

Relay Rap



June 2010

www.relayforlife.ca

Dates to remember

Relay For Life in Sarnia: June 18 - 19

Captains' Rally: June 7 at 6:30 p.m.
New Horizons Community Church

Bank Nights: June 14, 15 & 16
at RBC Centre

Relay For Life: Clearwater Arena – park
behind YMCA

Captains' wrap up meeting: July 12

Online fundraising: www.relayforlife.ca

*Track Conditions
80 Teams Registered*

**Bank Night June 14, 15, 16 at new
location RBC Centre (former SSEC)
downstairs Gate 1 in Sting Sports Lounge
located in Skaters Lobby (some teams still
need to sign up for a time)
*Be prepared to pick up your team t-shirts,
meal wristbands and event programs.***

What to do when you arrive

Relay For Life is the place to be for hundreds of cancer fighters, so it may seem a little crazy when you arrive! We don't want you to feel lost, so just follow these simple steps when you arrive at Clearwater Park (behind the Clearwater Arena)

PARKING: in any of the 258 spots at Clearwater Arena and YMCA (enter off of Finch Ave)

Once you've found a parking spot, and you don't know the location of your tent site, head to the Information and Volunteer Tent. If you know where your tent site is, proceed to that location. If you have outstanding pledges or registrations, bring them to the Registration tent; outstanding luminaries, to the Luminary tent; outstanding Survivor forms to the Survivor tent.

Your tent site will be your home base for the next 12 hours so decorate it and make it stand out!

Using the Site Map in your Event Program, tour the *Relay* site to familiarize yourself with where you can find washrooms, food, water, security, First Aid, and games and activities. Connect with your team to make sure they know about the various ceremonies and fun activities throughout the night.

The Opening Ceremony will start at 6:40 p.m. so make your way to the main stage to hear the inspirational speakers and be ready for the start of an amazing 12 hours!

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BANK NIGHT Business

Barb Seed, Registration and Accounting

Bank Nights will take place RBC centre the evenings of June 14, 15, and 16 starting at 6 p.m. All Team Captains are encouraged to schedule your own personal appointment at Bank Night, to finalize the business portion of the event, so that when 'event day' arrives, you'll be 'ready to Relay'. You may schedule your Bank Night time at the next TCR, or by contacting Barb Seed at (519)542-2657 or Shellie Topping at (519)312-8843.

Prior to your Bank Night, at any time you may visit one of the local Scotiabank branches, and get all your cash converted into a bank draft. Scotiabank provides this service free of charge to any *Relay For Life* team! Note: Please count your money prior to visiting one of the tellers; it makes it much smoother for all AND gives both a 'check and balance'! (This does not apply to cheques made payable to the Canadian Cancer Society....which you will bring with you on Bank Night)

On Bank Night, please arrive with the following:

1. Your teams' Pledge Envelopes (waivers signed, all donor information clearly printed; plus payment in counted cash or bank draft and cheques).
2. All remaining Luminary Forms and money. (We encourage you to bring them in during the TCR so we can get started on the labels.)
3. A finalized list of T-shirt sizes required for your team.

After you have your 'funds and forms' checked, you will pick up your Team's t-shirts, meal bracelets, confirmation of team bookings for tent site and photo time and schedule of events. We will help you with any other information you require.

PLEASE take advantage of one of these evenings to bring all your funds raised to date.

If you have pledge envelopes and money to turn in after bank night, please bring on the Friday night to the Registration Tent (5:30 p.m. to 9:30 p.m.), and if you have money to turn in after the event, please take it to the CCS office.

If you have any questions about Bank Nights, contact Barb Seed or Shellie Topping at the TCR

Volunteers Needed

Relay For Life needs assistance...anyone wishing to 'lend a hand' for a few hours should contact the Canadian Cancer Society (Lambton Unit) office at (519)332-0042



Top 5 Team Fundraising Totals (according to Sarnia *Relay For Life* website)

1. W4W - \$4570.00
2. Blue Warriors - \$4083.00
3. Our Dream for Jeannie - \$3565.00
4. Diemer's Dreamers - \$3221.00
5. Pink Panthers - \$2050.00

Top 5 Individual Fundraising Totals (according to Sarnia *Relay For Life* website)

1. Jeanne Vandendool - \$2855.00
2. Marie Diemer - \$1796.00
3. Cathy McRae - \$1735.00
4. Stacey Prins - \$1390.00
5. Michelle Rankin - \$1120.00

Keep up the great work!!!!

