

# FRESH AIR

**CF** Cystic Fibrosis Association of North Dakota  
NOT AFFILIATED WITH CYSTIC FIBROSIS FOUNDATION OR THEIR NORTH DAKOTA CHAPTER

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NO. 5



Early morning Tuesday, February 21, 2017, Shawna was carried to heaven by our Lord and Savior Jesus Christ. Her battle with cystic fibrosis, a double

lung transplant, cancer and various infections, came to a peaceful end with family and friends surrounding as she left her earthly body at Duke University Hospital in Durham, N.C.

Shawna was born to Dave and Carol Gackle on March 12, 1984. She graduated from Kulm High School in 2002. She was accepted to the University of Mary in Bismarck, where she studied Sports Medicine. After a brief stop in Colorado to obtain certification in equine massage, Shawna returned to U of M to complete her degree in 2007. Her true love was horses and consequently, she decided to work as a wrangler at various ranches in Colorado, Arizona, and Wyoming from 2007 to 2009. Shawna went on to start an equine massage business in 2009 and traveled all over the U.S., forming relationships and growing her business. After competing her entire life in barrel racing, she stumbled upon a new love ... mounted shooting. Not only did she compete in mounted shooting, but she also made many friends and key relationships. She truly fell in love with the family-like atmosphere of both the ranches where she worked and the mounted shooting community.

## Shawna Gackle

In 2013, Shawna was given the gift of extended life by receiving a double lung transplant. The next 3½ years brought both triumphs and tribulations. She was blessed to be an intricate part of her niece's first year of life as she nannied in Colorado in 2015 and 2016. However, she also battled cancer, rejection, and various serious infections. She went home to Jesus on Feb. 21. We all will miss her infectious smile, laugh, and positive attitude in living life to the fullest.

She is survived by her parents Dave and Carol Gackle; sister Tarah (Jacob) Post; grandparents Bill and Marilyn Gackle, Ray Busch; uncles Jim (Jill) Busch, Fred (Linda) Gackle, Jon (Tonya) Gackle; aunt Mary Zenker; niece Emmeline Post; and many dear cousins, second cousins and friends. It is also important to note her favorite horses, Wally & Boogie, which still reside at the family farm. Shawna was preceded in death by Grandma Marjorie Busch; and close friend James Carter.

A Celebration of Shawna's life was held March 4 at the new Kulm High School Gymnasium. A prayer service was held Friday, March 3, at the Kulm Congregational Church. In lieu of flowers, the family prefers donations be made to the North Dakota Cystic Fibrosis Association.

**Online guest book:**  
[www.eddyfuneralhome.com](http://www.eddyfuneralhome.com)

## College This Fall?

Check  
this  
out!

If you have cystic fibrosis, are looking forward to attending college this fall and are a member of the Cystic Fibrosis Association of North Dakota (CFA), you are eligible to be considered for a scholarship from CFA.

Regarding the scholarship; you will need to file a FAFSA (Free Application for Federal Student Aid) before you can receive assistance from CFA. This process usually takes several months once you send it to them, so now would be a good time to file for the Fall Semester. They will send you a letter of eligibility. That tells you whether you qualify for grants and loans (subsidized and unsubsidized) and lists them. You will need to send us a copy of the Letter of Eligibility to be considered for a scholarship grant from CFA. We are interested in the letter that says you do or do not qualify for grants and scholarships and which ones.

CFA also requires you to apply for any state, local, private or federal grants or scholarships and send us a copy of their responses. CFA policy applies only to the remaining costs after all other grants and/or scholarships have been applied. Some people list a number of them, others have none.

CFA policy determines the “average” cost of going to post-secondary education in North Dakota and bases its financial assistance upon that each year.

Tuition, books, on-campus meals and room must be paid directly to the school according to ND law that applies to granting these scholarships. However, given the nature of CF and daily care, we have been provided an exception with regard to room and board. If you live and/or eat off-campus, CFA can reimburse you directly for room and board rather than paying it to the school, but can only do so after you give us receipts for paying it. We can then reimburse you for your costs. If you are sharing a room and board with a roommate, we will reimburse your costs, not total costs.

We have helped many young North Dakota people with CF and many now have careers in North Dakota. If you have any questions, please contact us.

