

100 women 100 ways 100 days challenge

working together to help women live with, through, and beyond breast cancer



The Challenge

\$100 CAN MAKE A DIFFERENCE - IMAGINE WHEN IT TURNS INTO \$10,000!

Join the challenge! Be part of something fun and creative that turns the ordinary into the extraordinary!

The YWCA Princeton Breast Cancer Resource Center is challenging **100 women (or men, kids, groups, companies) to each raise \$100 in 100 days** to support programs and services for local women affected by breast cancer.

February 4 - May 13, 2012

Ways to Raise \$100 (or more)



Host a Party with donations for attending

- Cocktail party or brunch
- St. Patrick's Day or Super Bowl Party

Collect Donations

- Ask 10 people for \$10
- Donation jar by the office coffee pot

Sell Something

- Sell handmade jewelry, scarves etc.
- Garage sale or bake sale

Save Money

- Stop buying lattes for 100 days
- Donate a day's worth of store profits

Organize an Activity

- Casual Dress Day at work
- Skip-a-thon, read-a-thon, hoop-a-thon

Provide a Service

- Shovel snow or be a handyman
- Babysit or dog walk

How to Meet the Challenge

Visit www.ywcaprinceton.org/100Women to find out more.

Download project guidelines, registration form, donation form, and a list of more than **100 ways to raise \$100 - then start having fun!**

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GUIDELINES

ABOUT THE PROJECT

Join the Challenge! Be part of something fun and creative that turns the ordinary into the extraordinary!

The YWCA Princeton Breast Cancer Resource Center (BCRC) is challenging **100 women** (or men, kids, groups, companies etc.), to each raise **\$100** (or more), in **100 days** (or less), in an effort to **raise \$10,000** to support BCRC's free programs and services designed to **help local women live with, through, and beyond breast cancer**.

This exciting challenge will run from **February 4 to May 13, 2012** – exactly 100 days culminating on Mother's Day! You can do almost anything to raise the \$100 – from writing a check to hosting a party to walking dogs! Individuals, schools, churches, clubs, sports teams, mom's groups, book clubs, guide/scout troops, corporations, small businesses, seniors groups, associations are all encouraged to participate, and **although the project is titled "100 Women", we invite and encourage girls, boys and men of all ages to join in the fun!**

The funds raised through your activity or donation will help BCRC provide **FREE information and support programs to local women and families affected by breast cancer**. Every **\$100 raised** will provide:

\$100 = 2 private counseling sessions

\$100 = 3 wigs for women undergoing chemotherapy

\$100 = 1 meditation workshop for 15 women

\$100 = 1 support group meeting for 10 women

\$100 = 1 breast prosthesis for a woman who has undergone a mastectomy

\$100 = Information packets for 100 newly diagnosed women

STEP 1: DETERMINE YOUR ACTIVITY

- **Do something that you enjoy or are good at**
- **Think about who can support your activity** (colleagues, employers, friends, neighbors, family).
- **Decide how much time you want to commit to the activity** (writing a check or asking for donations on Facebook takes a minute; shoveling snow takes a few hours; organizing a party or bakesale may take a few weeks.)

STEP 2: REGISTER YOUR ACTIVITY

- **Complete the Registration Form and submit it.**
- **If you simply wish to make a donation rather than organize an activity, skip to STEP 4.**

STEP 3: CONDUCT YOUR ACTIVITY

- **Let everyone know about your activity** (download tips and ideas for invitations, posters etc. at www.ywcaprinceton.org/100women)
- **Take photos or videos** and send them to BCRC for posting on the challenge webpage (the challenge will gain momentum as we share ideas and successes!)
- **Encourage others to organize their own activity**

Questions? Need more information? Email: bcrc@ywcaprinceton.org or call 609-497-2100 ext. 346

STEP 4: MAKE YOUR DONATION

- **Submit your donation to BCRC by one of the following methods.**

CASH/CHECK/CREDIT CARD

Fill out the **Donation Form** and return it by mail or in person to BCRC, YWCA Princeton, 59 Paul Robeson Place, Princeton NJ 08540.

- All checks should be made payable to **“YWCA Princeton BCRC”** with **“100 Women Project”** in the memo line.
- A single check is preferable, however if individual activity participants want a tax deduction they should write separate checks (don't forget company matches!)

ONLINE

Visit the **100 Women, 100 Ways, 100 Days Challenge** webpage www.ywcaprinceton.org/100women.

- Click on **DONATE NOW** in the top right corner of the page.
- In the **OPTIONAL COMMENTS** field write **“100 Women Challenge”** and your **Activity Title** (as listed on your Registration Form).
- Select **“Breast Cancer Resource Center”** from the **YWCA GIFT** drop down list.
- Click on the **PROCEED TO CHECKOUT** button to provide credit card information. You will receive an email confirmation of your donation – print or save it for your records.