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Raising The Bar' Fundraising

Ongoing:

Pennies of Hope: (*Legacy Lappers*). We all have dishes sitting around home with pennies in them. The Legacy Lappers will gather them up and put them to work at the Canadian Cancer Society. In 2009 we collected over \$700.00 in pennies. What will 2010 bring? Please bring your pennies to any TCR. Every penny counts towards a cure! Contact Cheryl Cassin 519-882-0754 leglapraper@ebtech.net or Wanda Pratt 519-882-1872 wjpratt@ebtech.net

Tote Bags: (*Legacy Lappers*). \$5.00 each. Tote bags have a solid bottom and a pocket on the side. Contact Wanda Pratt (wjpratt@ebtech.net)

Gift Basket: (*Big G's Gang*). Tickets are \$1.00 each and are available at Team Captains' meetings

Kernals Popcorn (*Family 4 a Cure*) To order contact Debbie at (519) 337-5059 or cross10000@yahoo.com or Vicky at (519) 344-3038.

Track Your Laps (*Diemer's Dreamers*) For \$3.00 you can purchase a necklace with a starter bead on it and the opportunity to fill up your necklace. Every time you walk a lap, stop at our **Diemer's Dreamers** tent site and pick up a bead, take the necklace off, slip the bead over the "loop" end and slide it down to rest on the knotted end with the other beads. Necklaces can be pre-ordered at all Captains' meetings (or send me an email) and they will be available for pickup at the May Captains' meeting. Keep in mind we sold out (500 necklaces) last year, and we plan on selling out this year, this is a must have item. Any questions please contact Marie Diemer (519)337-6796 or nickandmarie@live.ca

'Cancer Sucks' Buttons (*Fish & Ships*) \$4.00 each. Also, limited supply of 'Choose Hope' and 'I'm a Real Survivor' buttons. Contact Julie at juliecan@hotmail.com

Ongoing (cont'd)

Cookies for a Cure (*Georgie's Gang*) Sugar cookies in the shape of a ribbon for \$1.00 each, or \$10.00 for a dozen. Orders can be placed with delivery at the final Team Captains' Rally or at your tent site during Relay – made fresh to order with your choice of icing colour! Available at captains' meetings or email cvasey-smith@hotmail.com

Chocolates for a Cure (*Georgie's Gang*) Milk chocolates in the shape of a Ribbon for \$1.00 each or \$10.00 for a dozen. Two styles: large ribbon on a stick \$1.00, or a bag of 3 bite-sized ribbons \$1.00. Orders can be placed with delivery at the final Team Captains' Rally or at your tent site during Relay. Available at Captains' meetings or email cvasey-smith@hotmail.com

NEW!

June 18 – 19 Relay for Life Sarnia

Sarnia Craft Supply is pleased and excited to offer our support to the Canadian Cancer Society Relay for Life. We will stay open until 9:00 PM on Friday, June 18th and we will be donating **10% of All Sales** on both Friday and Saturday to the Cancer Society. We are located right down the street from the Clearwater Arena on the corner of Finch & Wellington and look forward to seeing many of you on that weekend!



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Upcoming Fundraising Events:

June 5 Garage Sale (Georgie's Gang) 8:00 a.m. – 2:00 p.m. 157 Kathleen Ave - driveway on Mackenzie Street, near Wellington. BBQ, Books, Baking

June 5 Car Wash and BBQ (Deaner's Beamers) 10:00 a.m.-2:00 p.m. Point Edward, Ex Servicemen's Club on Michigan Ave. We will also be selling Hot Dogs.

June 5 Garage Sale (Blue Warriors) 8 a.m. – 1 p.m. 1295 London Road (Lambton Financial Credit Union - back parking lot – next to Harvey's)

June 5 Car Wash, Bake Sale, BBQ (Family 4 a Cure) 9:00 a.m. – 2:00 p.m. 1489 London Rd. (Industrial Educational Co-op – old Bingoland East)

June 5 Car Wash (Racing 4 A Cure) 10:00 a.m. – 4:00 p.m. 1249 London Road, Boarder Town, Zeller's Plaza

June 5 BBQ (Forever Young) 1:00 – 3:00 p.m. Valu-Mart, Cathcart Blvd.