## Donations Directed Toward Ongoing Need

Our thanks are again extended to area friends for the ongoing giving taking place that helps us to provide the programs serving our young members with cystic fibrosis.

In each occasion for giving, it all helps us to continue the programs that serve our members with cystic fibrosis throughout the entire year.

We receive thanks from members for these programs, and it is our turn to pass along that appreciation. Donations to CFA through a variety of means help us to provide this service to our members.

Among the donations received recently was a \$200 donation from **Sharon Heppner**. CFA received another allocation from the **Duska LaCount Charitable Trust** in the amount of \$1,250. Many were also received through **Memorials** and **Honorariums**.

Please #StartWithaSmile. When you shop at **Amazon**, consider starting at [smile.amazon.com/ch/45-0355886](https://smile.amazon.com/ch/45-0355886) and a portion of your purchase will be donated to CFA. It does not cost you any additional money and it helps our friends with CF to #BreatheEasier. Thank you!

Thank you to all for each and every gift. You are supporting the programs that help CFA help our neighbors with cystic fibrosis.

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Foundations, service clubs, corporations, cooperatives, local businesses, public employees, schools, families and individuals recognize the importance of helping young people with cystic fibrosis. Your creative methods of remembering young people with cystic fibrosis are much appreciated. We will continue to help them – with your assistance. Thank you to all!

Don't forget that donations may also be made at  
[www.cfanorthdakota.com](http://www.cfanorthdakota.com)

## Golfing is a fun way to help our friends with CF to breathe easier!

The snow has melted, the days are growing longer. This can mean only one thing! Golf season has arrived! Two of our long-standing fundraisers are the golf tournaments that we host each summer.

We open the season with our Bismarck/Mandan Tournament scheduled for June 2nd, at Prairie West Golf Course in Mandan. Our Fargo/Moorhead Golf Tournament will be held on August 4th, at The Meadows in Moorhead.

These two tournaments provide significant means to help our friends with cystic fibrosis to breathe easier!

**Here are some things that we are looking for:**

- Corporate and Individual Sponsors for teams and tee boxes.
- Golfers of all skill levels who are ready to take a Friday afternoon and have fun.
- Donations of goods and services for our door prizes and raffles.

For sponsorship information or to register by phone, call Pam at 701-222-3998. We hope to see you on the links this summer!

**For more information, or to download registration forms, please visit: [CFANorthDakota.com](http://CFANorthDakota.com).**

# YOU Help our Friends to #BreatheEasier

By Pam Thompson

**For a few years now we have adopted the hashtag #BreatheEasier to describe the work we do here at the Cystic Fibrosis Association of North Dakota. We aim to help people living with CF to breathe easier physically, financially and emotionally. This can be a daunting task, but it guides what we do.**

Thanks to the generosity of our supporters (that is YOU!), we can do more than ever before to help our families living with cystic fibrosis.

We thought it would be good to take some time to let you know about the impact of your gifts. Your gifts help real people, living right here in North Dakota.

In order to receive benefits from CFA, a person must live in North Dakota, have been diagnosed with CF in North Dakota, or receive medical treatment in North Dakota.



Our benefits to CFA members are unique in that they are direct aid, exactly where our members need them. One of the most significant ways that we help our friends to breathe easier is through our

medication reimbursement program. You may have read about the outrage last year about the soaring price of epi pens for people living with life-threatening allergies. Well, people living with CF can certainly relate to this. Individuals living with cystic fibrosis take upwards of 40 different dosages of medications a day. One of the most promising and effective medications costs \$450 a DAY! Now, insurance picks up some of the cost of these medications, and often the drug companies offer a discount program as well. However, even after this assistance, there is still a pretty significant portion left for the individuals, our friends with CF, to pay. This is where CFA comes in. We help pay a portion of the costs of these medications that insurance does not. This helps our friends with CF to breathe easier physically—as they can continue to afford these life-changing medications, and financially. Thanks to YOU we can do this great work!

Recently we added a travel benefit to help our members get the very best care that they can. Our friends with CF live all across our great state, and many have to travel many miles several times a year for check-ups. (The current recommendation for someone with CF is to see their physician 4 times a year in order to maintain optimal health.) For young children, this means parents have to take time off of work to travel several hours to the nearest or best CF clinic. For adults living with CF, they too have to take time off of work to get the care they need. We help pay for gas mileage to get to

these physician visits in order to encourage regular care and to ease the financial burden of traveling long distances for specialized care. For those who have to travel more than 250 miles, we also offer a lodging benefit. This travel benefit helps our members to breathe easier physically, financially, and emotionally.

