

SUMMER 2013

A MAGAZINE FOR KIDS WHO HAVE CF AND THEIR

SIBLINGS

ROZEE

SIB'S CAMP

SEE THE PHOTOS
AND THE FUN!

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GET A CLUE ABOUT YOUR POO

WHAT TO LOOK FOR
WHEN YOU DO A #2.

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MAKE MOCK MUCUS

WE SHOW YOU HOW TO
MAKE SLIMEY SNOT

PAGE 24



**CYSTIC
FIBROSIS**
Western Australia

ALL
AWESOME!

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ON THE FRONT
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Winning!

Don't forget to tell us what
you think of Rozee for your
chance to win an iPod Touch!
Just visit <http://goo.gl/bsT40>
and complete
the survey!

EDITOR'S LETTER

WELCOME TO THE FIRST EVER ISSUE
OF OUR ROZEE MAGAZINE!

Why should the adults be the only ones to
get a magazine? We've included a range of
articles which we hope will be of interest
to you young people out there who have
cystic fibrosis as well as your brothers and
sisters. We would love to hear what you
think of this magazine so please fill out
the feedback survey (on the last page) and
post it to us or complete it online.

You'll receive a bag of yummy goodies just by
sending your response to us and also go into the
draw to win an iPod.

For the next issue, we'd love to have your input,
so if you have drawings, photos, a quiz, jokes,
recipes or would like to be interviewed, please
send in your items or give us a call at CFWA.

Rozee would like to thank guest contributors
Abbey Stokes, Bianca Elford and Daniel Di Re
for their fantastic input into this magazine.

We hope you enjoy reading the first issue of Rozee!!!

Bye for now, from

Natalie



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QUIZ

BIANCA'S STORY

Hi my name is Bianca, I am 19 years old and live with Cystic Fibrosis (CF). I was born in Victoria 7 weeks premature, needing an Illial Atresia (part of my intestines were removed due to a bowel blockage) when I was 2 days old. I was diagnosed at birth with having CF and spent the first 2 months of my life in hospital.

The first few years were really hard with me in and out of hospital. I then moved to Perth when I was 3. I didn't need to go into hospital for 5 years as my mum was very good at feeding me the high fat foods and doing all my physio. I then went to Indonesia when I was 10 and caught a really bad bug while I was there. I came back to Perth and gave the doctors a big headache because we couldn't work out how to get rid of the bug. After a year of trying a lot of combinations of all different antibiotics and treatment tactics something finally managed to kill the bug.

Life went on and I was in school, just happily plodding along. When I was 13 and just finished my first term in high school, mum and dad decided that we would become missionaries and move over to the Solomon Islands. Before they made that decision they consulted the hospital to see if it would be possible for me to move overseas with my condition. The doctors said it would be ok and that I would have to fly back every 6 months for a check up, which usually turned into a hospital admission.

It was a great time overseas and after living there for 5 years it was time for us to move back to Perth. The move back to Perth was hard as I had to adjust to the different climate. I have now been back in Perth for nearly 1 and a half years and have been in hospital about 6 times.

Looking back on my life as a whole so far, it has been a difficult path but one definitely worth taking! If you can keep positive and enjoy life as well as balance all your responsibilities I am sure that CF won't stop you doing what you want to get out of life :)

I am looking forward to the challenge of being a writer for this advice column and seeing if I can be of help providing answers to the questions you are going to throw at me.



ASK BIANCA & DAN

Meet our 2 young adults who are willing to provide their advice on how to handle tricky things that you might experience when you have CF.

DEAR BIANCA AND DAN: I AM FINDING IT REALLY EMBARRASSING TAKING MY ENZYME TABLETS AT SCHOOL IN FRONT OF OTHER KIDS. I AM GETTING TEASED ABOUT IT. WHAT CAN I DO?

BIANCA:

If you are embarrassed about taking your tablets in front of people there are a couple of options to take, but first I just want to say that CF is nothing to be ashamed of, it is a part of you.

You can discreetly take your tablets by walking to the drink fountain or else walk away from the group with the tablets in your pocket and quickly put them in your mouth before you take a drink.

My mum would wrap them in with my lunch so I would have them there with my lunch but all my friends knew that I had CF. I told them that this is something I need to do in order to eat food.

Often if you explain things (it doesn't always have to be complicated, it can be a very simple explanation) people are very understanding of situations. The thing you must remember is that not taking enzymes is definitely not an option.

DAN:

As we all know, having CF means being inconvenienced by having to take enzymes, other tablets and inhalers at regular periods in the day, and some kids may be embarrassed to be seen taking their enzymes in front of their classmates in case they're seen as different or abnormal.

Some kids with CF may have even been teased at school over taking their enzymes during recess or lunch.

Sometimes, the best way to avoid embarrassment is to bring the reason you're taking them to light - let any curious kids know the reason you have to take enzymes before food. If you're particularly knowledgeable about your condition, you can always ask your teacher if you can do an "AMA" (Ask Me Anything) about CF for your class. I did this in grades 5, 6 and 7. I stood up in front of the class, outlined the basics of CF and answered any questions as best I could.

While you shouldn't let your fears overcome you, if you feel uncomfortable explaining your condition at the time, you can always go to the toilets to take your pills before eating, or ask your teacher if you can take them in class after your classmates leave for the playground.

DAN'S STORY

Hi, I'm Dan, I'm 24 and I have CF. I was diagnosed at 3 months old, and after spending a short period of time in hospital, I

remained healthy and well enough to avoid hospital again until I was 15. When I got to about 21-22 my health started to deteriorate to a point where I was considered for a lung transplant, but I've been able to delay it with physio and treatment. I stay in hospital 3-4 times per year.

