

MAKING STRIDES
Against Breast Cancer ${ }^{\circ}$


Planning a summer staycation? Know someone else who is? Why not make sure that all of your friends and their families have a fun and productive summer? This year, more than ever, families are looking for low cost (high fun) activities to attend or do with their loved ones close to home, if not literally in their own back yards! Why not give them the chance to support Making strides Against Breast Cancer at the same time?

With little to no additional planning --- you can easily get a great start towards reaching your team or individual goal!!!!

It's simple— start with the following questions:

1) Is there already a community/neighborhood event planned?
2) Is there an ongoing string of community/neighborhood events planned?

If not:
3) What would you and your family and friends like to be doing together this summer?
.......start planning today!!!

## Examples:

Block Party: Invite your neighbors and friends to hang out together --- make it a pot luck - with everyone donating what they would have spent going out. If everyone enjoys themselves - make a schedule to continue weekly, bi-weekly or monthly throughout the summer. Add on: kids can take on additional games/activities for a donation. Dads always wanted to be in a Rock Band? Have the 'band' play after dinner for donations.

Cook Out: Invite your friends/neighbors to have a community cook-out - bring your own meat - everyone bring a side or dessert - and donate what you would have spent on taking your family out. Add on: have grilling 'rules' - any griller who drops meat has to pay a fine - any griller who burns something has to pay a fine - last one finished - pays a fine, cutest cook contest, etc.

No-Cook Cook-Out Nights: Offer your neighbors grilled dinners for a week- example: Monday Night - hot dogs and potato chips - Tuesday - hamburgers and macaroni salad - Wednesday - BBQ Chicken and beans----- offer meal 'kits' (buns, hotdogs, condiments, chips, paper plates, etc.) to be delivered between 5-7pm, or cooked meals delivered for an additional fee --- Add on: offer cooking service ---- your team shows up at their house at an assigned time with all items and 'grills' (on their grill) on the premises!!!

Concert Series: Does your community already have a concert series in place? Offer to host concession stands or get permission to offer items for donation - or ask to direct car parking, etc. Take advantage of the opportunity to raise awareness via mission messaging, brochures, etc.

One Night Vacation: Offer group babysitting in one location in the neighborhood so parents can have a 'date night'.

Kids Camp (Parents Vacation Week): Offer group babysitting for an entire week Monday through Friday from 5-8pm --- promote as a Kids Camp (with activities and games) - while parents get an entire week of quiet in the evenings!!!! Add on: offer meal option, take home bedtime snack, etc.

Moms Week Off: Offer a weeks worth of casseroles that can either be picked up (one time pick up or daily) or delivered for an extra fee.

Movie Night: Have a large flat screen TV? Invite the neighbors over for Movie night - charge admission offer popcorn, snacks, sodas, etc. Add on: have a community gathering area in your neighborhood or a park? See if you can get the equipment to show the movie outdoors on the big screen.

Ice Cream Socials: Cool down this summer - host a neighborhood ice cream social --- make it a weekly event! Everyone brings a different topping - and donates what they would have spent taking the family to Baskin- Robbins!!! Add on: have a sundae eating contest or most imaginative sundae recipe contest, or most unusual topping contest.

Neighborhood Yard Sale: Clear those spider webs and dust bunnies out of the garage and have a community yard sale - everyone wins!!! Proceeds go to Strides and everyone goes home to a cleaner garage or attic! Add on: throw some food in the mix ---- sell hot dogs, pizza, etc.-it will encourage the whole family to come --- junior will find that used bike he 'has to have', Dad may find that used golf club he has been wanting, lunch is taken care of --- and even more money is raised!

Garden Party: Invite a dozen or so women in your neighborhood to invite 25 of their friends to attend (for a $\$ 10$ donation) and have a spring garden party!!! Catch up on the latest gossip, see old friends and make new friends---all for a good cause!!!

Bike Rodeo: Adults ride their motorcycles this time of year - what about the kids? Plan a bike ride in the neighborhood or park or just a gathering for the kids. Charge admission - have a picnic lunch/dinner; award prizes for best decorated bike; have a local fire department or bike shop come out and check bike safety; set up cones for 'driving tests', etc.

Mars/Venus Days: We've all heard that 'Men are from Mars and Women are from Venus' so why not take advantage - plan a series of days throughout the summer - charge a participation/registration fee-- for both Men and Women to enjoy! Example: first Saturday in June --- Men play golf - Ladies shop - all meet back for a neighborhood cookout in the evening. First Saturday in July - Men hold a basketball tournament, Women spend the day at the neighborhood pool -or pampering each other with facials and manicures - all meet back that evening for a pot luck.

Baseball Games: Any local baseball teams? See if they would be willing to have a Strides Family night donating a percentage of proceeds to your team, or possibly have discount tickets available for your teams to sell. Announcer promotes ACS and local Strides, teams can set up tables within the stadium for trinket sales and information distribution. Add on: kids pictures with the mascot, players may auction off a jersey, bat, hat, etc. Adapt the same idea to high school or community baseball teams/leagues.
.the possibilities are endless. Answer questions 1-3 (above) and start planning a summer of fun, family activities --- before you know it, summer will be over and you will have many happy memories and will have a great start towards reaching your Strides goal!!!