Your donations also help fund our generous college scholarships for people living with CF. The life expectancy for someone living with CF is now approaching 40 years.

With these added years, comes a need for a solid education. Our friends with CF are living full adult lives—and they themselves can change the world. We want them to have an even playing field and a chance to further their education. It is also important that college students living with CF take good care of their health—which means keeping up with therapies and treatments. A young person with CF spends up to an hour, morning and evening, on breathing treatments—and during times of illness can spend much more time. We want to help our friends with CF pay for college so that they do not have to choose between a job to pay for college and taking care of their health. Thanks to you, we have friends graduating from college and joining the work force every year. Because of YOUR generous donations, these college students can breathe easier!



CFA also helps with the costs associated with lung transplants. Thanks to YOU we can make a real difference in the lives of people living with CF. If you would like to help more, visit [CFANorthDakota.com](http://CFANorthDakota.com) and click on the donate button, or join us at one of our golf tournaments this summer. If you know someone who may benefit from our programs, please encourage them to visit

[CFANorthDakota.com](http://CFANorthDakota.com) and click on the join button in order to get more information about a CFA membership.

# Memorials

Giving memorials and honorariums are special ways of remembering and honoring someone who has made a difference in your life. The idea of helping someone else by honoring these individuals extends the positive impact of their lives in our world. Our thanks to those who remember...and to those they remembered. Thank you to all who donated!

## In Memory

### In Memory of Shawna Gackle

John DiDanto/New Era Energy  
Charles Bon  
Mark & Mary Brakel  
Darcy & Mary Ehmann  
Bashus Family  
Zimmerman Family  
Cynthia Gackle  
David Martinson  
Wild Rice Peacemakers  
Rolly & Donna Griffith  
George & Sharon Gorton  
John & Becky Hardy

### In Memory of his wife, Sylvia and daughter, Jan

Dean Fatland

### In Memory of Dr. Riffatt and Dr. Margaret Morgan

Gary & Pat Ritter

### In Memory of Barbara Coffey

Pam Wohlwend

### In Memory of Greg Schommer

James & Violet Doll

### In Memory of Michael Massie

Jeff Massie

### In Memory of Michael Massie

Henningsen Cold Storage

## In Honor Of

### In Honor of Austin Huus

Rachel Schultz

### In Honor of Travis Skuza

Elaine Brown



**Cystic Fibrosis  
Association**  
of North Dakota



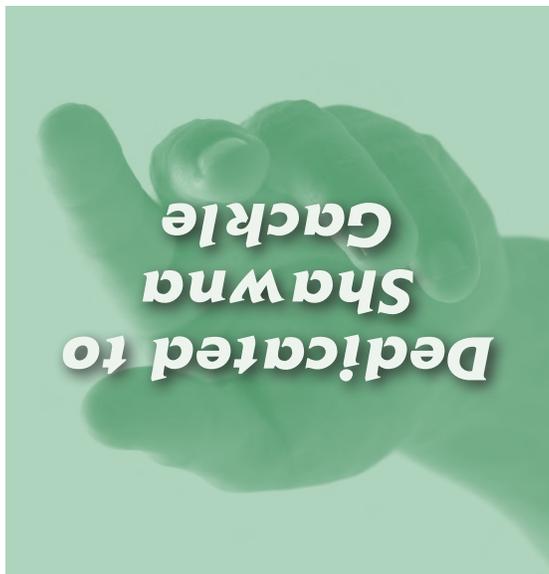
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Kenneth Karls  
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Newsletter Editor*



April	
Jennifer Rothschilder	4/8
Deanna Seibold	4/9
Ryan Pritchett	4/18
Karen Cossette	4/20
Kyle Hardy	4/26
May	
Jack Wharam	5/2
Makenna Sartwell	5/5
Anthony Suarez	5/13
Patrick Meyer	5/13
John Loudermilk	5/14
Shane Jahner	5/26
Mikaela Moore	5/29
James Lund	5/31

**Birthdays**

