

Relay Rap



April 2010

www.cancer.ca/relay

Dates to remember

Relay For Life in Sarnia – June 18 - 19

Captains' Rally: second Monday of each month (April 12, May 10, June 14)

Online fundraising: available NOW!
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

Track Conditions
61 Teams Registered



Legacy Lappers

Captain's Corner

If you haven't already had a Team Meeting, this is a great time to do so. Gather your team members together to share in the enthusiasm for the event and make plans for the night. You'll want to make sure you have all aspects of the event covered – everything from your 'what to bring list' to planning for Fun Laps and other on-site activities. Together you can develop your team goals. (How much money do you want to raise? How many laps do you want to walk? Are you shooting for 'dream team' status? etc). Ensure that all team members are clear on the requirements for the 'paperwork' needed for Bank Nights. Planning ahead of time, and getting all your 'Bank Night duties' taken care of leaves June 18 a night to celebrate together!

Someone once described the relay track as a runway for angels....and it is true.
A place where you truly make an impact, monetary or emotional.
A place where you can cry and laugh with friends or strangers.
A place to remember a loved one, celebrate with survivors, and to see hope for the future.

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Hello Sarnia Relay For Life Teams.

My name is Paula McKinlay and I am your new Fundraising Coordinator. After 8 years with the Sarnia Sting & RBC Centre, I was excited to make the move to the Canadian Cancer Society.

Cancer has hit my family many times. We have many survivors, but just as many that lost their fight. I was fortunate enough to have an amazing uncle who was told he had testicular cancer, as well as, throat cancer and had 2 months to 2 years to live so he should get his affairs in order. My uncle was a fighter and after 7 years lost his fight. At the time of his final few months, he invited me on his journey. I was studying Grief Counseling at Kings College at the time, and one sunny afternoon, he asked his caregivers to leave us alone. During our private meeting, he encouraged me to ask him any questions I wanted to know. Anything that would give me an advantage for my studies. This may be my only chance to get the truth from a dying loved one.

My one & only question was "You know you are dying, you know there is no hope. Why do you wake up every morning?"

His response: "To love my wife & my family one more day."

Two months later he lost his fight - but he left a legacy. He taught us how to be strong, not give up, to have courage, and that self pity gets you no where. He never felt sorry for himself or was down on his illness. He believed this was God's will. He has had an amazing life.

Now it was our job to live ours and share our stories and memories of this man I call Uncle Pork

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

1. W4W - \$1575.00
2. Blue Warriors - \$1444.00
3. Darlene's Daisies - \$1080.00
4. Diemer's Dreamers - \$930.00
5. WorleyParsons Warriors - \$905.00

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

1. Michelle Rankin - \$834.00
2. Cathy McRae - \$745.00
3. Marie Diemer - \$580.00
4. Tracy Wilson - \$530.00
5. Ruth Joyce-Maynard - \$467.00

Keep up the great work!!!!

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

Remember to 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!

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A ray of light for cancer treatment – Relay dollars at work

Shedding light on cancer; shining a light on cancer where it hides; a ray of light for cancer treatment.

These are just a few of the more creative phrases used to describe the pioneering research being conducted by Canadian Cancer Society funded researcher Dr. Brian Wilson. Dr. Wilson is at the forefront of a new generation of cancer detection and treatment that uses light.

The technology, known as photodynamic therapy or PDT, involves the use of light to destroy tumours using drugs called photosensitizers, which makes cells sensitive to the light. The drug is injected into the bloodstream where it is absorbed by both normal cells and cancer cells, but stays longer in the cancer cells or the blood vessels feeding the cancer. After a few minutes, hours or days depending on the drug and the target, the tumour is exposed to light, usually from a laser. The light activates the drug, which kills the cancer cells while sparing the normal cells.

Although PDT has great potential, there are ongoing challenges in trying to ensure that patients get the right doses of drug and light so that only cancer cells are being destroyed while damage to surrounding healthy cells is minimized.

Cont'd

Quote:

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel...

- Maya Angelou

For over a decade Dr. Wilson and his research team have received funding from the Society to continue studying PDT, to improve its effectiveness and develop ways to help monitor its accuracy. More specifically, the team has developed a technique that involves detecting the "excited" oxygen generated during PDT that is responsible for killing the cancerous cells.

"We're hoping that our research will help us improve PDT treatment, making it more effective at wiping out tumours and less damaging to normal tissue," says Dr. Wilson, head of the division of biophysics and bio-imaging at the Ontario Cancer Institute and professor of medical biophysics in the faculty of medicine at the University of Toronto.

