

Footnotes



<http://greatstrides.cff.org>

2009 - Volume 4

A publication of the Cystic Fibrosis Foundation's Washington Chapter

Welcome to your

SPRING WALK HEADQUARTERS

POULSBORO Saturday, May 9, 2009 • Vinland Elementary, Rhododendron Ln.
Check-In: 9 AM • Walk: 10 AM
Event Chairs: Jim and Val Oas
Enjoy lunch by local vendors and local entertainment!



GIG HARBOR Saturday, May 9, 2009 • Rush Companies, Inc., In Park Plaza, Cushman Trail
Check-In: 10 AM • Walk: 11 AM
Event Chairs: Heather and Tony Paulson
Special thanks to Rush Companies for hosting this event and to Porter's Place and BJ's Restaurant and Brewery for providing food and treats!



SEATTLE Sunday, May 17, 2009 • Mural Amphitheatre, Seattle Center
Check-In: 12 PM • Walk: 1 PM
Event Chair: Robert Nunnenkamp
Fun for the whole family! Join event emcee Tony Ventrella for an afternoon of fun in the shadow of the Space Needle. Lunch will be provided by Longhorn Barbecue!



SPOKANE Saturday, May 30, 2009 • Jundt Lawn, Gonzaga University
Check-In: 10 AM • Walk: 11 AM
Event Chairs: Ty and Lori Ullman and Kari Windnagle
This will be a beautiful walk along the Columbia River!



OLYMPIA Sunday, May 31, 2009 • Heritage Park, corner of 5th and Water
Check-In: 11 AM • Walk: 12 PM
Event Chairs: Rosie and Ron Mathews
Join us for a scenic walk through Heritage Park, featuring a beautiful view of our state's capitol. BBQ will be provided.

AUBURN Sunday, June 7, 2009 • Roegner Park
Check-In: 12 PM • Walk: 1 PM
Event Chairs: Rich and Deanne Plunkett
Walkers will be treated to lunch provided by Top Foods!



GRAYLAND Saturday, June 13, 2009 • Grayland Community Hall
Check-In: 9 AM • Walk: 10 AM
Event Chairs: Carl and Liisa Waara
Introducing the new Cranberry Coast walk! Thank you to our presenting sponsor, Ocean Spray.



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!



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 user name 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.

Top Ten Teams!*

Team Lily Grace (Gig Harbor)	Heather Paulson	\$19,755
Team Tri-Cities (Tri-Cities)	Dana Giacci	\$10,459
Have Faith (Poulsbo)	Jenna Ettlich	\$10,435
Team Jenny (Gig Harbor)	Jenny Adams	\$9,750
Team Naumowicz (Seattle)	Erin Naumowicz	\$4,770
Team Jude (Seattle)	Jude Small	\$4,658
Team Bubby (Seattle)	Kelly Taylor	\$3,867
Gamma Phi Beta (Seattle)	Kassie Seaton	\$3,566
Team Oas (Poulsbo)	Jim Oas	\$3,500
Alison's Angels (Auburn)	Deanne Plunkett	\$3,350

*As of April 23, 2009

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 are 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.



Congratulations to the following teams for REACHING out!

- Alison Plunkett's sister **Kaitlin** branched out from Alison's Angels to lead up **Team Alison's Annex!**
- **Grayson's Gang** is branching out from Seattle - **Catie Reimann** will be leading Seattle-based team Grayson's Gang in Gig Harbor this year!
- **McKenzie Mathews** and her friend **Maria** started **team m&m**, a branch team for Bernie Briere Brigade in Olympia!

WELCOME NEW TEAMS!

