

# Relay Rap



May 2010

[www.relayforlife.ca](http://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

Online fundraising: available NOW!  
[www.relayforlife.ca](http://www.relayforlife.ca)

Bank Nights: June 14, 15 & 16

*Relay For Life*: Clearwater Arena – park  
behind YMCA

Captains' wrap up meeting: July 12

*Track Conditions  
75 Teams Registered  
25 more needed!*

## **BANK NIGHT Business**

*Barb Seed, Registration and Accounting*

Bank Nights will take place at the New Horizons Community Church, 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.

## Bank Night (cont'd)

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 with all your proceeds 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.

celebrate

remember

fight back

Your participation makes a difference

## Team Showcase: Georgie's Gang

Colleen Vasey-Smith, Team Captain

Georgie's Gang first participated in *Relay For Life* in June 2005, in memory of George Wood Jr, who passed away in May 2005 of pancreatic cancer. The team was originally three teams, all called Georgie's Girls, as it was an all-female team of over 30 members, many of whom were teachers who had worked with George, who was a recently retired kindergarten teacher, and Theatre Sarnia members. Involved in the theatre since his teenage years, George was a member of the steering committee that worked to raise the funds needed to purchase and restore the Imperial Theatre. He was an actor, director, volunteer and at the time of his passing, the President of the Board of Directors.

The team has evolved into a single team called Georgie's Gang, as men have joined the group. We relay for various other family and friends who have fought cancer, some who are still with us and some who are not, in an effort to be proactive and fund research to help prevent others from being taken from our lives far too soon.

George himself was a Relay participant in the years prior to his own diagnosis, on a team in honour of a friend's niece who won her battle - we *Relay* to thank him for being a mentor and friend, and for the impact he had on our lives, and so many others.



Your participation makes a difference

## Why We Relay

Andrea Guthrie, Team Captain, Lifers 4 Leanne

This past year, a member of our family, Leanne Brock Haddon, has to face the battle of her life against sarcoma cancer. Her treatment has been very aggressive, since August 09, but all her scans/tests are very positive and her oncologist's outlook is for a full recovery. We are thankful for our miracle in progress. Leanne has shown such strength, determination and grace during this journey that our families (Haddon's & Brock's) felt that this was an amazing opportunity to show her how much we all care about her and how much she means to us. Leanne had mentioned that she would like to put in a team, as she has received so much care and support, that she wanted to give back and we said, let's do it!!!

Any donation that you make will help us all be one step closer to fighting the cause and we would like to thank you for your generosity and kind heart!

## Inspirational stories of how people are fighting back

Visit Canadian Cancer Society's new micro-site, [www.fightback.ca](http://www.fightback.ca), to hear how others have joined the fight against cancer. Share your story as well! The more voices that join together, the louder our rallying cry.

If you would like to share *Why You Relay* for June's Relay Rap, please email Lori Kennedy at [lkennedy@ontario.cancer.ca](mailto:lkennedy@ontario.cancer.ca)

## 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.

celebrate

remember

fight back

### **Top 5 Team Fundraising Totals**

(according to Sarnia Relay For Life website)

1. W4W - \$2510.00
2. Blue Warriors - \$2454.00
3. Diemer's Dreamers - \$1915.00
4. Darlene's Daisies - \$1365.00
5. Prins Praisers - \$1335.00

### **Top 5 Individual Fundraising Totals**

(according to Sarnia Relay For Life website)

1. Marie Diemer - \$1405.00
2. Stacey Prins - \$1295.00
3. Michelle Rankin - \$1079.00
4. Cathy McRae - \$845.00
5. Jeanne Vandendool - \$830.00

**Keep up the great work!!!!**

## **Relay For Life 2010 promotes Colorectal Cancer Screening**

*Colorectal cancer is 90% treatable if found early!*

Unfortunately in 2009, colorectal cancer accounted for approximately 9,100 deaths in Canada with Ontario being the highest at approximately 3,300 deaths. These death rates can be reduced if both men and women participate in colorectal cancer screening.

*Screening is easy!*

The *ColonCancerCheck* program provides access to colorectal cancer screening through the use of the Fecal Occult Blood Test (FOBT), and for those at increased risk, a colonoscopy procedure. Talk to your doctor if you are wondering about your risk factors and which test is appropriate for you. No doctor? Talk to a pharmacist or call Telehealth Ontario at 1-866-797-0000.

For more information, visit [cancer.ca](http://cancer.ca) or [coloncancercheck.ca](http://coloncancercheck.ca).

