



## Welcome To The October Panui!

Kia Ora <<First Name>>,

We hope this issue of the Panui finds you happy, healthy and looking forward to (a hopefully low alert level) summer... Hello, daylight saving!

The month of September / SWEATEMBER was a huge hit with 343 people signing up and sweating for cystic fibrosis. Thank you to all of our sweaty superstars, and fabulous supporters. SWEAT4CF is an ongoing fundraiser, so we encourage sign ups anywhere, anytime!

Now that many parts of the country are in a position to hold events, you'll read about some great community fundraisers. We've also linked our latest advocacy update, and announced when our award applications open.

Ngā mihi,  
CFNZ Team

PS. We are on the move... Across the road! Which means we're willing recipients of packing boxes 😊

Please get in touch if you have any, email [comms@cfnz.org.nz](mailto:comms@cfnz.org.nz)

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## A Sweaty Success

👉 THANK YOU! 👈

We are so very grateful for all the SWEAT that was put in over SWEATEMBER and beyond. By committing to a physical challenge and fundraising, you're providing support and information through our CF fieldworkers, helping to bring life-changing medications such as Trikafta to NZ, and funding research for a life unlimited.

Its really exciting seeing the amount raised climb each day, and we're THRILLED to share that the total has tipped over \$131k.

**You can SWEAT4CF anytime of the year!**

[www.sweat4cf.org.nz](http://www.sweat4cf.org.nz)

### Thank You SWEATacular Fundraisers!

We appreciate all 343 sweaty superstars who signed up, but a special mention goes out to the top fundraisers:

- Team Harryellers, made up of six people inspired by young Harry, raised \$9,301.33!
- Christopher Headey from the Waikato (listen to his radio interview [here](#)) raised an amazing \$5,705.43 while running 150km in September.
- Team 'One of us sweats more than the others' walked a collective 164km (inspiration behind the number: Lizzie received the 164th lung transplant in NZ) and raised \$6,249.
- Team Suttys SWEATers, another team of six, together sweated away and raised \$6,172.64
- Otago Branches' incredible Julian Cox, clocked up an elevation total of 30,289m, cycling up Signal Hill, and raised \$4,501!

A big thank you to [Mylan](#) for their continued support of CFNZ and for sponsoring the month.

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# Advocacy Update

Making Trikafta available in New Zealand is CFNZ's highest priority and the major focus of its advocacy programme.

To ensure there is one coordinated voice for the CF community, CFNZ has joined with Trikafta for Kiwis to work to secure public funding for Trikafta as soon as possible. We are in regular communication with the key parties, including Vertex, and are currently exploring how the approval and funding process can be progressed quickly.

We were pleased to hear both leaders agree to an inquiry into the PHARMAC model during the Leaders' Debate for Election 2020.

Read the full update, and see how you can add your voice, [here >](#)

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## Meet Rebecca

We are thrilled to introduce a newly elected member of the CFNZ Board, Rebecca Colley. You may of course, recognise Rebecca as the chair of Nelson Marlborough Branch – a position she has held for the last nine years. We are grateful for Rebecca's passion, and welcome her experience in the community and volunteer sector.

[Read more about Rebecca >](#)



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## A Budding Artist

Liam Neil, aged 10 is an aspiring artist who loves to paint textured florals. He attends an art class once a week for a couple of hours and has produced some really spectacular art.

He recently decided to auction off one of his artworks on TradeMe, and would donate



10% of the profits to Cystic Fibrosis Taranaki Branch. Liam's auction had plenty of bids, and was chuffed that it sold for \$320!

Liam has a dream of being the next Van Gogh and one day have his own art exhibition – and we can just picture it!

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## Award Applications Open 1 November

Both our annual Mark Ashford Scholarship and CF Achievers' Award applications open on 1 November 2020 and close of 28 February 2021.

These awards celebrate excellence in tertiary education, and amazing achievements elsewhere, while displaying tenacity in overcoming the challenges of CF.

