

**2010 Relay For Life  
Steering Committee**

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**Community Manager-Health Initiatives**  
Cecily Nago



**'TOON' OUT CANCER WITH SCOOBY DOO!**

"Rooby Rooby Roo!" The 4th Team Captain's meeting kicked off with a 'Welcome' from Nancy & Lee.

- ★ The last of the ACS Value Proposition DVD was shown on 'Finding Cures'-research & "Fighting Back"-advocacy.
- ★ Scooby Doo was our cartoon character because May was Skin Cancer Awareness month. Did you notice Scooby's spots on his back & arms? Holly shared valuable information about skin cancer (see pg 2) and Lee share his personal story about being diagnosed with skin cancer.
- ★ Marcie shared the Luminaria Schedule & the Survivor Ceremony Signature Form was distributed. For those who would like to submit a picture and/or name of their favorite survivor please contact ACS. The deadline is July 5. Luminaria candles can be purchased onsite for \$3 or online for \$5. Candles can be lit in honor of a survivor or in memory of someone lost to cancer.
- ★ Jordyn & Darcy talked about the fun and exciting Early Morning Activities (see the schedule & more information on pg 4. The newest 'team activity' is Miss-ter Relay (see details on pg 4)
- ★ Online Emails- A BIG Mahalo went to our top 3 Team Captains that sent out the most emails. They were: Iwalani Kaheiki-HGEA All Units = 186, Claire Isemoto-Isemoto Contracting Co.= 151 and Debbie Agbayani-Kamehameha CBECE =105! WOW, way to set a great example to your teams!

- ★ Pre-event Fundraisers have been the topic of discussion at every meeting and this meeting was no exception. Teams are organizing garage sales, selling candy bars, tickets for car washes and Molokai Bread, plate lunches and fried rice; you name it our teams are selling it! Check out the website and see what awesome pre-event fundraisers are happening and get some great ideas. There's still lots of time.
- ★ Cathy reminded everyone that 1)Team Captains need to register their teams online by the first of June to receive their Team Captain t-shirt. 2) Don't forget if you're having a fund-raiser and you'd like to let everyone know it's for ACS-Relay For Life, you are welcome to borrow the RFL banner and stage wrap, just call the ACS office and schedule a pick up date and time. 3) Everyone is getting so proficient with the Relay website, please remember to enter your *offline* donations prior to turning in your money. If you need assistance, feel free to call ACS. 4) Please encourage your team members to register themselves online. If they are not able to do so, please have them fill out a "Scannable Form". The Scannable Form has been downloaded on the website for your easy access.
- ★ Hey did we mention that everyone that attended the meeting received some very tumblers that were labels with the 'Celebrate-Remember- Fight Back' messaging. We know how hard Team Captains work and we want you to

know how much we appreciate you with our gifts of appreciation!  
★ Well in the words of Joni Waltjen our faithful Newsletter editor...see you at the LAST Team Captain's meeting on Wednesday, June 9. Until then "that's all folks..."



**18th Annual  
Relay For Life of Hilo**

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**2010 Luminaria Ceremony**



**Saturday - 5:30-9 PM Candle Distribution\***  
9:15-10 PM Candle Lighting  
10:15 PM Survivor Slideshow\*\*  
**Sunday - 5-6 AM Candle & Reflection Photo Reclaiming**

\*Candle Distribution—Onsite \$3 per candle  
Online \$5 per candle

\*\*Survivor Slideshow-Signature Forms for names and/or pictures are available at ACS, online on the website & at the last Team Captain's meeting.

2009 Luminaria Picture

## Sun Smart It's Your Skin. Wear It Well!



### Protect Your Family from the Sun

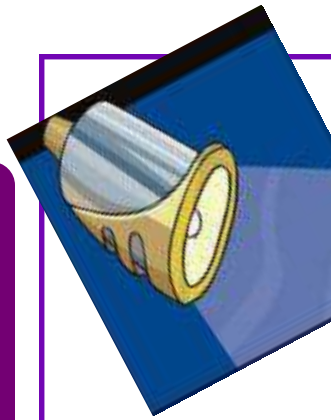
Skin cancer, the most common of all cancers, is diagnosed in an estimated one million people each year. Skin damage can happen year-round. Adopting a regular skin protection regimen for all seasons can decrease your risk of skin cancer. Protect yourself and your children from the harmful effects of the sun, while teaching them important habits to carry into their adult years. Especially emphasize avoiding the sun when ultraviolet (UV) rays are strongest, generally between 10 am and 4 pm.

**Slip! On a Shirt**  
**Slop! On Sunscreen**  
**Slap! On a Hat**  
**Wrap on Sunglasses**

## HILO TEAM CAPTAINS ARE AWESOME!!

The Hilo Team Captains are the Best of the Best and we want you to know we appreciate you!

Please register your team online by the end of the first week of June so you can receive your well deserved Team Captain T-shirt.



**Marcie Kawamura**  
**2010 Luminaria Co-Chair**

## Steering Committee Spotlight

**Years involved in American Cancer Society:** 3 years on the T-Shirt and Information Committee. 12 years on the Luminary Committee (6 years as a co-chair).

