

GMW Chapter News Footnotes 2009



...adding tomorrows every day.



TAKING STEPS TO CURE CYSTIC FIBROSIS

TEAM WEEK March 16-20

We will be awarding prizes to;

- The Most Creative Team Name
- Highest number of walkers registered
- Most money raised online
- Most money raised total (be sure to send in the checks and donations that you collect and funds from wrap events etc.)
- The Volunteer who recruits another team to join the GS walk.

Cystic Fibrosis Foundation Greater Michigan West Chapter

Lets GO GREAT STRIDES!

GREAT STRIDES is almost here, but before we lace up our walking shoes, let's make sure that we raise as much as we possibly can to exceed our goals and bring in the maximum amount for cystic fibrosis research! Each one of us has the ability to *add tomorrows* for people with CF.

Here are the easiest ways to bring the money in:

- Do an online letter-writing campaign! Go to <http://greatstrides.cff.org> to send an e-mail blast to your friends, family and colleagues. If you have already done so, **try another one.** Remind people who have not given yet to contribute, and ask people to forward your message to others!
- Hold a *Jeans for Genes* Day at your office and/or get a friend to get his or her workplace involved in a jeans day. A volunteer and CF patient did a Jean's for Gene's day at his school and raised \$375.00.
- Raise \$300 in seven days! It's easy! See the **Fund-raising Tool Kit** for a sure-fire plan to bring in \$300 or more by taking a few simple steps!
- Get one of your favorite stores or restaurants involved in a pin-up campaign! A team in another chapter got a Shop-Rite to sell pin-ups at 25 stores and raised more than \$18,000!

Let's keep up the momentum and make GREAT STRIDES 2008 the best one ever! Remember, we are here to help, so contact our office at any time!

Have you Registered Your Walk Team?

Top 5 Reason's to register your team

5. To send out email letters to your friends and family asking them to support your fund raising efforts.
4. To recruit FUNDRAISING walkers to join your team
3. ITS QUICK and EASY
2. To increase your fundraising donations (online donations are at least double)
1. To make CF stand for CURE FOUND!

Stair Climb—NEW Event Fall 2009

GMWM is excited to host a new fundraising event this fall! Saturday November 7, 2009 10:00 a.m. participants will raise funds and then climb their way to the top of Bridgewater Place downtown Grand Rapids!

Many volunteers have already stepped up to get this new event underway. We still are in need of additional committee members and climbers! For more information please contact Jay Simon 616-241-2100 or jsimon@cff.org

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Fundraising Idea of the Month—*Simple tips to fundraise in a down economy*

- GET STARTED!
- Keep it simple
- Start with online letters
- Have fun with it—if its not fun, try something else.
- ASK! Ask more people.
- Host a kick off party for your walk team to get them motivated. Remind them WHY we walk and WHY we raise money
- Ask your GREAT STRIDES partner for suggestions
- Make it personal, share YOUR story
- Stay positive -remove from your vocabulary the words “down, bad, & poor economy”
- CELEBRATE your success. Share your fundraising success stories with CF Foundation staff so we can share them with other GS team’s.
- Set a goal. Share your goal.
- Spring is here (sort of) its about time to fire up that grill! Host a Grill out at your home for your family, friends, neighbors, coworkers and set out a donation jar.

Save! Save! Save!

- Where can you save money? Skip your trip to Starbucks and donate that money to your GREAT STRIDES team.
- Commit to not going out to lunch for a month
- Have a can drive at your office, in your home, with your neighborhood



Take Time to Thank and support our Walk Sponsors!

GREAT STRIDES Local Sponsor’s



GREAT STRIDES National Partners



The Following Teams Have Registered 10 walkers or more!

- HDVCH Pulmonary Clinic
- Hayden’s Heroes
- Logan’s Heroes
- Team Johnny, Kent County Sheriff Department
- Mackenzie B. Team
- Bol/Shields
- Ferrysburg Church
- Team Kim
- Team Little Lips
- Crystal’s Mission Team Dylan and Sierra
- Ally’s Allie’s Too!
- Team Amber

The Following Teams Have Raised \$1,500.00 or More!

- Logan’s Heroes
- Ally’s Allie’s Too!
- Crystal’s Mission
- Stride’s for Sophia
- Hannah’s Hikers

How to Raise \$150.00 in a Week

- Day 1** Make your own \$10.00 contribution
 - Day 2** Ask 5 neighbors for \$5.00
 - Day 3** Ask your employer to contribute \$25.00
 - Day 4** Don't go out to lunch. Ask 5 co-workers to bring their lunch and donate \$5.00 of their "lunch" money
 - Day 5** Ask 3 Family members for \$10.00
 - Day 6** Ask 1 business for \$25.00
 - Day 7** Ask 2 friends for \$5.00
- OR ask 150 people for \$1.00

The key is to ASK!

Insider Pages Fundraising—Another Easy Way to Raise Money for GREAT STRIDES

Insider pages fundraising is an easy way to raise money for your GREAT STRIDES Team.

You and your walk team members, write online reviews of local businesses you use, such as doctors, dentists, hairstylists, home contractors, mechanics, or insurance agents. For each review you write, Insider Pages makes a donation to our organization of up to \$1.50 for the first review of any business and up to \$.50 for each follow-on review.

