



Cystic Fibrosis Scholarship Foundation

Helping young adults with CF pursue their dreams

FALL 2017

From the President:

As 2017 nears an end, it is a good time to look back and reflect on what the Foundation and the students you have helped to support have been able to accomplish. Our students come from all over the country and are attending community colleges, as well as large and small public and private colleges and universities. Students are studying at University of Notre Dame, Harvard University, Brown University, Vermont Technical College, Blue Ridge Community College, Rhode Island School of Design and Arizona State University to name just a few. Just like other young adults you may know who are currently attending college, they are pursuing a variety of degrees including education, business, pre-med, music, pre-law and the sciences to name just a few. Like other young adults, some of them have yet to decide on their major field of study. Some students are living at home to save money or to rely on a support system that assures their health needs are met, or both. Other students have decided to attend school far from their homes and are living in dormitories or apartments forming new support systems. This reflection highlights the fact that our scholarship recipients are in most ways exactly like the young adults we know who are pursuing a path of higher education. These young adults, however, must take numerous medications and spend several hours a day performing various therapies to keep their lungs clear and to help them breathe to avoid a hospitalization. It is often very difficult for them to take on the added burden of a part time job to help with expenses while in school. The scholarship funds CFSF provides are often the key to helping them maintain their health by not burdening them with a job. So many of our students in their update letters write about what a gift it has been to not have to work during the school year.

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 the following pages. 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 our donors for their help in impacting the lives of our young adults with cystic fibrosis.

Mary Kay Bottorff

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2017-2018 Scholarship Recipients

Dear Friends of CFSF:

Thank you so much for your support, as it has provided me with a once unfathomable opportunity. Through my life I have aspired to live a full and successful life by following my dreams and taking on as many challenges as possible.

Throughout high school, I competed as a ski racer at an Olympic level. After high school I was faced with a decision to either continue my Olympic path or go to college. I decided that I would take a year of school to put my foot in the door while continuing to ski. During this first year I made it to the U.S. Nationals and competed with the top Olympic skiers in the country. This provoked me to take a year off school to pursue my skiing career in hopes to make the Olympic team. The next year I moved to Colorado to focus on skiing. I took three online courses in order to keep myself in school so I would not have to take an extra year of University. Throughout the year I had to pay for a lot of my living expenses, so I took a job as a ski technician at one of the best ski shops in the country.



However, due to numerous medical complications and multiple injuries, my season came to an early end and I concluded to terminate my dreams of making the U.S. Ski team as a skier. Due to this, I was able to travel the world for two months and learn about others, myself, and the rich history of the world. Gaining a new perspective on life through this experience is something I will cherish forever and it will continue to motivate me to achieve my dreams. Furthermore, my dreams to be a part of the team are only just beginning. This upcoming year I have decided to continue school at the University of Wisconsin, Madison with a major in psychology and pre-physical therapy qualifications. I have always wanted to be engaged in the medical world; exploring everything from surgery to psychiatry. However, when observing doctors and surgeons more closely, I discovered that there is not enough patient interaction through these professions. I found that I prefer a close relationship with clients and patients, so I had to find a profession that would allow me to establish a lasting connection with an individual, while still aiding in the medical field. I found that physical therapy combines all the aspects of health, medicine and connection that I would want. So, I have set a new goal for myself and have already been doing tons of research on physical therapy schools and establishing connections with companies in my future.

The prospective year away from school enlightened me in many ways. It has made me more confident in my ability to succeed in the real world as well as more compliant to my own health and wellbeing. I am more driven and motivated to prove to myself and the world that I can make a difference in others' lives with my own experiences and knowledge that I have learned and will continue to learn. With your help, I am able to continue my dreams of helping others and doing what I love. Having support from individuals like yourself, I am able to fulfill my dreams with less burdens and worries knowing that others believe in my ability to succeed and achieve my dreams.

Thank you again for all of your support and know that it will never be taken for granted and I will always push to be better and better and never give up my dreams.

Kayleigh

Dear Friends of CFSF:

I have completed my first year at Cal Poly San Luis Obispo and I am enjoying time off for the summer. I am very proud that I finished strong in my final spring quarter, earning a 3.68 GPA and qualifying for the dean's list. I finished the year with a 3.38 cumulative GPA.

This summer I am working at the YMCA as a camp counselor. Each week I am assigned a camp and I help guide the kids as they enjoy the various camp activities. Last week I worked as an inclusion aid with an autistic boy. This coming week I am excited to be helping with surf camp. Surfing is one of my passions. This summer, to stay active, I go to the beach and surf as often as possible with two my friends. The salt water is also great for my CF because it is a natural saline rinse for my respiratory system.

