

Relay Rap



Sarnia Final Edition: July 2010

www.cancer.ca/relay

Dates To Remember:

Captain's wrap up meeting: Monday, July 12
6:30 p.m. New Horizon's Community Church

Now: Register for the 2011 Relay For Life event! Here's the link to the Sarnia event:
http://convio.cancer.ca/site/TR?fr_id=5730&pg=entry

June 17 – 18, 2011: Relay For Life in Sarnia!

Survivor's Victory Spotlight

*Leanne Haddon
Lifers 4 Leanne*

Hi - My name is Leanne Haddon and I am a very fresh cancer survivor. Approximately 14 months ago, after experiencing some very minor pain in the left posterior side of my head, an MRI was done and a tumor was seen in my base skull. After numerous more tests, I was booked for a biopsy. I needed 3 tests to get a result. I was diagnosed with Ewings Sarcoma. At the age of 44, this is very rare because it is a childhood cancer. The unfortunate part is it had spread a little to my lungs. I immediately was referred to a wonderful oncologist and the roller coaster began.

I had my first of 4 rounds of chemotherapy last August. Each round consisted of a 5 day stay in hospital, followed with a one day treatment 3 weeks later. This went on for 3 rounds and in January, I had the left lower lobe of my lung removed. Six weeks later, I was back in hospital for round 4 of chemo. The only good news at that time was my scans showed the tumors had all shrunk to almost nothing. I would be done chemo and start radiation treatments to my head.

(cont'd)

My final stint was 35 radiation treatments which ended in May. After hair loss, weight loss and loss of my life as I once new it - I am beginning to heal.

Relay For Life was something I had thought about for years because my brother is also a survivor. Now there were two survivors in the family and I felt it was definitely time to give back. With family support, we created "Lifers 4 Leanne" and our team was entered. After many weeks/months of fundraising, the event arrived and we had collected over \$4,000. We were proud and pleased.

The event itself blew us all away. So many people are affected by this dreaded disease. Walking the survivors lap with my brother was heartwarming and emotional. There were so many survivors younger and older. It was amazing to hear stories of others and realize how lucky I am.

The care I have received is only possible with fundraisers. This event was so well organized and fun. The Luminary Lap was also amazing. The bagpipes playing, while the luminaries were being lit was such an inspirational moment!

It was so important for me to give back because of everyone who has given to me. I have truly been blessed with physicians and care that words cannot explain. My friends, family, and community have been such a major support in my journey. I was glad to be a part of such a wonderful event.

Sincerely, Leanne

Hope is like a road in the country; there wasn't ever a road, but when many people walk on it, the road comes into existence.

Lin Yutang

celebrate

remember

fight back

YOU are making a difference!

Fighting back ...

Every three minutes, another Canadian is faced with fighting cancer. That's why – inspired by you, our relay participants, our volunteers and donors, we are working tirelessly to do everything we can to prevent cancer, save lives and support people living with cancer.

The Canadian Cancer Society is your best partner in the fight against cancer and here's why;

What we do

- We fight cancer by doing everything we can to prevent cancer from ever happening in the first place.
- We fight cancer by funding research to outsmart cancer.
- We fight cancer by empowering, informing, supporting and improving the lives of Canadians living with cancer.
- We fight back against cancer by mobilizing Canadians to make cancer history.

What makes us unique

- We focus on all cancers, yet allow donors to designate their funds to a specific cancer or program if they so choose
- We work in local communities and across all provinces and territories in Canada (helping locally, provincially, nationally and internationally)
- We are the largest national non-government funder of cancer research in Canada
- We are the single largest voice against cancer in Canada
- We are a strong voice provincially and nationally to advocate for change.

Why Canadians join our fight

- We have more impact against more cancers in more communities than any other cancer charity in Canada
- We do everything we can to prevent cancer, save lives and support those living with cancer
- We offer meaningful volunteer opportunities for Canadians to make the biggest difference
- We offer cancer patients, their families and survivors meaningful and significant ways to FIGHT BACK

Our Goal

- To continue to be Canadians 'charity of choice' to continue to make the biggest impact in the fight against cancer

The very real experiences and stories that I have read in the Relay Raps and the people that I have met, continue to motivate me, as well as our staff, to eradicate cancer and enhance the lives of people living with cancer.

Making positive 'impact' on people's lives is at the core of everything we do. You are making a difference as we fight together against cancer – **THANK YOU!**

Helen Cole
Canadian Cancer Society (Ontario Division)
Manager, Lambton County



celebrate

remember

fight back

Bank Report - the Numbers are in!

