



InDepth

A CCFC Newsletter

Spring 2006

Education Meeting

Kids and Inflammatory Bowel Disease

Guest Speaker: Dr. John Howard

7:30 p.m. to 9 p.m.
Monday, May 8, 2006

The Real Canadian Superstore, 825 Oxford Street East, London
(beside Wolsley Barracks)

Coffee and refreshments
Free admission

E-mail london@ccfc.ca or call 1-877-956-6366
to confirm attendance.

Walk, Run, Ride, Rollerblade or Stroll Your Way to the Cure

The London Chapter is on track for a fantastic Heel 'n' Wheel-a-thon. The Planning Committee, led by our new Chair, Margaret Wonch, is making sure that this year will be a year to remember. The event will take place on **Saturday, June 17 at Greenway Park** and will have 2 km, 5 km and 10 km routes (for the ambitious). Bring out your bikes, skates and strollers and enjoy the scenic walk with friends and family.

Registration: 10 a.m.
Kick off: 11 a.m.
BBQ and Entertainment: 12 noon

Hog Wild will again provide entertainment. Enjoy their music as you savour a tasty burger or other tasty treat from our BBQ. Raffle tickets and bracelets will be sold onsite so don't forget your spare change.

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M&M Meat Shops Charity BBQ Day Saturday, May 13

Charity BBQ Day is fast approaching. Our London team is gearing up for the 18th Annual M&M Meat Shops Charity BBQ Day with much excitement. Joanne Overbeek (profiled in the last issue) has been busy working behind the scenes contacting stores in London and the surrounding areas and recruiting volunteers to help on May 13. M&M Meat Shops has its highest goal ever this year hoping to raise \$1.75 million to help us find the cure for IBD.



Contact Joanne by phone 519-641-4322 or e-mail, joverbee@uwo.ca to find out how you can volunteer on BBQ Day!



HEEL 'N' WHEEL-A-THON

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Pledge forms are being mailed out this month so begin collecting as soon as you get yours. E-pledge, our online pledge collecting program, is a great way to reach friends and family (near and far) by e-mail. Check out www.cffc.ca in the next few weeks for the program to launch.



The Talsma Family

This year's Honourary Chair is Kayleigh Talsma and her wonderful family (see photo). The rate of IBD in children is increasing at an alarming rate and this year we hope to see families and children join us at Greenway Park. Volunteer Courtney Francoeur will be setting up a special 'Kid's Area' with games and educational activities for all to enjoy.

If you would like more information, need additional forms or would like to volunteer at the HNW, please e-mail london@ccfc.ca or call 1-877-956-6366.

Ask the Experts 2006: An Educational Symposium for Inflammatory Bowel Disease

Join us for this exciting all day symposium being held on May 6, 2006 at the North York Civic Centre, (5100 Yonge St, Toronto, ON) from 9:00 a.m. to 4:00 p.m.

Congress and the Annual General Meeting

On May 15, 2006, the London Chapter will be nominating its Voting Delegate to attend Congress and the Annual General Meeting of the Foundation in October 2006. This is an exciting three day event filled with fundraising, volunteer development and research workshops, concluding on Sunday morning with the Annual General Meeting.

If you would like to nominate an individual for this position, please e-mail Julie Carter (jcarter@ccfc.ca) or call 1-877-956-6366.

Fall Fundraiser

The spring is just arriving and yet our volunteers are busy thinking about the fall already. This year we are interested in having a wonderful new fundraiser between Sept. and Dec. We are looking for a team of interested volunteers to help us create and carry out a new event that can become a London tradition.

Events vary from community to community and we have a wonderful opportunity to create something special for London. Ideas from across the country include brunches, curling bonspiels, and comedy nights.

If you are interested in participating in our Fall Fundraiser or have event ideas, please e-mail us at london@ccfc.ca or call 1-877-956-6366.

Chapter Positions

The London Chapter has had an excellent year in terms of volunteer leader recruitment and we're moving ahead with our commitment to find the cure. We are still in need of a few leaders to help with our Chapter planning and attend our monthly meetings. If you are interested in any of the positions below, please contact Julie Carter, Volunteer Services Coordinator at jcarter@ccfc.ca or by toll-free phone at 1-877-956-6366

- **Vice-President** - assists the President with Chapter meetings and direction
- **Secretary** - takes minutes to circulate after each monthly meeting
- **Volunteer Coordinator** - recruits and liaises with volunteers
- **Fall Fundraiser Captain** - helps plan and direct our Fall Fundraiser (event to be decided)
- **Coin box Captain** - creates a strategy to distribute and collect coin boxes in the London area
- **Third Party Fundraising Captain** - liaises with our third party event organizers (golf tournaments, etc.) and identifies new partnerships for future events.

Highlight on our executive: Margaret Wonch

Margaret is a 31-year old ulcerative colitis survivor. Margaret has volunteered with CCFC for 6 years and is this year's Heel 'n' Wheel-a-thon coordinator. Margaret's hope is to make this year's event a fun time for all while raising money to find a cure.

Margaret says, "I feel almost lucky to have this disease in that it made me realize that life is full of challenges, but that is what makes the good stuff worth it."