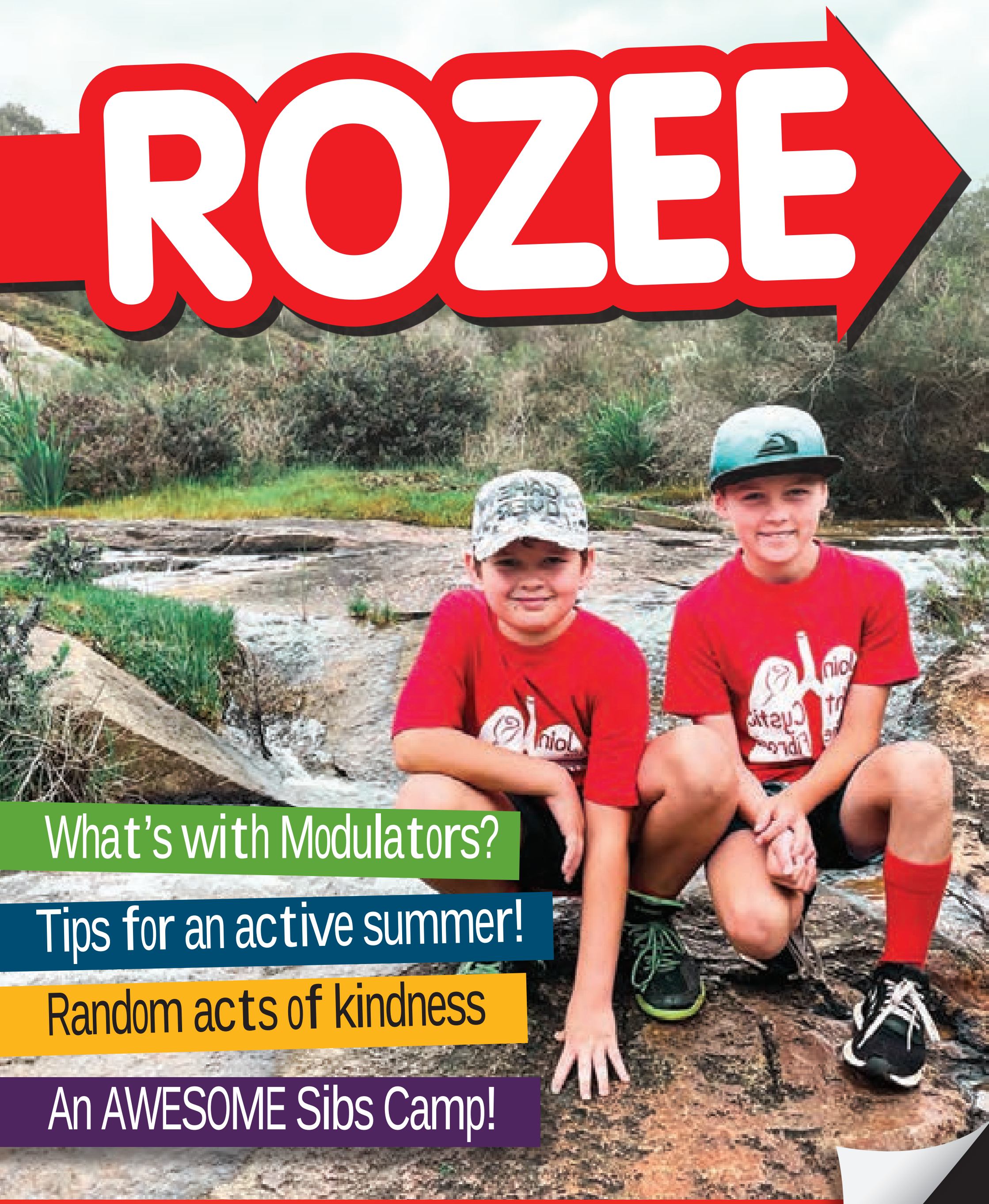
SUMMER 2022

A MAGAZINE FOR KIDS WHO HAVE CF AND THEIR SIBLINGS

ROZEE



What's with Modulators?

