



# CHRISTMAS NOON

## **Run for the Cup**

Edmonton is known as the “City of Champions” mostly due to its successful sports history and volunteer spirit. The Edmonton Oilers almost made history again this year by making it to Game 7 of the Stanley Cup finals before losing to the Carolina Hurricanes. As we share season’s tickets, we had the opportunity to attend almost every game in this historic run. Since the Oilers barely made it into the playoffs, each game was stomach-churning, edge-of-your-seat hockey. With every game the tension only grew as the Oilers continued to surprise everyone and win each playoff round. As heart wrenching as the final outcome was, we’d love to be sitting in those seats again this year.

**GO OILERS GO!**

## **Working Towards a Cure**

As usual, we were extensively involved in fundraising to find a cure for Muscular Dystrophy. Joe’s company (ESAA) continues to raise the bar with its fundraising success each year. Between its annual golf tournament and *RemTech* (the premier remediation technology conference in Canada), ESAA raised over \$18,000 this year for the newly created Ilsa Mae Research Fund. Joe continued in his role as a national board member for Muscular Dystrophy Canada again this year. Rami mixed fun with fundraising when she attended Edmonton’s 1<sup>st</sup> Firefighter’s Charity Auction, Dinner and Dance at the beginning of November. Hunky firefighters were auctioned off to



a roomful of intensely fascinated women. An extremely good time was had by everyone involved. That same weekend, Rami completed a 10 km Catch the Elf run in about a foot of snow. She is looking forward to both these events again next year.

## **Work Escapades**

Joe’s main focus at ESAA continues to be organizing the highly successful *RemTech* held in Banff each October. Other business excursions included trips to Vancouver, Denver and Calgary to attend conferences and make valuable contacts. Rami continues in her role as Certified Diabetes Educator pharmacist for Canada Safeway. Since September she has been working one day a week providing diabetes consultations in a family physician’s office. Another challenge that she has undertaken is to represent people with diabetes as the Canadian Diabetes Association’s (CDA) Regional Chair for Northern Alberta and Northwest Territories. Rami has traveled to Ottawa to

*(Continued on page 2)*

advocate on behalf of Canadians with diabetes to Members of Parliament, to Toronto to attend CDA's Annual General Meetings, to Fort McMurray to help screen patients with diabetes for eye disease, and to Los Angeles to attend the American Association of Diabetes Educator's Conference. Sometimes it feels like we are away from home more often than not.

### ***Relaxation!***

With our hectic schedules, it is essential that we continue to take some time for ourselves. Rami's favorite band Hall and Oates came to Edmonton for the 1<sup>st</sup> time in 14 years in August. Their sold out concert was held in Edmonton's world class concert hall. Joe and Rami grooved to their Philadelphia soul sound all evening long. As usual, we also traveled extensively for pleasure this year. January started out with a cruise to the Eastern Caribbean which included St. Maarten, St. Thomas and the Bahamas as ports of call. Joe selected this cruise specifically to have a chance to race America's Cup yachts. Both Rami and Joe fulfilled their duties as grinders in this strenuous but exciting water excursion. Our next trip was to Victoria, B.C. to attend the wedding of Rami's friend and former pharmacy student, Neemet. The

wedding was held on a cliff overlooking the Pacific Ocean. We also attended the wedding of our friends Brian and Heather in Jasper at the beginning of September. Their reception included a poker tournament. This is the first (and probably only) time we were the last ones to leave a wedding reception (at approx. 1 a.m.). We just returned from our annual (or sometimes more frequent) trip to Las Vegas. We had a chance to visit with Rami's grandparents, Uncle Jon and Aunt Linda. It was colder than usual in Vegas with the temperature one morning about 0° C. Still much warmer than the -20° C weather we left behind in Edmonton. Other activities included attending the Billboard Music Awards, dancing up a storm at Studio 54, laughing 'til our stomachs hurt listening to Howie Mandel, and shopping 'til we dropped.

### ***Upcoming Plans***

Christmas and New Year's plans include some quiet time at home visiting with family and friends. We will be giving in to our urge to cruise again in May 2007 with a two week cruise from San Diego to Hawaii and back. We hope to see the lava fields by helicopter and Rami might attempt some surfing. 2007 will also be spent

firming up plans to travel to Australia in January 2008. This trip has been made possible by years of air mile collection.

Joe is in the process of finishing the new Chowaniec website. You can follow along with our busy lives by visiting [www.thechowaniecs.com](http://www.thechowaniecs.com). It currently has pages about our house, the animals, and Ilsa's fund. By the time you get this newsletter the photo album should be completed.

Hope you enjoy (or enjoyed if this letter reaches you late) a peaceful holiday season. Wishing you and your family all the best in 2007.

*Rami, **JOE**, Kira,  
Bela, and Odo*

