

**SUMMER 2015**

**A MAGAZINE FOR KIDS WHO HAVE CF AND THEIR**

**SIBLINGS**

# ROZEE

## MOVE IT!

ALL ABOUT  
EXERCISE & CF  
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MEET BLAYDEN,  
WYATT & ALLYSSA  
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**CYSTIC  
FIBROSIS**  
Western Australia

**ALL  
AWESOME!**

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**ON THE FRONT  
COVER:**  
Haylee, Laura  
& Olivia at the  
2014 Sibling and  
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## EDITOR'S LETTER

Well it's the third issue of Rozee already!  
Rozee's editor Natalie is on leave at the  
moment because she had a baby so I am  
taking over this edition in her absence.  
Congratulations on the birth of baby Emily,  
Natalie!

This edition of Rozee is all about  
exercise! Exercise is so important for  
everyone, especially people with CF, so  
read on to find out about the benefits of  
exercise, what sports some of our members  
are into and how to manage exercising  
with CF.

So what are you waiting for?  
Let's get moving!

Bye for now,

**Gillian**

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## NICOLA'S STORY

Hi I'm Nicola.  
I'm 29 years  
old and I  
moved to Perth  
from the UK in  
2009.

I was diagnosed with CF at six weeks old and I was 12 years old when I had my first ever admission into hospital. So I was pretty pleased with that!

I've been pretty lucky in that I have managed to go through my childhood and most of my young adulthood without too much trouble from my CF.

It's only in the last few years that I've been really starting to feel its affects, but I still do reasonably well and work really hard to maintain my health through my daily medical routines and getting lots of physical exercise.

I am married, have two beautiful dogs and I work full-time in the City.



# ASK JAMIE & NICOLA

## NICOLA:

When I exercise, I often do so in a gym class environment. This means that I am usually surrounded by a lot of other people. Sometimes I do cough in front of the people I am exercising with, and I may cough multiple times. On the whole, I do not find this embarrassing. The reason being, is because I know that at some point in everyone's life, they will have a cough too. So the chances are that they haven't even noticed or thought it unusual.

It is rare for me to bring up mucus when exercising, and when I am alone it is easy for me to get rid of it by going to the bathroom. However, if I am in the middle of a class, I would simply have to swallow it and carry on. It's not pleasant, but I know that it's not harmful as it is instead travelling to my stomach and not back to my lungs.

It is a little trickier to deal with coughing during a Yoga class though. This is because the room is extremely quiet and therefore a cough is more noticeable. I find the best way to help stop a cough, is to have a bottle of water close to hand to help soothe the urge.

**QUESTION: 'WHEN I EXERCISE I SOMETIMES COUGH. DO YOU EVER COUGH OR HAVE TO SPIT UP MUCUS WHEN YOU EXERCISE? DO YOU GET EMBARRASSED? HOW DO YOU DEAL WITH IT?'**



## JAMIE'S STORY

Hi, I'm Jamie. I currently live in Mandurah,

WA and I am a 27 year old who was diagnosed with CF from a very young age. I have always tried not to let my CF get in the way of things that I wanted to do, which is why doing all the right treatment is very important.

As I got older in my teenage years I was always in and out of hospital until my CF started to ruin my lungs quite badly. I ended up having a double lung transplant in 2011 which was quite a scary time but now I can look back and see how it has changed my life in ways I couldn't have imagined.

I am currently working two jobs and playing sports like I have always wanted to do.

## JAMIE:

Before my transplant, exercising with CF was sometimes difficult at times because of having to cough and spit up mucus. I found it was embarrassing at times but I realised that coughing the mucus up was helping me in the long run to stay as healthy as I could be. If I had to cough up anything in front of people I would either just walk away and use a tissue or the closest thing I could find. Otherwise telling others why I had to cough was maybe the best way and be less embarrassing for me too.

Do you have a question you would like to ask Rozee? You can send your question anonymously if you wish or ask that your name is not included when the question is published.

Email your questions to [education@cysticfibrosiswa.org](mailto:education@cysticfibrosiswa.org) or write to Rozee (CFWA) at:  
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# MEET THE MEMBERS

BLAYDEN IS 7 YEARS OLD AND HAS CF. HE HAS A SISTER ALLYSSA WHO IS 12 AND A BROTHER WYATT WHO IS 6.