Tips for an active summer!

Random acts of kindness

An AWESOME Sibs Camp!

ALL AWESOME!

CYSTIC FIBROSIS
Western Australia

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Xavier and Lachlan at Sibs Camp

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Editor’s Letter

Welcome to the 10th edition of ROZEE Magazine!

This is Maggie’s 3rd and Gillian’s 6th edition, neither of us can believe that ROZEE has been around for 10 editions – some of you reading may not have been born when the first edition came out! We hope that you enjoy reading ROZEE as much as we enjoy putting it together.

In this year’s edition, we have lots of exciting stories like what a day in the life looks like for Oli, meeting our member Zara, and catching up with the Miller sisters. We even have some tips on keep hydrated and well during sports in the summer.

There’s lots of other fun stuff too, like how to make a dream catcher, a delicious and easy to make banana pop recipe, and a fun word search!

We hope you enjoy the 10th edition of ROZEE and have a wonderful Christmas!

Bye for now,

Gillian and Maggie

CONTENTS

ASK…MEL

ABOUT HAVING A FAMILY AND LIVING WITH CF

HI MEL, CAN YOU PLEASE TELL US A BIT ABOUT YOU?

Hi, my name is Mel. I'm a little pocket-rocket with so much energy and drive. I love to read and hang out with friends. I own a massage business and I have two amazing little kids in my life – a 10-year-old son and a 9-month-old daughter.

> " I DON'T LET CF CONSUME MY LIFE."

HOW DO YOU BALANCE HAVING A FAMILY AND FITTING IN CF TREATMENTS?

I don't let CF consume my life. It is part of it, but there are so many more factors as well and this balance looks different to everyone.

I have a good routine with taking my medication, so I don't forget as often.

I ask and accept help. It takes a lot of courage to ask and accept help and this is the best thing. Others want to help but are unsure how, so I delegate jobs – such as having people take my son to school or pick up food shopping, and this helps ease the load.

WHAT DO YOUR KIDS THINK ABOUT YOU HAVING CF? DO THEY HAVE MANY QUESTIONS / CONCERNS?

My son is very empathetic and kind. He's always helpful and I think having a mum with CF has moulded this. He doesn't know any different as he has always been around my treatments and medications. He doesn't like having to come to my hospital appointments though!

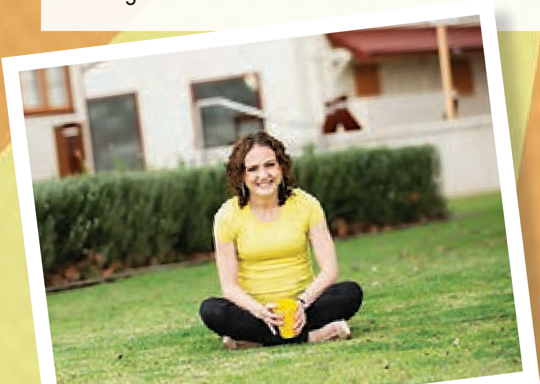
WHAT ARE SOME OF THE CHALLENGES OF HAVING CF AND A FAMILY?

Looking after others when I have a chest infection and am low in energy. It is tough to keep going and I need to ask for more support. I found physical family outings, such as walks, incredibly difficult if I was unwell and struggling to breathe, so we would do other easier family things such as movie night (with popcorn and chocolate!)

I learnt over the years that I really need to protect my body and my energy as my job is very physically and emotionally depleting. If I was worn out, I really just had to listen to my body and rest.

WHAT ARE YOUR PROUDEST ACHIEVEMENTS?

- I loved swimming with a whale shark, this was an incredible experience.
- I am proud of my mental resiliency and ability to bounce back when I have been unwell or unhappy.
- I love my children and am so lucky to have had both boy and girl. I can't wait to grow old with them.



DO YOU HAVE ANY ADVICE FOR YOUNGER KIDS WITH CF?

- Listen to your body. If you're feeling unwell, try to rest and look after yourself as the number one priority.
- Feed your growing body with really good nutritional food that you enjoy.
- Move your body every day, whether this is dancing to music, jumping on the trampoline (I did this for so many years as a child) or riding your bike. When you move your body, your brain feels good, your lungs feel good, and you are happier.

