

Joseph's House director cycling to raise funds, CF awareness

By Cori Fugere Urban
Staff Reporter

BURLINGTON — Brian Callanan was diagnosed with cystic fibrosis at birth, but the 30-year-old director of Joseph's House here has learned to manage the condition. He is now raising funds to provide adolescents and young adults with cystic fibrosis a variety of recreational opportunities that are both fun and therapeutic.

From July 30 until Sept. 3, he and friend Stephen Trull of Nashua, N.H., plan to be biking from Maine's Canadian border to Key West, Fla., raising awareness about cystic fibrosis and funds for a foundation Callanan began, Cystic Fibrosis Lifestyle Foundation. He hopes "Cycling for CF: Canada to Key West" will raise \$50,000 through corporate sponsorships and personal pledges.

Cystic fibrosis involves glands found throughout the body, so many different organs can be affected. Symptoms frequently disturb the lungs and digestive system. Obstruction, infection and inflammation in the lungs are among the most common characteristics of CF.

Callanan, director of the Joseph's House parish outreach center of St. Joseph Co-Cathedral in Burlington, is originally from Ridgewood, N.J. He came to Vermont to study at St. Michael's College in Colchester, where he received a bachelor's degree in psy-

chology in 1998 and a master's in education in 2003.

He manages his cystic fibrosis with daily physical therapy, a special diet, and medication. His older brother, Michael, also has cystic fibrosis.

"You learn to create a lifestyle that manages your physical needs," Callanan said. "Be active. Be outdoors. Be open to learn about CF and educate others about it. Put it at the forefront of your life."

Taking a wind analogy from his passion for sailing, Callanan said he uses cystic fibrosis as a force to propel him forward rather than knock him backward. "I see it as a challenge to overcome rather than a problem to be dealt with."

Callanan created Cystic Fibrosis Lifestyle Foundation as he was finishing his master's, to help provide recreational opportunities for adolescents and young adults with CF and to help them create a lifestyle that is both enjoyable and healing.

Funds raised through the bike ride are to be used beginning in January for Vermont adolescents and young adults 13-24 with CF to

engage in recreational activities they would enjoy, such as biking, snowboarding, kayaking and sailing. Callanan would like to expand the recreational opportunities nationwide in the future.

Bike groups along the cycling





route are invited to join the riders for a stretch and help raise money for the foundation.

This is Callanan's first such bike ride, and he will have a support car along with one or two drivers.

More information about the bike ride is available at www.cflf.org.

Brian Callanan, director of Joseph's House in Burlington (left) and Stephen Trull gear up for their Maine-Florida bike ride to benefit Cystic Fibrosis Lifestyle Foundation. Callanan helps people through the foundation and also through Joseph's House, the parish outreach center for St. Joseph Co-Cathedral in Burlington.

(Photo by Pat Gore)



(Photo by Becca Couture)

Bon Voyage! Brian Callanan, director of Joseph's House in Burlington, is gearing up for a bike ride from Maine to Florida to benefit adolescents and young adults with cystic fibrosis. **See story on page 3.**