There truly is great promise for PDT, Dr. Wilson says. "We believe that this research will help to make PDT a more reliable treatment, making it more widely accepted as a minimally-invasive and minimally-toxic technique that can be used to treat a large range of cancer patients."

In 2009 Dr. Wilson was awarded the Robert L. Noble Prize by the Canadian Cancer Society for his outstanding achievements in cancer research. Dr. Wilson also plays an important role in training of the next generation of cancer researchers. Over the years, his research teams have included more than 50 graduate students, post-doctoral and clinical fellows.



Dan and Sue Ward, Survivors

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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 leglaprapper@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

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 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 kip 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 with cheques payable to Jenn Strydonck.

Ongoing (cont'd)

Darlene's Daisies: In agreement with the owner of SLAPSTICK racing, for every \$5.00 the team receives in donations, a stick-on daisy with your name on it will be placed on his race car. This car will be driven at the season opener in May at the Delaware Speedway in Ontario. We have until the end of April to collect the daisy donations. For more info, please contact Rachel Rauws at r_rauws@hotmail.com

Upcoming:

April 13 Spring Gala (Lisa's Angels) 6:00 – 9:00 p.m. Shopper's Drug Mart Indian Road. Tickets are \$10.00 each. Ticket holder receives a \$5.00 coupon to spend that night and \$5.00 goes to the *Relay For Life – Lisa's Angels*. Door prizes all night and a grand prize draw. Refreshments and snacks. Entertainment. Come one, come all and experience Spring in Cosmetics!

April 23-24 Garage Sale (*Legacy Lappers*) Friday April 23, 2020 4 – 7 p.m., Saturday April 24 8 am – 2 p.m., 384 Garfield Street Petrolia, Ontario
(If anyone would like to donate items, please contact Cheryl Cassin or Wanda Pratt for to arrange pick up)

May 1 Multi-team BBQ, Garage, Book, and Bake Sale. (*Georgie's Gang and Pampered Chef teams*) 8:00 a.m. to 2:00 p.m., 1709 Carl Street (off Lakeshore & Murphy)

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

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

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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*)

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No Tan is a Safe Tan

11 March 2010 TORONTO -

Spring is in the air, along with March Break in many parts of the country. But the Canadian Cancer Society reminds Canadians that if you're thinking of getting a "base tan" by using a tanning bed or sun lamp before going on a sunny holiday, think again.

"There's no safe way to get a tan," says Heather Chappell, Director, Cancer Control Policy, Canadian Cancer Society. "Tanned skin is damaged skin. When your skin changes colour after being exposed to ultraviolet (UV) rays, it's because your skin is trying to protect itself."

Skin cancer is the most common type of cancer. It's also one of the most preventable.

In 2009, 5,000 Canadians were expected to be diagnosed with melanoma skin cancer and about 940 died from the disease. Melanoma incidence rates are increasing each year. Non-melanoma skin cancer is the most common form of cancer among Canadians, with 75,100 expected cases in 2009 and 270 expected deaths.

"In order to reduce your risk of skin cancer, the Society advises Canadians not to use indoor tanning equipment," says Chappell.

Myths and Facts

The indoor tanning industry has promoted false claims that tanning is safe. Here are the facts:

Myth: There is no conclusive evidence that indoor tanning causes cancer.

Fact: Yes there is . World renowned cancer research experts have determined there is a direct link between using indoor tanning equipment and skin cancer. No studies have proved otherwise. In 2009, the World Health Organization upgraded the classification of UV-emitting devices, including tanning beds, from a probable carcinogen to a known carcinogen – in other words, from something that we think probably causes cancer to something that we know causes cancer.

Myth: Indoor tanning is safe as long as you don't burn

Fact: There is no safe way to get a tan . Any type and amount of exposure to UV rays can be harmful as it is responsible for DNA damage which increases a person's cancer risk. Tanned skin is damaged skin. In fact, any use of indoor tanning equipment before the age of 35 has been found to increase the risk of melanoma by 75%.

Myth: A tan protects you from the sun.

Fact: A tan offers almost no protection from sunlight or burning. And some tanning beds can expose you to 5 times more radiation than the sun. Getting a tan from a tanning bed doesn't properly protect you from the sun.

Myth: Visiting the tanning salon is a good way to get my vitamin D.

Fact: Tanning beds are not a safe way to get your vitamin D. It is safer to get it from limited exposure to the sun, supplements and your diet. You don't need a tan to get the benefits of vitamin D. In the fall and winter, a supplement is a much safer and cheaper way to get your vitamin D.