I grew up in Perth, and I've only done a little overseas travel, but I'm planning a few more trips for the end of this year and next year. I'm most comfortable at home in front of my computer though, playing video games and surfing the net. I also love taking my car for a spin, and always miss it while I'm in hospital.

My life has been pretty decent so far and I'm looking forward to enjoying many, many more years in the future. I hope any advice I can give you will improve how you manage your CF and other related issues.



Do you have a question you would like to ask Bianca and Dan? 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 or write to Bianca or Daniel and post to: Rozee Magazine, CFWA, PO Box 959 Nedlands 6909

MEET THE MEMBERS

JORDAN, KLARA AND KLAUDIA

Jordan, Klara and Klaudia are sisters who live in Port Kennedy. Jordan is 5 and has CF, Klara is 14 and Klaudia is 22. The sisters have many interests and really enjoy being active. They have 5 dogs and 4 cats.

Rozee caught up with Jordan, Klara and Klaudia to ask them a few questions.

ROZEE: DO YOU LIKE HANGING OUT WITH EACH OTHER? WHAT DO YOU DO?
Klaudia: Yes we all do ballet together. I started because Jordan was doing dance. We also like to go on the trampoline and swim.

Klara: We go bike riding almost every day, we watch movies and we all go to the same dance academy.

ROZEE: HOW WOULD YOUR FRIENDS DESCRIBE YOU?
Klaudia: They would say that I am really sporty and like doing outdoor things.

Klara: My friends would probably say I am not afraid to try new things, I'm a good friend and I stand up for myself and for others.

Jordan: My friends would say that I am nice.

ROZEE: WHAT MAKES YOU PROUD OF YOUR SISTERS?

Klaudia: I am proud of how Jordan stays strong and never says no to dancing.

Klara: I am proud of Jordan's dancing and all her awards and Klara with her soccer. Whatever they do, they do it really well.

Jordan: I am proud of when they do BMX tricks and when they dress up to go out. They look nice.

ROZEE: WHAT OTHER THINGS DO YOU DO IN YOUR SPARE TIME?

Klaudia: I work at Spotlight as a coordinator and I am also studying Community Services. I do BMX riding and was 4th and 6th in the state when I was younger. I took up BMX because Klara was doing it.

Klara: I'm in Year 9. I like to go to the beach and have also played soccer since I was in Year 5. I took up BMX when I was in Year 4, because I wanted to be like my dad.

Jordan: I like going to the beach with our dogs. We have Chiwas. I am also learning the piano and I do swimming lessons too.

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

Klaudia: To do your best.

Klara: To stay strong, be yourself, ignore people who try to put you down. To stick with your friends who mean the most to you.

Jordan: To do my best.

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

Klaudia: I haven't thought of that, there isn't anyone.

Klara: Bethany Hamilton, the surfer who had her arm bitten off by a shark. She is still surfing. I like how she is consistent with what she loves.

Jordan: I would like to meet Shirley Temple. I have learnt some of my dancing and singing from watching her when she was a young girl on You-Tube.



Jordan performing!

ROZEE: WHAT IS IT LIKE HAVING A SISTER WHO HAS CF?

Klaudia: When Jordan gets a cold, we wonder if she's going to be ok and seeing mum stress about it can be hard.

Klara: It's hard at times, but we find a way to make it better just by being there for each other. We talk to each other.

ROZEE: WHAT WOULD YOU LIKE TO DO IN THE FUTURE?

Klaudia: I would like to be happy and make sure my family is happy.

Klara: Travel the world and take up surfing.

Jordan: I would like to be a speedway racer.



Klaudia

Jordan

Klara

MEET THE MEMBERS

JACKSON

Jackson is in Year 4 and lives with his sister Abbey, his mum, dad and their 2 dogs in Busselton. The family recently moved from Tammin to Busselton and are enjoying living close to the beach and the community feeling of Busselton. Rozee caught up with Jackson to ask him a few questions about his life and having CF.

ROZEE: WHAT'S YOUR FAVOURITE THING TO DO IN BUSSELTON IN YOUR SPARE TIME?

Jackson: I like playing hockey and trampolining which I've done since I was little. I also like fishing but only if it's a good day.

ROZEE: HOW WOULD YOUR FRIENDS DESCRIBE YOU?

Jackson: They would say I am awesome and energetic.



Jackson

ROZEE: IF YOU COULD MEET A FAMOUS PERSON WHO WOULD IT BE AND WHY?

Jackson: I would like to meet Travis Pastrana the motorbike rider from Nitro Circus. I own a 2 stroke motorcross bike which I like to ride. I have met Jamie Dwyer who is a hockey player, and I have got his autograph.

ROZEE: DO YOU HAVE ANY ADVICE FOR OTHER CHILDREN GROWING UP WHO HAVE CF?

Jackson: I do deals with my mum when it comes to the physio which works well. Do lots of exercise and get a trampoline. I can do back flips on my trampoline. I always do my physio and have only missed doing it a couple of times. I have to do my physio first thing in the

morning usually, but in the school holidays mum asks me to decide what time I want to do it and then I have to stick to that time each day.

ROZEE: WHAT WOULD YOU LIKE TO DO WHEN YOU GROW UP?

Jackson: I would like to go work at my uncle's farm in Tammin and help my cousin there. I'd also like to go skiing in Switzerland and visit LA where Travis Pastrana lives.

ROZEE: WHAT'S IT LIKE FOR YOU HAVING CF?

Jackson: I'm just a person. Sometimes I don't want to do my physio but then I just do it.

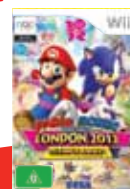
GAME ON!

New additions to our Wii games collection, available for loan to members.