**Blayden**

**Wyatt**

**Allyssa**

**HOW WOULD YOUR FRIENDS DESCRIBE YOU?**

**Allyssa:** Nice, caring, kind, pretty and sporty.

**Blayden:** Nice, friendly, happy and helpful.

**Wyatt:** Awesome and they love me.

**WHAT MAKES YOU PROUD OF YOUR BROTHER/SISTER?**

**Allyssa:** I am a proud of Blayden and Wyatt. Blayden has to go through so much with regards to his CF, physio, enzymes, medication, etc. And he does it all so well with a smile on his face. Wyatt tries so hard to help Blayden out with all his CF stuff, he makes me so proud to be a part of this family.

**DO YOU LIKE HANGING OUT WITH YOUR BROTHERS/SISTER? WHAT DO YOU DO?**

**Allyssa:** Yes, I like to play games with them and hang out at the beach and park.

**Blayden:** Yes. Jump on the trampoline, go to the park, go to the beach and ride our scooters.

**Wyatt:** Yes. We like to go the beach, play chasey and hide and seek.

**Blayden:** When they look after me and help me with my physio.

**Wyatt:** When my brother lets me sleep in his room so I am not alone.

**WHAT IS YOUR FAVOURITE THING TO DO IN YOUR SPARE TIME?**

**Allyssa:** Hang out with my friends, go to the beach and anything outside with friends and family.

**Blayden:** Play Minecraft and my PlayStation. Play with Wyatt and Allyssa, watch movies and go to the beach.

**Wyatt:** Play games, play on my iPod and go to the beach.

**WHAT IS THE BEST BIT OF ADVICE YOU HAVE BEEN GIVEN?**

**Allyssa:** You can achieve anything you want as long as you put your mind to it and work hard.

**Blayden:** Cough in your elbow not in your hands.

**Wyatt:** If you keep your room clean you have a happy mum.

**IF YOU COULD MEET ONE FAMOUS PERSON WHO WOULD IT BE AND WHY?**

**Allyssa:** Taylor Swift. Because she is my fave singer, she sings from the heart and about love.

**Blayden:** Batman because he is cool.

**Wyatt:** Superman and flash. Because they are my fave. And DJ izm from Bliss & Eso coz he is an awesome DJ.

**WHAT IS IT LIKE HAVING A BROTHER WITH CF?**

**Allyssa:** It is hard to watch him struggle sometimes and it breaks my heart that I can't take CF away from him. But in another way, it is good. Because of CF we have met some wonderful people and it has made us all work together to help Blayden. Blayden having CF has made our family stronger and more aware.

**Wyatt:** It's good coz I get to help him with his physio and remind him how many enzymes he needs to take depending on how much fat he eats.

**WHAT WOULD YOU LIKE TO BE WHEN YOU GROW UP?**

**Allyssa:** A vet.

**Blayden:** A police man

**Wyatt:** A drummer and a DJ, and in my spare time I will work at McDonald making chips coz I love chips.

**DO YOU HAVE ANY ADVICE FOR OTHER CHILDREN WHO HAVE CF?**

**Blayden:** If you swallow your enzymes and not have them in apple it is heaps better. Lee (another mum with a CF child) gave me cool containers to carry my enzymes in. .

**WHAT'S IT LIKE FOR YOU HAVING CF?**

**Blayden:** Boring, coz I always have to have enzymes and do physio. But good coz I get to play Uno with my family when I do physio. And Joel boy (who has CF) and him mum Lee help me with my e-flow and give me presents when I swallow my enzymes :)

# MOVE IT: EXERCISE AND CF.



**EXERCISE IS VERY IMPORTANT FOR EVERYONE, ESPECIALLY PEOPLE WITH CF, TO HELP STAY STRONG AND HEALTHY. EXERCISE HELPS TO KEEP YOU FITTER AND HAPPIER AND CAN ALSO HELP IMPROVE CF SYMPTOMS.**

## **THE BENEFITS OF BEING PHYSICALLY ACTIVE INCLUDE:**

- ☒ Improving your lung function
- ☒ Helping to clear mucus
- ☒ Making you stronger
- ☒ Making you feel good about yourself
- ☒ Catching up with friends or making new friends
- ☒ Making you feel happy

## **BEING MOTIVATED TO EXERCISE:**

Sometimes you might not feel like exercising or playing sport, so trying some of these ideas might help to keep you motivated:

- ☒ Make it fun! Take this chance to spend more time with your friends or family and go on a bike ride or play sports together.

