

GMW Chapter News

Footnotes 2009



Cystic Fibrosis Foundation Greater Michigan West Chapter

GREAT STRIDES 2009

Chapter 3 Top Fundraiser's

1. Hannah Buck—St. Joe—\$9928.00
2. Jane Leeuw—Kalamazoo—\$6601.00
3. Geoff Widlak—Grand Rapids—\$5870.00

Chapter Top Fundraising Team

Hannah's Hikers— \$12,632.00

Top 3 Fundraising Teams at each walk site

Grand Rapids

1. Logan' Heroes—\$12,015.00
2. Team Widlak—\$7015.00
3. Team Johnny/Kent County Sheriff's Dept.—\$4493.00

Kalamazoo

1. Leeuw Family \$8105.00
2. Team Tommy G \$6687.00
3. KT's Team \$3129.00

Grand Haven

1. Bol/Shields—\$10,597.00
2. Ferrysburg Church—\$7765.00
3. Strides for Sophia—\$6441.00

Greenville/Edmore

1. Walking for Jamie—\$4102.00
2. Just Breathe—\$1047.00
3. Miles for Maya—\$755.00

Battle Creek

1. Team Little Lips—\$4025.00
2. The Milers—\$812.00

St. Joe

Hannah's Hikers— \$12632.00
Lancer's for a Cure—\$730.00

Muskegon

1. Ally's Allies Too! - \$7881.00
2. Kurzers Walkers—\$3770.00
3. Keelie's Crusaders—\$2509.00

Jackson

1. Crystal's Mission—Team Dylan and Sierra—\$5370
2. Team Connor—\$1710.00
3. Team Reagan—\$700.00

East Jordan

1. Holm Heroes—\$2495.00
2. Mark 10:27—\$1110.00
3. Airgas Gaylord—\$996.00

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We would like to THANK all of our 2009 GREAT STRIDES team leaders and walkers for another successful walk season.

With your continued support our chapter's walk sites have continued to grow and raise more money than the previous year.

In 2008 through GREAT STRIDES our GREAT STRIDES team's raised \$188,000. In 2009 we increased that number to \$225,000!!

Let's keep that momentum going in 2010 Register early and remember the key to successful fundraising is to ask!

2010 GREAT STRIDES Walk Sites Announced!



May 8, 2010

****NEW DATE AND LOCATION**

Kalamazoo, 10:00
Bronson Park

May 15, 2010

Grand Rapids, 9:00 a.m.
Calder Plaza

May 16, 2010

Grand Haven, 1:00 p.m.
Farmer's Market

Edmore, 1:00 p.m.
Gayle's Gym

May 22, 2010

NEW Holland, - TBD

May 23, 2010

Muskegon, 2:00 p.m.
Marquette Pier

****NEW DATE**

St. Joseph, 12:00
Riverview Park

June 26, 2010

East Jordan, 11:00 a.m.
East Jordan, HS

10 Teams Leaders have already registered for their 2010 walks!

**Are you Signed up for the 2010 GREAT STRIDES?
Registration is now available at www.cff.org/greatstrides**

TEAMS REGISTERED

1. Logan's Heroes - Grand Rapids
2. Walking for Abby - Grand Rapids
3. Camryn's Friends—Grand Rapids
4. GMWM—CFF—Grand Rapids
5. Team Evangeline—Grand Rapids
6. Lancers for a Cure - St. Joe
7. Sammy's Guardian Angels—Edmore
8. Team Amber—Muskegon
9. Team Tyler—Muskegon

FREE FOOD!

Yes, that's right FREE FOOD! Register or Renew your team for GREAT STRIDES before 12:00 p.m. on Friday January 29th and all registered Team Leaders will be entered into a drawing for a \$25 Gift Card to the restaurant of your choosing! That's it. Take 10 minutes, simply log on to <http://greatstrides.cff.org> and renew your team from 2009.

FORGOT YOUR PASSWORD? No problem, call the CFF chapter office at 800-968-1050 and we can look it up for you.

EASY!

How Do You Raise Money For GREAT STRIDES?

We want to know what works for you! What fundraising strategies are successful? Which ones are not? Who do you send letters to? Do you create a video or slide show? Do you plan a wrap event?

Share your tips with us at drobinson@cff.org and we will share your tips and tricks in the monthly newsletter for all GREAT STRIDES walkers.

New Team Leader Guidebook's

The CF Foundation has created new Team Leader Guidebook's. This Guidebook is condensed version of our previous team leader kits. It includes a 6 step guide for all team leaders to be successful, web site tips, and simple above and beyond strategies each team leader can implement with help from their GREAT STRIDES Partner.

Your GREAT STRIDES Partner will be call in January to set up a quick meeting to deliver your Guidebook and help you begin to put a fundraising plan in place.