Sam our physio and Gillian our recreation and health promotion officer, tested a few of the Wii games we have available for loan. They rated the games for fitness and fun out of 5 😊. Sometimes if physio or exercise is getting dull, it is good to spice things up with a new activity. Remember, it is important to try and include 30 minutes of huff and puff activity in your day. Some of the games not only provide a good workout, but are also great fun to do together as a family, or if it is raining and you can't get to the gym or the trampoline in the back yard.

Here is a brief review of the games:

1. MARIO & SONIC AT THE LONDON 2012 OLYMPIC GAMES



In athletics, the 100m sprint really made us huff and puff! Some of the other games which were good were gymnastics, aquatics, cycling and fencing. Make sure you swap arms for some of the activities.

Fitness



Fun



2. THE SMURFS DANCE PARTY



In order to get a decent workout you will need to pick a dance that has three hearts ♥ for effort. There are some fun songs on there like "Barbara Streisand" and "Smurf this Way." A great one to do with younger children, but possibly older siblings may enjoy this too. Some of the dance moves are tricky but you can have lots of fun trying to do them.

Fitness



Fun



3. DANCE JUNIORS



If you pick a dance which has 3 or more stars for effort you will get a really good workout. The dance moves are a bit easier to follow than the Smurfs game and you can really break out in a sweat.

Fitness



Fun



If you don't already have these games and want to try them out, please call us at CFWA or email equipment@cysticfibrosiswa.org for more details. We also have a Wii console which we can loan to members for a period of two weeks.

Beaded Friendship Bracelet

STEP 1:

Pick the beads you would like to use. You can use more than one bead and different colours. It's up to you. Cut the twine into three 60cm lengths. Line up the 3 pieces and tie a knot leaving about 8cm on the end. Tape that end to your work surface.

STEP 2:

Start braiding the long ends of the 3 pieces of twine the same way you would braid hair (like a plait).

STEP 3:

Braid for about 6 or 7 cm and then slide the bead you have chosen onto the middle piece. Braid together for another 6cm.

WHAT YOU WILL NEED

- ☐ TWINE OR HEMP
- ☐ A VARIETY OF DIFFERENT COLOURED BEADS
- ☐ STICKY TAPE
- ☐ SCISSORS
- ☐ A RULER

This activity is for ages 5 and up and will take about 30 minutes. It's quite relaxing once you get the hang of it.

STEP 4:

If you want to use a few beads in a row, slide a bead on an outside strand. Cross that over the middle strand, slide another bead onto the strand in the same position as the first strand, Repeat until you have used the amount of beads you have chosen.

STEP 5:

Try out different beads and designs. Once you have finished braiding and beading, tie a knot at the end and trim the ends of the twine.

Make sure the ends are even and leave about 6 to 8cm of extra twine. The person you give the bracelet to, can use the ends to tie it around their wrist and trim off any extra length.

Almost Done!

Finished!

You could make a friendship bracelet for one of your friends, for yourself or for a family member. The colour of each bead you choose has a special meaning.

RED: action, confidence, courage

PINK: love, friendship, beauty

BROWN: comfort, reliability, enjoys the outdoors

ORANGE: energy, enthusiasm, endurance

GOLD: wealth, prosperity, wisdom

YELLOW: joy, optimism, imagination

GREEN: life, healing, growth, nature

BLUE: peace, happiness, loyalty, youth

PURPLE: mystery, magic, royalty

WHITE: protection, cleanliness

BLACK: earth, stability

SILVER: modern, glamorous, elegant

Braiding...

...beads

Start like this

Gemma at the 2007 Sib's camp, aged 9.



GEMMA IS 14 THIS YEAR AND HAS BEEN ATTENDING THE CAMPS SINCE 2005, MAKING 2012 HER 7TH CAMP. ONE DAY SHE HOPES TO ACT AS A TEAM LEADER AND HELP RUN THE CAMPS. GEMMA HAS AN OLDER SISTER WITH CF.

Q: HI GEMMA! TELL US A LITTLE BIT ABOUT YOURSELF

A: Hi, I'm Gemma but most of my friends call me Gem. I am almost 14 and am the youngest of 3 other siblings. My sister has CF and she also just had a baby in May this year. This makes me an aunty for the 8th time, and my sister now calls me 'octo-aunt!'

I have been coming to camp for about 7 years now and I still love every second of it! I also love music, dancing and mucking around with friends.



Q: WHY DO YOU KEEP COMING TO THE SIB'S CAMPS?

A: I keep coming back because it is fun and I have made tonnes of friends and learn about CF. Now I love coming back to catch up with old friends and do activities I wouldn't normally get a chance

Q: WHAT MADE YOU WANT TO COME ALONG TO YOUR FIRST SIB'S CAMP BACK IN 2005?

A: Back in 2005 I was curious about the camp and what it would be like. I thought the camp would be cool and I also wanted to meet other siblings in a similar situation as me. Siblings of people with CF can often feel left out, having to go along to constant hospital visits or having to wait around while they have operations.

to do. I also get to learn new things at each camp and find out more about CF.



Q: WHAT'S BEEN YOUR FAVOURITE ACTIVITY YOU'VE DONE ON ONE OF THE CAMPS?

A: This is a hard one because all of the activities are fun in their own way. But I would have to say that the time we did paintballing and the caves at Ern Halliday were my favourites. Having a sandcastle building competition was also really fun, with someone making a mermaid and another person even made a VW car.

Q: DO YOU FIND THE CAMPS HELPFUL?

A: Of course, it helps us understand more about

CF and how to cope with possible changes in the household. My sister was often changing medications, or would have a new peg or CVC line. These changes can be quite confronting and it's nice to talk and share with people who can relate to these things.



Q: IS IT DIFFICULT BEING A SIBLING OF SOMEONE WITH CF? ARE THERE ANY BENEFITS?