- ☒ Try doing something different as doing the same exercise all the time might get boring. Try different kinds of activities, even activities you have never tried before. Just like trying new foods, you never know if you will like an activity until you try it!
- ☒ Set small goals along the way. For example, if you want to run your cross country at school from start to finish without stopping, set a goal to run for a minute without stopping. Then you can increase your time or distance until you achieve your big goal.



**TYPES OF EXERCISE:**

- Walking or running
- Team or club sports such as tennis, rowing, basketball, gymnastics etc.
- Swimming
- Trampolines
- Yoga

**and lots more!**

Any exercises that make you breathe harder are particularly good for people with CF as it works your lungs and helps with airway clearance (along with your normal physiotherapy of course!)

**TAKING CARE OF YOURSELF WHEN EXERCISING:**

It is important to take care of yourself when you exercise. You should remember to:

- ✓ Drink plenty of water before, during, and after exercise. You should make sure you keep a water bottle close by when you're exercising so that you remember.
- ✓ Take ventolin if you need it before you exercise and carry it with you in case you get wheezy.

- ✓ Eat salty snacks/take salt tablets to replace the salt you lost through sweating.
- ✓ Have extra snacks before or after exercising to give you the energy you need and to make sure you are not losing weight.

**WHAT MIGHT HAPPEN WHEN YOU EXERCISE:**

- ✓ Exercise might cause you to cough and this is normal with CF. You may even need to spit out mucus, so it can be handy to keep tissues nearby.
- ✓ If you are having antibiotic nebs make sure you take them after exercising so you don't cough out all the medication when you exercise.
- ✓ You might feel out of breath. If so, just take a break to catch your breath and recover.



# MOVE IT, DO CHELSEA LEAK

Hi Chelsea, can you tell us a bit about yourself?

I am 10 years old and live in Secret Harbour WA. I enjoy playing with my little brother Travis, reading funny books and playing with my friends. I like school and my favourite subjects are art and sport.

What sports do you do at the moment? How often do you do them?

I do dancing two days a week for 2.5 hours a day. This includes Jazz, Tap, Ballet and stretch classes also a Solo class and a Duo class.

I also love to play netball with my friends which includes training once a week and playing on the weekend.


Once a week I do a swimming class and in the summer I love to swim in my pool. Sometimes I also go running with my Dad on the Beach.

Why do you like these sports?

I like dancing because it's fun and I have really nice teachers. I also have lots of friends that dance and I like performing on stage at competitions and at our end of year concert. Tap is my favourite type of dancing because you can make noise with your feet to the rhythm of the music.

I've just started netball this year and really enjoy





playing with my friends. I usually play GS or GA which means I get to shoot goals which is fun.

I like learning butterfly at swimming and doing tumble turns.

Do you feel better/happier when you are playing sport?

Yes.

What are the best things about sport?

The best things about playing sports are being with my friends and learning new things. I also like the costumes I get to wear for dancing, and competitions are so much fun as we get to watch the older girls dance.

Are there certain things you have to be aware of/careful of with having CF and playing sport?

I need to make sure I'm hydrated by drinking lots of water and taking my salt tablets. I also have to make sure I eat enough food otherwise I get really tired by the end of the day.



MOVE IT:

JORDAN  
FITZGERALD

Hi Jordan, can you tell us a bit about yourself?

I'm Jordan and I'm 12 years old and turning 13 in November. I have CF and I love soccer and every other sport. I live in Southern River, Perth. I've also competed in interschool sports since grade 2.

What sports do you do at the moment? How often do you do them?

I'm currently playing soccer for Cockburn Soccer club. I train twice a week on Tuesday and Thursday and play a game on Sunday.

Why do you like soccer?

I've basically grown up with soccer, it's a pretty big part of my life. I wake up every morning to watch it on TV, I play it every day and I have a huge chart with all the world cup goals and scores on it.

Do you feel better/happier when you are playing sport?

I feel so much better when I play sports because I'm with my friends and I always feel like a winner.

What are the best things about sport?

Pretty much because I feel like part of a team. I'm a winner no matter what and I'm always with my friends.

Are there certain things you have to be aware of/careful of with having CF and playing sport?

I have to take a Ventolin puffer before sports but there are no restrictions in sports. CF doesn't give you any restrictions, even out of sports. Sure you have to take tablets and have hospital check-ups, but if you don't worry about it, you're just another kid in the playground.