**Why you are involved:** Cancer has hit close to home as my mom is a survivor. Fortunately, she was able to detect it early and have it removed. I also have friends and co-workers who are cancer survivors, and friends who lost their battle to cancer. As the years go by, I hear of more and more people being affected by cancer and seeking assistance from the American Cancer Society. What better way to support all those affected by cancer, than by being a part of this great event! It's a great feeling to know that all your countless hours of dedication to Relay For Life can touch someone's life forever.

**Words of wisdom for RFL team captains and participants:** Always remember that what you do will affect someone's life one way or another. With continued support from all of you, it enables the American Cancer Society to continue to provide their various programs such as research, patient services and education. Relay For Life gives all of us an opportunity to come together as a community to show support for those who are battling cancer, and to remember those who have lost their battle to cancer. There is no finish line until we find a cure for cancer!

## DEADLINES! DATES TO REMEMBER!!

**June 4** - Team Captains register Online to receive your Team Captain T-shirt

**July 5** - Submit Luminary Survivor photo and/or name Signature Form

**July 12** - Silent Auction Items to be credited to your teams

**July 15** - Enter your team members online to be eligible for Early Morning Activity Prizes

## 2010 Team Participation

TENT-SITE	TEAM NAME	TENT-SITE	TEAM NAME
7	<i>Aha Punana Leo, Inc.</i>	66	HGEA CofH Planning
<b>Virtual</b>	ACS Chocolate Bunnies	58	Hilo Jaycees
95	Agres Ohana	20	Hilo Medical Center
47,57	Akaka Falls Lions Club	<b>Virtual</b>	Hilo Meishion
<b>Virtual</b>	Alaka`I mai ka haku	<b>Virtual</b>	HMC ER Lifesavers
9	Aloha Air Cargo	<b>Virtual</b>	HMC HomeCare
35	Arogsy Students Stomping Cancer	99	HMC Kolohe Mooners
26	Avon-Nova	34	Home Depot
<b>Virtual</b>	Ben Franklin	63	HomeStreet Bank
83	Big Island Automotive Trade Assn	<b>Virtual</b>	Hospice of Hilo
32	Big Island Labor Alliance	73	HPOC
18	Big Island Toyota	78	Hugs N Kisses
22	Clinical Laboratories/HMC Labs	30,31	Hui Malama Ola `Oiwi
<b>Virtual</b>	CofH County Clerks	71	Ian S. Ebesugawa, MD
102	CofH Dept of Public Works	54,64	Imi Ola Ministry
101,104	CofH Fine Ants	88,89	Isemoto Contracting Co., Ltd.
105	CofH Puainako	<b>Virtual</b>	Island Health Solutions
72	CU Hawaii CU Crew	28	Ivan Mochida Contracting, Ltd
92	Curves of Hilo & Keaau	107	J Yoshimoto
<b>Virtual</b>	E. Alipio Family & Friends	15	Kaiser Krew
46	First Hawaiian Bank-Rainbows	24	Kama`aina Motors
96	First United Protestant Church UCC	36	Kamehameha Schools CBECE
98	Friends of Billy Kenoi Gastroenterology & Associates, Inc	3,8	Kinoole Medical
74,79	Hale Anuenue Restorative Care Center	51,52,61	Kiwanis Family
10	Hale O Na Ali'i O Hawaii	,62	KTA Super Stores
23	Hawaii County Council	106,110	KWXX
111	Hawaii Island Board of Realtors	12	<b>Virtual</b> Lehua Jaycees
48	Hawaii Police Department	56	Life Care of Hilo
16	Hawaiian Airlines	6	Linin' Aloha - Creative Arts
67	Hawaii's Own	44,45,85	Macy's Partners In Time
14,19	HELCO	94	Malama Nite Bloomers
77	HFN/Sanford's	65	New Hope East Hawaii
<b>Virtual</b>	HFS FCU	4	Nishimoto Family
1,2	HGEA - DHS	75	Oceanic Time Warner
11	HGEA - Prosecutors	13	Safeway
5	HGEA All Units	68	Speed O Auto Service, Inc
<b>Virtual</b>	HGEA CofH Na Hale Ohana	<b>Virtual</b>	Stacy's Pets
		90	Star Geezers
		21	Survivors
		108,112	Takamine Construction
		25	Team Altres
		49,50,59	Team Chanty
		,60	Team HRA (Hawaii Radiologic Assoc)
		97	Team Liberty
		80	Team Liberty
		69,70	The Gas Company (Chucky)
		<b>Virtual</b>	Troop 65
		<b>Virtual</b>	US TOO Prostate Cancer Support Group
		<b>Virtual</b>	Waieka High School
		37	Wal Mart of Hilo
		84	We Are Friends
		<b>Virtual</b>	X Girls
		<b>Virtual</b>	Yukio Okutsu State Veterans Home

*Italicized Teams have registered online— Mahalo!*

**There's just 17 tentsites left! Please call the ACS office to reserve your tent-site OR at the Last Team Captain's Meeting June 9!**

## TEAM PICTURES

Team pictures will be taken on event-night. Schedule your team's picture time by contacting the ACS office 935-0025 or signing up at the last Team Captains' meeting on Wednesday, June 9.