Barb Seed and Shelley Topping, Registration and Accounting, supplied us with these amazing facts and figures:

Official team count was **78 teams** plus a Community Team of Individuals who collected pledge money for Relay For Life!

46 teams brought in additional money on Event Night.

20 teams brought in money to the office post event.

71 teams attended Bank Night with some or most of their money. There were 2 teams who attended just to pick up their shirts and bracelets – all of their pledges had been done online!!

\$3549.00 was raised at our Silent Auction.

\$58,314.88 was raised through online pledges for Participants and Teams.

\$142,488.69 was raised through the hard work of off-line pledges

Our best estimate shows us that **\$57,785.62** alone was raised through our fantastic Team Fundraisers!

\$201.00 came in through food sales at Daffy's Deli.

In addition to the informative educational component of the Cancer Smart Shop, **\$774.80** was raised through merchandise sales.

Luminaries Sales were deLIGHTful, and raised **\$7877.00 (which includes a tip of \$2.00!)**

Plus **\$17,308.00** from Sponsorships, **\$7870.00** from Registrations, and another **\$877.00** to bring us to a

GRAND TOTAL as of July 7, 2010: **\$297,045.99**

Track Conditions

Track conditions for 2010, thankfully, were without a major weather incident! Despite a scare from an impending thunderstorm, it decided to keep to the south of Clearwater Arena Park! Thanks to the gents in the arena keeping an eye on the weather track and waiting in the ready to provide us shelter in the arena. A little bit of rain and some 'refreshing' winds did nothing to dampen the spirit of Sarnia *Relay For Life!*

803 participants on **78** teams walked the track lit with **1575** Luminaries.

There were **160** Survivors that walked the Relay track...many of whom were on teams!

At the time of writing this newsletter, **5** of our enthusiastic, returning teams are registered for *Relay For Life 2011!*

Research

The Canadian Cancer Society is making an impact as a result of the generosity of donors and commitment of volunteers across the province. As a result of progress in research and cancer control activities:

- overall, cancer death rates have been declining for both men and women
- for all childhood cancers combined, the five year survival is estimated to be 82 per cent
- breast cancer death rates have declined in every age group since the mid 1990's
- the five year relative survival rate for prostate cancer is 95 per cent

In 2009-2010, the Society will invest \$43 million in research across the country, including more than \$25 million from Ontario!

celebrate

remember

fight back

Clearwater Park's 2010 RFL Onstage

Success:

Debbie Montgomery, Co-Chair, Entertainment and Activities

We rocked our new venue at Clearwater Park and it was fabulous! From Activities and Entertainment, we want to thank everyone who helped to make this year's *Relay* such an outstanding and unforgettable success. Dee Chatel wowed us with her *Relay Idol* performance and Sydney Kennedy with her amazing hula hoop skills. Both of these competitions will return again next year when we celebrate Sarnia's 10th *Relay For Life*. Onstage 'kudos' must also go to:

Graham Dalley

- Our dedicated and superb 'miracle worker' for sound

The Bluewater Chordsmen

- Fabulous harmony

Lambton Main Street Players

- Great talent and energy from these young people

Sisters of Soul

- You were amazing! See you at Cupper's Cove on First Fridays

Portrait of You

- 4 great guys & a wonderful performance. Thanks to special guest singer James Hanley

Sarah Woodley & Krista Pask

- Excellence in emceeing

Michelle Jubenville & Carley Keefe

- The best of Karaoke

William Belet

- Your bag piping skills continue to move us

Special thank you's are also extended to Kandie Rae Brown for our warm up, Megan Davey for her speech, Pastor Doug Griffin for the prayer, Dr. Monique Dostaler as our Face of Hope, Clowns Lou & Lottie Dottie aka Cindy DuBois & Heather Simmons, photographers Kim Thomaes & Barb Gammon, Laurie Rome for Yoga Flow and Sun Salutations, our fantastic Relay Idol judges and the committed Bingo, Trivia and Games volunteers.

'Raising The Bar' Fundraising

It's never too early to begin raising money for next year's event. Some teams have ongoing fundraisers; some teams have events throughout the year. Continue to let us know about your own efforts, and we'll help spread the word! Send us your fundraiser events throughout the year and we'll put it on our Facebook. Let's *Relay* 365 days of the year!!!!



