

# Relay Rap



February 2010

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

## A New Year...and your opportunity to FIGHT BACK 365!

The start of a new year symbolizes a new beginning and a chance to live a healthier life. You can start towards a healthier life by choosing to FIGHT BACK against cancer 365 days a year! You can do this by getting a mammogram, a prostate check, colon check, or pledging to eat healthier. You can volunteer to drive cancer patients to their treatments, join an organizing committee through your local Canadian Cancer Society unit, or just spend time in your local Society office helping out!

You can also fight back by setting an example to your friends and family. Maybe they too will become inspired to FIGHT BACK 365 as well! Chances are, they'll inspire others too - and the next thing you know, there will be an army of Canadians fighting back year-round. With an army like that, cancer doesn't stand a chance.

**Fighting back 365 days a year is a lot easier than you might think.** Visit [cancer.ca](http://cancer.ca) or call the Canadian Cancer Society office at (519) 332-0042 to find out how you can make a difference. Orientations are held at the office on the last Monday of each month at 10:30 a.m.

## Dates to remember

*Relay For Life* in Sarnia – June 18 - 19

Captains' Rally: second Monday of each month, with the exception the **March rally** which will be held **on Tuesday March 9.**

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

Bank Nights: June 14, 15 & 16

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

Captains' wrap up meeting: July 12



☆ Get your tickets for Sarnia Sting vs Guelph Storm game on Thursday, March 11, 2010; \$5.00 for each ticket sold under Community Cares Corner goes to Relay For Life. Order your tickets by emailing [canadiancancersociety@ssec.on.ca](mailto:canadiancancersociety@ssec.on.ca) and using the code CCA to order your tickets.

Your participation makes a difference

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## Personalize your fundraising page and watch the thermometer grow!

Personal story + photo = **Stronger Connection & more pledges to fight cancer!**

People are more likely to support your fight against cancer if they know why you *Relay*, and your personal fundraising page is the best place to tell your story.

**New features to the website this year** include the ability to upload YouTube videos and add your offline fundraising totals! Now your thermometer will show your **total** fundraising dollars, not just funds raised online!

### Participant login

Login to manage your account and fundraise:

  

[Forgot password?](#)

### Fight back against cancer

Register for *Relay*  
Join the Survivors' Victory Lap  
Volunteer  
Get your company involved  
Pledge a participant or team  
Buy a luminary  
Make a general donation

### Get information

About *Relay For Life*  
Where your money goes  
FAQs  
About the Canadian Cancer Society

### Welcome to Madison Naar's personal page

#### Help me make cancer history!

I started to Relay 5 years ago. We choose *Relay For Life* because it's a really cool event that goes all night long. The best part is that it's for ALL types of cancers. Last year I raised almost \$5,000 on my own! When I realized how much a 12 year old could raise I wanted to do it again. I was the fourth top fundraiser in Oshawa. This makes me feel awesome that I can make a difference. This year I want to do more! I want to be in the top three.

I want to keep Relaying in "memory" of Great Grandpa Hines, Great Grandpa Gauley, Great Grandma Hines, Grandpa Naar, Susie (my Mom's friend), Aunt Fiima, Don P, and all the kids I don't know!

I want to keep Relaying in "honour" of Great Grandma Gauley, Grandma Naar, Aunt Suzy, Stacy Y, Cassie L (a girl younger than me), Rhonda M, Silvi K, Penny O, Graham E, Liia P, Allie M, all my RFL committee friends, and all the kids I don't know!

My Mom is going to be Event Chair this year so I am making a new team with my dance friends. They danced last year and had such a great time they want to join me in the fight against cancer.

I Relay because I don't want to lose my best friend like my Mom, I don't want any more parents to lose their kid, I don't want any more kids to lose a parent, and I just don't want anyone to lose someone they love.

I know I can make a difference but I need your help. Please pledge me today!

Thank you.

#### About the event

The Canadian Cancer Society *Relay For Life* is an overnight non-competitive relay that celebrates cancer survivors and pays tribute to loved ones. It's a night of fun, friendship and fundraising to beat cancer.

Find out more about [Relay For Life in your community](#) and consider signing up for the event.



Madison - Relay 2009

Support Madison!

Join Madison's Team!