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# SALT

YOU HAVE ALL HEARD OF SALT I'M SURE! IT'S PROBABLY ON YOUR KITCHEN TABLE AT HOME. BUT DID YOU KNOW WE ALSO HAVE SALT INSIDE OUR BODIES?

It has lots of important jobs in the body, like helping our muscles work properly and making sure we have enough water in our bodies. Some salt is kept inside the body to help us do these tasks and some is lost in our wee or through our sweat.

But people who have CF can quickly run low in salt because they lose 2 to 5 times more salt in their sweat than people who don't have CF. Losing too much salt can make you dehydrated-this means you don't have enough water in your body. Being dehydrated can make you feel extremely tired, weak, have muscle cramps and stomach pains or vomit. Your mouth might be dry and you may feel very hot and thirsty.

Those with CF do not feel as thirsty as people without CF when they are dehydrated so it is important to drink more than others, especially when exercising or when you're unwell. People with CF need to drink lots of water, eat salty snacks and sometimes even take salt tablets to make sure the salt you lose through your sweat is replaced and you don't get dehydrated.

Some salty snacks that are good to replace salt are:

- ☑ Nuts (if you're not allergic!)
- ☑ Pretzels
- ☑ Potato chips
- ☑ Trail mix
- ☑ Sprinkled on your lunch or dinner
- ☑ Sports drinks like Powerade

In summer or when you are exercising, or just running around outside, you probably sweat more, so you need to be more careful to drink extra fluids and eat more salt to avoid becoming dehydrated. You should try to drink six to eight cups of water every day and even more during exercise. Sports drinks like Powerade are also very good at keeping you hydrated in hot weather as they have salt in them.





**K**eanu has been on three Siblings' Camps and talks to Rozee about his experiences on the camps and why he recommends you should come along!

**HI KEANU, CAN YOU TELL US A LITTLE BIT ABOUT YOURSELF?**

**A:** My name is Keanu Haddow and I am 12 years old. I am involved at the Rossmoyne Football Club and I'm a ruck man in my team. I play basketball at my local club, Willetton Bullets. I am very active at school and I have been nominated the captain of my faction team.

I live in Shelley, which is south of the river, with my family. I have two brothers and I'm the second born. My older brother is 14 years and my younger brother is 8. Both my brothers suffer from CF.

**HAPPY  
CAMPER**

**Q: HOW MANY SIBLINGS' CAMPS HAVE YOU BEEN ON AND WHAT MADE YOU WANT TO COME ALONG FOR THE FIRST TIME?**

A: I have been to three Siblings' Camps and the first time I went it was so close to where we live which was good. I wanted to let my brothers know I was supporting them and to have fun with new people and to learn about CF if there was a lesson on it.

**Q: WHAT HAS BEEN YOUR FAVOURITE ACTIVITY YOU HAVE DONE ON A SIBLINGS' CAMP?**

A: My favourite activities were flying fox and rock climbing as they are always fun to do and you get to race against other people.

**Q: HAVE YOU FOUND THE CAMPS HELPFUL?**

A: I did find the camps helpful as I met wonderful people of my age and spent time with them away from my own family. Also to be able to go to new places that I have not been with my

family and to see so many who are willing to support their own brothers and sisters. I also loved the great food and activities we did at night as well as the bags of treats we got for going to the camp.

**Q: WHAT WOULD YOU SAY TO SOMEONE THINKING ABOUT COMING TO THEIR FIRST CAMP?**

A: I would say for those thinking of going for the first time to go for it as it's so much fun. Being away from your family, meeting new people and knowing that you are supporting your siblings is great. This is the time to go and enjoy doing different events that you don't do each day when you are at home. The good food and also the goodie bags are great.

**Q: IS IT DIFFICULT HAVING TWO SIBLINGS WITH CF? DO THE SIBLING CAMPS HELP?**

A: I find it hard to have 2 siblings with CF as I do most things around them and when I'm not

well I'm not able to be near them or play the games I like. I feel sad as I see what they go through each day doing physio, taking a lot of tablets and sometimes go along to hospital with them.

**Q: DO YOU HAVE ANY TIPS FOR YOUNGER SIBLINGS WHO HAVE A BROTHER OR SISTER WITH CF?**

A: My tips are to enjoy your siblings and support them in the things they do. Also to join in when they do their physio and to just keep encouraging them in the stuff they are doing. I love my siblings as they are so active and they make me do a lot with them and sometimes I don't want to think that they have this horrible condition.



