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## A Note from Dike Ajiri: Consider Volunteering for PSC Partners

### ***IT Committee/Webmaster***

We need a dedicated Webmaster with knowledge of html and/or php to update [www.pscpartners.org](http://www.pscpartners.org) on a regular basis.

Contact: Dike Ajiri at [volunteers@pscpartners.org](mailto:volunteers@pscpartners.org)

### ***Media/PR Committee***

EXPERIENCED Volunteer needed to head up this committee dedicated to finding ways to get exposure for PSC Partners Seeking a Cure in the local and national media.

This volunteer knows or can research for the names and addresses of the appropriate people to contact at the various TV/radio/newspaper and magazine outlets.

This volunteer can create and distribute press releases.

This volunteer can maintain a record of all publicity activities.

This volunteer will create short-mid-and long-range publicity and marketing plans for PSC Partners and which support PSC Partners' mission and short-mid-and long range plans.

Lee Bria has spent some time performing the above activities but we really need someone with some experience. As such, we don't have any person on this committee.

Please contact me directly if interested and I'll be *overjoyed to respond to you!* Contact Dike Ajiri at [volunteers@pscpartners.org](mailto:volunteers@pscpartners.org)

### ***Corporate Fundraising (falls within the Fundraising Committee)***

Volunteer to look into how to set up a recurring PayPal donation. For example, people whom want to contribute \$10 a month to PSC Partners would have an easy way to donate.

Our sample letter (that we have on file) needs to be reviewed and updated. A new letter or two could be added so that people have a choice of which one to use

Volunteers to start local programs. For example, in the east Stop and Shop does have a program for grocery shopping and we once tried to start this. But we need someone willing to pick up and

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regularly distribute the shopping certificates. Someone could look into this to see if they have changed to rechargeable gift card yet.

Event Planners especially now to support the Road to Chicago. For example, help schedule a golf outing, help with sponsorship, etc.

Please communicate with Lee Bria directly at [leedeubert@gmail.com](mailto:leedeubert@gmail.com)

### ***Newsletter***

I would urge volunteers for the Newsletter committee to first consider becoming active contributors to the newsletter by writing articles (or a one time article on your personal experience as a patient, caregiver, etc.), and suggesting layout ideas for their articles and accompanying images. Articles and/or ideas about design/layout should be sent to Pat Bandy.

Please communicate with Pat Bandy directly at [newsletter@pscpartners.org](mailto:newsletter@pscpartners.org).

### ***Grant Writer***

The Grant Writer will:

Through interviews and other means, gather information that will easily allow him/her to grasp the concept of a project or program for which funding is sought as defined by the person responsible for carrying it out.

Acquire and maintain sound knowledge and understanding of the organization, and use that knowledge and understanding to better comprehend all projects and programs for which grants will be sought and to recommend the seeking of grants.

Research grant making organizations and analyze them to identify likely funding sources for specific projects and programs.

Compile, write, and edit all grant applications exhibiting strong expository writing skills and a high-level command of grammar and spelling.

Review the budget of a project or program for which funding is sought and make recommendations to better present it to grant making organizations.

Develop individual grant proposals in accordance with each grant making organization's preferences and follow exactly each grant making organization's guidelines.

Keep in contact with grant making organizations during their review of a submitted grant application in order to be able to supply additional supportive material.

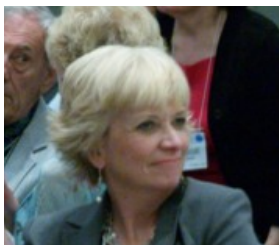
Manage the process of supplying progress reports when required by a grant making organization that has funded a project or program.

Communicate directly with Ricky Safer at [ContactUs@pscpartners.org](mailto:ContactUs@pscpartners.org)

## Ten Steps for Developing Your Sense of Humor

In the last issue Shelley discussed healing and humor. Here she tells us how to include humor in our lives.

1. Gain an awareness and knowledge of the benefits of humor. Adopting a humorous outlook takes both a change in attitude and behavior.
2. Identify inappropriate humor. Avoid it. This is any type of humor that can be perceived as offensive to others, such as sarcasm and ridicule. Humor should not be divisive.
3. Use esteem-building humor. When you hear a good joke, write down to re-tell it. Look for the absurd, silly activities that go on around you.
4. Take one 5 to 10 minute humor break each day with a joke, book, or funny tape, or play with a small child.
5. Get to know what amuses you. What type of humor works for you on the job? What feels comfortable for you? Never tell a joke or a story unless you like it yourself and think it is really funny. It must be genuine.
6. Do a humor history on yourself. List favorite jokes, comedians, styles of humor, humorous situations that happened to you, TV shows, and movies.
7. Keep a file of humorous anecdotes, stories, jokes, and cartoons.
8. You need to be somewhat of a risk taker to start using humor or to use it more. Working humor into your routine is a process and not an event.
9. Allow yourself to be silly.
10. Surround yourself with people who have a humorous, positive outlook, and most of all, learn to laugh at yourself.