STEP 5: RECEIPT & ACKNOWLEDGEMENT

- When your donation is received, the YWCA Princeton will send you an acknowledgement letter and tax receipt (if applicable).

ABOUT THE YWCA PRINCETON BREAST CANCER RESOURCE CENTER (BCRC)

The Breast Cancer Resource Center (BCRC) is a non-profit program of the YWCA Princeton. BCRC has been providing **information and support to local women and families affected by breast cancer, and increasing understanding of the disease in our communities** for over 40 years. BCRC is a place where women connect with others on similar journeys, and where they are empowered to live with, through and beyond breast cancer.

BCRC programs and services touch the lives of over **5,000** individuals each year. All services are provided free of charge, and special efforts are made to reach out to minority communities and the medically underserved.

BCRC's **Patient/Survivor Support & Information Programs** help women (and men) cope with all phases of the disease from diagnosis through treatment, recovery, survivorship, and even recurrence and end-of life.

Emotional Support

- Support Groups
- Private Counseling
- Peer Support Network

Physical Support

- Mind/Body Wellness Program
- Wig & Prosthesis Boutique
- Patient Assistance Fund

Information

- New Patient Info Packs
- Resource Library
- Guest Speaker Series

BCRC's **Community Outreach Program** educates women, men, and young adults about breast cancer and the importance of early detection through **“What You Need to Know About Breast Cancer”** awareness talks; **“Women of Wisdom (WOW!)”** breast cancer education programs; and participation in community health fairs and events.

As a non-profit, the Breast Cancer Resource Center relies on grants, private and corporate donations, bequests and planned gifts, in-kind donations, fundraising, and dedicated volunteers to ensure that each of these programs and services continues to be available to anyone who needs them, at no cost. **If you would like to learn more about how you can support BCRC** beyond the **100 Women, 100 Ways, 100 Days Challenge**, please contact us at 609-497-2100 ext. 346 or 349.

Questions? Need more information? Email: bcrc@ywcaprinceton.org or call 609-497-2100 ext. 346

100 WAYS TO RAISE \$100 – LET US, HELP YOU, HELP US!

HOST A PARTY – INVITE AS MANY PEOPLE AS YOU CAN AND ENCOURAGE EVERYONE TO MAKE A DONATION

1. Host a dinner party
2. Host a tea party
3. Have a progressive dinner. Start at one person's home for cocktails/hors d'oeuvres, progress to the next person's house for soup/salad, the next person's for the main course, the last person for dessert.
4. Host a wine and cheese party.
5. Host an Oscar's or Grammy's party
6. Host a Kentucky Derby champagne breakfast
7. Host a Mother's Day brunch
8. Host an ice-cream bingo
9. Host a Super Bowl or March Madness party
10. Host a cocktail party
11. Host a Valentine's, Ground Hogs or St. Patrick's day party
12. Host a casino night - split pots with the *100 Women Challenge*
13. Set up a home cinema & host a movie night
14. Host a trivia or games night

COLLECT DONATIONS

15. Collect donations for "self sacrifice" (ie. quit smoking, stop watching tv, stop using facebook or twitter)
16. Do something crazy (but legal) for donations ie. shave your head, enter an eating contest
17. Ask 5-10 people to save all their change for 100 days.
18. Ask your Facebook Friends to donate the *Challenge*
19. Ask friends who belong to service clubs/sororities /mom's groups/support groups/clubs, etc. to discuss BCRC in their group & pass the hat for donations.
20. Ask if a "second collection" can be taken at your church.
21. Hold a challenge campaign at your next gathering or event - tell people you'll give \$5 for every \$25 they give, or will match every \$10 gift up to ten gifts.
22. Ask 10 people for \$10
23. Keep a donation cup by the candy dish on your desk
24. Ask wedding/birthday/bar mitzvah guests to make donations to the *100 Women Challenge* instead of gifts
25. Take a vow of silence for cash
26. Place a donation jar by the coffee machine at work
27. Have a "swear box" at home or work – collect a dollar for each time a bad word is used

SAVE MONEY

28. Collect your tips for 100 days
29. Rent DVDs at home instead of going to the movies
30. Donate \$100 as a tax deduction (don't forget to ask for a matching donation from your company)
31. Collect your allowance for 100 days
32. Donate a day's worth of your business' profits
33. Save your allowance for 100 days
34. Catch public transport to work, and rent out your city car space for 100 days
35. Get started on your Christmas shopping early - instead of socks and sweaters make donations to the *100 Women Challenge* in your family members' names
36. Give up buying coffee/water/lunch for 100 days and donate the money that you save
37. Make a donation in memory of a loved one
38. Eat dinner at home instead of at a restaurant
39. Instead of a Valentine's Day present for your husband/wife, give a donation to the *100 Women Challenge* in his/her name
40. Give up something for Lent and donate the money you save