# SIBS' & OFFSPRING CAMP '14!

**T**he Sibling Camp is a two day camp for children with a sibling or parent with CF. It is for kids aged between 8 and 16 years old. Each year we have a great time and get to do a range of thrilling and fun activities like flying fox, abseiling, canoeing, swimming and more! You get the chance to make friends with other kids who know what it's like to have someone with CF in their family.

This year's camp was at Forrest Edge Camp in Waroona. This is about an hour and a half out of Perth so we all caught a bus there together, which was a great way for everyone to get to know each other.

When we arrived we had a presentation from Clan WA on Family Relationships. We learnt about the different types of families, how to cope with change, working out problems, the importance of communication and more. It was very educational and gave everyone some great skills to take home.

After this we had a yummy lunch and then went ski biscuiting! Three words... TOO MUCH FUN! It was exhilarating, fun and wet! There was only a lucky few who managed to stay out of the water!

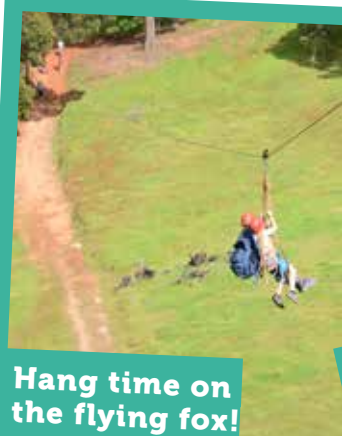
In the afternoon we went rock climbing. There were three different climbs to try with everyone pushing their limits to try and reach the top. We had some great climbers in the group who even managed to climb the overhang.

In the afternoon each camper painted a rose onto a canvas which we are going to hang up in the CFWA office. Make sure you take a look next time you pop in. They look great!

After this we had a quiz night which was heaps of fun!

On the second day we did the low ropes course which involved relying on your 'guardian angel' team mates to assist you around the course without touching the ground. This was lots of fun and really relied on using great team work skills.

In the afternoon we did the Big Fox. This flying fox was over 200m long and is one of the largest in the southern hemisphere! Two at a time, the kids took off from the platform and flew across the valley to the landing area on the opposite hill. The view was beautiful too!



**Hang time on the flying fox!**



First time campers Sybella,  
Chontelle & Daniella



Caitlin, Jackson &  
Kaylena on the low ropes



Ashleigh on  
the Ski-biscuit



**The 2014 gang!**

### What kids said about the camp:

- ★ An adventures uplifting experience
- ★ I had fun and made new friends
- ★ So fun I would like to do it again
- ★ It was the best camp I've been on, I loved every bit
- ★ I love it and it's fun and you get to try new things



Oscar  
takes on the  
climbing wall



# WHAT'S A PORT?

JOEL IS A 12 YEAR OLD BOY FROM BUNBURY WHO ALSO HAS CF. TWO YEARS AGO JOEL HAD A PORT PUT IN FOR THE FIRST TIME. A PORT IS A SMALL DEVICE PLACED UNDER THE SKIN IN THE CHEST (AS YOU CAN SEE IN THE PICTURE BELOW) OR ARM AREA THAT IS USED TO ADMINISTER MEDICINE, LIKE ANTIBIOTICS, INTO THE BODY.

NOT EVERYONE WITH CF WILL NEED A PORT. THEY ARE GIVEN TO SOME PEOPLE WHO NEED REGULAR ANTIBIOTIC TREATMENTS. IT LETS THE MEDICINE GET INTO THE BODY EASIER AND QUICKER.

WHEN JOEL NEEDS MEDICINE THE PORT WILL BE NEEDED. THE NEEDLE CONNECTS STRAIGHT TO A VEIN WHICH MEANS THE MEDICINE GETS INTO THE BODY VERY QUICKLY. WHEN THE PORT IS NOT BEING USED THERE IS NO TUBING HANGING OUT OF THE BODY, THERE WILL ONLY BE A SMALL BUMP UNDER THE SKIN.

HOW LONG HAVE YOU HAD A PORT JOEL?

I got my Port 2 years ago when I was 10.

HOW DO YOU TAKE CARE OF YOUR PORT?