Poulsbo Police Department Team, Amanda Dixon • Team Green, Justin Oas • Woffle Wolves, Debbie McKeever • m&m, McKenzie Mathews • Cameron's Dream Team, Laura Morgan • South Beach Walkers, Arlynn Martin • Bunny's Bounders, Tony Ventrella • UW Striders, Ellen Wilhelm • Team Whale, Victoria Ballena • Chai Tea, Kami Collins • JKeller, Jennifer Gaffney • Rat City Walkers, Presca Holmes • Crusade for Katherine, Patrick Siegmann • Darren's Mustangs, Monique Stanfel • Wrap Concert for CF, Alan Genatossio • WARRiors, Molly Calhoun • Team Sushi, Ginny McElfresh • Team Revvin' Evan, Jennifer Pratt • Team Pancake, Crystal Rodgers • Carrying on Cariann, Tracy Melissa • Team C&S, Ashley Williams • Krista's Team, Nicole Baker Jonak • Team McCarthy, Kendra Darnell • Taylor's Allstars II, Kyle DeYoung • Cast of Thousands, Janet Robertson • Team Walk, Abigail Olsen • Ben's TUMY Team, Debbie Slocum • Xs and Os for Brandie, Breanne Toigo • Team Columbia Bank, Britiane Katschman • BJ's Restaurant, Gary Szeredy • All in for Griffin, Chantelle Korcek • Brady's Bunch, Jackie Krutz • The Mavericks, Wendy Lueck • Alison's Annex, Kaitlin Plunkett • Jersey Leigh, Jennifer Pritchett • U P S Airwalkers, Moses Mosley • C.F. Sisters, Brenda Tagestad

Other upcoming CF Foundation Events:

- May 16** David Fanning Memorial Golf Tournament
<http://washington.cff.org/davidfanninggolf>
- June 22** CF Mariner's Care Golf Tournament
<http://washington.cff.org/marinersgolf>
- June 27** Celebrity Softball Tournament
<http://washington.cff.org/softball>

2nd Annual Vendor Blender

Saturday, May 2
10 AM - 2 PM
Kellogg Marsh Grange, Marysville

This event will feature Pampered Chef, Mary Kay, Creative Memories, PartyLite and more

Contact Danni Graham
pampermesilly1973@yahoo.com

Cruise for the Cure Brought to you by WrapJax Sunday, May 3

Check this event out on-line at www.cruisefortheure.net

Quinton Steckler and friends are organizing the 6th Annual Cruise for the Cure to benefit the Ben's Buddies. This event centers around an annual Volkswagen Meet and 100 mile drive to Snoqualmie Summit. Special thanks to Wrap Jax, the Champion Sponsor of Gig Harbor GREAT STRIDES for making this event possible.

Lynden Bike-a-thon

Saturday, May 9
9:00 AM - 12:30 PM
Lynden Fairgrounds

<http://washington.cff.org/lyndenbike09>

Special thanks to event chair
DeeDee Tjoelker

David Fanning Memorial Golf Tournament Saturday, May 16

Tee Time: 8:30 AM
Cost: \$95

Golf Club at Hawks Prairie in Lacey

The CF Foundation would like to thank the outstanding planning committee that has made this event possible. Special thanks to honorary Event Chair Jeff Klein, and the Fanning/Martin Family, especially Dawn, Tim, Rita, Rockie, and Jennifer. A big thank you to Patti Swihart and our new committee member Dave Grant.

Giant Lot/Garage Sale!

Saturday, May 16 and Sunday, May 17
Lakeland Hills
Top Food and Drug

Shop for bargains or reserve a space for \$50/day!

Contact Top Food and Drug:
253-876-1700

1st Annual Part of the Cure Poker Tournament

Wednesday, May 27
Beverly's Restaurant in the
Coeur D'Alene Resort

Tickets are \$40

Contact Rebecca Schroeder
rebecca_schrdr@yahoo.com

Save the Date

Motorcycle Ride for a Cure Preseted by SPEAA

Saturday, July 18
Registration: 8 AM
Ride: 10 AM
Puget Sound Area

Contact Rich Plunkett
206-255-5756

Lions Club Golf Tournament

Saturday, August 15
Lake Limerick Country Club
Shelton, WA
Tee Time: 11:00 AM

For more information, please
contact Bob Buhl
(360) 426-5508

5th Annual Driving For a Cure

Sunday, August 30
McCormick Woods
Golf Course
Port Orchard, WA

For more information, contact
Tony Paulson at (253) 857-7573

2nd Annual Alison's Angels Golf Tournament

Saturday, September 12
Registration: 11 AM, Tee Time: 1 PM
Sunner Meadows Golf Links

\$80/person (includes golf and dinner!)
Silent and live auction to follow the tournament.

