank the individuals with CF and clinic personnel from the following CF clinics for participating in this study: Children's Hospital of Eastern Ontario, Hamilton Health Science Centre, IWK Health Centre, Sudbury Regional Hospital, St. Paul's Adult CF Clinic, The Hospital for Sick Children, and St. Michael's Hospital.

The research is funded, in part, by the Canadian Cystic Fibrosis Foundation and Genome Canada.



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Give the breath of life®

Forty years ago, children with cystic fibrosis did not live long enough to start school.

CF parents refused to accept this automatic death sentence for their children.

*In 1960, they joined together to create the **Canadian Cystic Fibrosis Foundation** and asked Canadians to join with them in raising the funds needed to begin searching for a cure to this devastating disease.*

As we enter the 21st century, people with CF and their families and friends face the future with great confidence that the cure for cystic fibrosis is in sight.