A: Yes it can be difficult at times, like the constant hospital trips and the new medications which can make my sister quite moody. CF can really disrupt the household, like having to wait until late for dinner because Mum is at the hospital or even having to eat dinner at the hospital. There are benefits →

HAPPY CAMPER

EVERY YEAR CFWA RUNS A SIBLINGS' CAMP FOR BROTHERS AND SISTERS OF PEOPLE WITH CF. THE CAMPS GO FOR 2 DAYS AND THERE ARE LOTS OF FUN ACTIVITIES ORGANISED EACH YEAR. THE CAMPS ARE OPEN TO SIBLINGS AGED 8 TO 16 YEARS.

→ though, including the Sib's camp, the WRX cruise and all the giveaways that CFWA offer (circuses etc). But other benefits of having a sibling with CF include being more caring and learning to be more patient because of all the waiting around you have to do in hospitals. I also think it has made me appreciate my health and I am also not afraid of hospitals or doctors.

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

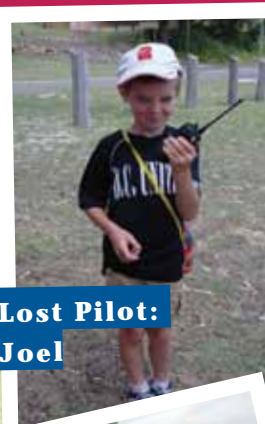
A: I would say don't be scared! Don't be scared to go along and talk to new people, learn new things, play games and have fun! And even if you are a bit scared all you have to do is go up to a leader or one of your fellow siblings and they will be able to help. If you have a question, ask it! No one will judge you for it. No feeling is silly on camp, no question is silly on camp. The camps are confidence building so don't be afraid to participate.

Superheroes Luc & Bradley



Hmmm...Mitch, you might not fit!

Lost Pilot:
Joel



Zaryn abseiling!



The 2012 Gang!



Tahnee covered in
silly string 'webs'



Beach games

SUPERHERO SIB'S CAMP!

CFWA had our Superhero Sib's Camp back in October and had 18 kids with a brother or sister with CF come along for 2 days of fun.

We were able to do some really cool action packed activities during the camp like the flying fox from a 9 metre high platform and abseiling, with the brave ones going from 10 metres high!

The older group went caving where they had to crawl on their hands and knees through the man-made underground tunnels using only light from a torch on their heads! Too scary for some of the adults, but the kids showed us how brave they were! Meanwhile the younger group made their very own kites from scratch and got to fly them. Lucky it was really windy that day!

Beach games were fun and got everyone working in teams to complete different tasks, including playing beach flags, building a ramp to race a tennis ball into the ocean and having an 'over-the-head, under-the-

legs' relay with a wet sponge. Punishment for going the wrong way meant getting a bucket of water thrown at you by the sport & rec staff!

Lost pilot was a hit and had the younger group venturing into the bushland while reading maps and communicating with their walkie talkie to find the 'lost pilot'. The group were successful in their mission and dragged the 'pilot' to safety. The older kids played archery with some competitive spirits coming out!

Night time meant time to get into the superhero theme and dress up in your best superhero costume. We played superhero games including a relay in disguise and capturing the villain with silly string 'webbing'.

We then sat around the bonfire and toasted marshmallows, yum!



Milly;
Bravely caving

THINGS SIBS SAID ABOUT THE 2012 CAMP

What was your favourite activity?

- ★ Caving was my favourite because I like being adventurous.
- ★ Lost pilot because I got the opportunity to use a map & walkie talkies & we had to use good team work.
- ★ Flying fox because you could go upside down & pretty much do anything.

Would you come back to the Sibs Camp next year?

- ★ Yes, because I am much more confident.
- ★ Yes, because of all the really fun activities.
- ★ Yes! Best thing to do.
- ★ Absolutely, because it is so awesome.

What did you think of the CFWA sta ?

- ★ They make you feel welcome, they were very nice and they are good at making people have fun.
- ★ They were friendly, fun & exciting.
- ★ Very caring towards everyone.

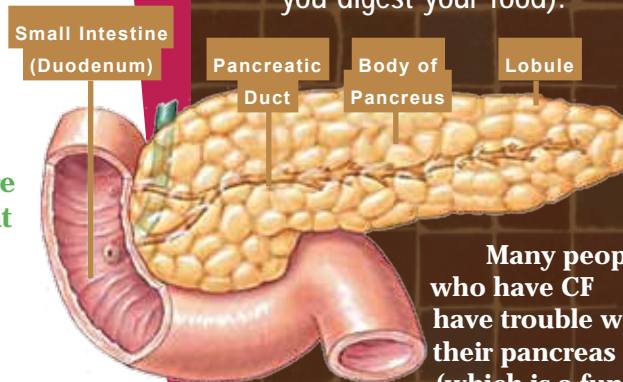


GET A CLUE ABOUT YOUR POO!!

What is it that everyone does, from the boys in *One Direction* to your next door neighbour? Yes it's poo! It can be a very embarrassing topic to talk about, but your poo (or your bowel movements) are a very important part of life. The type of poo you do can let you know how things are going with your digestive system (all the bits in your body that help you digest your food).

It is difficult to digest their food properly without the help of enzyme tablets.

If you have to take enzyme tablets it is a good idea to be aware of the type of poos you are doing, as then you can work out whether you are taking too many or not enough enzymes, or if you have got the balance just right. Sometimes our poos are affected by what we eat and also how much we have eaten of something.



Many people who have CF have trouble with their pancreas (which is a funny squiggly bit in your digestive system) as it is blocked by mucus, so they find

Things to look out for in your poos are:

- The colour
- The type of poo e.g. runny, pebbles etc.
- How much?

