

Footnotes



<http://greatstrides.cff.org>

2009 - Volume 4

A publication of the Cystic Fibrosis Foundation's Alaska Chapter

Welcome to your

WALK HEADQUARTERS

WASILLA

Sunday, May 17 • Larson Elementary, Alcantra Fields
Check-In: 2 PM • Walk: 3 PM
 Event Chair: Mary Ann Johnson
 Fun for the whole family! Lunch will be provided.



ANCHORAGE

Sunday, June 7 • Goose Lake
Check-In: 1 PM • Walk: 2 PM
 Event Chair: Janet Palmer
 Fun for the whole family! Lunch will be provided.



Let's Keep GREAT STRIDES Healthy!

- 1) Keep your hands clean with the provided hand sanitizer or soap and water.
- 2) Use a tissue when sneezing or coughing, and then remember to wash your hands.
- 3) Keep a reasonable distance from others who are sneezing or coughing.
- 4) Respect other participants' desires to keep a distance between themselves and others.
- 5) At Check-In, we will have rose stickers available for all CF representatives to voluntarily wear while at the walk site.



Have you registered yet for your walk site?! Do so now to secure your lunch at the event!

When You Arrive

- 1) Check in at the Registration Table.
- 2) Turn in any money in your walker envelope.
- 3) If you raised \$100, pick up your T-shirt!
- 4) Relax, have fun and enjoy making GREAT STRIDES for the CF Foundation!



Upcoming Committee Meetings!

Anchorage Committee Tuesday, May 12
 6:00 PM, Starbucks at Carr's on Abbott Rd.
 Wasilla Committee TBD

The Reaching Out Club!

During these tough economic times, every walker and every dollar *will* make an impact. Can you help us branch out and grow participation in GREAT STRIDES?

Here's some simple ways you can help!

- #1 - Identify ONE new team leader for GREAT STRIDES. This can be someone branching off your existing team or someone new.
- #2 - Ask TEN new people to walk on your team.
- #3 - Send your letter-writing campaign or e-mail ten new contacts to ask for donations.



Welcome to the following new teams!

Anchorage: Alaska Environmental Health Association, My Team's More Fun, The Respirators
 Wasilla: Angie's Team

OPERATION: CARE CENTERS CONNECT!

The CF Foundation is proud to introduce a new initiative! This year, we are asking care centers to partner with us by supporting our goal of increasing the number of CF representatives and their families participating in local GREAT STRIDES walks. Each center is being asked to designate a person to become their GREAT STRIDES "Champion." The Champion's role is to connect the CF Foundation with at least ten families that are *new* to GREAT STRIDES. We are very excited to welcome many new CF families to our walk sites this year!

Please join us in giving a hand to our current CF Champions:

Andie Ritter, Providence Alaska Medical Center
 Jame Vajda, Seattle Children's

Teams to Beat!

★ Shelby's Angels (Anchorage)	Janet Palmer	\$3,348
Steps for Dana (Wasilla)	Dana Doty	\$3,000
Team Kaden (Wasilla)	Jennifer Schachle	\$1,815
Ryan's Racers (Anchorage)	Brenda Cox	\$1,000
Team Tootie and JR (Anchorage)	Kate and Sandy Magnuson	\$655

Letter-Writing 101

Dear Dave: _____

I hope you enjoyed your recent trip to California! I am hoping that you and Juli can help me with a very special request.

I recently made a commitment to the Cystic Fibrosis Foundation to help raise money to find a cure for cystic fibrosis (CF)—a life-threatening genetic disease.

I made this commitment because my sister's son Andy has cystic fibrosis, and I want to help him raise money to find a cure for this disease. Andy was diagnosed with CF when he was just 6 months old. Today, Andy is a vibrant, busy 5-year-old! Along with his daily routine of teasing his little brother, Chip, and coloring pictures for our refrigerator, he takes 8 pills with each meal, and spends several hours a day doing treatments to help manage his CF. While medical advancements have lengthened the life span of those living with CF to a median age of 37.5, that's still not enough. Andy needs a *cure*, and I am helping him raise money to find one.

On Sunday, May 17, I will be participating in the Seattle GREAT STRIDES walk and raising money and awareness for the CF Foundation. As a participant, I have committed to raising \$150 in honor of Andy.

Here's where my special request comes in...I am asking you to help me meet this goal by making a generous contribution that will support the research and care programs of the CF Foundation and help find a cure for Andy. He and 30,000 others like him need our help. It's important for you to know that the CF Foundation is a very efficient organization and that more than 88 cents of every dollar of revenue raised is made available for CF research and care.