Every 6 weeks we go to clinic and they needle my port, draw some blood and then flush it. This helps to keep it clean and working properly

WERE YOU SCARED HAVING YOUR PORT PUT IN AND WHAT DID YOU/YOUR FAMILY DO TO HELP YOU FEEL BETTER?

I wasn't scared to have my port put in but the first time they used it when I woke up I got scared that they would take too much blood. Every time when I got needled I screamed and cried cos it hurt when they pushed down on my port. I think the first few times I was scared so I thought it hurt a lot more than it did!

Now I just grit my teeth and it only hurts for 1 second then it's all over! It is like a big mozzie bite!

HOW DO YOU FEEL ABOUT HAVING A PORT NOW?

When I turned 11 I got brave and after talking to Mum about why I felt scared I just decided it's not going to hurt anymore. 1 year ago I got needled and Mum said "Yell out 3 times a toy you want", I yelled "Megatron, Megatron, Megatron", and I didn't feel the needle!

But the needle was too long and nurse Bec had to get a short needle! We did it again and again I yelled "Megatron, Megatron, Megatron" and the next day we went to Toyworld to buy a Megatron Transformer!

DO FRIENDS AND OTHER PEOPLE ASK YOU ABOUT YOUR PORT?

People ask me about my port all the time. I say "just don't look at the needle, look at your Mum and you will get a toy". I don't mind talking about my port to people.



DO YOU HAVE TO BE CAREFUL  
WITH YOUR PORT? ARE THERE  
CERTAIN ACTIVITIES YOU  
CAN'T DO?

I can't play contact sports. I can do Muay Thai (a type of martial arts) but no sparring, just pad work.

WHAT ADVICE WOULD YOU GIVE TO ANOTHER CHILD  
WHO MIGHT HAVE TO GET A PORT SOON?  
PORTS ARE THE BOMB DIGGITY! (GREAT!)



I don't have to wait to have PICC lines any more or have to have the anaesthetic mask. As soon as I get to ward 9A I get emla cream (this numbs the skin so you don't feel anything!) and they can needle my port any time and start IVs straight away.

Don't think that because you are getting a port that it means you are getting very sick, they are just there to help you. It does take time getting used to getting needled and having the port flushed and hep locked, but there are pros and cons to everything. Always look at the positives; my Mum taught me that. I am really brave now, and it's because I got a port.



Joel's freshly needled port



# MELTED CRAYON ART

THIS IS A REALLY COOL ART PROJECT TO DO AT HOME. YOU CAN BE VERY CREATIVE WITH THIS ACTIVITY AND CAN USE ANY COLOURS AND DESIGNS YOU WANT.

## WHAT YOU WILL NEED

- ☐ A BLANK CANVAS
- ☐ A BOX OF CRAYONS  
AMOUNT DEPENDS ON THE SIZE OF THE CANVAS YOU BUY, BUT BETWEEN 62-96
- ☐ A HOT GLUE GUN
- ☐ A HEAT GUN OR HAIR DRYER IF YOU DONT HAVE A HEAT GUN
- ☐ A PARENT TO SUPERVISE AND ASSIST

### STEP 1:

Get all your supplies ready. You might need your parents to take you to Spotlight or another craft store to buy them.

### STEP 2:

Choose which colours from the crayon box you want to use in your art work. You might want to leave out certain colours or use lots of a particular colour.

Line up the crayons in the exact order you'd like the different shades. Then line them up next to the canvas, so you know exactly how many you'll need to fit the length of the canvas.

### STEP 3:

**Make sure you have a parent help you with this step as the glue is hot.**

Before you begin, cover your work area with paper. Then start hot gluing the crayons (pointing down) to the canvas with a single strip of hot glue from a high-heat glue gun. Apply enough glue to attach 3 or 4 crayons, lay those crayons down, then add more glue, and so on. Let it dry for a few minutes then make sure they are all glued securely.



**STEP 4:**

Once all the crayons are glued on, lean the canvas up against a support.

**STEP 5:**

Begin heating one section of the crayons with the heat gun. Hold the gun about 30cms from the crayons. It will take a couple of minutes for the crayons to begin to melt.

Continue directing heat at a section of crayons, and use the air and heat as needed to direct the wax down the canvas. Continue working a section at a time. It will take about 45 minutes to melt all the crayons.

**STEP 6:**

When all the crayons have melted, and dripped down, pick up the canvas from your work area. Scrape off any excess wax from along the bottom edge of the canvas, then use the heat gun as needed to melt the wax along the edge of the canvas.