Colour of poo

- **BROWN** is usually the "preferred" colour of a healthy poo, but there are different kinds of brown.
- **GREEN POOS** can be a result of eating leafy vegetables or the poo has not had enough time to stay in the large intestine in the digestive system.
- Some people with cystic fibrosis can have **ORANGE POOS** which can be quite pongy because their body is not able to break down oils and fats very easily.

TYPES OF POO:

People are different in how many poos they do a day. What is 'normal' for one person could be 3 poos a day and for someone else it could be 3 in a week.

CONSTIPATION:

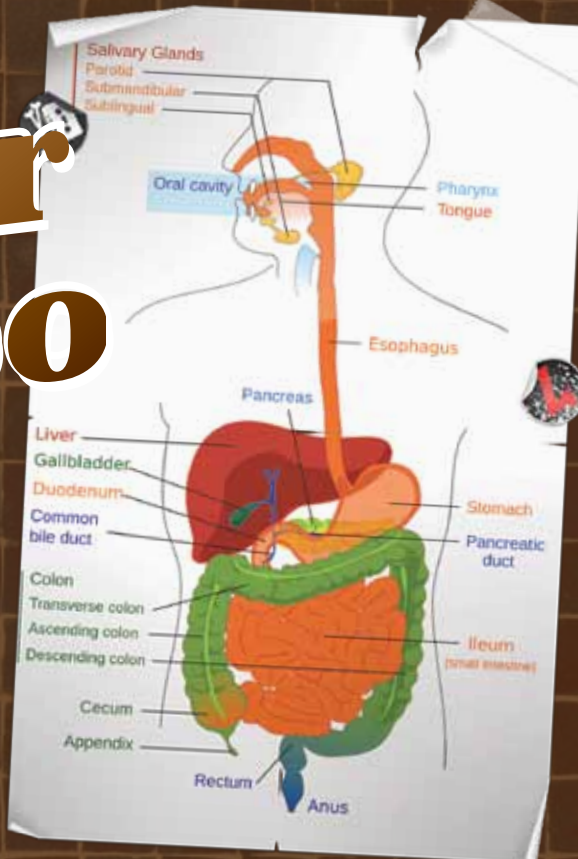
Constipation happens when your bowels are not moving enough and the poos are harder and drier than usual. Normal poos should come out fairly easily.

If it is painful to poo or you haven't had one for about four days, it can mean that you are constipated. For people with CF this could mean you may be having too many enzymes- in which case you need to speak to your mum or dad.

DIARRHOEA:

When you have diarrhoea it means your bowel movements are mushy, watery and loose.

This can happen if you change the types of foods you eat or from different medications.



NOT ENOUGH ENZYME TABLETS?

If your poos are clay coloured, oily in appearance, float and are difficult to flush, and have a really pongy smell, this can also mean you might not be having enough enzymes tablets for the type of food you are eating.

Everyone experiences diarrhoea and constipation from time to time. It is a part of life. Just remember to keep a regular eye on how your bowel movements are going and let your parents or your doctor/dietician know if you notice anything different or if it worries you.

CHECK AND TELL

It is always good to let your mum or dad know if you notice something not quite right with your poos, and also when you are next in clinic at PMH, your dietician may ask you how you are going in that area too.

It is good for **ALL** people, whether they have CF or not, to check how their poos are going from time-to-time.

GLOSSARY:

Digestive system: The different parts of the digestive system work together to take in food and break it down into pieces which become small enough to be absorbed by your blood.

Bowel movements:

The journey of the food you eat comes to an end once your body has taken all the nutrients that it needs. The left over bits are pushed out of your body through your bottom (rectum) as a bowel movement or poo. It can take up to 3 days for food to travel through your body and the food has about 9 metres of tubes to travel through on this journey.



Pancreas:

The pancreas is a long, flat gland in your belly, sitting behind the stomach. The pancreas produces enzymes that make all kinds of food become nutrients which can be absorbed into the blood stream. Many people who have CF have a pancreas which is blocked by mucus so it is not able to work properly.



Enzymes: Enzymes are like "specialists" that help things happen in your body. Enzymes are essential for your body to function and there are different types of enzymes that have different jobs to do in your body. Some help with breathing, swallowing, eating, drinking and digesting food.

Enzyme tablets: If you have CF and your pancreas is affected, you need to take enzyme tablets each time you eat most foods. The tablets are actually made from the pancreas of pigs and work like your body's natural enzymes to help with digestion.

Technical names for poo:

If you want to impress your friends, some other technical names for poo are "stool", "excrement" or "solid waste from body".

What is poo made up of?:

Poo is made up of 14% fibre and food that your body can't digest, 75% is water and 10% is bacteria, plus a little bit of salt and bile. (Bile is a type of juice made from the liver which helps the body absorb fats into the blood stream.)

Bristol Stool Chart



The Poo Chart

Have a look at the chart below which shows the different types of poos. Please note that when you have CF, your poos might, at times, be different in colour and consistency.

TYPE 1		Separate hard lumps, like nuts (hard to pass)
TYPE 2		Sausage-shaped but lumpy
TYPE 3		Like a sausage but with cracks on the surface
TYPE 4		Like a sausage or snake, smooth and soft
TYPE 5		Soft blobs with clear-cut edges
TYPE 6		Fluffy pieces with ragged edges, a mushy stool
TYPE 7		Watery, no solid pieces. Entirely liquid

TAKE THE SSSSS OUT OF STRESS

HAVE YOU HAD SLEEPLESS NIGHTS WORRYING ABOUT TESTS, MOVING TO A NEW SUBURB OR YOUR MUM AND DAD FIGHTING? HAS BEING TEASED AT SCHOOL MADE YOU FEEL SICK IN YOUR STOMACH?