June 12 3rd Annual BBQ and more (Lisa's Angels) 11 a.m. – 3 p.m. Trendsetters parking lot 452 Christina Street N, Sarnia. Enjoy dog, pop and more!

For more information about any fundraising events, contact the teams or Paula McKinlay pmckinlay@ontario.cancer.ca

Join us on Facebook by looking under Lambton Canadian Cancer Society. You will find out a lot more of what's going on. Join our Facebook page today.

Fair Market Value Letters

If you are running an event and are receiving donations for prizes and silent auctions please DO NOT promise the business a tax receipt. They will be able to receive a Fair Market Value letter to be used for their business expenses. Send the following information to pmckinlay@ontario.cancer.ca so I can issue one:

Business name, contact name, address, phone number, item donated & the value.

Haven't reached your fundraising goal yet? Get online!

If you haven't reached your fundraising goal, **log into your online participant centre** and start sending e-mails to your friends, family, and colleagues! The average online pledge is DOUBLE what you'll receive by collecting pledges in person! Best of all, it reduces administrative costs for the Canadian Cancer Society. Chances are you'll only need a one or two more donations online to reach or even SURPASS your fundraising goal!

People will want to know why you're joining the fight against cancer so be sure to update your personal page with a photo and write about why you *Relay*.

CONGRATULATIONS

to all the teams and participants for their hard work and fundraising events!!!!

Together **you** are fighting to make cancer history!!!

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From Sarnia's 'Relay Stage'

By Neil Christopher, drummer for Portrait of You

Sometime in 2005...that's when it started to hurt.

At first it would be the feeling of some cramping on occasion, like I had eaten too many sour apples. Then, it seemed that when I ate or drank certain things, I would get a stomach ache. I would think of people I knew with various types of ulcers or hiatus hernias and write it off to a mild case of one of those...or perhaps I had a sensitive stomach. But it was nothing serious, I mean, lots of people had some major issues to deal with; I wasn't going to complain about my tummy hurting once in a while. Besides...it'll go away...

But it didn't. It got worse. Sometimes it hurt really badly. Sometimes, I would come home from work and curl up with a hot water bottle. But it wasn't all the time so, stupidly; I told myself it wasn't a big deal. In 2006 my daughter was killed which made it easy to convince myself it was just an ulcer. And when I finally mentioned the pain to my doctor, it seemed logical that it was the first thing to consider, a stress ulcer.

But ulcer medication didn't do anything. I had a herniated umbilical which sometimes apparently could cause some discomfort. So, he sent me to a specialist, who immediately scheduled me for a CT scan. And due to some unforeseen schedule re-arrangements, I had it done within a week.

Several days later, I received a call from the specialist himself telling me I was being booked for a colonoscopy the next day - so begin the preparations NOW. Upon awaking from the procedure, I was shown a picture of a big, black tumor which had pretty much choked off my bowel. I was told I would be operated on that night.

(cont'd)

Two abdominal surgeries (one due to a complication), a temporary ostomy and three weeks later, I was sent home from the hospital...minus two feet of bowel and with an open wound to allow it to heal properly from the inside out. The home care nursing I received was excellent. I was a captive audience to be gently lectured on how unwise I had been to ignore pain like I had...

Once healed, I started my 12 bi-weekly chemotherapy treatments. I went into the hospital, for the original colonoscopy, in February 2007 weighing approximately 190 pounds. I finished up chemo the following October, weighing only 118 pounds...a very effective, but unpleasant weight loss program!

In December 2007, I went for the last surgery, my ostomy reversal.

To date, I am cancer free. I exercise regularly and obsess about what I eat; zero sugar, no processed food, fresh quality food, green tea by the gallon. Having lived through colon cancer, it is surprisingly easy to turn down food that's not good for you...I feel absolutely great.

My story so far has a good ending. There are so many that have had, and are going through, far worse. I feel blessed by God that I have come through like I have, and especially that I have the family I have. My wife, Laurie, was (is) amazing and an incredibly strong person. She had a very unpleasant and difficult road for that year and never flinched.

Cancer is a word, not a sentence.
- John Diamond

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Event Highlights

Dr. Megan J. Davey is an Assistant Professor in the Department of Biochemistry in the Schulich School of Medicine and Dentistry at the University of Western Ontario. There, she carries out cancer-related research on the control of DNA replication in the model organism, *Saccharomyces cerevisiae* (baker's yeast).