**GET CREATIVE**

IF YOU'RE FEELING CREATIVE, THERE ARE LOTS OF DIFFERENT DESIGNS YOU CAN TRY. CHECK OUT

<http://goo.gl/9251yS>  
FOR MORE IDEAS



## A DAY IN THE LIFE OF...

JO



**H**I am Josephine Pitham and I have CF, but that doesn't stop me from doing all the things I love like going out with friends, playing sport and swimming. I want to be a life saver one day or a police officer.

I always have a good time doing athletics and spending time at the movies and having lunch with my friends. My friends are very understanding and support me through all the medication, physio and sickness when I'm unwell. I have always been open with my friends about having CF. At first when they find out about my CF they were sad because of how it affects me, and they don't like that I have to work so hard to stay healthy. They get sad when I go to hospital because they miss me. I go to hospital for 2 to 4 weeks every 6 to 12 months.

When I was born I weighed only 3,150 gms but lost 1,000 gms in the first day making me 2,150 gms. This freaked the nurses out as they thought my mum wasn't feeding me properly but I was just really sick.

I love learning all the new things about CF. I love that Kalydeco can help my CF friends who have that gene.

## FUN FACTS ABOUT ME

- ☐ MY FAVOURITE FOOD IS CHOCOLATE
- ☐ MY FAVOURITE COLOUR IS AQUA
- ☐ MY FULL NAME IS JOSEPHINE ROSE AMY-LEA PITHAM
- ☐ MY BEST FRIENDS ARE AIMEE AND ELIZABETH
- ☐ I PASSED ALL MY SWIMMING LEVELS AND I AM DOING MY BRONZE MEDALLION THIS YEAR.

I haven't grown *Pseudomonas* yet but I grow lots of different bugs; aspergillus and hermannophila influenza are my main bugs. When I am feeling down I have some amazing friends that I can go to and they are always there for me no matter what. I go to the pools in summer with my friends and love meeting new people and teaching them about CF. I don't really mind having CF, it's just a part of me. I feel fine when I'm well, one of my friends at school has CF too so it's pretty awesome to talk to her even though we have to stay apart. My dislikes would have to be when my CF friends are getting sick or upset. I love them so much I wish we could all be closer to be able to give them a hug to say it is all ok.

I love spending time with my family and going camping. My family work hard to help me stay healthy, reminding me about my medicines and watching out when they have colds so I don't get sick too. My little brother is so cute

when he sees someone smoking when we are out he tells them off saying "you're killing my sister, she has sixty five roses". If I could change one thing in the world I would want CF not to exist.

# HOW TO MAKE: NUTELLA POPSICLES

THESE NUTELLA POPSICLES ARE SO EASY THEY ARE MADE WITH JUST TWO INGREDIENTS! THEY TASTE A BIT LIKE A CHOCOLATE PADDLE POP BUT YOU CAN MAKE THEM AT HOME! THIS RECIPE MAKES SIX SERVES BUT THIS WILL DEPEND ON THE SIZE OF YOUR POPSICLE MOULDS.

## STEP 1:

Gather all ingredients and popsicle moulds.

1.



## STEP 2:

Place the milk and Nutella in a blender and blend until thoroughly combined.

You can use a milk shaker canister and shake this mixture by hand if you don't have a blender or stick mixer.

2.



What you'll need:

1 cup full cream milk

1/3 cup Nutella

## STEP 3:

Once well blended, pour mixture evenly into the popsicle moulds.

3.



## STEP 4:

Freeze and serve.

4.



Nutella contains nuts, so please ensure that you do not serve these to anyone with a nut allergy.

(Source: Kidspot)

# ROZEE REVIEW

## BOOK REVIEW:

Ann-Marie Kavanagh has three children with cystic fibrosis (CF). She decided to write these two books to help explain CF to her children. The first book, *Matthew O'Brien: The Big Match*, looks at the treatment of CF.

Her second book, *Catherine's Time to Shine*, is an exciting book that looks at why Catherine needs to take her enzymes and have regular physiotherapy.



To borrow this book or other books from the CFWA library ask your parents to either email [education@cysticfibrosiswa.org](mailto:education@cysticfibrosiswa.org) or call 08 9346 7333. To see what books we have you can also browse online at <http://cflibrary.org.au/>

# WS

## PHONE/ IPOD APPS: (FREE)

**Remember to check with your parents about downloading any apps through iTunes!**

### MY INCREDIBLE BODY

Look inside the human body and see how the heart, lungs, muscles and bones work. This free app allows you to do all of this!

