



Cystic Fibrosis Scholarship Foundation
Helping young adults with CF pursue their dreams

FALL 2010

From the President:

As 2010 comes to a close, it is a good time to reflect on the past year as well as the history of the Cystic Fibrosis Scholarship Foundation. Many in our country continue to feel the impact of the recession thru unemployment, reduced work hours, lower investment values, and so on. CFSF continues to experience lower donations as our supporters have had to reduce or even suspend their donations in light of the economy. We thank everyone who has continued to contribute and hope those that have not been able to will be able to help us again in the near future. Our Chicago wine tasting event in January 2010 was an important part of our income this year and allowed CFSF to award over \$100,000 in scholarships this past Spring.

During the past months, I have also been personally reflecting on the eleven years of the foundation's existence. The most rewarding part of this journey is the fact that CFSF is an organization which is needed. When our son was born in 1982, there was no need for an organization to help CF patients go to college as so few of them lived long enough to be able to attend college. Now 45% of our CF population consists of those 18 years and older. This is an astonishing accomplishment by CF medical researchers who continue each day to work at controlling and ultimately finding a cure for this disease. Since our first awards in the spring of 2000, we have awarded 567 scholarships totaling \$908,000. Everyone who has been involved with CFSF through a donation or volunteering should be proud of what has been accomplished for our young CF adults. The significant increase in life expectancy and large number of CF patients living into adulthood makes CFSF an important program for these young adults.

Although we at the Foundation are appreciative of the generous support of our donors, it is the students who best can express the personal impact the donors have on their lives. Please take a minute to read some of their letters on pages 3 and 4. Our support of these young people will not only help them individually but in the long run will help all of us as they make their impact on society in their chosen profession.

We wish everyone a happy and healthy holiday season and thank all of our donors for their help in impacting the lives of our young adults with cystic fibrosis.

Mary Kay Bottorff

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7th Annual Tim and Ritch Dangel Memorial Golf Scramble

On Saturday, September 25, 2010, golfers hit the links at the Neumann Golf Course in Cincinnati, Ohio. The tournament is held in memory of Tim and Ritch Dangel, brothers who both fought their battle with cystic fibrosis for over 30 years. Golfers then headed back to the club house to enjoy dinner and a raffle. A great time was had by all and \$6000 was raised in memory of Tim and Ritch. The proceeds will fund a multi year CFSF scholarship to be awarded in the spring of 2011. Thanks to Rick Niklas and all the wonderful family of Tim and Ritch for their hard work and support as well as all the sponsors and companies that supported this fun event.



The Art of Fine Wine, A South American Wine Experience in Chicago

The third Chicago wine tasting to benefit CFSF, ***The Art of Fine Wine, A South American Wine Experience***, is planned for Sunday afternoon January 30, 2011 from 2 PM to 5 PM at the River East Art Center in downtown Chicago. The event will feature South American food and wine and will showcase the work of various artists. The event will include a silent auction as well as a raffle; tickets are \$100. We

are seeking additional corporate sponsors for the event. Sponsorship levels are \$2,500, \$5,000 or \$10,000 and include tickets to the event as well as an ad in the program book. In addition, ad pages in the program book are available for \$500 per page which includes two tickets to the event. If you know of any companies that would be interested in supporting CFSF, please contact the Foundation.

If you are interested in learning more about this event, please contact the Foundation at 847-328-0127 or email mkbcsf@aol.com. Tickets can be purchased online at www.acteva.com/go/cfscholarship.

New York Wine Tasting Planned for the Fall of 2011

Plans are underway to host a wine tasting event in New York City in the fall of 2011. This would be the third event to be held in NYC although the last event was in 2006. For those of you who attended previous events, you know a fun time was had by all. We have wonderful support in the New York tri- state area and look forward to seeing all of our supporters. We are also seeking committee members for the New York event. Committee members' main function is to help get people to the event and if possible solicit sponsors for the event. If you are interested in joining the group please email me at mkbcsf@aol.com.

Honor Someone You Love – Remember Someone You Miss

Searching for a special gift to commemorate a birthday, anniversary, the holidays or wedding? Looking for a meaningful way to remember a loved one? This may be the right time for you or someone you know to help our young adults with CF pursue their dreams. It is easy to do. Fill out the enclosed envelope and send it to CFSF. We will promptly send the recipient notification and send you an acknowledgement

Thank you from 2010-2011 Scholarship Recipients

Dear Friends of CFSF:

Hi, my name is Haley and in the fall I will begin my third semester at Truckee Meadows Community College in Reno, NV. My current major is early education and if I continue on this path I hope to be an elementary school teacher in a few years. As any other college student my major has changed more than a few times and I'm still unsure of my ultimate goal.

My first two semesters at TMCC were pretty difficult as I was hospitalized twice and had to undergo a two week course of antibiotics midway through my first semester. I am hoping that this semester brings better health and fewer hospital visits (if any at all!). This summer I was hospitalized and put on a three week course of IV antibiotics. I will finish this course three days before the semester begins. My doctor hopes that this proactive IV course will help me make it through the semester healthy and energized. I am really, truly looking forward to this semester and the previous two semesters a reality for me, it would not have been possible without your help and generous donation.