EVERYONE, FROM ADULTS TO CHILDREN, EXPERIENCES STRESS IN THEIR LIFE FROM TIME-TO-TIME.



WHAT IS STRESS?

Experiencing stress is very normal and is a natural response when faced with a challenging or even dangerous situation. Stress is a physical and mental response which helps you cope effectively with emergencies. The body becomes prepared to meet a challenge by increasing strength, stamina and alertness.

Your body can be affected by stress when stress is regular and doesn't let up. The chemicals the body releases when it is stressed can build up and cause changes that make you feel tired, anxious, overwhelmed and can even lower your immune system, which means you might get sick more often.

WHAT CAUSES A PERSON TO FEEL STRESSED?

There are lots of different causes for stress. Things that affect one person may not be a problem for someone else. The important thing is to work out what's troubling you.

Stress can come from different areas of your life. There can be problems at home with your family such as your parents splitting up or one of your parents having a new baby.

School can also be a cause of stress. Many young people worry about schoolwork and tests or about how they get on with their classmates.

As well as wanting to do well for yourself, you might feel that you have to meet family expectations and that you're expected to do as well as your friends or siblings. You could be keen to do well in your schoolwork, but have other problems, like being bullied or falling out with friends. You may even have other responsibilities that take up your time such as caring for a sick sibling or parent.

SIGNS OF STRESS:

Everyone experiences stress a bit differently. Some people will take their stress out on others by being moody or irritable, while some people will keep it to themselves.

HOW STRESS CAN AFFECT THE MIND

- Feeling angry or irritable
- Feeling anxious or worried
- Feeling moody and easily frustrated
- Wanting to cry regularly
- Feeling bad about yourself or lacking confidence
- Feeling restless all the time
- Having trouble concentrating

HOW STRESS CAN AFFECT THE BODY

- Feeling sick in the stomach
- Having constipation or diarrhoea (when you don't normally have it)
- Having stomach aches and/or headaches
- Having problems sleeping
- Feeling tired all the time
- Sweating a lot
- Having cramps or twitches
- Feeling dizzy or faint
- Increase or decrease in appetite (eating too much or too little)
- Using drugs or smoking
- Having allergic reactions such as eczema or asthma

6 WAYS TO TACKLE STRESS

1) GET REGULAR SLEEP

When you get enough sleep you are much more able to handle difficult situations and face the world.

2) TAKE TIME OUT TO RELAX

Do something you enjoy, or if you feel you have too much on your plate, talk to your parents about what things you can cut out.

3) BE REALISTIC AND NOTICE WHAT YOUR MIND IS DOING

It's impossible for anyone to be perfect. Try to avoid expecting yourself or others to be perfect and that will take away some pressure.

4) GET ORGANISED

Getting organised is an area in itself that we could devote a whole book to. However, if you are able to spend some time organising yourself better it will reduce the amount of stress experienced.

See page 28 for a great book on getting organised which you can borrow from CFWA.

5) EXERCISE

If you don't exercise regularly, now is the time to start. Pick something that is easy to do such as going for a walk or riding your bike around the block. Do about 30 minutes most days and you will notice a difference in how you feel.

6) TALK TO SOMEONE AND GET SUPPORT

You don't have to manage stress on your own; there are people who can give you advice or a different point of view which can really take the pressure off your shoulders.

Organisations which can help are:

KIDS HELP LINE

You can speak to a counsellor anonymously via phone, website or email.



PHONE: 1800 55 1800

WEB: WWW.KIDSHHELP.COM.AU

HEADSPACE

For kids aged 12-25 to access health advice and support.



WEB: WWW.HEADSPACE.ORG.AU

REACHOUT

Reachout.com is a website with facts, information, stories, videos and blogs to help you deal with tricky things.



WEB: WWW.REACHOUT.COM

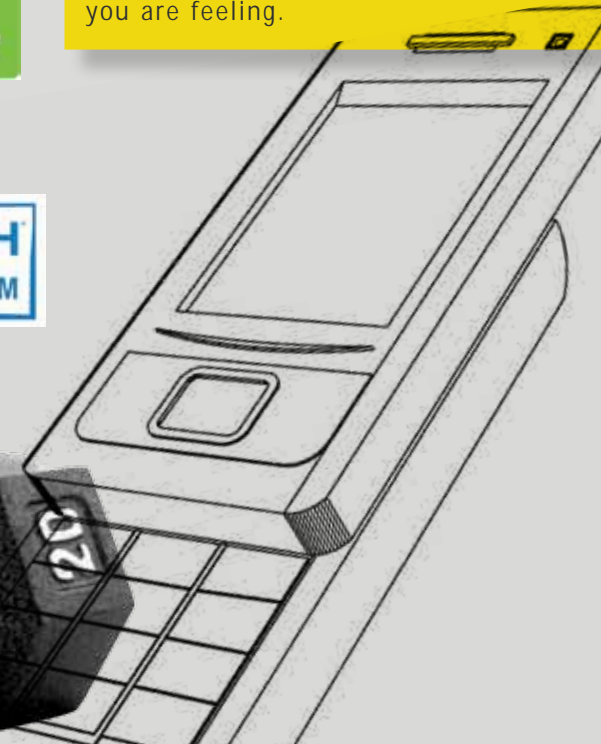
POINTS TO REMEMBER

Everybody feels stressed at times, it's normal.

If you are feeling stressed and it isn't going away, it can affect your body and mind in many different ways.

There are a variety of ways to reduce and manage stress and to make you feel better.

You don't have to manage stress on your own - it's a good idea to talk to someone (e.g. parent, teacher, school counsellor, doctor, other adult you can trust) about how you are feeling.



