



American Cancer Society Relay For Life Of Dunn County

June/July 2009 Newsletter

June 30, 2009

Inside this issue:

FAQs After Relay

What is the overall fundraising total for Relay?

All of you contributed to raising just over \$80,000 so far for the 2009 Relay For Life of Dunn County—THANK YOU!! As donations are still coming in, updated totals will be announced online and in the next newsletter.

How much did our team raise? Did we reach National Relay Team Fundraising Club status?

See Page 2 for a list of each team's fundraising total and Fundraising Club status as of June 30. This list is posted online and will be updated periodically. It will also be sent to team captains again at the end of the summer.

How do participants receive individual incentive prizes?

Each individual that raised \$250+ will be mailed an incentive prize certificate during the week of July 13. The certificate contains a validation code, deadline and instructions for claiming your prize.

Where do we send any other donations we receive?

Donations for the 2009 Relay can be made online or should be sent by the end of August to:

American Cancer Society
Attn: Relay For Life of Dunn County
2427 N. Hillcrest Pkwy. #7
Altoona, WI 54720

Can we keep fundraising to reach the next level of the National Relay Team Fundraising Club, next level of individual incentive prizes, or be one of the first three teams to raise \$1,500 online (to receive prizes for the Online Team Challenge)?

YES! Although, funds to be credited to the 2009 Relay can be turned in thru the end of August, different deadlines apply to be counted for challenges with prizes and fundraising incentives.

- Individual Incentive Prize: Deadline for donation submission—July 10, 2009
- Online Team Challenge (first three teams to raise \$1,500+ ONLINE): Deadline—July 24, 2009
- Team Fundraising Club: Deadline for donation submission—August 21, 2009

THANK YOU & CONGRATS RELAY FOR LIFE OF DUNN COUNTY PARTICIPANTS!!

At the 14th Annual
Relay For Life of Dunn
County, your Relay
surpassed the
\$1 million mark in
total funds raised by
your Relay
participants during its
14 years! Thank you
and congratulations on
reaching this amazing
milestone!

Fundraising Totals & Recognition	2-3
FIGHT BACK	3
Thank You's	4-5
Message of the Month: Sun Safety	5
Golf Pass	5
ACS and Contact Info	6
Kickin' Cancer's Bass Fishing Tournament	6
Team Fundraising Opportunity	6
Thank You 2009 Corporate Sponsors!	6

Two ACS Youth Scholarship Recipients in Menomonie!!!

Anthony Hoffman, 2009 Graduate of Menomonie High School, and Josh Ebert, student at UW-Stout, are two of the 40 young cancer survivors receiving a scholarship from the Midwest Division of the American Cancer Society for the Fall 2009 semester.

A limited number of scholarships are awarded each year to young cancer survivors to help with their higher education costs. In addition to meeting general eligibility requirements (diagnosed with cancer before age 21, under the age of 25, legal resident of a Midwest Division state, etc.), candidates are selected on the basis of their commitment to academic or vocational goals, current financial need, leadership, and community service. Congratulations to Anthony & Josh!

2009 Relay Raises Over \$80,000; Team Totals Below (As of 6/30)

<u>Team Name</u>	<u>Team Total (as of June 30)</u>
Wal-Mart Store / Dreams & Hopes	\$7,047.38
Wal-Mart Transportation / The Stardusters	\$3,876.56
Roberta Mounce Memorial/Con Agra 2	\$3,131.25
Relay Committee	\$3,018.50
Red Cedar Medical Center	\$2,936.00
Menomonie Curves	\$2,683.59
UW-Stout	\$2,413.00
Dunn Energy	\$2,354.28
Culvers - Butterburger Bandits	\$2,116.83
WESTconsin Credit Union 2	\$1,964.94
Laka	\$1,922.03
Wal-Mart DC 3/Wal-Mart Walkers (Carol)	\$1,892.25
Con Agra 1	\$1,835.00
WESTconsin Credit Union 1	\$1,807.53
Star Gazers	\$1,656.75
3M	\$1,490.00
Snow Flakes	\$1,489.50
Bodyworks Athletic Club	\$1,359.56
Dairy State Bank	\$1,298.47
Wal-Mart DC 1 (Patty)	\$1,175.20
DC Bremer Backers 2	\$1,009.56
Rotary Club of Menomonie	\$865.00
Wal-Mart DC 2 (Matt)	\$763.00
DC Bremer Backers 1	\$737.54
Leissa's Girls	\$725.00
Menomonie Lions Club	\$617.00
Cedar Corp.	\$605.00
Anchor Bank	\$431.05
St. Joe's Joeys	\$372.26
Life's A Carnival	\$325.00
Iron Builders/Our Savior's Lutheran	\$323.00
MHS 79 - Tangles Hair Studio	\$100.00
St. John's Lutheran - Boyceville	In the mail