A DAy in thE life of OLI

Oli just turned eight years old and lives with his mum, dad, and three siblings. Those around Oli describe him as fun, creative, smart, and kind.

Oli has CF and he has a special bond with his baby brother, Jimmy, who also has CF. Oli shares with us what a day looks like for him, with a school holiday twist!

6:00am	Awake for the day! Head downstairs for breakfast.
6:30am	Brekky time! I will usually have cereal or toast.
6:45am:	Get dressed and head outside to go for a walk with Dad.
7:00am	Ride my bike up and down the street! Play on my bike jump that I made with Dad.
7:30am	Physio using my PEP tube, I'll do it sitting out the front of our house for something to look at.
8:00am	I'll head out to the backyard to check on my chooks and play.
9:00am	Off for a bike ride with the whole family to our local coffee shop for babycinos!
10:00am	We will walk back past the local park and have a play.
11:00am	Back home I'll play in the backyard, in my sandpit or treehouse with my sisters and baby brother.
12:00pm	Lunch time! I have a tasting plate with all my favourite foods...cheese, crackers, twiggy sticks, and salad!
1:00pm	Quiet time in our house so I watch a movie with my sisters. Harry Potter is our favourite!!
3:00pm	Afternoon tea time - I will have a treat like chocolate or sticky bun! Then we will go for a bike ride over to our school to play.
4:00pm	I will play with my little brother or help mum with dinner. I love chopping veggies! If I'm unwell with a cough, I'll do some more physio here but when I'm well it's just once a day.
5:00pm	Dinner time! My favourite dinner is PIZZA!
6:00pm	Shower time and then reading or homework practice.
7:00pm	I have quiet time in my room listening to my radio and playing Lego.
7:30pm	Sometimes I sneak downstairs with mum and dad to watch TV...my favourite thing is when Dad takes me to get a caramel sundae!!!
7:45pm	Bedtime!

GETTING CREATIVE!

OLI DOING PHYSIO

OLI WITH HIS FAVOURITE DINNER...PIZZA!

OLI WITH HIS SIBLINGS RUBY, JIMMY, AND LUCY

WHAT'S ALL THE FUSS ABOUT MODULATORS?

Whether you have CF or someone in your family has CF, you may have heard about the new modulator treatments. But what are they and how do they work?

There are so many medicines for people with CF, it gets very confusing remembering all the names and what they do and why they're needed.

Some are easy, like salt. People with CF lose more salt in their sweat than people without CF, so they have to take salt tablets to replace it.

Some are a bit more difficult and have really long names like recombinant human deoxyribonuclease I, dornase alpha, or Pulmozyme®. That sounds super complicated but really it is just a medicine that helps make the mucus thinner so it's easier to cough up.

EVIE WITH HER ORKAMBI©

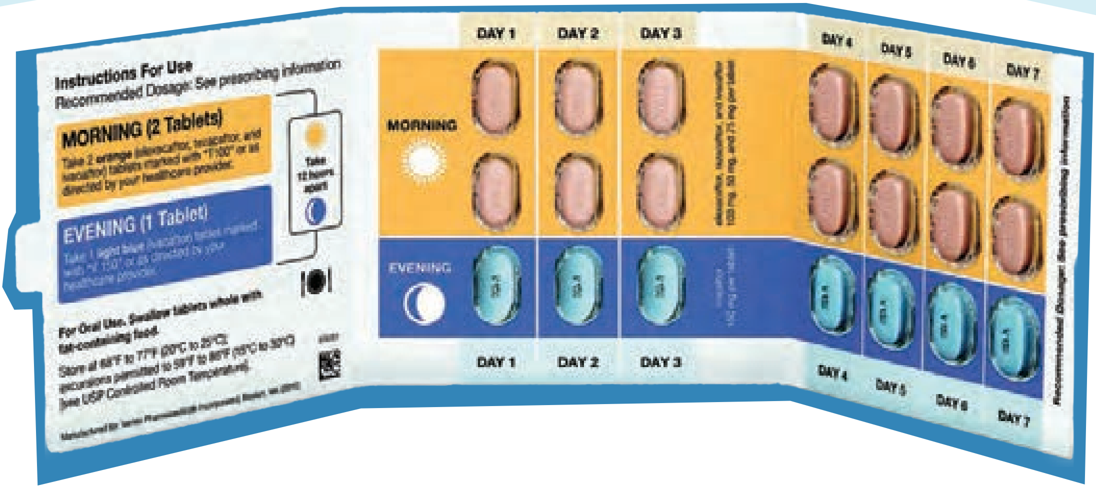
A lot of medicines treat the symptoms of CF, like antibiotics treat bugs, or infections, in the lungs. Modulators are a different type of medicine that treat the cause of CF, so you don't get the