[Read more about the Mark Ashford Scholarship >](#)

[Read more about the CF Achievers' Awards >](#)



## A Hike For Kat

A very dear, long-distance friend of our wonderful Kat, decided to take part in a 50km walk in her honour, with a mate over in the UK. The event was called The Chiltern 50 Challenge. In preparation for this hike, Phil covered 890k in training. While training, Phil was generously fundraising for CFNZ and CF Trust.

*“The sun was out but the wind was cold and made it difficult on the ridge lines we walked along. However, the motivation for me was always the same. What Kat went through this was nothing compared to anything I would experience. So that was a major factor in pushing us to the finish. We bumped into a few Kiwis who spotted the cartoon kiwi on our tops or the CFNZ logo. They were full of praise and encouragement when our story was told.”*

They completed the walk in 9 hours 35 mins – quicker than they anticipated!

“I wanted to do her proud and I think I did.”

Well done, guys! And thank you for carrying Kat and CFNZ with you all the way.

[Read the full story >](#)

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## Thank You Sport NZ!

A huge thank you to [Sport NZ](#) who are running a SWEAT4CF initiative with their staff.

Here is their Chief Executive, and our Sports Patron, Peter Miskimmin, sweating away for CF!



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## CF Christmas Tree Festival

We are pleased to announce the CF Christmas Tree Festival will defeat Covid-19 and once again be a festive display throughout Wellington Airport.

We would love for you to join us in creating something beautiful to say goodbye to this strange year, and hopefully welcome a better and brighter 2021 for us all.

**Do you know any businesses that would like to be involved?**

The festival is about fundraising. But it is also about building a community that know about our people, their needs and our goals. We recognise that this has been a difficult year for everyone. So, rather than setting a fee this year, we're offering a 'pay what you can' sponsorship.

Find out more info [here >](#)



## Physios Wanted!

CFNZ Auckland will be at the Auckland Marathon again this year on 1 November! If you are a physio (or know any – can be junior or in training too!) who would be willing to volunteer a couple of hours to give post-run massages, we'd be extremely grateful. Please get in touch with Auckland Branch Coordinator, Sarah: [auckadmin@cfnz.org.nz](mailto:auckadmin@cfnz.org.nz)

## Charity Golf Tournament

## CHARITY GOLF TOURNAMENT

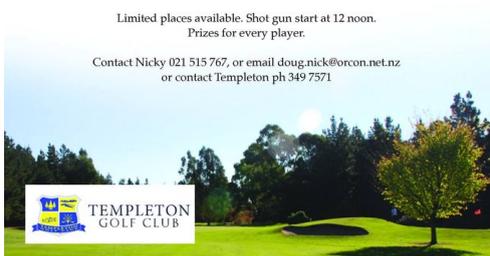
### Templeton Golf Club

Friday 30 October 2020

Ambrose tournament  
Teams of 4 - \$140 per team

Limited places available. Shot gun start at 12 noon.  
Prizes for every player.

Contact Nicky 021 515 767, or email [doug.nick@orcon.net.nz](mailto:doug.nick@orcon.net.nz)  
or contact Templeton ph 349 7571



Its almost that time of year again – the CFNZ  
Canterbury Branch Golf Tournament!

*“The ambrose tournament will be going ahead at this stage. We’d love as much support as possible - getting players along and getting prizes, as it is obviously becoming very difficult to raise funds this year. We look forward to your support on Friday 30 October.”*

Contact Nicky on 021 515 767 or email [doug.nick@orcon.net.nz](mailto:doug.nick@orcon.net.nz)

## Winter 2020 CF News

If you’re signed up to receive the CF News magazine, it should’ve hit your letterbox in the last few weeks!

In a bid to reduce our carbon footprint and save some trees, feel free to update your preferences ([here](#)) to receive future issues digitally ♡

We will of course continue to send printed versions to those who are subscribed!

[Read the CF News here >](#)



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