### **LUMINARY CEREMONY, 10:00 p.m.**

**Please carefully follow the lighting procedures for our Luminary Lap as outlined below:**

1. Lighters will be delivered to your tent from 8:00 - 9:00 p.m.

2. **WHEN THE BAGPIPER AND FACE OF HOPE PASS YOUR AREA**, the team captain & 2 volunteers must light the luminaries near your tent site area (either on the inside or the outside of the track).

3. Once the bagpiper & Face of Hope have finished their lap, the track will be sequentially and fully lit. Everyone then joins the track to continue walking.

4. The lighters will be collected from the tents around 11:00 p.m. If we miss collecting your lighters, please drop them off at the Information Tent.

*THANK YOU FOR MAKING THIS CEREMONY SO SPECIAL*

## **Onstage Entertainment**

*(performance times to be announced)*

**Bluewater Chordsmen:** A group of about 40 men who get together for the pure joy of singing and entertaining in barbershop style.

**Lambton MainStreet Players:** A group of incredibly talented and energetic youth who sing, dance and provide outstanding entertainment.

**Sisters of Soul:** Five wonderfully talented musicians provide powerful passion and riveting four-part harmonies as they envelope listeners with a sense of peace, joy and renewed hope.

**Portrait of You:** Four local musicians from diverse musical backgrounds bring a wide range of upbeat Classic, Contemporary and Alternative Rock that is sure to entertain your ears and move your soul.

**celebrate**

**remember**

**fight back**

Your participation makes a difference

## '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 [leglrapper@ebtech.net](mailto:leglrapper@ebtech.net) or Wanda Pratt 519-882-1872 [wjpratt@ebtech.net](mailto: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](mailto:wjpratt@ebtech.net))

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

PartyLite Candles: (*The Happy Lappers*) Your choice of mini barrel jars or tins. Normally sell for \$25 per pair (plus shipping). Special price of only \$18 per pair (NO shipping). A selection of specially chosen fragrances available. Ask any team member for details or contact Jenn by email: [strydoj@novachem.com](mailto:strydoj@novachem.com) Delivery the night of the Relay! Order before May 5 with cheques payable to Jenn Strydonck

Epicure Selections: (*The Happy Lappers*) We are selling Victorian Epicure dip mix kits. Choose either Savoury or Sweet. Kits include a re-usable fabric bag, 3 selected dip mixes, and a recipe book. Each kit is selling for \$21.00. Orders to be received at the April 12 TCR will be delivered at the following TCR in May. Please make cheques payable to Jenn Strydonck.

The Pampered Chef: (*The Happy Lappers*) We are hosting a book party. All items in current books are available. Instead of receiving hostess benefits, we receive a donation to the Canadian Cancer Society! Don't forget to ask about the monthly specials - \$1 from each of the special items also goes to the Cancer Society! Orders to be received by May 5 to [strydoj@novachem.com](mailto:strydoj@novachem.com) with cheques payable to Jenn Strydonck.

### Ongoing (cont'd)

Kernals Popcorn (*Family 4 a Cure*) To order contact Debbie at (519) 337-5059 or [cross10000@yahoo.com](mailto: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](mailto:nickandmarie@live.ca)

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](mailto: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](mailto:cvasey-smith@hotmail.com)

'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](mailto:juliecan@hotmail.com)

celebrate

remember

fight back

Your participation makes a difference

## Upcoming Fundraising Events:

**May 8 Garage Sale** (*Deaner's Dreamers*) 202 Louisa St, Point Edward (Village wide garage sales)

**May 8 BBQ** (*Fish & Ships*) 11 a.m. – 2 p.m. Bright's Grove IGA parking lot (Free Face Painting for the kids!)

**May 8 Garage Sale** (*The Murphy's Clan*) 8 a.m. – 12 p.m. 1323 Christina Street, Sarnia (near Canatara park entrance)

**May 15 BBQ for Workout Room Relay for Life team** 1:00 p.m. - 4:00 p.m. Workout Room Corunna

**May 16 Spirit Medium** (*Dan Valkos*) (*Lisa's Angels*) Location in Sarnia TBA. Tickets \$25 per person available until May 9 at Trendsetters & at Shopper's Drug Mart (Indian Rd) cosmetic counter. Contact Tracy at (519) 344-7400 for further information.

**May 25 Bottle Drive** (*Deaner's Dreamers*) Empty bottles to be collected. Call (519) 332-4706 to donate empty bottles and to arrange pick up.