Hopefully this time next year I will have enough credits to transfer to the University of Nevada Reno where I plan to earn my degree. I am incredibly optimistic about this semester and the classes I'm taking; I'm even excited to purchase my textbooks, which is very strange. Thank you so much for making this excitement possible. Without your donation to the CFSF I would not be able to afford school or books. You have made an impact on my life, one that I cannot thank you enough for.

I pray this letter finds you and yours in good health and happiness. Thank you again.

Haley

Dear Friends of CFSF:

Last quarter ended my sophomore year at UC Davis. My favorite class was Semantic and Pragmatic Functions of Language. It was taught by a professor that I find fun and encouraging and it helped that it was her favorite class to teach. My design studio class was called Form and Color. The deadlines were tough but the material was exciting, probably because I love colors so much. I also took World Textiles: Western and History of Interior Design as well as kickboxing and Archery. Kickboxing was a wonderful work out. For exactly 50 minutes the instructor had us moving. I love taking PE courses because I get to try so many different work-outs and exercise forms, that makes keeping healthy and in shape more interesting and when I am out of college I can tailor my exercise to my surroundings and my life.

My time as a Resident Advisor for the Thille F dorm is also complete. I loved working with my fellow RA's. We all became such close friends that we are already planning reunions. Instead of being an RA again, though, I am renting an apartment with my good friend and former suitemate from freshman year. School starts tomorrow and I am excited to be taking my last lower division design class, Graphics and Computer. I am also taking another upper division Design history class and with that two upper division Communication classes for my double major.

My doctor says that my lung function is getting better and I am sure to get my numbers back to their usual excellence when water polo practice starts. This will be my third year on the club team. Right now is the one year mark since my diagnosis of diabetes and I think I am doing pretty well. I like to take walks after breakfast in the mornings because my sugar levels get really high even with the insulin. And luck would have it that all of my classes start later in the day so I should be able to keep walking!

I want to thank you for the gift that you give me. I am so grateful to be here in this city at this college and call myself an Aggie, and eventually a college graduate. Every year that goes by I feel closer and closer to fulfilling my dreams.

Nikki

Dear Friends of CFSF:

Time has come again for me to update you regarding my fourth-and-final year at the University of Chicago. I always seem to be apologizing for the tardiness of these updates, and this update proved to be no exception. Such is the fate of a student at a school that operates on the quarter system and starts a month later than everyone else, I guess. Luckily, this means I have more time to describe what I have done during my final summer before graduation. I recall mentioning that I was working in a Somatosensory Lab here at UC with Dr. Sliman Bensmaia, both during the academic year and summer. This summer has been fruitful in that sense, since I have learned a great deal about scientific programming and the field of somatosensory research. I'm also proud to say (but a little bit hesitant, since circumstances and contributions are constantly changing) that I may have contributed enough to earn an actual academic publication co-authorship by the end of my senior academic year. This would be an amazing opportunity and accomplishment for an undergraduate (hopefully – I'm keeping my fingers crossed!). This year I've dedicated myself to take some graduate level courses in computational neuroscience. (An interdisciplinary field that mates biology, computer science, and mathematics), as well as some electives in Biology. I've been working hard, but I've also been taking my time to enjoy my last year here as a college student-finding time for making new friends and enjoying Hyde Park, the University of Chicago, and Chicago itself. All that being said, I've been taking care of my health, and prioritizing it first above all else – in that respect I've been quite healthy and have been taking care of myself when I've been feeling sick. I've been lucky and haven't any hospitalizations in the past year or so, so I've been quite fortunate to be able to focus on my academics and work. Now is the time when people usually start asking me what my future plans are; to be honest I never quite know what to tell them. I've signed up to take the GRE's this month, and I'm contemplating taking the MCAT to see how I'd fare in the spring, but to be honest I'm not sure if I'd like to go directly into graduate school or medical school after graduation. I've been told that if people are indecisive or want to explore other interests that they haven't yet looked into, a year off to work in the field of volunteer is a wise choice. Plus, even though I try to focus on my academics, my GPA is probably not the strongest, since it takes a hit whenever sickness becomes a factor. Take a year to do research would most likely make me a more lucrative applicant, or so I hope. The time for decisions is approaching quickly, and I have to say that I feel a little bit unprepared and scared for what the future has in store for me. From what I've heard from my peers though, that seems to be an almost universal sentiment. I hope these letters really give you an idea of how my life is going and what kind of progress I'm making, even though I write them in the moment as I think of exciting and interesting things to mention. I look forward to writing to you again soon (hopefully without delay on my part), and I hope everything is going well for you and your family.

Thank you for your support

Mark

Dear Friends of CFSF:

With my first two semesters completed at the University of Florida I have found myself in another transition period. At the closing of spring term I came to the realization that the rigorous course load for a biology student on top of my already busy treatment schedule, might be too much for me to take on. In talks between my doctors and school advisors I came to the difficult decision that a future in Biology, Pre-med was becoming more blurry. As you are aware along with cf patients sleep requirements, cf treatments that require extensive amounts of time to complete added to that the hours needed to study for classes makes a very full day. In response to this I have changed my major to psychology....From there I will pursue a masters program in psychology, I would like to extend my sincerest appreciation for your continued support of me and the Cystic Fibrosis Scholarship Foundation.

Jacob