Congratulations to our top six teams for achieving National Relay Team Fundraising Club Status!!!!

SILVER LEVEL (\$5,000+):

- Wal-Mart Store/Dreams & Hope (and they're close to reaching GOLD LEVEL, too!!)

BRONZE LEVEL (\$2,500+):

- Wal-Mart Transportation/The Stardusters
- Roberta Mounce Memorial/ConAgra 2
- Relay Committee
- Red Cedar Medical Center
- Menomonie Curves

Top Businesses

1. *Wal-Mart (5 teams): \$14,754.39
2. ConAgra (2 teams): \$4,966.25
3. WESTconsin Credit Union (2 teams): \$3,772.47
4. Red Cedar Medical Center (1 team): \$2,936.00
5. *Menomonie Curves (1 team): \$2,683.59

*Denotes a company that is part of the Relay For Life National Corporate Team Program, meaning that company has committed to having at least 50 Relay For Life teams throughout the country.

***Note: Team fundraising totals will be updated at least every 2 weeks. For a link to the updated totals, go to our Relay Online home:**

www.events.cancer.org/rfldunncountywi

Special Recognition

Congratulations to our top four individual fundraisers for becoming members of the “Grand Club” by raising over \$1,000!!!

1. Deb Borchering, Individual Walker
2. Carla Prochnow, Menomonie Curves Team
3. Jode Ottman, ConAgra 1 Team
4. Diane Moen, UW-Stout Team

Top Online Fundraisers

Teams:

1. Red Cedar Medical Center
2. Dunn Energy Coop.
3. Roberta Mounce Memorial/ConAgra 2
4. Relay Committee
5. WESTconsin Credit Union 2

Individuals:

1. Rob Yohnk, Red Cedar Medical Center
2. Pam Mounce, Roberta Mounce Memorial/ConAgra 2
3. Kathie Metzger, Relay Committee
4. Karen Fruit, DC Bremer Backers II
5. Jay & Leslie Lebaron-Fahl, WESTconsin Credit Union 2

Other Relay Notables

- Volunteer Recognition: Big thanks to **Doris Kelley** for her 35 YEARS as an ACS volunteer!!!!
- Winner of the Team Campsite Decorating Contest: The **Laka Team** decorated their site for St. Patrick’s Day, dressed up, and even created leprechaun names for the team!
- Most Creative Team Fundraiser: The **Wal-Mart Store / Dreams & Hope** team raised over \$600 thanks to their management being willing to “Kiss a Frog” to fight back.
- Unique Individual Fundraising Idea: **Melissa Heil**, Relay Committee, raised nearly \$200 by taking pre-orders and donations from her co-workers for homemade, scented gel candles.

Cancer Fights Hard, But We Can FIGHT BACK Harder!

Why We Need to FIGHT BACK:

We need to FIGHT BACK because cancer patients need the programs and services provided by the American Cancer Society more than ever. Program and service requests are already up by 18% this year.

We need to FIGHT BACK because cancer doesn't care how old we are, who we are, what race or ethnicity we are, or whether we have adequate health insurance.

We need to FIGHT BACK because cancer doesn't care if we have a spouse, parents, kids and friends that love us.