- 6:30pm Akaka Falls Lions Club
- 6:40pm C of H - Fine Ants
- 6:50pm C of H—Puainako
- 6:55pm Hilo Medical Center
- 7:00pm Hawaii Police Department/ Hui Malama Ola Na Oiwi
- 7:05pm Curves of Hilo-Keaau
- 7:10pm HFN/Sanford's
- 7:15pm Hale O Na Ali'i O Hawai'i/Livin' Aloha
- 7:20pm Speed-O Auto Service, Inc.
- 7:25pm Ian S Ebesugawa, MD
- 7:30pm Malama Nite Bloomers/ C of H Public Works
- 7:35pm Oceanic Time Warner/Takamine Construction
- 7:40pm Kamehameha CBECE
- 7:45pm Team Liberty/The Gas Company
- 7:55pm Hawaii Island Board of Realtors
- 8:00pm We Are Friends/Ivan Mochida Contracting
- 8:05pm Team Altres/Imi Ola Ministry
- 8:10pm Big Island Labor Alliance
- 8:15pm HMC Kolohe Mooners/HGEA DHS
- 8:20pm HGEA All Units/Aha Punana Leo
- 8:30pm HPOC/Aloha Air Cargo
- 9:00pm KTA Super Stores
- 9:30pm WalMart of Hilo

## PICTURE TAKING SCHEDULE



18th Annual Relay For Life is a 'Kodak moment'. Don't let it get away! Make sure your team is scheduled for your "once in a lifetime" team photo and receive it with your team certificate at the Mahalo Party on August 11.



**Wake Up Everyone It's Time for:  
EARLY MORNING ACTIVITIES**  
UNDERWRITTEN BY - WAL MART OF HILO &  
GASTROENTEROLOGY ASSOCIATES, INC.



**PARTICIPANTS**

YOUTH - 10-17 (SEPARATE BOX FROM ADULTS)

- 1<sup>ST</sup> PRIZE - \$250 GIFT CERTIFICATE
- 2<sup>ND</sup> PRIZE - \$150 GIFT CERTIFICATE
- 3<sup>RD</sup> PRIZE - \$75 GIFT CERTIFICATE

ADULTS -18 +

- 1<sup>ST</sup> PRIZE - \$750 GIFT CERTIFICATE
- 2<sup>ND</sup> PRIZE - \$500 GIFT CERTIFICATE
- 3<sup>RD</sup> PRIZE - \$250 GIFT CERTIFICATE

**IN ORDER TO BE ELIGIBLE TO**

**WIN YOU MUST:**

- ★ **BE PRESENT**
- ★ **HAVE A PHOTO ID**
- ★ **RAISED A MINIMUM OF**  
**\$75.00**

**Early Morning Activities Schedule for Team & Individual Participation**

<b>12:45—1:15 AM</b>	<b>ZUMBA</b> ( <i>participant activity</i> ) - receive a punch on your lanyard
<b>1:30—2:00 AM</b>	<b>BINGO</b> ( <i>participant activity</i> ) - receive a punch on your lanyard
<b>2:15—2:45 AM</b>	<b>MISS-TER RELAY</b> (Team activity-see below for instructions)
<b>3:00—3:30 AM</b>	<b>MISSION FACT FIND</b> ( <i>participant activity</i> ) - receive a punch on your lanyard
<b>3:45—4:15 AM</b>	<b>SCRABBLE LAP</b> ( <i>participant activity</i> ) - receive a punch on your lanyard
<b>4:30—5:00 AM</b>	<b>AEROBICS</b> ( <i>participant activity</i> ) - receive a punch on your lanyard
<b>5:15—5:45 AM</b>	<b>A-Z SCAVANGER HUNT</b> (Team activity)
<b>5:45—5:50 AM</b>	<b>DRAWING FOR WINNERS!</b>

**CALLING ALL MEN!**

Vie For the title of Miss-Ter Relay 2010



Dress like a beauty queen & strut your stuff while collecting "Cash for the Cause"

**ARE YOU THE NEXT MISS-TER RELAY?**

Dress to impress & bring a LARGE purse to collect cash/checks as you graciously walk the track collecting donations! The contestant with the most money (which gets credited to their team) will take home the coveted title of Miss-ter Relay 2010 for a reign of one year!

**CONTEST RULES**

- ★ Entrants must be male & must be a registered RFL team participant
  - ★ All contestants must provide their own pageant attire
- ★ Contestants, along with their Team will raise money to compete for the title of Miss-ter Relay 2010 at RFL at 2:15AM on July 18 at Francis Wong Stadium. Contestants are asked to assemble in front of the stage at 2:00 AM
  - ★ Contestants will be judged on costume & the most money collected
    - ★ Remember to keep it "G" - rated as this is a family event
- ★ Contestants are asked to check-in at the Early Morning Activities tent at 12 AM. Further instructions will be given at that time
  - ★ All Relay For Life Rules/Regulations apply

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