ORGANIZE AN ACTIVITY

41. Organize a plain clothes day at school (if you wear uniforms)
42. Coordinate a casual dress day at work
43. Have a skip-a-thon, read-a-thon, hoop-a-thon etc.
44. Donate proceeds from a networking breakfast or luncheon
45. Hold an Ugly Tie/Ugly Earring Contest at your office/school. Whoever gets the most "votes" (donations) wins a prize.
46. Arrange a guest speaker to give a seminar for your group
47. Organize a fashion show at a school/ club

48. Organize an "American Idol" Contest at your office/school. Contestant with the most "votes" (donations) wins the title of as "<OFFICE/SCHOOL NAME> Idol"
49. Have a "Day at the Races" for neighborhood kids or youth groups. Use kid's pedal cars, trikes or bikes (remember the helmets). Checkered flags & a race track create more fun.
50. Guess the Baby Contest – post photos of teachers/ students /colleagues/group members as babies on a bulletin board. Votes (donations) determine cutest, etc.
51. Request donations for entry into an event with prizes (ie. dance competition, beauty contest)
52. Hold an art sale (your work or works of other artists)
53. Have a girls night in/ guys night in
54. Have a karaoke night
55. Hold a caption competition - get a crazy/funny picture of a boss or co-worker, add captions for a donation
56. Hold a golf/basketball day for friends
57. Have a Wii or Playstation tournament
58. Have a talent show, battle of the bands or open mic night
59. Hold a dog parade – give prizes for best dressed, best trick, biggest/smallest/ugliest dog
60. Organize a scavenger hunt
61. Teach a seminar on a topic you know: Knitting, Organic Gardening, Organizing, Proposal Writing, Gourmet Cooking – donate the registration fee
62. Have your band play a gig and ask for donations at the door
63. Have a "How many jelly beans in the jar" contest
64. Host a car wash
65. Organize a kids' backyard carnival, play, or circus and ask parents for a donation to attend the "performance"

SELL SOMETHING AND DONATE PROCEEDS TO BCRC

66. Sell second hand clothes to a consignment shop
67. Have a garage sale
68. Have a bake sale
69. Auction goods on eBay
70. Sell homemade chocolates, jewelry, scarves etc
71. Create a *100 Women* cocktail, cake or other product and donate proceeds from its sale
72. Make cards to sell to family and friends
73. Rent out a parking space in your driveway
74. Rent out your vacation home, beach house etc.
75. Put together gift baskets for sale – Great for Mother's Day and/or Easter gifts!
76. Plant seeds and sell seedlings in the spring
77. Sell fire wood from your property
78. Hold a pie drive (buy in bulk at a low price, sell high)
79. Spring clean and sell your "stuff" on Craig's List

PROVIDE A SERVICE AND DONATE PROCEEDS TO BCRC

80. Offer your services – grocery shopping, laundry, errands etc.
81. Be a cabbie for your friends
82. Paint a neighbor's porch, garage, fence etc
83. Shovel snow
84. Mow lawns
85. Wash windows
86. Donate proceeds from your professional services (hair cuts, makeovers, photography, massage)
87. Offer personal training sessions
88. Waiter/ waitress at a dinner party for cash
89. Tutor students
90. Clean houses for cash
91. Walk dogs
92. Provide a dog grooming service
93. Give music lessons
94. Set up a lemonade stand
95. Do face painting for neighborhood kids
96. Hold a dog wash
97. Babysit
98. Petsit
99. Housesit
100. Hire yourself out as a handyman/woman

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REGISTRATION FORM

Complete and return this form **BEFORE** your activity is scheduled to take place. Mail to: BCRC, YWCA Princeton, 59 Paul Robeson Place, Princeton NJ 08540; or fax to 609-497-1211.

If you are making an individual donation (ie. no activity involved), do not fill in this form. Fill in the Donation Form and submit it with your donation.

CONTACT DETAILS

Name: _____

Company/Organization (if applicable): _____

Address: _____ City: _____ State: _____ Zip code: _____

Email: _____ Phone: _____ Fax: _____

ACTIVITY DETAILS

Activity Title: _____ Activity Date/Timeframe: _____

Activity Description (what are you going to do?): _____

ASSISTANCE FROM BCRC

I would like breast cancer literature, displays and/or BCRC information ie. BCRC brochures, breast self-exam cards etc. to give to my activity participants

I would like BCRC pink pens to use as a give-away to those participating in my activity.

ACKNOWLEDGEMENT

Please read the following carefully and acknowledge your acceptance by signing below:

I have read the **100 Women, 100 Ways, 100 Days Challenge** Guidelines and agree to abide by them. I understand that the Breast Cancer Resource Center reserves the right to withdraw approval of this fundraising activity should the activity or the organizer/s fail to comply with the Project Guidelines. I release the Breast Cancer Resource Center, the YWCA Princeton and their staff members from all liability for any injury, loss or damage arising at or from the activity I am conducting, whether on or off the YWCA Princeton premises.

Print Name: _____ Signature: _____

Date: ____/____/____

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