infection in the first place. They help your body work properly, so you don't have to take as many other medicines.

When the modulator medicine works, your body produces mucus that isn't as thick and sticky, so you don't get as sick and don't need to go to hospital as often. Some modulator medicines work really well for some people but don't work for others. Scientists are working hard to find modulator treatments that work for everyone with CF.

We need lots of different modulator medicines because there are so many different CF genes and they all cause different problems. Your genes come from your mum and dad and they decide things like the colour of your eyes, if your hair is curly or straight, how tall you are and whether or not you have CF. Just like there are lots of different types of hair, there are also lots of different types of CF genes, so different modulator medicines are needed.

Most modulators have tricky names like Kalydeco®, Orkambi®, Symdeko® and Trikafta®, but they all do the same thing – they help your body work the way it was supposed to so you can stay healthy and do all the things you want to do.



meet the member: Zara

Zara is 9 years old and loves to play basketball, dance ballet and play elastics. She lives with her mum, dad, 11-year-old brother Evan and has two goldfish (Spot and Shadow), two rose barbs, and four apple snails. Zara is a ray of sunshine to everyone who meets her because she is always smiling and giggling. We thought we would ask Zara a few questions to get to know her!

What is your favourite subject in school and why?

My favourite subjects are science (because I like experiments and learning fascinating facts) and writing stories (because I find it relaxing and I like to use my imagination).

Zara with her homecare worker Jo and brother Evan

How would your friends describe you?

Thoughtful and helpful.

What would you like to be in the future?

A professional dancer or an authour.

If you could meet one famous person, who would it be and why?

Hugh Jackman because he plays a character in my favourite movie, The Greatest Showman, and he's a very good singer and dancer.

Also, Sir David Attenborough because he is a very fascinating man and I admire him because he travels the world to teach people about nature. Some of his shows are funny too. I like the episode where the wild goose chick jumps off the cliff from its nest.

Where is your favourite place in the world?

Singapore, we went there in October 2019.

Do you have any advice for other kids with CF?

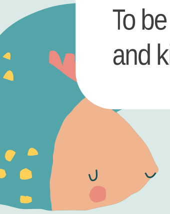
Do everything you can to stay well now, so you can be well in the future.

If you made one rule that everyone in the world had to follow, what would it be?

To be kind. The world deserves happiness and kindness beyond the world.

What is it like for you, having CF?

Frustrating sometimes (the treatments take a long time), but most of the time I just get on with it - Mum lets me have ice cream after my salt neb and I watch TV or play on the DS or Switch while I am doing nebs or physio.



Zara was recently in our short video, 'CF at School'. You can ask your parents to watch it by going to the link below. If you would like your classmates to know more about CF, you might also like to ask your teacher to play it in class too.

CF at School: www.vimeo.com/542886881

MEET THE SIBLINGS: THE MILLER SISTERS


ZARYN, KAYLENA

Kaylena (19), Zaryn (17), and Amity (12) are sisters who have two brothers that have CF. You might recognise the Miller sisters from our 2017 issue when we interviewed them for the first time. We thought we would catch up with them and see what has changed.