Myth: Having a tan is healthy.

Fact : No, it's not. When your skin colour changes, it's damaged and that can lead to premature aging and skin cancer.

Our position: Because indoor tanning is especially harmful to young people, the Society believes that:

- People under the age of 18 should not be allowed by law to use indoor tanning equipment.
- Indoor tanning advertising aimed at people under the age of 18 should be banned.

To help protect all Canadians from the harm of indoor tanning, the Society also believes that:

- Federal, provincial and territorial governments should regulate the indoor tanning industry by requiring UV emitting equipment to be registered, staff to be licensed and equipment and premises to be inspected regularly.
- UV-emitting devices should be labeled in a way that clearly explains the health risks.

To read more about indoor tanning go to:

www.cancer.ca

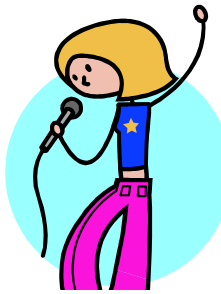
The Canadian Cancer Society fights cancer by doing everything we can to prevent cancer, save lives and support people living with cancer. Join the fight! Go to fightback.ca to find out how you can help. When you want to know more about cancer, visit our website at cancer.ca or call our toll-free bilingual Cancer Information Service at 1-888 939-3333.

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**Are you a Canadian Idol Wanna Be?
HERE'S YOUR CHANCE!
Relay For Life is thrilled to offer
RELAY IDOL**

- **One 'registered' participant per team** may sign up before the event, with a maximum of seven contestants.
- An independent panel of judges will be chosen to assist with the first round of judging.
- Idol contestants & volunteer judges can sign up at the TCR's in April, May and June on a first come, first served basis.
- At 1:30 a.m. contestants will be asked to sing one song for the 1st round of competition. You have four choices:
 1. Use the onstage karaoke machine
 2. Sing a cappella
 3. Use your own guitar or banjo
 4. Provide your own music cdSorry but we don't have a keyboard or 10-piece band to help you 😊
- Judges will choose the best three contestants to compete in the 2nd round of competition.
- At 2:30 a.m. these 3 contestants will sing one song again, either their original song from the 1st round of competition or a new song of their choice.
- For the final round of judging, each team has the opportunity to vote. Team Captains will be given one ballot per team at Bank Night so be sure you don't lose your ballot. Volunteer judges will collect these ballots at the stage area, count and tally the results.
- At 3:00 a.m. the Relay Idol winner will be announced and prizes awarded.

Last year Laurie McClure from Angels Among Us wowed everyone with her prize-winning performance. It's your turn this year 😊

There is lots of talent at *Relay For Life* so let's have some fun!

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2010 Sarnia Relay For Life Committee

Event Co-Chairs: Ruth Aiken

Johnna Johansen

Facilities/Logistics Chair: Mark Braet

Facilities/Logistics Assistant: Ken Tulloch

Facilities/Logistics Advisor: Rob Harwood

Security: Mark Braet

Communications: Werner Koundakjian

Health and Safety: Lorne Given

Morning Clean-Up: Security Crew

TLC Committee

(recruitment/retention/community awareness)

Team Recruitment: Tim Mellanby

Email Liaison: Paula McKinlay

Relay Rap: Lori Kennedy

Luminaries: Barb Cross

Luminaries: Laurie Rome

Survivor Recruitment & Recognition: Gail Prost

Survivor Registration: Audrey & Malcom Tucker

Entertainment & Activity Chairs:

Debbie Montgomery

Brent Wilson

Stage Management: Lynne Bouchard

MC: Sarah Woodley

MC: Krista Pask

Sound System: Graham Dalley

Photography: Kim Thomaes

Fun Laps/Team Prizes-Event Co-ordinator:

Richard Hui

Games – Bingo: Kevin Colbran

Games – Trivia: Susan Gibson

Games – Badminton: Claude Andrews

Youth Activities:

Silent Auction: Amanda Brand

Face of Hope: Dr. Monique Dostaler

Corporate Sponsorship: Carol Blais

Registration & Accounting Co-Chairs:

Barb Seed

Shellie Topping

Cancer Smart Shop: Marna Brownlee

Johnna Johansen

Volunteers: CCS Staff

Food and Beverage: Shirley Martin

Signs: CCS Staff

CCS Staff

Manager: Helen Cole

RFL Co-ordinator: Paula McKinlay

Admin Assistant: Lori Kennedy

Admin Assistant: Carole Sadaka



Survivor Sponsor



Luminary Sponsor



Tent City Sponsor



Hope Sponsor



Design & Print Centre



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