How to: MAKE MOCK MUCUS

A FEW FACTS ABOUT MUCUS:

Everyone has mucus in their bodies. It is like the oil in the engine of a car, without mucus in the body, or oil in the car, the engine seizes up and doesn't work.

Mucus can be found in your nose, lungs, intestines, digestive system, throat, urinary tract and other body tissues and acts as a protective blanket over these surfaces, preventing the tissue underneath from drying out.

Mucus can also trap unwanted substances like bacteria and dust before they get into parts of the body like the lungs.

Mucus is made up of water, salts and protein.

What you'll need: + 🗑 ⚙	
<input type="checkbox"/>	Kettle
<input type="checkbox"/>	An adult (to supervise using the kettle)
<input type="checkbox"/>	A heat safe glass measuring jug
<input type="checkbox"/>	½ cup (120ml) water
<input type="checkbox"/>	3 packs of unflavoured gelatine— <small>(3 individual packets not whole boxes)</small>
<input type="checkbox"/>	Green and/or yellow food colouring
<input type="checkbox"/>	½ cup (120ml) light corn syrup
<input type="checkbox"/>	Wooden spoon for stirring

WHEN YOU HAVE CF

The mucus in your body tends to be thicker and stickier and is more difficult for your body to clear away. In most people who have CF, their mucus doesn't always act like a protective blanket for organs like the lungs, rather it actually provides ideal conditions for bacteria to multiply and cause infections. That's why you might have to do physio all the time or take certain medications as this all helps to get the mucus out of your body.

OTHER NAMES FOR MUCUS

'Phlegm', 'snot' and 'boogers'. When you spit or cough up mucus it's called "sputum". When you have CF, sometimes you have to provide a sputum sample for the doctors at your hospital, so it can be tested to see if you have any particular infections in your lungs.

1 Boil the kettle and pour ½ cup of water into the measuring jug. (Make sure an adult is on hand to supervise this!)

2 Pour all 3 packets of gelatine into the water. To make your snot extra snotty, add a couple of drops of green and/or yellow food colouring. Use the wooden spoon to stir the gelatine until all of it has dissolved. Put the jug to the side to let it cool for 1 minute.

3 Once 1 minute has passed, pour the corn syrup into the mixture and stir. When you lift the spoon you should see long, stringy strands of snot drip slimily back into the cup.

4 Let your mock mucus cool before you handle it. If it gets too thick, add water a little bit at a time to make the mucus thinner. Once the slimy secretion has cooled you can stick your hands in it.

5 Trick your parents, siblings or friends by pretending to sneeze, then you can hold up your hand and show them your gooey boogers.

To gross people out even more you can even eat your homemade mock mucus as it is made out of food ingredients!

A DAY IN THE LIFE OF...

ABBHEY

Hi, my name (as you saw) is Abbey. I am 11 years old and I live in the city of Busselton and my younger brother, Jackson has CF. This is what my usual Monday is like...

7.00 I wake up to our family puppy, Poppy licking my face or to Jackson jumping on me (whoever gets to me first!).

7.10 I eventually get up to have my breakfast of either Coco Pops or Nutri Grain.

7.25 I go back to my room to get dressed in my uniform of a pinafore, blouse, button tie and tights.

7.35 I brush my teeth, tie my hair and put my black school shoes on while Jackson does his nebuliser and Tobramycin.

8.00 I say goodbye to Poppy and Luci and set off on the 10 to 15 minute bike/scooter ride to Cornerstone Christian College.

8.15 I arrive and lock up my bike in the bike racks at school, pass the library and the year 4 class (Jackson's class), then I go through the oval and then I come to the year 6 classroom and finally I place my bag down on the year 5 bag rack and greet my friends.

8.40 The siren goes and I enter the classroom with my water bottle and school diary, grab a chair and chorus with the rest of my class mates, "Good morning Miss H and may God bless you."



10.15 After spelling, prayer and maybe some maths, it is finally time for a well deserved break for me and my friends to have something to eat and a little bit of play.

10.40 I shuffle back into class and await a longer session of space for maths and then a 50 minute Bible class with Mrs Strutt, the deputy principal of the school.

12.20 LUNCH TIME!!! A much more deserved break for me and my class to have until 1pm, to eat and play.

1.00 We scramble back into the classroom, do silent reading, some more work and wait some more for the 2 o'clock 5 minute rest which includes a toilet break, a drink and some fruit to eat.

3.15 School's out for the day and I travel on my bike/scooter to the leisure centre for my Monday swim squad.

4.30 A rush to get dressed for hockey training which I am already late for.

5.00 Mum declares that she's taking the dogs (Poppy and Luci) for a walk and although I'm not too keen on the idea I join her for a brisk walk to the park.

5.45 We arrive back home and I collapse in front of the computer to type this whole day down and wait patiently for tonight's dinner of beef pie, mash and more vegetables with tomato sauce.

6.15 After dinner, I have a nice warm shower and pop on my PJ's and turn my gaze to the Olympics on the TV.

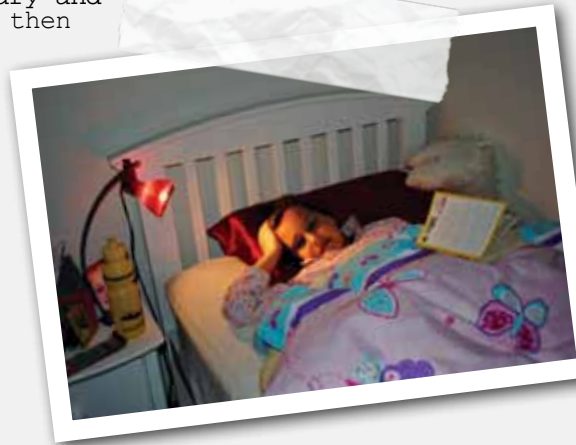
7.00 I begin my homework of mental maths, spelling and a poster on equivalent fractions.