Kaylena, who is the oldest sister and a twin to her brother Clay, likes to go to the beach with friends, has represented WA in two cheerleading competitions in the United States, and has two fish named Splish and Splash. Zaryn is the second oldest sister, and she likes to sleep, play on her phone, and plan for her future. Amity is the youngest in the family and likes cheerleading, playing on her phone, and is the only sibling that was born in WA.

Can you tell us a bit about yourself?

Kaylena: I am Kaylena, I have two brothers with CF. I coach cheerleading, gymnastics, and athletics. I am a twin.

Zaryn: I am determined and when I want something, I have to work to get it.

Amity: Hi I'm Amity, I have four siblings, I like to play on my phone, and I like cheerleading.

How many Sib's Camps have you been to and what is your favourite thing to do at Sib's Camp?

Kaylena: I have been to 13 camps! I was a leader at the last two camps. I have been going since 2007. My favourite things are making friends and the flying fox.

Zaryn: I have been to eight camps. My favourite thing is getting to know all the girls and having chats.

Amity: I have been to 4 camps. My favourite thing is making new friends.

, AND AMITY

What is it like having a sibling with CF?

Kaylena: It is nothing new for me as my twin has CF, so that is all I know.

Zaryn: It is like having a normal sibling but have more visits to the hospital.

Amity: Sometimes it's gets annoying but its ok.

Do you have any tips for others with a sibling with CF?

Kaylena: Just being there for them.

Zaryn: Encourage them to do well in life and strive for the future.

Amity: Include siblings of CF patients in family decisions that affect them.

What would you like to do in the future?

Kaylena: Anything with children.

Zaryn: Psychology.

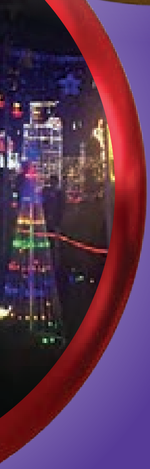
Amity: Become a cheerleading coach.

THE MILLER FAMILY

Amelia's grandparents,
Lorraine and Jeremy

Christmas Lights FOR CF

The inspiration for this sparking event, Amelia!



Amelia, who is seven years old, and lives with CF, was the inspiration for her grandparents to decorate their home with over 300,000 Christmas lights and raise money for people living with CF in WA.

Over 16,000 people visited the incredible Christmas lights in Albany hosted by Amelia's grandparents Lorraine and Jeremy. Their lights were so popular, some nights the queue was over 50m long - but the wait was certainly worth it!

The lights display had several replicas of world treasures like the Eiffel Tower, Big Ben, the Statue of Liberty and Australia's beloved Sydney Harbour Bridge. There were also all the Christmas favourites: reindeer, Santa's sleigh, stars, Christmas trees and so much more!

Across December, the lights display raised over $43,000 for CFWA. The star of the show and inspiration for the event, Amelia, said "I'm very proud of Nanna and Poppy" and "I loved all the pretty lights and meeting Santa!"

We are so excited that Lorraine and Jeremy will be doing their Christmas lights again this year!

Summer & Sport with CF

Exercise is important for everyone to help keep you fit, build muscle, improve mood and even help you sleep better. For kids with CF, exercise has EVEN MORE benefits, like clearing mucus from the lungs.

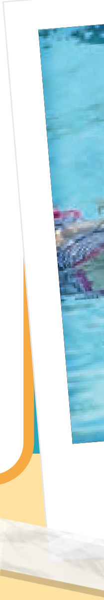
Exercise is something you can enjoy with your family and friends. Just remember to eat plenty of good nutritious snacks, drink lots of water, stay sun safe and keep your salt intake up!

Here are some more useful tips:

DRINK LOTS

Playing sport or being active in the summer will make you sweat even more than normal which means you can easily get dehydrated. If you get a headache, start feeling dizzy, feel sick in the tummy, tired or weak, you might already be dehydrated. If this happens, stop exercising, tell an adult and drink some water.