To get started simply go to http://www.insiderpages.com/fundraising/get_started and sign up!

Walk T-shirts are here!

If you have raised \$100.00 or more and would like your T-shirt before walk, contact your GREAT STRIDES partner.

Golf 2009

Golf for a CURE
Sponsored By John Hancock Financial Network
June 5, 2009
Heritage Glen
Paw Paw, MI
9:00 Reg. 10:00 Tee off
\$100.00 per golfer
\$400.00 per foursome
Sponsorship and Networking Twosome's available

**NEW DATE—
CFF Celebrity Golf**
Partnered with Detroit Lion's player Drew Stanton & HBC Contracting
July 20, 2009
The Medalist
Marshall, MI
9:00 Reg. 10:00 Tee off
\$800.00 per foursome
Sponsorship Opportunities available.

Tee Up for CF
August 6, 2009
Quail Ridge Golf Club
Ada, MI
9:00 Reg 10:00 Tee off
\$75.00 per golfer
\$300.00 per foursome
Networking twosome's available
Sponsorship Opportunities available.

GREAT STRIDES 2009

May 2, 2009

Greenville, MI—Greenville Community Center
Check in: 9:00 am
Walk: 10:00 am

May 16, 2009

Grand Rapids, MI—Calder Plaza downtown Grand Rapids
Check in: 9:00 am
Walk: 10:00 am

Kalamazoo, MI—Celery Flats Park at the Grain Elevator
Check in: 1:00 pm
Walk 2:00 pm

Jackson, MI—Cascades Park
Check in: 9:00 am
Walk: 10:00 am

May 17, 2009

Grand Haven, MI—Chinook Pier at the Farmers Market
Check in: 1:00 pm
Walk: 2:00 pm

St. Joseph, MI—Riverview Park
Check in: 12:00 pm
Walk: 1:00 pm

May 30, 2009 NEW SITE!

Muskegon, MI—Margaret Drake Elliot Park—Spider Park
Check in: 900 am
Walk: 10:00 am

June 7, 2009 NEW SITE!

Edmore, MI—Gale's Gym

Check in: 12:00 pm
Walk: 1:00 pm

June 13, 2009 NEW SITE!

East Jordan, MI—East Jordan High School—Football Field

Check in: 11:00 am
Walk 12:00 pm

2009 CF Foundation Calendar of Events

June 5 Golf for a Cure sponsored by John Hancock Financial —Paw Paw, MI

July 20 Celebrity Golf Outing, Marshall, MI

August 6 TEE Up for CF Golf Outing, Quail Ridge Golf Club, Grand Rapids, MI

September 2nd Annual Volunteer Recognition dinner

October 16 Wine & Roses for Cystic Fibrosis The Hilton — Grand Rapids

October 30 Murder Mystery Dinner—The Radisson Kalamazoo

November 7 Stair climb Grand Rapids Watch for more details!

ONGOING—The CF Foundation is always in search of committee members and volunteers for out events! Call the CFF office to find out how you can help.



...adding tomorrows every day.

Cystic Fibrosis Foundation Greater Michigan West Chapter

Cystic Fibrosis Foundation
551 36th St. SE Suite C
Grand Rapids, MI 49548

Phone: 616-241-2100
1-800-968-1050
Email: grapids-mi@cff.org

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WWW.CFF.ORG/
CHAPTERS/GRAND-RAPDS

WWW.CFF.ORG/
GREATSTRIDES

Have you lost your GS website password?

Have you registered? Have you recruited walkers? Have you started your fundraising?

GREAT STRIDES is 1 months away! Be sure to get your team registered and your fundraising underway. We encourage all team leaders to start early so you can reach out to new people.

Contact your GREAT STRIDES partner if you have lost your password and want to register, need some new fundraising idea, just want to hear what other teams are doing.

Www.cff.org/greatstrides

Do you play a musical instrument?

The Grand Rapids walk site is in search of a group or individual to play the National Anthem at the walk. Contact Jay Simon for more information 616-241-2100 or jsimon@cff.org

CFF Corporate Wish List

Are you able to open the door to any of these corporations within your community?

- Alticor
Lacks Enterprises
Benteler Automotive
Knape & Vogt Manufacturing
American Seating
GR spring & Stamping
Spartan Stores
United Parcel Service
GE Aviation
Whirlpool
Denso
Kellogg
MPI
Stryker
Eaton Corporation
Union Pump
Securitas Security Services

Who is your GREAT STRIDES partner?

Do you have questions about GREAT STRIDES, the website, setting a fundraising goal, or need ideas to get your fundraising underway? Your GREAT STRIDES partner is available to help you with anything you may need for your walk team and fundraising efforts.

Jay Simon

Grand Rapids
Grand Haven
Muskegon
East Jordan

Email: Jsimon@cff.org

Phone: 616-241-2100 or 800-968-1050

Danielle Robinson

Greenville
Jackson
Kalamazoo
Battle Creek
St. Joseph
Edmore

Email: drobinson@cff.org

Phone: 616-241-2100 or 800-968-1050

Nicole Wicks

Do you need more pin ups, walker envelopes, have a lead on food sponsorship or event logistics?

Nicole is the Chapter's Event Coordinator and is also available in the office Monday -Friday to assist you with GREAT STRIDES.

Email: Nwicks@cff.org

Phone: 616-241-2100