7.30 I give up on my homework for the night and place my eyes on the Olympics once more.

8.00 I say goodnight to mum and dad and I jump into bed and start to read.

8.30 Mum gently opens my bedroom door to tell me lights out, so I finish up on the page I'm reading and slowly shut my eyes and fall asleep.

WRITTEN BY ABBEY STOKES OF BUSSELTON, W.A.



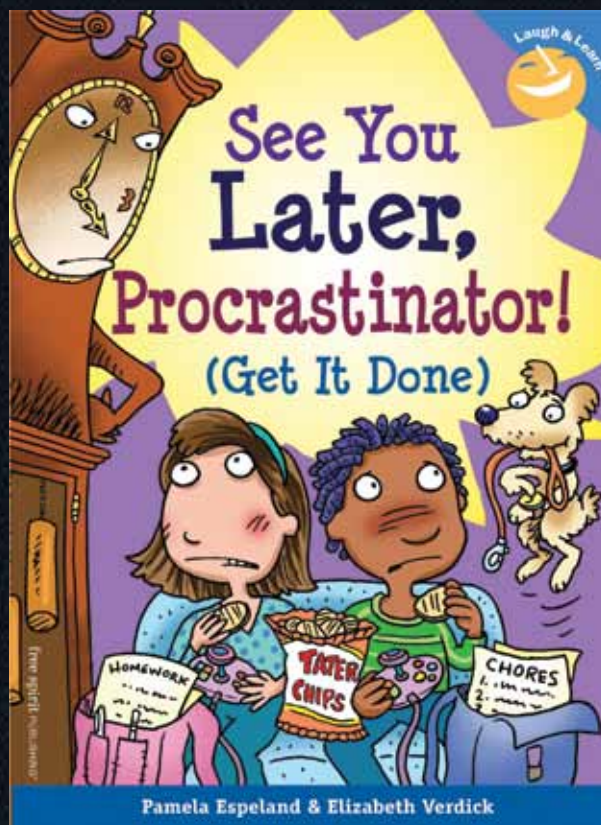
BOOK:

See You Later Procrastinator!
(Get It Done) by Pamela
Espeland and Elizabeth Verdick

Do you find that people (mainly your mum or dad) are often asking you to get stuff done e.g. homework, tidying your room, doing your physio and you want more time to do enjoyable things? Well, you can learn how to get motivated to get things done to get people off your back!

By reading this book you can learn 20 ways to kiss procrastination goodbye in a fun way.

This book offers lots of ideas without making you feel bad or nagging you! Have a read and you might just learn how to be more in charge of your life.



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

PHONE/ IPOD APPS: (FREE)

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

LEGO MOVIE PHONE APP:

Create short adventure films with your toys. This app has a feature to add music and a couple of special effects.

Compatible with: iPhone 4, iPod touch (3rd generation) iPod touch (4th generation) and iPad. Needs iOS4.0 or later.



NOUGHTS AND CROSSES:

Bored and waiting in the car somewhere? Why not have a game of noughts and crosses. You can play against game centre friends or random opponents.

Compatible with: iPhone, iPod, iPod touch and iPad. Needs iOS4.0 or later.



CAR BUILDER 3D:

Customise your own personal car, then test drive it. Change a variety of different features of the car.

Compatible with: iPhone, iPod touch and iPad. Needs iOS4.0 or later.



QUIZ!

Abbey has created a quiz to test your general knowledge. See if you can answer these questions.

1. Which NRL player who is in the team of the Western Force has CF?
2. Who wrote *Charlie and the Chocolate Factory*?
3. What are the colours of the 5 Olympic rings?
4. What are the 7 continents of the world?
5. What are the 3 primary colours?
6. What colour is a New York taxi?
7. What day of the week is Pancake Day celebrated?
8. Who had a hit in 2010 with his song *Haven't Met You Yet*?
9. Which male singer had a hit with the song *Grenade*?
10. Who sang *Rolling in the Deep*?



Answers
1. Nathan Charles 2. Roald Dahl 3. Red, Blue, Green, Black and Yellow 4. 7 continents 5. Red, blue and yellow 6. Yellow 7. Sunday 8. Michael Buble 9. Bruno Mars 10. Adele
North and South America

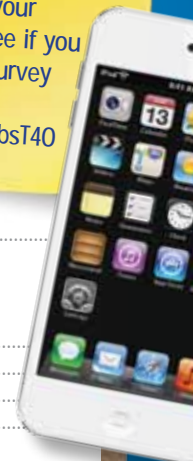
WE WANT YOUR OPINION

Send in your thoughts about Rozee for your chance to win an iPod. Everyone who responds to this survey will win a bag of yummy goodies and also go into the draw to win an iPod. So get cracking!! And post your response to:



ROZEE MAGAZINE
CFWA
PO BOX 959
NEDLANDS WA 6909

Can't get to a mailbox?
Check with your
parents to see if you
can do the survey
online at
<http://goo.gl/bsT40>



Your name:

Age:

1. What do you think of the layout of the Rozee magazine e.g. the size and the amount of pages etc?
What changes would you make?

2. What do you think of the graphics/images, do they appeal to your age? Is there anything you'd change?
If so, what?

3. What do you think about the different articles in the magazine? Were there some that you really liked or
some that you didn't like? If so, which ones?

4. What sort of articles/sections would you like to see in this magazine?

5. Would you like to see this magazine being produced regularly?(e.g. 2-4 times a year like the RED
magazine) If not, are there other types of things you would like to see available for children your age
which explain different things about cystic fibrosis? e.g. a website, phone app and so on.





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