Astonishingly, the same proteins that control DNA replication and cell proliferation in a yeast cell do so in human cells. This observation, coupled with the ease of manipulation and well-studied genetics of yeast cells, provides a powerful tool to examine the fundamental mechanisms by which cells grow and divide and allows us to apply this knowledge to human cells, both healthy and otherwise.

Dr Davey earned her PhD in Molecular and Medical Genetics at the University of Toronto in 1997. She then carried out her post-doctoral training at The Rockefeller University in New York. She has held her current position at UWO since 2004. Dr. Davey is a Research Scientist of the Canadian Cancer Society and was awarded the Harold E. Johns Award by the then National Cancer Institute of Canada in 2005. In addition, she receives funding from the Canadian Institutes of Health Research (CIHR) and the Natural Science and Engineering Research Council (NSERC).

Dr. Davey will be attending our Sarnia *Relay For Life* this year!!!!

From the Survivor Chair

Gail Prost, chairperson for Survivor Recruitment and Recognition

Survivors are our HOPE.

Hi, I am Gail the chairperson for the Survivors 2010. I am so glad to be a part of the Relay and be able to bring together a wonderful group of strong individuals who have fought the battle - then and now.

My mother fought the battle. She was a 34 year breast cancer survivor. My daughter sadly lost the battle 6 years ago but will always remain in my heart as a survivor. Survivors will be our energy that night and for days, weeks and months following June 18.

Each day, when you are given another challenge and feel like you can't go on, think of a survivor. They face each challenge and fight day in, day out; year in, year out.

So this year, let's cheer and celebrate those that are with us - and those that are in our hearts - for their courage and strength.

Thanks to all and see you at Relay!

If you need to register, please contact me by email gprost@cogeco.ca or call 519-813-9608 or the Canadian Cancer Society office at (519) 332-0042

When you think about it, what other choice is there but to Hope?

We have two options, medically and emotionally: Give up, or **Fight!!!**

- Lance Armstrong

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KEY EVENT TIMES

Times are subject to change

Please check your program for confirmation:

5:30	Dinner served
6:00	Bluewater Chordsmen perform
6:20	Sarah Woodley (emcee) calls everyone to come up to the Showmobile
6:20	Bluewater Chordsmen continue
6:30	Sarah makes announcements Bluewater Chordsmen sing O Canada
6:40	Opening Ceremonies formally begin
7:00	Survivor Victory Lap (cd of music playing while survivors walk the track and the survivors' names are read)
7:30 – 8:00	Mainstreet Players perform
8:15	Sisters of Soul warm up
8:25	Sisters of Soul perform
9:45	Sarah calls everyone to stage to make preparations for Luminary Ceremony
10:00	Luminary Ceremony (with bagpiper and Face of Hope)
10:20	Portrait of You warms up
10:30 – 11:50	Portrait of You plays
12:00	Emcee Krista Pask
12:00 - 1:20	Team Talent
1:30 – 3:00	Relay Idol
3:00 – 4:00	Karaoke with Michelle Jubenville & Carly O'Keefe
4:15 - 4:45	Yoga Flow (in front of Showmobile or perhaps in the centre of the track?)
4:00 - 4:45	Hula Hoop competition (first come, first served)
5:00 – 6:30	Karaoke continues
5:15 - 5:30	Sun Salutations (to welcome the sun)
5:30	Breakfast served Karaoke continues until 6:30
6:45	Final Lap
7:00 a.m.	Closing Ceremonies

Reminder:

Just a friendly reminder to all Relay participants regarding the Youth Activities:

“All children participate in activities at their own risk and must be accompanied and supervised by an adult at all times”.

There is a small playground located on the Relay site, beside the Youth activities tent. However, children will need to be supervised *at all times by their parent/caregiver* at the playground and while participating in the Youth Activities.

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Team T-Shirt Selection Form

Please complete and bring this 'cut out' to **Bank Night**, to pick up your Team T-Shirts.

Team Name: _____

Team Captain: _____

Total # of Team Members: _____

Place the number of participants' shirts required for your team (by size category):

Youth _____

Small _____

Medium _____

Large _____

XL _____

XXL _____

XXXL _____



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