

FRESH AIR

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

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CFA's Ambassador for 2016-2017

We would like to introduce to you CFA's Ambassador for 2016-2017 – Lily Stroup.

Lily and her big brother Ryan have cystic fibrosis. Lily is 7 years old and is a “firecracker” according to her mother, Jen Anderson.

Lily, at age 7, is already aware of the time and effort she must spend to fight cystic fibrosis. She and her 10-year-old brother, Ryan, are both all too familiar with the two therapy vest treatments they must each receive every day to help clear their lungs. They also know that breathing treatments, nasal washings and many, many medications each day, are part of the regimen that is necessary for them to be able to keep their health as good as possible.

The good news is that the Anderson family is committed to making sure that Lily and her brother are faithful in receiving these treatments and medications. Missing a treatment or just not taking their medications for a day is not an option because of the damage it would allow to occur within their bodies.

Every day that Lily is her effervescent self is greeted with the joy it deserves first because that's just who she is; and second because having cystic fibrosis is serious business and she and her family are treating it as that.

We're happy to have you as the Cystic Fibrosis Association of North Dakota Ambassador, Lily. Thank you for representing all those with CF in North Dakota and the surrounding area.



Lily Stroup



Sonia Balliet-Heidenreich 5K Touches Lives

A few weeks ago, at our Annual Run/Walk in memory of Sonia Balliet-Heidenreich, a sweet, little 7-year-old approached CFA's Pam Thompson, carrying an envelope.

This little girl, Ella, is the daughter of one of Sonia's best friends. Ella did not get to grow up knowing Sonia, who suffered from, and eventually died from cystic fibrosis—but her mother, Gena, has worked tirelessly to keep Sonia's memory alive.

Through the years since Sonia's death, Gena has raised thousands of dollars for the Cystic Fibrosis Association of North Dakota. These dollars have helped people living with CF to #BreatheEasier through direct financial support for medications, travel to and from distant medical appointments, college tuition assistance, and transplant fund matching funds.

As the saying goes, little eyes have been following Gena, and her daughter, at the tender age of 7, wanted to help out too! She let her mom know that she was going to give her very own money—\$12.57 to be exact, to help others living with CF.

Gena's example of generosity, and of supporting a charity that is in line with her passions has successfully been passed on to her daughter!

We applaud Ella for her sweet, generous spirit! We want her to know that the money she so selflessly gave will go towards helping little girls her age!

Thank you, Ella, for helping our friends with cystic fibrosis to #BreatheEasier!



Holiday Homes of Hope is Just around the Corner

This fall has been so beautiful that it came as somewhat of a shock when "normal" fall weather introduced itself to CFA-land. Here we are in mid-October and it is only a month until the Holiday Homes of Hope takes place in Fargo's historic 8th Street neighborhood.

On November 12th and 13th, 7 historic Fargo homes in the beautiful 8th Street area will open their doors to the public. The event will be headquartered at the Clara Barton Elementary School where the Holiday Hope Boutique, a vendor show and silent auction will be featured.

Tickets are \$25 and are on sale as we speak at Fargo/Moorhead Hornbachers. They will also be on sale at the door on November 12th and 13th. If you have attended in the past, you know how beautifully area decorators have brightened the featured homes in CFA's Holiday Homes of Hope. This year promises to carry on those high standards. Come to join us in welcoming the spirit of the holidays while helping young people with cystic fibrosis with your attendance.

HOLIDAY HOMES of hope
Tour, Boutique & Vendor Show
Historic 8th Street neighborhood

Saturday November 12
10:00 am to 5:00 pm

Sunday November 13
Noon to 5:00 pm

2016 FARGO DESIGNERS:

- ◆ Burlap
- ◆ McNeal & Friends
- ◆ Designing Women?
- ◆ The Green Room
- ◆ Eco Chic
- ◆ Holland's
- ◆ Scheels Home & Hardware
- ◆ Boutique and Vendor Show

Clara Barton Elementary School at 417 6th Street South, Fargo

Facebook.com/HolidayhomesofHope

CFA Tax ID: 445-335586

Cystic Fibrosis Association
of North Dakota

Tickets at **Hornbacher's** \$25
Starting October 1st



Here Comes the 27th Annual Turkey Trot

Everything is coming together very nicely for the 27th Annual CFA Turkey Trot. Local area businesses and agencies have again been very supportive of this event. We are especially thankful for our key sponsors, Starion Bank, Wells Fargo Advisors, Dakota Foot and Ankle and Skeels Electric.