We need to FIGHT BACK to wipe out this disease so that one day no one else we love will ever have to hear the words, “You have cancer.”

Ways to FIGHT BACK After Relay For Life:

- Keep fundraising! Donations for the 2009 Relay can be turned in thru the end of August. GREAT SUMMER FUNDRAISING IDEAS INCLUDE:
 - + Relay Online Website
 - + Matching Gifts
 - + On-site fundraiser at fishing tournament (See Pg. 6)
 - + Tournaments: lawn games, sand volleyball, baseball, softball, kickball, etc.
 - + Dunk tank, car wash, etc.
 - + Sales: Garage, garden, etc.
 - + Food stands or concessions
 - + Parties with donations for admission: Hawaiian, toga, pool, 4th of July, etc.

- Educate yourself and others about ways to reduce your cancer risk — 800-227-2345 or go to www.cancer.org.
 - + Eat healthy
 - + Get plenty of exercise
 - + Quit smoking
 - + Protect yourself from the sun
 - + Get your cancer screening tests
- Become an ACS volunteer:
 - + Relay For Life committee
 - + Daffodil Days sales coordinator
 - + Programs & services volunteer
 - + Office volunteer
 - + Join ACS CAN and get involved in our advocacy efforts (www.acscan.org)

Thanks to Our Donors & Supporters

In addition to the sponsors listed on the back page, THANK YOU to the following donors and volunteers who've so graciously given of either their time and/or services or products.

RELAY FOR LIFE COMMITTEE: See list of members on Page 5.

OPENING CEREMONY SPONSOR: ConAgra

FIGHT BACK CEREMONY SPONSOR: Ford Motor Company

KIDS' ACTIVITIES SPONSOR: Red Cedar Medical Center

WELLNESS/EDUCATION TENT SPONSOR: Red Cedar Medical Center

SURVIVOR BANQUET & RECOGNITION SPONSORS: Downsville Sportsman's Club,
TJ's Inn of Downsville, Dunn County Fish & Game, Jason Simonson – a.k.a. Simey

3M	Jason Stalker - Dunn County Sheriff's Department	Parrot Bay Tanning Salon
Acoustic Café	Jeff's Pizza	Peace Lutheran Church
AmericInn of Menomonie	Jodi Schultz	Peggy Richartz
Anytime Fitness	Jody Hagman	Penco Art Supplies
A-OK RV Sales	Kado Gallery	Perkins Family Restaurant
Broadway Bowl	Karen Bettinger	Pizza Hut
Burger King	Karen Pauly	Quiznos's Subs
Christine Thompson	Keyes Cheveytown	Red Cedar Racing Association
Churchill Tire & Battery Service	Kwik Trip	Renee Malvitz
Clear Channel Radio	Lakeview Floral & Gifts	Sam's Club
Colfax School District	Lammer's	Shellee Kahl
ConAgra	Legacy Chocolates	Smithery II Jewelers LTD
Country Kitchen	Lori Anda-Bowen	Snap Fitness
Cravings LLC	Mabel Tainter Center for the Arts	Steve and Tillie's
Cut Rite Meats	MarketPlace Foods	Stout Ale House
Dairy Queen	Mary Mondlock	Subway
Debra Verdon	Matt Steinbach	Super 8 Motel
Dennis' Auto Service	Megan Portnov	Taco Bell
Dennis Path	Menomonie Eye & Optical	Taco John's
Domino's Pizza	Menomonie Family Restaurant	Teegarden Cake Supplies
Elk Mound H.S. Dance Team	Menomonie Golf & Country Club	ThatsMyParty.com
Fleet Feet	Menomonie H.S. Football Team	The Memories
Fritter the Clown, Debbie Lanning	Menomonie Public Library	Tony Kohnke
G.L. Berg Entertainment Agency	Menomonie Young Professionals	Traci Swenson
Golden Leaf Café	Missy Roatch - Just You	Trilogy
Heather Welter	Motel 6	UW-Stout
Holiday Manor Inn & Conference Center	Nestle	Wal-Mart: DC, Store & Transportation
Jason Simonson	Olivia Knutson, Colfax Mini-Relay Chair	WESTconsin Credit Union

Thank You Relay Committee & Honorary Survivors!!