I have enclosed a self-addressed envelope for your convenience. Please consider making a donation of \$200, \$100, \$50 or whatever you can afford. You may make your check payable to the "Cystic Fibrosis Foundation." You can also make a donation on-line by visiting my personal fundraising page. Please go to: <http://greatstrides.cff.org/BenSwiftly>

I would like to raise the money by May 1, however, I will gladly accept any and all donations after that date, as well. Any amount that you can donate will be greatly appreciated and all contributions are 100 percent tax deductible.

I sincerely appreciate your support and generosity and I will keep you posted on my progress.

Warmest regards,
Ben

Who should I send a letter to?! You can send letters to family members, friends, co-workers, dentists, doctors, neighbors, teachers, class mates...the list is endless!

Make your letter personal!



No need to reinvent the wheel! If you like the sample language used here, or provided on the GREAT STRIDES web site, include it!

Everyone has a CF story - it's the reason you are choosing to do GREAT STRIDES. This is the opportunity to tell peoples yours. Your story can be as long or short as you'd like.



Tip: If your team members are hesitant to write a letter, ask them to send yours out!

Tell your potential donors about the walk - maybe they would like to participate!



Make "the ask." Many people will be happy to support something that is important you.

Tip: Can't make the walk this year? You can still do a fundraising campaign for your walk team! Claire Caldwell of national Team Gavin and Gail Rosenberg of Team Dori's Dragsters were both successful in raising money for their walk teams, even though they couldn't make their local walk dates.

Give your potential donor options to respond to your letter. If you are sending your letter out through e-mail, include the link to your GREAT STRIDES page. If you are sending your letter snail mail, include an envelope to return money in. You can also offer to swing by and pick the money up to save on postage - Whatever makes it easy for your donors!

Who can write a letter? Anyone! You don't have to be the parent of a CF child, or a Team Leader to write a letter. Everyone has a CF story to tell - share yours!

I need help! Where do I go?

- 1) Log into your GREAT STRIDES account at <http://greatstrides.cff.org>. If you've forgotten your password, click "Forgot your username or password?"
- 2) Click on the link that says "Fundraising Toolkit" located on the left-hand side of the page.
- 3) Click on "Sample Letter-Writing Campaigns."

- or -

You can call our office for samples! (800) 647-7774

I sent out my letter! What's next?

- 1) Follow up with your potential donors to ensure they received your letter or e-mail.
- 2) Let them know your progress, and invite them to join those that have already made a donation to you.
- 3) Say thank you! Send a hand-written note, or have your child write/draw a thank-you note.

CUREFINDERS CORNER



This just in! Goodman Middle School in Gig Harbor raised over \$1,800! Thanks to the leadership of the student council, the students brought in over \$1,000 on Friday alone - what an amazing accomplishment! The students were inspired by Reed Hamilton, who ran his own successful CureFinders fundraiser at his elementary school across the street.

What is CureFinders? CureFinders is the CF Foundation's school fundraising program for grades K-12. Typically, kids pick a week to host a coin drive within their school, and the top fundraising class receives a pizza party. A select number of eligible schools that successfully raise over \$1,000 during their coin drive will receive a \$1,000 grant from BJ's Restaurant and Brewery, and the CF Foundation will also receive a matching \$1,000 donation!

What about me?! Would you or someone you know like to join the Student Youth Board? Or would you like to help recruit a new student leader at your school? Don't wait—space on the board is limited. Contact the CF office today!

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Strides Scoop



- Who wants their windows washed?! During the month of **May**, people who live and work in **Anchorage** can get their windows washed for a donation of just \$20 to CF Foundation! To reserve a spot, call **907-230-9549**. Listen for promotions for this program on local stations KASH Country 107.5, MAGIC 98.9 and 101.3 KGOT. Special thanks to **AT&T** and **Lowe's** for partnering with the CF Foundation to make this fundraiser possible.

- **Dark Horse Coffee** in **Anchorage** will be doing a pin-up campaign May 7 - June 7. Stop by to get your morning cup of Joe and make a \$1 donation to the CF Foundation! Do you know of a business that would be interested in doing a Pin-Up campaign? It's easy to sign up, and a great way for your walk team to raise money! Contact the CF Foundation for more information.

- Can you spare some **change**? **Local elementary** schools in **Wasilla** will again be doing coin drives to raise money for CF. This is a great way for kids to practice taking on a leadership role amongst their peers, educate other kids on CF and get experience volunteering in their community. Contact us if you know of a child that would be interested in raising money at his/her school through coin jars and we can help get them started!

Other upcoming CF Foundation Events:

September 19 2nd Annual Shot for the Cure
web site coming soon

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