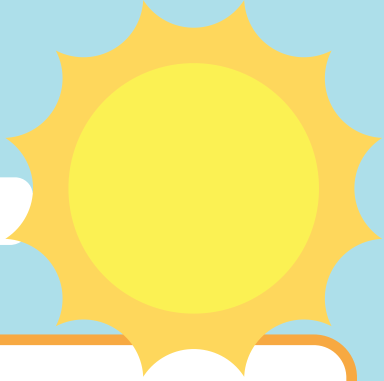
To avoid getting dehydrated, it is important to drink plenty of water before, during and after exercise. Many people with CF don't experience feeling thirsty, so it's really important to drink regularly. Carrying a drink bottle with you is a good reminder. Sports drinks are also helpful as they help replace the water and salt you lose from sweating.



EXTRA SALT

When your body sweats, it loses salt. People with CF lose even more salt than others, so when you are exercising in the heat, it's really important to replace the salt you lose. You can do this by eating salty foods, adding salt to meals, taking salt tablets and drinking sports drinks.

Foods such as pretzels, nuts, chips, crackers, and even pickles are great ways to increase salt in your diet and help replace the salt your body loses when you sweat. Milk also has salt in it and chocolate milk is a great drink after exercise. Chocolate milk and a salty snack together are a really good combination.



SLIP, SLOP, SLAP

Make sure you are being sun safe when playing sport or being active outside. Some medications people with CF take, like antibiotics, can make you extra sensitive to the sun, which means you can get easily sunburnt. It's really important to protect yourself by using sunscreen and wearing a hat and clothes that cover the places where you might get burnt, like your shoulders.

FOOD

When you're exercising lots it's important to make sure you're eating enough food to replace the energy you use up. Eating healthy, high-calorie snacks before and after exercising can help.

Trail mix with nuts, cheese and crackers, peanut butter sandwiches and chocolate milk are all good snacks to help provide the necessary salt, vitamins, carbohydrates, and protein needed in your diet. These snacks will keep you going even when you've been outside running around.

BORN TO BE WILD

SIB'S DAY OUT

Following the success of last year's first ever Sib's Day Out, we got the gang back together for a fun-filled day at the zoo!

Around 20 siblings and offspring, from both the Perth area and regional WA, felt the call of the wild in January and braved a hot day at Perth Zoo.

Our day started in the African Savannah where elephants and rhinos stole the show! No wonder, on a hot day in Perth, they probably felt right at home. From there we wandered through other lands and saw highlights like a slow-moving tortoise and the slender-tailed meerkats.

After a picnic lunch on the main lawn, we ended our day at the Australian Reptile Encounter area. After a big day in the sun, the reptile room was nice and cool – one of the snakes was even shedding its skin! We hope our zoo experience will create lasting memories for all the siblings and offspring who attended.

Events like Sib's Day Out are a great way to connect and form new friendships. We love seeing our sibs return year after year, and new faces are highly encouraged. If you are a sibling or offspring and you are interested in attending events like these, keep your eyes peeled – we want you there!

Thank you to Lotterywest for their generous support of this event.

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NEW
Sibling & Offspring Video

Did you know we made a new video all about siblings and offspring?

In the video, we talk to three different families about their experiences having someone with CF in their family and what it's like to have a parent or brother or sister with CF. Thank you to our awesome stars Chiara, Bianca, Sebastiano, Olivia, Charlie, Chloe and Ben!

Ask your parents if you can watch the video. We also have a snippet which is all about the awesome Sib's Camp- you might even see yourself in there from the Sib's Day Out.

The video is on our website here:

www.cfwa.org.au/what-we-offer/resources/#short-videos

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Chloe and Ben with their sister Charlie who has CF

Olivia and her mum Sam who has CF

Chiara and Bianca with their brother Sebastiano who has CF and their parents

WHAT IS PPE ALL ABOUT?

PPE or Personal Protective Equipment is the term used to describe all the things people wear to help protect themselves, and you, from germs.

You might have noticed your doctors, nurses and other members of your CF team covering up with gowns and masks, and wearing gloves, face shields, goggles and maybe even shoe covers! Your homecare workers have always worn gowns but in the past year they have also started wearing more PPE. Sometimes PPE can look a bit scary, especially if you can't recognise people when they're all covered up. But underneath all their PPE, they are still the same helpful friendly people! They are just trying to keep you safe and well.