Sydney Kennedy and Colleen Vasey-Smith, Georgie's Gang Garage Sale and BBQ

Information Central

The Lambton Unit of the Canadian Cancer Society, located at 714 Lite Street, Point Edward, (phone 519-332-0042) is 'information central' for:

- Team Photo pick-up (teams who aren't attending the July 12th TCR can pick up their photos at the office)
- Information regarding pledge receipts (please let the office staff know if team members wish to deliver their own pledge receipts; saving the Canadian Cancer Society unnecessary postage costs)
- Lost and Found from the Sarnia event
- 'In person' registrations for 2011 *Relay For Life*

celebrate

remember

fight back

Honourable Mention:

Did you know that first time Relayer, Rob Mina, team member of Booners Buddies, walked 12 hours during Sarnia *Relay For Life*. That was 101 laps...over 25 miles! He only left the track during the times participants were asked to leave - during the personally emotional Survivors Lap and the even more emotional Luminary Lap.

Rob, over the past 2 years, has lost his father (2 years ago), a good friend (last year) and the week prior to Relay, his best man's brother-in-law.

Each of these people left great memories. But there is still heartache of the loss, which made this Relay very personal for him.

He did not know what to expect from Relay and it turned into an amazing event. With the support of his team, he decided to start out with the attitude "I will see what I can do." After 12 hours and 101 laps he did it. He walked the whole night.

Thanks to Rob for your support and passion & sharing your story with us!

To reach (our goal), we must sail sometimes with the wind and sometimes against it. But we must sail and not drift, not lie at anchor.

Oliver Wendell Holmes Sr., physician

Online and In Touch

Our Online *Relay For Life* system continues to improve! Remember to log back into your 2010 personal and team pages, and thank your online donors; send e-mails about the event, and take a look at those 'wonderful' totals!

When you have 2010 'wrapped up', get your 2011 web page up and running.....prepare your personal page, upload a photo, start your very own personal *Relay For Life* Blog (and update it from time to time), send e-mails to friends, family, and colleagues to join your team, invite pledges, hook up to social applications such as Facebook, My Space, and a host of others.....keep the cause 'front and centre' on your computer screen!

You are also welcomed and encouraged to 'keep in touch'via Paula McKinlay (pmckinlay@ontario.cancer.ca) or Lori Kennedy (lkennedy@ontario.cancer.ca).....let us know about any team fundraisers and upcoming events, get assistance with anything 'Relay related', or just drop them a line to say 'hello'!

We need your feedback!

Please take some time to tell us your thoughts and ideas on your event experience at the Sarnia *Relay For Life*. By taking the time to complete this survey, you'll be helping to make the *Relay For Life* better than ever.

Visit the site today and take 15 minutes to give your feedback.

www.relayforlife.ca/survey2010

Did you know that Colorectal cancer can be cured 90 per cent of the time if detected early through regular screening?

Source: www.coloncancercheck.ca



Your participation makes a difference

celebrate

remember

fight back

A few thoughts about Sarnia Relay For Life 2010:

"Thank you for demonstrating, once again, the importance and absolute pure enjoyment of building a city of hope in which to spend 12 hours together celebrating and promoting survival, remembering those we have lost and raising money to eradicate cancer. It is truly an honour to participate in this heart-warming community experience." Ruth Aiken (2010 RFL Co-Chair)

To all the participants, survivors, volunteers, sponsors, product donors, pledge donors, visitors, family & friends THANK YOU. Thank you for sharing this amazing experience with me. Thank you for welcoming me with arms open to my first official Sarnia Relay For Life. Thank you for your inspiring stories and experiences. Thank you for being so passionate about this event and finding a cure. Without each & every one of you this Relay For Life would not have been a success. I am sending each of you a big hug & kiss for all that you have done, all that you have raised and all the support you have provided, all the hours you have put towards this cause, to myself & the Canadian Cancer Society. I can not wait until next year. GO SARNIA LAMBTON GO!!! Paula McKinlay (Fundraising Co-ordinator, Canadian Cancer Society (Lambton Unit)

Community spirit was evident when the Wellington St. Station Fire truck raised their extension bucket/ladder to allow aerial photos to be taken of our event. Thanks!!! Everyone that I spoke to on event night, had something wonderful to say about the event. These positive comments always inspire me stay motivated and be thankful that our community wholeheartedly supports our organization. Bonita Bentley (Unit Assistant, Canadian Cancer Society (Lambton Unit)