Contact Deanne Plunkett: (253) 862-1848



Strides Scoop



-Let's Extinguish CF! The **11th Annual Pizza Takeover** was held on March 24 at the **University Place Round Table Pizza**. Proceeds from the day's sales went to the CF Foundation, and then dine-in customers were treated to a visit from the University Place Fire Fighters that evening. There were prizes, T-shirts for sale, photo opportunities with the fire fighters and more! **Team Jenny**, led by **Jenny Adams**, raised over \$1,300 at this year's Pizza Takeover - Fantastic job!

-Raising dough for CF! New team **Cameron's Dream Team**, led by **Laura Morgan**, is holding a bake sale at First Christian Church in Woodland on May 8 - Way to go!

-**Team Josh on the Go** is really on the go! On April 21, Team Josh on the Go held an evening to benefit the CF Foundation. **Harbor Greens Wine Bar at Forza** featured live music, tapas menu, wine bar and coffee for guests. Over \$1,000 was raised!

-**Say Yes to a Cure for CF!** **Alan Genatossio** from **Seattle Children's** is organizing a new event for team **Ramsey Racers!** On May 7 Parallels, featuring drummer Alan White, will be playing at the Columbia City Theatre at 7:30 PM. Tickets are \$20, and all proceeds benefit the CF Foundation! Check them out on-line at www.myspace.com/parallelsthemusicofyes or buy tickets at www.brownpapertickets.com.

-**Tammy Theuringer** is always thinking of GREAT STRIDES! During the month of June, all the change that is tossed into the fountain in her building where she works for Northwest Cable News will be donated to the CF Foundation! Great job, Tammy!

-**Breaking a sweat for CF:** **Onvo** held a fundraiser on April 4 in Bellevue to raise money for CF! Over 50 people gathered for this fundraiser to enjoy beautiful weather, a great workout and a visit from Miss Seattle! This event was made possible by sponsor **Dr. Mark Adams** and partners Elite Fitness, Northwest Crossfit and Jason Balajadia.

-**Colby Cruz** and the **North Highline Firefighters** held their annual Fill the Boot fundraiser, where they collected over \$900 for Team North Highline Fire District!

-**Brenna's Butterflies** take flight early! **Brandy Krug** is organizing a team walk in her community to benefit Brenna's Butterflies at the Seattle walk. Great idea, Brandy!

-**Allister** and **Jen Brookes** of **Team Brookes** are having a garage sale to raise money for their walk team - Great idea!

-Mother's Haven is doing a fundraiser for member **Rebecca Schroeder!** Rebecca's team, **Brady's Buddies**, will be the recipient of their 2009 Mother's Day Fundraiser proceeds from their portrait promotion with Big Picture Portrait Studio!

- **Beatrix Blackerby** and **Team Trish** will again be hosting their annual garage sale and Bunco tournament in early May.

-**Senior projects for CF!** **Kyle DeYoung** held a golf tournament that raised over \$2,500 for **Taylor's Allstars** in Gig Harbor - Good job, Kyle! **BreAnne Toigo** dedicated her senior project to the memory of Brandie Maxwell. BreAnne hosted a golf tournament as well that raised over \$4,000 for her walk team, **X's and O's for Brandie**.

-**Joeseppi's Restaurant** in Tacoma is holding Tuesday Night Team Fundraisers! 20% of all restaurant proceeds are donated to CF on Tuesday nights. The current line-up includes: **Ben's Buddies** (May 26) **Team Lily Grace** (date TBD) and **Little Steps for Little Mary** (date TBD).

-**Team Annie Hall** is holding a Pancake Breakfast on Saturday, May 16. Great fundraising idea!

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!

Alison Morton
206-282-4770 or 800-647-7774
amorton@cff.org



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! Special thanks to volunteer Pam Johnson for initiating and developing a Welcome Packet for new CF families at our Washington Care Clinics - Great job, Pam!

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

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

First Annual Tri-Cities walk a success!

Huge congrats to first-time event chair Dana Giacci and her fantastic committee: Todd Rogers, Nikki Roth, Christina Anderson, Michelle Rogers, Katie Webster and Jason Schlegel.

With the support of the Columbia Basin College and dozens of community members, the first annual Tri-Cities walk raised over \$25,000! There was fun for the whole family, with a kids fun run, yoga, silent auction, sunshine and more!

Says Todd, "CBC really embraced this event. I've had a number of touching accounts of the impact the event had on participants, even those without knowledge of CF prior to Sunday."

Contact your GREAT STRIDES team:

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(800) 647-7774
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