<http://greatstrides.cff.org>

An Exciting Time for CF Research

This past year has truly been an exciting time for the Cystic Fibrosis Foundation. Because of the generosity of loyal volunteers, families and friends around the country, we have continued to make real progress in the fight against cystic fibrosis.

With the new and expanded collaborations we have made over the past year, the CF Foundation is proving once again that we are committed to attacking this terrible disease from every possible angle, from treating the symptoms to targeting the basic defect in CF. Every day, we are pursuing new ways to advance the development of new therapies and the search for a cure.

The rise in the median age of survival to 38 years is another important marker of progress, but it is simply not enough. We need to make sure that all people with CF have the best chance possible to live full and healthy lives. Your tax-deductible year-end contribution to the CF Foundation will ensure that potential new therapies move as swiftly as possible from the laboratory into the hands of those who need them most. With your generosity, we know we can continue to *add tomorrows every day* to the lives of those with cystic fibrosis.

Your gift in any amount will assure that one day CF will stand for Cure Found. To make a donation go to <https://www.cff.org/GetInvolved/ManyWaysToGive/Donate>

CF Foundation Launches new National Event



The CF Foundation is rolling out an exciting new national event, CF Cycle for Life. Over 30 Foundation Chapters around the country will be planning this new event for 2010. We are researching whether there is interest among CF families, friends, volunteers and sponsors to make this a fun and successful new event in West Michigan. The West Michigan CF Cycle for Life event is slated to take place during the month of July.

Please contact Jay Simon at 616-241-2100 or by email at jsimon@cff.org with your thoughts and interest in participating on the event committee, getting your employer or business involved, participating as a rider, or volunteering the day of the event.

Send a Holiday Card & Support CF Research!



Purchase a card specially designed by children with CF and help support lifesaving CF research and vital programs for the CF Foundation.

Here's a simple and immediate way to support the mission of the CF Foundation, while also offering a thoughtful and meaningful way to celebrate the holiday season

Not only is this a tax-deductible gift one that will "always fit", it's a gift that will be put to good use—to add tomorrows every day to the lives of those with cystic fibrosis.

<http://www.cff.org/sendcard>

The Grinch and CVS Team Up to Fight Cystic Fibrosis



Now through December 25, every purchase of "How The Grinch Stole Christmas", "The Year Without a Santa Claus", and "Jack Frost" CVS Pharmacy and Warner Home Video will donate \$5.00 to the Cystic Fibrosis Foundation.

Spread the Word

You can stay connected to the CF Foundation and help spread the word about GREAT STRIDES through your favorite networking sites.

Twitter

Follow us on Twitter for up-to-the-minute updates and engage in conversation.

Follow [CF_GreatStrides](#)

Follow [CF_Foundation](#)

Follow [granrapids_cf](#)

Join us on Facebook

Become a fan of our Facebook page and meet and interact with thousands of CF families, volunteers and friends.

Join us on YouTube!

Watch the latest GREAT STRIDES ideas and learn more about CF on your YouTube channel—[CysticfibrosisUSA](#)



...adding tomorrows every day.

Cystic Fibrosis Foundation Greater Michigan West Chapter

Cystic Fibrosis Foundation
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Email: grapids-mi@cff.org

"Adding tomorrows everyday"

[WWW.CFF.ORG/
CHAPTERS/GRAND-RAPDS](http://WWW.CFF.ORG/CHAPTERS/GRAND-RAPDS)

[WWW.CFF.ORG/
GREATSTRIDES](http://WWW.CFF.ORG/GREATSTRIDES)

The Mission of the Cystic Fibrosis Foundation, a non-profit donor supported, organization is to assure the development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease.

Do you have an hour or two?

Our chapter is looking for volunteers to spend an hour or two per week in our office.

As a volunteer you would help with many duties, which may include: filing, contacting companies for auction items or donations, answering the phone, calling volunteers, and preparing office for special events.

If you are interested and have an hour or two per week, we would love to have you. Please contact Jay Simon or Danielle Robinson at 616-241-2100. We hope to hear from you!

700 Sq FT?



Do you have an extra 700 square feet of office space? Our chapter office is looking for new and hopefully free office space to move into this fall. If you have or know of someone that might be interested in donating office space to the CF Foundation, please contact Jay Simon at 616-241-2100.

Who is your CF Foundation Staff 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

Executive Director

Holland GS, Grand Haven GS, Muskegon GS, East Jordan GS

Wine & Roses For Cystic Fibrosis

Climb for Life

CF Cycle for Life

Email: jsimon@cff.org

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

Danielle Robinson

Director of Special Events

Edmore GS, Kalamazoo GS, Grand Rapids GS, St. Joseph GS

Golf for a Cure, Tee Up for CF, & CFF Celebrity Golf

Murder Mystery

Email: drobinson@cff.org

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