I still serve as an usher at my church and perform those duties now that I am back from college. At Cal Poly, I have continued to tutor any of my peers that need help in my classes. I was hoping to form a team for the Surf for CF Fundraiser in September, but now I have to be at school that same weekend. I was not home this year for the walk for my Great Strides Team. The Fox Trotters, raised \$2000 this year. I hope to continue to raise awareness for CF but I am still trying to figure out what role I will have as a college student.

Overall the first year of college was a great experience. I learned to be independent and work through my classes on my own. I learned to live on my own and balance my coursework with club volleyball and time with my friends. I also managed to stay healthy almost all year! I am loving summer but cannot wait to get back to Cal Poly to experience another year and continue my academics. I am very grateful for the continued support provided by this scholarship. Your generosity has helped eliminate financial stress and allowed me to fully embrace all that college has to offer.

Sincerely, *Aaron*

Dear Friends of CFSF:

I would first like to thank you for the opportunity to be a recipient of the CFSF scholarship. This scholarship greatly helped me fund my schooling at Maryville University. Since I did not receive as many scholarships to help pay for the spring semester this scholarship was greatly appreciated.

During the spring semester, I decided to change my major from Psychology to the Pre-Occupational Therapy with a Bachelors in Psychology program. The Pre-Occupational Therapy program will set me up to apply for graduate level in the Occupational Therapy Program at Maryville University or other schools. I decided to make this change because I wanted to be in a field in which I could help people through the problems in their lives such as my doctors have helped me while seeing the physical progress along the way.

The rest of the Spring semester went well.... With the classes finishing up and summer around the corner I had to decide what I was going to do. I decided that it would be best to stay in the St. Louis area and work at the university while training for swimming. This is exactly what I have done this summer. I work twenty hours in the Student Service Center. I also swim three to four days a week to stay in shape for the coming swim season. Overall, I have had a great spring semester and summer and am ecstatic for the fall semester.

Once again thank you very much for the opportunity to be a recipient of the CFSF Scholarship and I hope you have a wonderful rest of your year.

Sincerely, *Ian*

Dear Friends of CFSF:

My name is Alexi, and I want to thank you for your generous CF Scholarship Foundation Scholarship. This generous award is greatly appreciated, and I am extremely grateful for it. The scholarship will certainly be helpful as I continue my education at Emmanuel College in Boston.



Starting this fall, I will be freshman at Emmanuel College. I am not quite sure what I want to study yet, although I do have a few different ideas ranging from business to something in the arts. I have always had a passion for the arts and considering incorporating that into whatever I may major in. For now, I am just thankful to be able to attend this wonderful school, and I am excited to start on this new adventure and to explore all of my options here.

It is with scholarships like yours that I am able to continue my education and I cannot thank you enough. As you know I have CF and with that comes many expenses related to the medical issues. Luckily, I have been healthy for the most part throughout my life, but I do have times where hospitalization and surgery have been necessary; and of course, health must come before anything else, so that is where the money goes and therefore education must come second. However, I am lucky enough to be able to attend a school I love because of you. This scholarship I have been awarded will do so much to help fund my education in the upcoming years, and I again thank you so much.

Of course, I will reach out again as I begin my college career, but for now I just want to say thank you again, for being so generous and for donating to people like myself.

Sincerely, *Alexi*

13th Annual Tim and Ritch Dangel Memorial Golf Scramble

On Saturday, September 23, 2017 more than 110 golfers hit the links at the Circling Hills Golf Course in Harrison, Ohio. The day could not have been more perfect with the temperatures in the high 80's and the sun shining brightly. Dinner, the raffle and auction were held at the club following golf. A live auction was held for a 5-night stay at a 2-bedroom condo in Nuevo Vallarta, Mexico. The tournament is held in memory of Tim and Ritch Dangel, brothers who both fought their battle against CF. A great time was had by all and over \$9000 was raised in memory of Tim and Ritch. 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 the event.

Upcoming Wine Tasting Event – Chicago

The annual Chicago wine tasting to benefit CFSF is planned for the Sunday afternoon of January 28, 2018 at The Chicago History Museum. This year we will travel to California to explore wines from the boutique regions of the state. The afternoon will include a silent auction as well as a raffle and our fun Buy a Cork. We are seeking corporate sponsors for the event. Sponsorship levels are \$2,500, \$5,000 and \$10,000 and include tickets to the event. If you know of any companies who might be interested in this opportunity to help our young adults with CF, please contact the office. If you are interested in working on the committee to help promote the event, please contact us at 847-328-0127. For tickets and more detailed information on the event visit cfsf.ticketleap.com/wine.

Amazon Smile Do you do holiday shopping at Amazon? If you purchase items from Amazon, please sign up for Amazon Smile. A percentage of each of your purchases is then contributed to CFSF. It is a simple way to help us provide more young adults with CF a college education. Sign-up today at smile.amazon.com, and select the Cystic Fibrosis Scholarship Foundation, and leave the rest to Amazon!