Shelley Hussey, Wife of Fred, PSC, 03/04, is the author of, *I'm Not OK, You're Not OK, But That's OK With God.*

Email [shelleyhussey@bellsouth.net](mailto:shelleyhussey@bellsouth.net) for ordering information. \$7.50 per book is being donated to PSC Partners Seeking a Cure.

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# MIDSUMMER SPIN

*by Jeanne Rummel for the Rummel Family of Sherborn, MA*

Blue skies, beautiful country roads, sumptuous lunch, and close to 50 bicyclists. This summer, it all added up to a fun and successful fundraising event to benefit PSC Partners Seeking a Cure. This cause is dear to our hearts because we have a child affected by PSC as well as three family members with inflammatory bowel disease.

Realizing the critical need for research dollars, we decided to organize and host a one day bicycle ride for that purpose. In the past, our family of six raised money for the Crohn's and Colitis Foundation of America by cycling together across North Carolina.

This time, we decided on a different format, one that would include more family and friends. Based on the positive feedback we received, it was a great success and we raised close to \$15,000.

A few months before the July event, we set to work writing a letter and designing the donation form. We solicited sponsors and prize contributors and featured the sponsors' names and logos on

the letter. About 500 letters went out requesting donations from cyclists and couch potatoes alike.

We hit up local restaurants and stores for food and drink. Fortuitously, a friend in town owns two restaurants and she donated scrumptious pulled pork and chicken sandwiches as well as pasta salad. We supplemented this with bowls overflowing with fresh fruit salad, and green salads too.

Next in the planning came, what is for me, the fun part: mapping the bike routes. We wanted a variety of distances and settled on three after mulling over logistics. So, armed with bike, odometer and paper and pencil, I played hooky from life and worked out variants of our usual bike rides.

Let's just keep to ourselves the multitude of times I felt compelled by the sunny day to "test ride" the routes. In the end, we had two loops, one 18 miles and the other 30 miles.

A 48 mile ride was achieved by combining the two. This allowed us to minimize the

number of flagmen and route arrows needed, created a rest stop back at our house, and kept the cyclists within a reasonable distance should sag support be needed.

We printed laminated maps to fit in jersey pockets with the highlighted route on one side and written directions on the other. Next, event insurance was obtained.



A local bike and ski shop, St. Moritz/Ski Market, was just awesome in the support that they provided. They came the day of the event and set up a tent and repair stands to pump up tires, fix flats, and make repairs. They supplied free tubes where needed and goodie bags for each participant.

We recruited volunteers from our high school and middle schools to act as flagmen, sweep sand



from roads, put up route arrows, set up the day of the event, sign in participants, replenish food, and pick names for prizes. In return, the volunteers were given community service hours from their school.

The yard was made festive for event day with starting flags, balloons, flowers, and music. Participants started at 9:00, 10:00 or 11:00 depending on the chosen distance, so that they would finish at roughly the same time.

Upon arrival, riders went to the check in table where they signed a waiver, paid if they hadn't already done so, and put their name in for prizes. They were each given a water bottle courtesy of PSC Partners Seeking a Cure, map, snack bars, and bike shop goodie bag.

We had loads of fabulous prizes such as REI jackets, bike clothing and gear, and gift certificates to local bike/sporting stores, gyms, etc. These were beautifully displayed on a table

next to check-in. Bottled water and sports drinks were available as were bowls of whole fresh fruit. A large jug of ice water was available for filling water bottle

As the riders returned, pumped up from the beautiful routes and hungry from the exertion, they were treated to a delicious lunch followed by the drawing for prizes. Participants and volunteers alike left fortified with good exercise, good food, and good company. Many had prizes in hand and all had smiles.

But the best part for our family, particularly the kids, was knowing that we had accomplished a little something to help those who, like us, travel the ups and downs of life's roads with PSC or IBD.

Our deepest thanks go to our sponsors, to Ricky Safer for her support, and to everyone who contributed to the success of our Midsummer Spin.



Would you like to  
Help Raise Funds  
to Support PSC  
Partners?

*At the web site there are  
several ideas for  
fundraising in your  
community. Check it out!*

[http://  
www.pscpartners.org/  
fundraising.htm](http://www.pscpartners.org/fundraising.htm)