We look forward to seeing you on the 24th of November. Don't worry, you'll be home in time to enjoy dinner, more time with family and to watch football. We planned it that way. Happy Thanksgiving!



Route

The route will be the same as previous years, beginning on Arbor Avenue, north of the Elks 1199 Lodge in Bismarck. It will progress northward along the Missouri River with the respective 5K and 10K turnarounds remaining as they have been.

The Parks and Recreation Department of Bismarck has been very cooperative in cleaning those parts of the routes that are on bike and walking trails. The City of Bismarck Engineering and Police Departments continue to provide assistance to ensure safety for participants.

We are hoping for clean streets, but in the event precipitation should fall during the night, we have arranged for a sanding truck to be available to lay down a more stable footing for participants when on the street.

Registration

Early-bird pricing is in effect and will remain so through October 31. It is \$25 per adult and \$20 per child 9 and under. You can register on our website

www.cfanorthdakota.com or at bit.ly/CFATrot16.

Pledges

If you would like to raise pledges for the event, a pledge form is available on the CFA website under the Turkey Trot Tab. All participants that raise \$250 or more will receive an engraved stainless steel coffee tumbler. In addition, the top six pledge raisers will still get gift card prizes on the day of the Turkey Trot.

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 helps us to provide this service to our members.

We want to thank all those who donated through the **Giving Hearts Day** of charitable giving earlier this year. So many donations have come to CFA through this means of giving and your help is truly appreciated.

The **Duska LaCount Charitable Trust** has again donated \$1,250.

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

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



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. We want to recognize all those who through participation in **Giving Hearts Day**, remembered those who have fought the good fight against cystic fibrosis. Our thanks to those who remember...and to those they remembered. Thank you to all who donated!

In Memory of

Tom & Donna Haustveit
 Rose Mary Helbling
 Dan & Phyllis Lien
 Dan & Phyllis Lien
 Dean Fatland
 Rhonda Haugen

in memory of
 in memory of

Tony Strid
 Donna Hermanson
 Helen Graning
 Joan Furness
 his daughter, Jan and wife, Sylvia
 Todd Hansche

In Honor of

Stan & Donna Zimmerman
 Shirley Stern

in honor of
 in honor of

Addie Zimmerman
 Daviny McKay

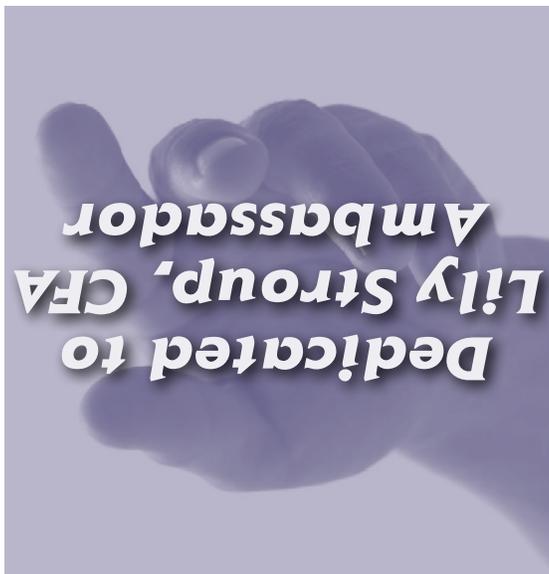


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Jeffrey L. Gross
President
 Kenneth Karls
*Executive Director and
 Newsletter Editor*



November		October	
11/29	Rita Rott	10/19	Ashlee Rudolf
11/27	Robert Schank	10/15	Weston Bohner
11/24	Denice Vetter	10/14	Monte Deis
11/11	Hannah Kramer-Braaten	10/12	Angela Schmidt
11/9	Morgan Johnson	10/4	Logan Hahn
11/7	Ellen Thomsen-Voegeli		
11/1	Rebecca Dahl		

Birthdays