- Zoom inside the skeleton, muscles, organs, nerves, and blood vessels to learn where everything is and how all the parts of your body function!
- Take rocket rides through the human body to experience how blood flows, what lungs look like when breathing, and how the body does its swallowing and digesting. You can even stop and look around!
- Learn how the skull bones fit together, what the busiest muscle in your body is, and other cool science facts like how the iris got its name!
- Watch short movies that show you how your brain works, how your muscles work together, and how your heart functions!



### WEIRD BUT TRUE

This app is filled with over 900 wacky facts and tantalizing trivia! Did you know a hippo's lips are about two feet wide? Or that didaskaleinophobia is the fear of going to school? Or that before toothpaste was invented some people cleaned their teeth with charcoal?



### JUST JOKING

With knock-knock jokes, tongue twisters, riddles, cross-the-road jokes, and more, Just Joking is perfect for any road trip or rainy afternoon. Laughing animals, goofy people, and other colorful illustrations with fun sound effects.



**Rozee is looking for young people to contribute to this page. If you would like to be a regular reviewer or just want to give us a couple of ideas for books, games and items on YouTube, contact us at CFWA.**

# WORD SEARCH

W E X E R C I S E R Y V C A M  
L L C A S D S S G N U L G B N  
P H Y S I O T H E R A P Y C V  
R C J K G W Y T K R F M M T Q  
B A N D E H Y D R A T I O N N  
E B F T R L S S L U V F A G R  
D G M G N I N N U R C R D F S  
A V T Z D X J Z A Q C I H X A  
R K W C Y N W W H P S E J B L  
E G M A F R A R B L N N T T T  
W A Y K J G T V M T X D U D Y  
O L C Q S T E U D Y U S N S J  
P R A F D V R H E A L T H Y W

Can you find the following 10 sporty words?  
Words can go forwards, backwards or diagonally

Dehydration

Healthy

Running

Exercise

Lungs

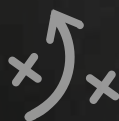
Salt

Friends

Physiotherapy

Water

Powerade



# SPORTS QUIZ

## TEST YOUR KNOWLEDGE OF SPORTS

1. What is the name of the small peg the golf ball sits on at the beginning of a hole?

- ☐ Lunch
- ☐ Dinner
- ☐ Tee
- ☐ Breakfast

2. Which of these is NOT a position in soccer?

- ☐ Full back
- ☐ Chaser
- ☐ Striker
- ☐ Goalkeeper

3. Which of these strange sounding names is a real position in a rugby union or rugby league team?

- ☐ Poacher
- ☐ Hooker
- ☐ Crusher
- ☐ Lancer

4. If you were at an ice hockey match, which of these objects would you be most likely to see?

- ☐ A puck
- ☐ An aerial
- ☐ A titania
- ☐ An oberon

5. If you were watching a tennis match, you might see different types of stroke being played. Which one of these is NOT a stroke you'd see being played at a tennis match?

- ☐ Putt
- ☐ Lob
- ☐ Volley
- ☐ Smash

6. Which one of these is NOT an item you'd see being thrown if you were attending a track and field athletics meet?

- ☐ A discuss
- ☐ A javelin
- ☐ A hammer
- ☐ A welly

7. Which of these is not an AFL team?

- ☐ Sydney Swans
- ☐ Gold Coast Suns
- ☐ Melbourne Foxes
- ☐ Fremantle Dockers

8. Which of these is a fielding position in the game of cricket?

- ☐ Silly midon
- ☐ Stupid middle
- ☐ Leg jester
- ☐ Funny fieldsman

9. What is the very centre of an archery target or dart board called?

- ☐ The middle
- ☐ A bullseye
- ☐ Centre spot
- ☐ Aiming place

10. What are the shooting positions in Netball?

- ☐ GK, GD
- ☐ WA, WD
- ☐ GS, GA
- ☐ C, WA

HOW DID YOU SCORE?

1 - 4 correct:  
Not such a keen sportsman

5 - 7 correct:  
Good effort, you obviously like your sport.

8 - 10 correct:  
Wow! You're a sports nut!



**Cystic Fibrosis Western Australia would like to acknowledge  
the support of Telethon for helping us bring Rozee to you.**