**May 29 Garage Sale and Car Wash** (*Hammy's Crew*) 9:00 a.m. – 2:00 p.m. 1630 London Line (Golden Mile in Tax Tyme Parking lot)

**May 29 Yard Sale** (Cabot Originals) 8:00 a.m. – 12:00 p.m. St George's Church Hall (Vidal & Charlotte St)

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.

## Easy money!

Increasing your pledges can be as easy as contacting your Human Resources department! Many companies have **matching gift programs**, providing their employees the opportunity to double the amount they donate to a charity.

Check to see if your employer offers this type of program and help make cancer history!

**May 29 Rockin' for Relay Dance** (*Georgie's Gang and Pampered Chef teams*) 7:00 p.m. to 1:00 a.m. at the British Canadian Club. DJ dance with food, games, a Silent Auction and more. Tickets are \$5.00 each and are available at Captains' meetings or from any member of either team.

**May 29 Yard Sale** (Our Dream for Jeannie) 13 Francis Drive, Forest. 8:00 a.m. - ??

**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 12 3<sup>rd</sup> 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](mailto:pmckinlay@ontario.cancer.ca)



celebrate

remember

fight back

Your participation makes a difference

## EVENT/FUN LAPS 2010

<u>Time</u>	<u>Name of Lap</u>	<u>Details</u>
<b>7:00 P.M.</b>	<b>Survivors' Victory Lap</b>	<b>Cancer survivors walk the first lap to officially launch this year's event. Following this lap, everyone joins in to begin walking.</b>
<b>8:00</b>	Sign Lap	<i>Why we Relay</i> messages (e.g. on decorated piece of Bristol board), with sign carriers dressed as messengers (ie. Purolator delivery person, etc.)
<b>9:00</b>	Disney Lap	Show us your favorite Disney characters
<b>10:00</b>	<b>Luminary Ceremony</b>	<b>A time to 'remember' as the luminaries are lit sequentially as our bagpiper and Face of Hope walk this lap.</b>
<b>11:00</b>	Proud Canadian/ Olympic Gold Lap	Show us your 'golden' pride
<b>Midnight</b>	Pajama Lap	Time for beddy-bye (pj's, slippers, crib, bed, bottle, stuffed animal, blanket, soother)
<b>1:00 A.M.</b>	Glow Lap	Neon – Glow After Midnight Lap: show us your glow sticks ☺
<b>2:00</b>	Transportation Lap	A traffic jam of personally constructed vehicles
<b>3:00</b>	Famous Couples Lap	e.g. Brangelina, Mickey & Minnie
<b>4:00</b>	Sports Lap	Show us your favorite sport!
<b>5:00</b>	Tropical Hawaiian Lap	Sunscreen, bikini, towel, colourful leas, and maybe Don Ho?
<b>6:00</b>	Ugly Prom Lap	Show us your ugly prom attire!
<b>6:45</b>	<b>Final lap</b>	<b>Join hands, come together and celebrate as we walk the final lap</b>

### FUN LAP JUDGING

Volunteer judges (2 per team) come to the information tent 15 minutes before the fun lap to assist with judging a fun lap. It's lots of fun deciding 1st and 2nd place winners. We ask that judges remain 'impartial' if their team is participating in the fun lap. Please collect the handout AND sign up to judge a fun lap at the Welcome Table when you attend Team Captain Meetings or Bank Night.

### TRIVIA

Four members from each pre-registered team come to the food pavilion at their allotted time to enjoy our version of Trivia Pursuit. Please remember to bring a clipboard so you have something firm to write on.

There are 3 times slots: 9:00 10:15 11:15

Be sure to sign up at the Welcome Table when you attend Team Captain Meetings or Bank Night.

### TEAM PHOTOS

Team captains must sign up for their photo time prior to the event. Each team will receive one complimentary 5 x 7 photo at the Team Captain Wrap Up Meeting in July. Team participants usually want their own photo and these can be pre-ordered and prepaid at a nominal price before event night. Please collect the handout AND sign up for your photo time and any additional photos at the Welcome Table or Bank Night. Teams are asked to report to the Photo Tent 5 minutes before their scheduled photo time.

celebrate remember fight back

Your participation makes a difference

## Loopy Lola's List of Things to Bring to Relay

Lola has learned a lot about what to bring to Relay for Life. Many are 'helpful items', learned from years of 'Relaying', and won't be found on the list in your Team Captain's Guide.

### CLOTHING ITEMS

- Hat
- Extra pair of socks and shoes
- Clothing for the weather: clothes for cool weather (i.e. sweatshirt, jacket, long pants, etc.), clothes for hot weather (i.e. shorts, etc.), clothes for rainy weather (umbrella, rain gear).

