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lenged daily with fear, but I view my future as filled with tremendous opportunity. Being assessed for transplant offered me a glimpse of what is possible and strengthened my already steadfast motivation to properly care for myself always. I try to offer a positive perspective and outlook through various channels by drawing upon my life experiences and health background as an educator, coach and person who lives with a chronic illness.”



Just ten years ago, McCombes knew his teaching career had a looming end date. “You couldn’t see the disease, but it was there in everything I did.”

Nevertheless, in this new normal,

he fights on. “The small things life has to offer, and its infinite possibilities are a constant sense of marvel for me. I certainly do not wish any day away; I love my life! Whether it’s dancing with my wife in our kitchen or so many other simple joys, I take time every day to be present.”

Brooklin Trail and Park Improvements



Proposed improvements and changes to Carson Park and the Brooklin Lions Club Trail were presented at a Public Information Night earlier this week at Town Hall. These (and other Whitby) projects will ultimately go to council for final approval. Both are slated for completion in 2018.

Carson Park’s project, with a budget of \$200k, will include resurfacing to a fibre base (instead of sand) and the replacement of all playground equipment (see photo above). It’s expected the work will take three to four weeks and hopefully be done before June

30. If this is not possible, it will be done in the fall.

The Brooklin Trail (as shown could include the extension of the trail at the dead of portion of St. Thomas St. to meet up with the trail coming south alongside Lynde Creek at a cost of about \$30-40k. An extension going south under Highway 407 is also possible. The budget for both parts is \$110k. However, Ontario’s Ministry of Transportation, which oversees this portion of the highway, could in fact prevent the trail extensions for any number of reasons due to its proximity to the road.

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About Cystic Fibrosis

What is cystic fibrosis (CF)?

Cystic fibrosis is the most common fatal genetic disease affecting Canadian children and young adults. It is a multi-system disease that affects mainly the lungs and the digestive system. In the lungs, where the effects are most devastating, a build-up of thick mucus causes severe respiratory problems. Mucus also builds up in the digestive tract, making it difficult to digest and absorb nutrients from food. As improved therapies have helped to address the malnutrition issues, most deaths related to cystic fibrosis are now due to lung disease. There is no cure.

What does Cystic Fibrosis Canada do?

Cystic Fibrosis Canada is one of the three principal charitable organizations committed to finding a cure for cystic fibrosis and is an internationally recognized leader in funding research, innovation and clinical care. Cystic Fibrosis Canada has invested more funding in life-saving CF research and care than any other non-governmental agency in Canada. Since 1960, Cystic Fibrosis Canada has invested more than \$244 million in leading research, care and advocacy, resulting in one of the world’s highest survival rates for Canadians living with cystic fibrosis.



We have six offices across Canada, and 50 volunteer chapters. (Please note the proper abbreviation for Cystic Fibrosis Canada is “CF Canada,” not CFC.)

How many people live with CF; what is the median age of those living with CF; and what is the median age of survival for those living with CF in Canada?

According to the 2016 Canadian Cystic Fibrosis Registry Annual Data Report, over 4,200 Canadians live with cystic fibrosis. The current median age of Canadians with CF is 22.7 years, and the median age of survival for Canadians with CF is estimated to be 53.3 years of age.

Where do funds raised go?

Cystic Fibrosis Canada is committed to investing in life-saving research, care and advocacy. Our 2016-2017 Annual Report thoroughly details our investments including grants, programs, as well as our statement of operations and fundraising revenue.

How to donate to CF Canada:

Go online to give.cysticfibrosis.ca