Our homecare worker Jo wearing her PPE

Let's look at all the different types of PPE and how they help protect us from germs:

Mask

There are lots of different types of masks, some look scarier than others, but they are all worn to help keep any coughs or sneezes from getting on you or any surfaces in your room or house.

Face shield or goggles

This helps stop any germs from getting into people's eyes.
They can look pretty funny, like the glasses you wear in a science lab at school!

Gown

A gown is worn to stop any germs from getting onto our clothes so we can't spread them to different people. We get a new gown for every person, so we don't have to keep changing our clothes. Imagine how many clothes we would have to buy if we didn't wear a gown!

Gloves

Gloves are for keeping hands extra clean so they can't spread germs around. Your CF team will wash their hands before they put their gloves on and after they take them off. That's a lot of washing!

Meet Haylee!

OUR YOUTH SOCIAL WORKER

Hi everyone!

My name is Haylee, and I am a social worker at CFWA. My job is to work with children and young people to help them feel happy and healthy.

I can help you talk about your feelings and any worries you may have. It is normal to feel frustrated, upset, and sad sometimes and it can help to have a person who can listen and provide healthy activities so that you can feel happier.

I work with lots of young people with CF to help them feel more motivated to do their physio and treatment. It's important to remember that you are not alone, there are lots of other young people in WA that have CF and have to keep up with their treatment too, even when sometimes you really don't want to!

If you would like to see other young people with CF in WA, I am going to be running a new program called 'Virtual Catch up for CF Kids'. It will be online once or twice a school term and will be fun and interactive.

If you would like to talk to Haylee or join our Virtual Catch Up for CF Kids, ask Mum and Dad to contact CFWA on 08 6224 4100 or email Haylee.riddell@cfwa.org.au

RANDOM ACTS OF KINDNESS

A wise person once said, “there are three steps to becoming successful: the first step is to be kind. The second step is to be kind. The third step is to be kind”.

Sometimes people might say or do nice things for us, and other times people might say or do something that is hurtful. A lot of the time, the hurtful thing is the one we remember. One way to keep your brain thinking positive is to do something nice for someone else. It makes them feel better and in turn, you feel better too!

Have you heard of a random act of kindness? A random act of kindness is something you do, big or small, that helps someone else. You can do something nice for a friend, neighbour, teacher, classmate, or someone in your family. If you think about the person and what might be helpful to them, the possibilities for random acts of kindness are endless!

Most of you probably already do kind things without thinking about it, but we’ve put together a list of ideas for random acts of kindness to inspire you:

1. **Help around the house or do physio without being asked to.**

2. **Call a family member and focus on asking about them.**

3

Pick up litter around your neighbourhood or school.

4

Tell a friend something you like about them.

5

Send a card to your team at PCH to say thanks for keeping you healthy.

6

Play a game at recess with someone you don't normally play with.

7

Bring your teacher a small gift, like their favourite snack or a homemade gift.

8

Donate toys you no longer play with to other children who will enjoy them.

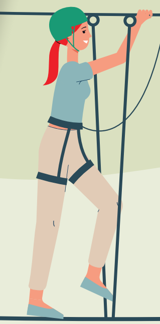
9

Go out of your way to get along with your siblings for the day.

10

If someone is upset, check to see if they are ok. It's always cool to be kind!

No matter how big or small your random act of kindness is, it will make a difference. So, get out there and spread kindness around like butter!



AN AWESOME SIBLING & OFFSPRING CAMP

In the October school holidays we set off on our annual Sibling and Offspring camp. A camp just for kids with a parent or brother or sister with CF.

This year we had 29 kids come along which was great! We went to Bickley Outdoor Recreation Camp which has so many great activities on offer. We participated in canoeing, orienteering, vertical challenge rope courses, catapults, bush hut building, flying fox and team building games. We even had a movie night with popcorn and a few dance moves! And a bonfire where we roasted marshmallows.

Our annual camp is a great way to meet others who have a sibling or parent with CF. We included a session this year with our Youth Social Worker, Haylee, who worked with everyone in groups to talk a bit more about having someone in your family with CF and how this might make you feel sometimes. It's always great to have these important conversations and know who you can talk to if you have questions or worries.

