

Cystic Fibrosis WA

E-NEWS!

Issue # 18- 12 February 2009

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Barker's Bit

Many of our members have supported us in the past by making a regular pledge from their credit card or bank account each month. Pledges typically range from as little as \$20 to \$150 a month.

Just \$20 a month may not seem like much, just 66c a day, but over a year it really makes a big difference to the range of services we are able to offer.

Many CFWA pledges have expired and supporters who were making pledges will shortly be receiving an invitation to renew their regular support-giving program.

If you are not already involved in the pledge program but would like to give a little on a regular basis, then please call Ric on 08 9346 7333. Pledges can be cancelled, increased or decreased at any time. Tax-deductible receipts can be issued monthly or annually to assist you in making your tax returns.

Thank you

Parents' Retreat

Location: Woodman Point Fremantle

Date: 6pm Friday 6th March - 12noon Sunday 8th March 2009

Agenda

Friday: BBQ and get together with our Social Worker Kathryn and Nurse John

Saturday: Kayaking in morning, (card making for not so active) pampering session (for both men and women) in afternoon. Dinner in Fremantle

Sunday: Beach walk/cricket and lunch

Contact Natalie on 9346 7337 or email

educationofficer@cysticfibrosiswa.org to RSVP or for more details.

3G Beach Bash

It was war on the beaches as the retail staff of mobile phone giant 3G hit the sand for the first annual 3G Beach Bash. Eight teams from around the

metropolitan area took part in a round robin competition to decide who would take home initial bragging rights as champions.

The competition was fierce but as so often the case, the cream found its way to the top with the 3G Head Office/CFWA team taking out the title.

With money being raised by way of entry fees plus the sale of food and drink, the 3G Beach Bash spiked its way towards a total of over \$700. An excellent effort for an afternoon.

So to steal an old sporting analogy there were many winners on the day from volleyball, to Cystic Fibrosis WA to the 3G Head Office/CFWA team (of course the 3G Head Office/CFWA team were the ones with the trophy).

Thank you to all those who took part and the Spirit of 3 team for organising the event. We look forward to more fierce volleyball competitions in the future.

Synergy Show their Spirit

The staff of Western Australian's largest energy supplier Synergy has spent the last six months raising funds for Cystic Fibrosis WA. As part of an employee fundraising program entitled Synergy Spirit the staff undertook various fundraising activities aimed at raising as much money as possible for Cystic Fibrosis WA. Their efforts paid off handsomely with an impressive total of over \$5000.

Funds raised by staff-run campaigns like this are vital to Cystic Fibrosis WA. For instance, the money raised by Synergy will allow us to pay for over 160 hours of Home-Care, or 13 new physio tables. But beyond the final total, programs like Synergy Spirit result in a whole range of new people knowing and caring about Cystic Fibrosis.

A huge thank you once again goes to all the staff who took part in the Synergy Spirit Program. Your compassion has really made a difference.

Limowest Limousines

On Friday 8th May the Burswood Astral Ballroom will be the place to be as the 65 Roses Ball is held. It will be an event not to be missed, a gala extravaganza with glamorous women and stylish men. An event like this however is so glamorous that turning up in your Daewoo Legana simply won't cut it. No - for an event like this you need to arrive in style. You need to arrive in a Limowest Limousine!

Limowest, one of Perth's best known limousine companies is now donating a portion of each limo booking to Cystic Fibrosis WA. Their service is available 24 hours a day, 365 days a year and all the limousines come complete with LCD Screens, DVD Player, Surround Sound Stereo, Amazing lighting, Champagne Bars, and Privacy screen. So don't forget your ticket to the 65 Roses Ball and then book your Limowest Limo early to avoid being

the one to freeze to death while you wait for a taxi outside the ballroom at midnight.

Contact Carl Maynard on 045 892 LIMO (0458 925 466) or email info@limowest.com.au today.

Outreach

The CFWA Services Team is making their way down South and would love to catch up with you!

If you live in Bunbury, Manjimup or surrounding areas, please take this opportunity to organise Counselling with our Social Worker/ Counsellor Kathryn, a School or Work Place visit with our Education Officer Natalie or a Medical Assessment with our Nurse John.

Bunbury Catch-Up

When: Wednesday 25th February

Where: Raang Mahel Indian Restaurant- 27 Victoria St, Bunbury

Time: 6.30pm

Manjimup Catch-Up

When: Thursday 26th February

Where: Déjà vu Café- 43a Giblett St, Manjimup

Time: 12.00 noon

To organise a visit or to RSVP for Lunch and/or Dinner, please contact **Annika** on **9346 7343** or email projects@cysticfibrosiswa.org

This trip is being made possible thanks to the support of Telethon.

First Coffee Morning for 2009

Cystic Fibrosis WA is inviting all family members and friends of people with Cystic Fibrosis to join us at our first Coffee Morning for 2009!

When: Friday 20 February

Where: Cystic Fibrosis WA Office, The Niche, 11 Aberdare Rd, Nedlands

Time: 10.30am

Please RSVP by calling **Annika** on **9346 7343** or emailing projects@cysticfibrosiswa.org

Tell a friend about our ENews!

ENews is the place to get all the latest information on CFWA and it is now being sent to more people than ever before. So if you have a friend or relative who has an interest in the Cystic Fibrosis community, send them to www.cfwawest.com.au where they can become a subscriber to our fortnightly enews.

Donate Now!

Your donation will assist us to provide a range of services to WA families living with the daily challenges of Cystic Fibrosis.

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