"I have participated in and helped organize two high school Relays, but this was my first year being involved with the community Relay For Life. It is a magnificent event that truly embodies a community coming together with full steam to support and fight back against a terrible disease. Everything from the TCRs, to the volunteers, to the behind the scenes, and even the 7 AM cleanup, everyone was full of life and spirit. My family has been personally affected by cancer so it was really uplifting and heart warming for me to see so many courageous survivors and passionate people getting involved. We couldn't have done it without the help of the volunteers and the energy of everyone involved, congrats Sarnia on a fantastic 2010 Relay For Life!" Christina Iannozzi (Summer Student, Canadian Cancer Society (Lambton Unit)

This was my first time ever experiencing Relay For Life and I thought it was amazing. I had no idea what to expect going into this event. The Luminary ceremony was unlike anything I have ever seen before. It was definitely the highlight of my time spent at Relay. I did not know the teams decorated so much! It was amazing to see all of the ideas people had for their sites around the track. I was so proud to be involved in Sarnia Relay For Life 2010. Devin Galvin (Summer Student, Canadian Cancer Society (Lambton Unit)

This was my first Relay For Life event...and I can't put into words how truly inspirational it was - the hard work that each one of you contributed for such an amazing cause. The amount of energy, thought, creativity, teamwork it takes to organize and participate in Relay For Life was over and above anything I have ever experienced before. When I watched the Survivor lap, I was in awe and wonderment. Please know...YOU make a difference in the lives, and the living, of others....THANK YOU!!!! Lori Kennedy (Fundraising Secretary, Canadian Cancer Society (Lambton Unit) & Rap editor

There is a light in this world, a healing spirit more powerful than
any darkness we may encounter.

We sometimes lose sight of this force when there is suffering, and too much pain.
Then suddenly, the spirit will emerge through the lives of ordinary people
who hear a call and answer in extraordinary ways.

Mother Teresa

celebrate

remember

fight back

**Event Highlights:
At Relay, Everybody Wins!**

Special mention goes to these individuals:

Top Individual Fundraiser:

Cheryl Cassin (*Legacy Lappers*):
\$10,540.00

2nd Individual Fundraiser:

Brian Jackson (*Cabot Originals*):
\$7,189.00

3rd Individual Fundraiser:

Karen Rabideau (*Cabot Originals*):
\$4321.50

'Jewelled recognition' to:

SAPPHIRE: *Cabot Originals*: \$27,598.25
Legacy Lappers: \$23,194.00

SILVER: *Worley Parsons*: \$7905.00

BRONZE: *Diemer's Dreamers*: \$7137.00
Fish & Ships: \$6512.00
W4W: \$6255.00
Hard Oilers: \$5501.91
Our Dream for Jeannie: \$5501.91
Legacy Lappers 2: \$5382.45

The Best Dressed Award for Team Costume goes to:

Deaners Beamers

Best Tent Site:

Curves with the Alice in Wonderland theme

Spirit Award 2010:

Booner's Buddies

Cancer Smart Shop prizes:

Count the Carrots: *Shelby Rabideau*
First Aid Kit: *Julie Menelaws*

**Ladies and Gentlemen,
Our Fun Lap Winners:**

Sign

1st: Prins Praisers
2nd: Our Dream for Jeannie

Disney

1st: Legacy Lappers
2nd: The Murphy Clan

Proud Canadian/Olympic Gold

1st: St. Paul's Heavenly Walkers
2nd: W4W

Time for Beddy-Bye: Pajama Lap

1st: Lisa's Angels
2nd: Curves

Neon-Glow:

1st: Snow Flakes
2nd: Darlene's Daisies

Transportation

1st: Generators of Hope
2nd: Prins Praisers

Famous Couples

1st: Mission Possible
2nd: Darlene's Daisies

Sports

1st: Legacy Lappers
2nd: Sarnia Bariatric Surgery Support Group

Tropical Hawaiian:

1st: Team KFC
2nd: Team Omega Force
Honourable Mention to Hawaiian Punch team!

Ugly Prom:

1st: Team KFC
2nd: St. Paul's Heavenly Walkers

Your work now is to find your fire and
rekindle it - and then to
let it burn.

Oprah Winfrey

celebrate

remember

fight back



Aerial Photo of Sarnia Relay For Life 2010, Clearwater Arena Park



Survivor Sponsor



Luminary Sponsor



Tent City Sponsor



Hope Sponsor



Franco Filia Fabien Jagoo
Marianne Hope Beth Hackett

Supporting Sponsor



The Observer

Media Sponsor

celebrate

remember

fight back

Your participation makes a difference