Special thanks to the volunteers on the Relay For Life of Dunn County Committee for all of their time, effort and dedication to the fight against cancer.

Thank you to Honorary Survivors Dave Maves and Rob Yohnk for inspiring all of us to keep up the fight!

Below: Dave & Rob lead the Survivors' Lap.

Kathie Metzger: Co-Chair
Melissa Heil: Co-Chair
Cindy Behrens
Rose Christianson
Lisa Dahms
Kim Dicks
Sara Janssen
Doris Kelley
Peggy Moen
Lonny Myers
Jode Ottman
Margaret Parker
Karen Robelia
Laurie Werner
Judy Wieland



Message of the Month: Sun Safety

Skin cancer is the most common of all cancers. More than one million cases of skin cancer are found in the USA alone each year. Reduce your skin cancer risk with good sun habits.

- **Use sunscreen with SPF 15 or higher.** Apply a generous amount (about a palm full) and reapply after swimming, toweling dry, or perspiring, or after two hours have passed.
- **Wear sunglasses that block ultraviolet (UV) rays.** Look for glasses that offer 99-100% protection.
- **Limit direct sun exposure between 10 a.m. and 4 p.m.** Keep your skin covered.
- **Avoid tanning beds and sunlamps.** The UV rays of tanning beds ARE harmful.
- **Protect yourself year-round.** UV rays cause damage throughout the year, not just in the summer.

SLIP on a shirt.

SLAP on a hat.

SLOP on some sunscreen.

SLIDE on sunglasses.

**For more information on sun safety, go to
www.cancer.org or call 800-227-2345.**

Golf Pass

The American Cancer Society Midwest Golf Pass is a unique and easy way to support the fight against cancer. Plus, it is your pass to playing nearly 500 golf courses throughout WI, MN, IA and SD, including many courses in Dunn County and the surrounding areas. The pass features offers for reduced green fees, cart rentals, etc. The pass typically pays for itself in just two uses.

Cost: \$35/pass, or check out these specials...

- ✦ **“Buy 3, Get 1 Free”**
- ✦ **AAA members—Get \$5 off each pass (not available with “Buy 3, Get 1 Free” offer)**

To order your ACS Midwest Golf Pass:

- ✦ Online: cancer.org/golfpass
- ✦ Phone: 1-800-227-2345
- ✦ Other: Contact your staff partner Amanda (see back)

Contacts

Kathie Metzger (Co-Chair)
 Email: metzger@wwt.net
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Melissa Heil (Co-Chair)
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American Cancer Society 2015 Goals

- 50% reduction in age-adjusted cancer mortality rates by the Year 2015.
- 25% reduction in age-adjusted cancer incidence rates by the Year 2015.
- Measurable improvement in the quality of life (physical, psychological, social and spiritual) from the time of diagnosis and for the balance of life of all cancer survivors by the Year 2015.

Mission

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering through research, education, advocacy and service.

Kickin' Cancer's Bass Fishing Tournament

Proceeds to benefit the Dunn Cty Relay!

Tentative Date: August 22, 2009 **City:** Menomonie

Opportunities for Involvement (CONTACT—MELISSA HEIL):

- Participate (individual)
- Event Sponsor (business/organization)
- In-Kind Donation of Prizes and/or Raffle Items
- Volunteer
- Organize and run an on-site fundraiser (food, beverage, etc.)

Team Fundraising Opportunity!

Any team interested in holding an on-site fundraiser at the Kickin' Cancer's Bass Fishing Tournament (see right), contact Relay Co-Chair, Melissa Heil. Space is limited, so contact Melissa ASAP!

Thank You 2009 Corporate Sponsors

Bronze Level:



Cancer Resource Network—Available any time, anywhere.

<http://www.cancer.org> • 1.800.227.2345