#### Denise's Dancing Divas

#### Fundraising goal



Goal: \$8,000.00  
Achieved: \$150.00

#### Thanks for your support!

RFL Summit Friends

Amy Back

[\[Stop\]](#) [\[Start\]](#)

Your **personal story** helps show potential donors why you fight back and why they should fight back by supporting you!

The "Honour Roll" is a great way to **recognize your donors** (who can choose to donate anonymously if preferred).

Setting a **fundraising goal** is key to successful fundraising. Challenge yourself...you'll be surprised how easy it is to reach your goal!

The thermometer tracks your **progress towards your goal** for everyone to see!

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## Mission Moment

**There is hope in the story of childhood cancer: the majority of children are surviving the disease.**

Over the last few decades, research has led to considerable progress against cancers that affect the youngest Canadians. Since 1985 there has been a dramatic decline in childhood cancer death rates. Today, for all childhood cancers combined, the five-year survival is estimated to be 82 per cent.

There is another side to the story, however. While treatments have become much more effective, they are also very intensive and can have a negative effect on a child's quality of life. Little is known about these effects since we've only recently begun to study issues related to quality of life within the growing number of Canadian childhood cancer survivors.

Internationally renowned physician-scientist Dr. Ronald Barr hopes to fill in some of these knowledge gaps through research on children with acute lymphoblastic leukemia (ALL). With funding from the Canadian Cancer Society, Dr. Barr and his team are using information collected through a recent ALL clinical trial to determine the impact of four commonly used treatment regimens on quality of life.

Their goal is to determine whether poorer quality of life is linked to factors such as a specific treatment or the age of a child. They will examine the overall impact of the different treatments used in the study on both survival and quality of life. Furthermore, because this is a new area of study they will also look at how best to measure quality of life in these children.

"Most research focuses on the side effects of treatment and survival rates, but few studies have looked at what's happening during treatment," says Dr. Barr, a professor of pediatrics, pathology and medicine at McMaster University. "It's important that we also understand the quality of life issues that these young patients are facing during treatment. This information will help health care professionals decide which therapies provide the best results for children with ALL – which means selecting the treatment with highest survival, fewest negative effects and better quality of life."

Acute lymphoblastic leukemia is the most common form of childhood cancer, accounting for approximately 30% of all diagnoses between the ages of 0 and 19. Advances in treatment of ALL have increased survival rates from less at 50% in the 1970s to now more than 80%. While the current intensity of treatment is saving more lives, there are growing concerns about the impact on quality of life for survivors.

Childhood cancer, although rare, is the leading cause of death from disease in Canadian children over one month of age, second only to accidents. Each year, approximately 850 Canadian children between birth and 14 years of age develop cancer, and about 135 die from the disease.



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## Relay Rap Honour Roll

Check this space next month for a listing of the top online fundraising teams and individuals.  
**Wouldn't you like to see YOUR name or your TEAM'S name listed here?**

Here are the teams registered to date. Welcome everyone!

Big G's Gang	Cabot Originals	Hammy's Crew	St.Clair Cancer Kickers
Blue Warriors	Darlene's Daisies	Steve Vlcek Team	New Horizons Community Church
Fish & Ships	Diemer's Dreamers	Team Omegaforce	WorleyParsons Warriors
Hard Oilers	It's a "Shortt" Life	The Aberarder Way	
Wild Angels	Legacy Lappers	Pink Panthers	
The Happy Lappers	Legacy Lappers 2	Ray's Rangers	
The Murphy Clan	Lisa's Angels	Our Dream for Jeannie	
Tommy's Troops	Georgie's Gang	St. Paul's Heavenly Walkers	

## Celebrating the best of the best in 2009

Ontario's **Top Fundraising Team** in 2009, "**Man to Man**", comes from *Relay For Life* in Toronto Central. They raised an incredible \$46,994!

Ontario's **Top Individual Fundraiser and Top Online Fundraiser** in 2009 was **Lizabeth Earle** from *Relay For Life* in Oshawa. Lizabeth raised \$9,840 online towards her grand total of \$18,615! Congratulations to our top fundraisers in Ontario in 2009!



Lizabeth Earle



Man to Man

### Thanks to our returning sponsors!

**Scotiabank, Luminary Sponsor**  
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 Fabien Jagoo & Beth Hackett, Steeves and Rozema,  
 Kwik Kopy Design and Print Centre, Blackburn Radio, The Observer

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