### ITEMS FOR HEALTH / SAFETY / COMFORT

- Small First Aid Kit
- Sunscreen (*be sun safe! Remember, you'll be setting up during sunlight hours!*)
- Paper Towels
- Tissues (i.e. Kleenex, Scottie's)
- Soap (*you might need your own in the washrooms*)
- Toilet Paper (*just in case we run out in the washrooms!*)
- Insect Repellent (*i.e. spray, roll-on, cream, etc.*)
- Washcloth, Towel (*it's nice to 'freshen up' midway through the night!*)
- Hand Sanitizer, Hand Wipes
- Blankets/sleeping bags
- A few plastic bags (to keep items in, so they don't get damp)

### ITEMS FOR YOUR TENT SITE, Activities, and Fun Laps

- Tent and everything it needs (*don't forget your tent pegs!*)
- Tools needed for setting up tent site (*i.e. hammer for pounding in tent pegs, stapler, staple gun,....*)
- Tent Site Decorations
- Tape (masking, duct suggested), pens, pencils, markers, scissors
- List of activities for the night on bristol board (*post inside the tent; that way everyone can read it easily*)
- Large Garbage Bags (for your own trash), 'Blue Box' or bag for recycling (*Relay is 'Green' this year...take care of our park and take your recyclables home!*)
- Lawn Chairs (*maybe even one chaise lounge...team members take turns!*)
- Table(s) (*for inside the tent to put 'stuff' on, and some little ones for outside the tent, beside the lawn chairs*)
- Lighting: Flashlights and a Battery Operated Lantern (*for inside your tent, so you can see!*)  
*Note: NO open flames allowed!*
- Barbecue Lighter (for luminary lap)
- Team Costumes, and all items for Fun Laps (costumes, props)
- Clipboard (*take it with you for Team Trivia*)

### FOOD AND DRINKS:

- Snack items
- Bottled water and other drinks (NO alcohol!)
- Ice and cooler(s)

### MISCELLANEOUS:

- Camera
- Money (*There's a fabulous Silent Auction tent available, as well as some items for sale in the Cancer Smart Shop!*)
- Watch or small clock (*You'll need to keep track of the time so you can get to Trivia Challenge, Team Photo Time, etc. ON TIME!*)
- Child's Wagon (*very helpful to haul items from your vehicle to tent site!*)
- Large Plastic Bin (*very helpful to keep items in, good for transporting items AND to keep them dry*)

celebrate

remember

fight back

Your participation makes a difference

## Sun Protection at *Relay For Life*

Often when participants, volunteers and staff set up during the day for *Relay For Life*, the weather is hot and sunny and the ultraviolet (UV) rays are strong.

Here are a few tips to keep safe in the sun!

- choose clothing to cover your arms and legs (loose fitting, tightly woven, lightweight)
- wear a wide-brimmed hat to cover your head, face, neck and ears.
- wear sunglasses (UVA and UVB protection)
- apply sunscreen generously – SPF15 or SPF 30 as you may be outdoors for most of the day
- seek shade or create your own especially during midday when the sun is strongest (This may be a challenge for those that are setting up tents so it's important to use sunscreen and cover up)

Thank you for making the *Relay For Life* as healthy as possible and for promoting sun safety!

## Mosquito/Bug 'Juice'

Lori Kennedy, Fundraising Secretary, Relay Rap

At the last TCR, there was some concern regarding the use of chemicals to rid us of those pesky mosquitoes! So here is an alternative – I was given this 'recipe' years ago and have faithfully used it. It not only kills bugs/grubs/etc, but it fertilizes my lawn and garden.

In a large size (2L) container, mix together the following ingredients:

- 1 cup Epsom salts
- 1 cup ammonia
- 1 cup Listerine mouthwash
- 1 cup of beer (despite hubby's complaints)
- ½ cup dish soap

Fill the sprayer (the kind you attach to your garden hose nozzle) and spray lawn, trees, gardens. Or you can pour approx 1 cup of the mixture into a portable sprayer and fill remainder of sprayer with water to transport to your site to spray your area.

I avoid spraying areas where birds nest or where the 'good bugs' are...just in case.

Another alternative is a very simple mixture of 1 Tablespoon of dish soap and 1 gallon of water. Spray lawn and kill those bloodsuckers!



Franco Filla Fabien Jagoo  
Marianne Hope Beth Hackett

Supporting Sponsor



The Observer

Media Sponsor

celebrate

remember

fight back

Your participation makes a difference