Further details about our 2022 Camp will become available early next year.

Thank you

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CRAFTY CORNER

DREAM CATCHER

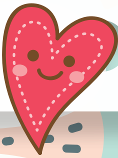
Have you heard of a dream catcher before? Hang a dream catcher above your bed and it will catch your bad dreams like a spiderweb. You can do this fun craft with supplies you have around the house and decorate it any way you like to make it your own!

SUPPLIES:

- 1 sheet of white card stock
- 3 lengths of yarn in the colours of your choice
- Scissors
- Tape
- Hole punch
- Large sewing needle
- Beads and feathers

INSTRUCTIONS:

1. Use a plate to draw an even circle on your card stock and use scissors to cut this out. Use a smaller plate or bowl to draw an even circle to cut out the middle of your big circle.
2. Draw dots on your circle, where you want your strings to go. Then using a hole punch, punch holes over the dots on the circle. Make sure not to get too close to the edge.
3. Thread a large needle with yarn and tie a knot in the yarn near the needle to keep the yarn from slipping through. Start by threading the needle through one of the holes in the circle and secure the end of the yarn to the back of the circle with a small piece of tape. Leave a long tail of yarn at the bottom for beads and feathers.
4. Repeat step 3 but with a different colour of yarn. Make sure to cross back and forth to make it look like a colourful spider web!
5. When the spiderweb of yarn is finished, thread beads onto the long, loose ends of the yarn. You can secure beads by double knotting your yarn.
6. Add feathers by securing them to the yarn with beads or use a dot of glue.



GET CREATIVE!

For more crafts and ideas visit janecanblogdotcom.wordpress.com where this craft was adapted from.

how to make FROZEN BANANA POPS

Sometimes when its hot outside, it's hard to find a refreshing treat. These frozen banana pops are fun to make and will keep you cool in the summer months!

INGREDIENTS

- Bananas
- 1 flavoured berry yogurt
- 1 plain yogurt
- Popsicle Sticks
- Sprinkles
- Baking Paper

**Recipe and photos from hellowonderful.co

INSTRUCTIONS

Step 1. Cut your bananas in half and insert a popsicle stick in each half.

Step 2. Add a scoop or two of fruit yogurt in a bowl, add small scoop of plain yogurt and mix. This will thicken it up so it's easier to coat the bananas.

Step 3. Dip your bananas into the yoghurt mix, using a spoon to get them fully coated. Roll them in some sprinkles so its covered on all sides. Place on a plate lined with baking paper that will fit into your freezer.

Step 4. Once all your bananas have been dipped, place your plate inside the freezer until frozen, at least an hour.

Step 5. Remove from the freezer and enjoy a refreshing party or summer treat!


1
2
3
4

RIDDLE ME THIS…

Can you answer these riddles?

1. What has to be broken before you can use it?
2. How many months of the year have 28 days?
3. What can you catch but not throw?
4. I am so simple, that I can only point yet I guide men all over the world. What am I?
5. What travels around the world but stays in one spot?
6. I'm tall when I'm young, and I'm short when I'm old, what am I?
7. Where can you find cities, towns, shops, and streets but no people?
8. What happens once in a lifetime, twice in a moment, but never in one hundred years?
9. What becomes wetter the more it dries?
10. What has hands but does not clap?

Answers: 1. An egg 2. All of them - every month has at least 28 days 3. A cold 4. A compass 5. A stamp 6. A candle 7. A map 8. The letter "M" 9. A towel 10. A clock

SUMMER WORD SEARCH

Can you find these 12 summer words?

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

BARBEQUE
BATHERS
BEACH
HYDRATE
ICYPOLE
PICNIC
SALT
SAND
SUMMER
SUNSCREEN
SWIMMING
THONGS

Did you enjoy reading ROZEE? Do you have CF or have a family member with CF? Do you have a story to tell? Let us know and you might just see yourself in the next issue of ROZEE Magazine!

CYSTIC
FIBROSIS
Western Australia