



# EDGECOMBE COUNTY RELAY FOR LIFE

**Celebrate**  
*The lives of those who have battled Cancer*

**Remember**  
 Loved ones lost to the disease

**Fight Back**  
 Against a disease that takes too much

Editor – Phyllis Talbot

## Chairs:

### Event Chairs:

Pam Gould  
 Phyllis Talbot

### Registration Chair:

Sue Long

### Accounting Chair:

Gloria Lyndaker

### Luminary Chair:

Marlou Coker

### Survivor Chairs:

Kathy Munday  
 Margaret Cox

## Mark Your Calendar

### Team Meetings

Monday, March 10  
 Monday, April 14

### Team Bank Night

Monday, April 28  
 Wednesday, April 30

### Survivor's Banquet

Tuesday, April 29

### Relay for Life Event

Friday – Saturday,  
 May 2-3

## Message from your Chairs

This year's Relay for Life is just around the corner. Can you believe it? And although spring is a busy time for all, we still need to focus on the mission before us. Three things will help us all go far in our efforts to recruit, energize and invigorate...

**Enthusiasm** - We need to keep our energy level high throughout the next two months. Our Relay for Life is an event worth getting excited about, and enthusiasm can be very contagious and fun.

**Knowledge** - We need to help more people in our community become more knowledgeable about what Relay is and why they should support our Relay for Life.

**Heart** - We need to show the heart of the Relay for Life through our survivorship program. It is a celebration

of life and a time to remember those we have lost to this terrible disease.

Remember if you were unable to attend, you can always find meeting information on our website. Also, if you are unable to attend a meeting and have money to turn in try to have someone else from your team participate. If that is not possible, please contact us and we can set up a time for us to either pick up or for you to bring your funds to us.

Please let us know of any Survivors so we can make sure they receive an invitation to our Survivor Banquet. Celebrating with our Survivors is one of the most important parts of relaying.

Don't forget to let us know of your team fundraisers. We will make sure that all teams

are aware of everyone's fundraisers. And don't forget to share our newsletter with other teammates who have not received it.

Next month is a very important meeting as it is our last before Relay. A lot of important information will be discussed, so we hope that everyone will attend or send someone from your team to sit in for you.

On behalf of our Relay Committee members, we would like to thank each of you for all of your hard work and dedication. YOU make our Relay the great success that it is. And thank you for allowing us to chair and for bearing with us throughout the year. We are the best Relay in North Carolina.

*Pam Gould & Phyllis Talbot*

## Fight Back – March is Colon Cancer Awareness Month

Colorectal cancer is the second leading cause of death in the U.S. and the third most common cancer in men and women. The American Cancer Society estimates every year about 50,000 in the U.S. die from colorectal cancer.

The drop in the death rate over the last 15 years is at

least partially attributed to an increase in screening as colorectal cancer is about 90 percent curable if caught in the early stages. Colorectal exams should be done every 10 years, while a fecal occult blood testing should be done every year.

Did you know that colon cancer affects men and

women equally? Timing is everything. Make a date this month to get screened together. Over 90% of all colon cancers begin with a polyp. Remove the polyp early and you can prevent colon cancer from the start. Get the test. Get the polyp. Get the cure.

## “LEAN ON ME”

A benefit concert for  
Mike Alford  
Featuring  
Main Street Cross Ties  
& the Engineers  
(Local singer Sarah Dew  
performs with this band..)

Friday, April 11, 2008  
Keihin Auditorium at  
Edgecombe Community  
College  
Time: 7:30 PM  
Cost: \$10.00

Presented by Bobby Murray  
Toyota, First Media Radio,  
Masonic Lodge Concord #58  
and friends of Mike Alford

Tickets are available starting  
March 24 at Ace Hardware,  
Piggly-Wiggly of Tarboro,  
and Roberson and Dupree  
Shoe Store.

If you write a check, make it  
out to Masonic Lodge  
Concord #58 -tax deductible.

“If everyone is moving  
forward together,  
then success takes  
care of itself.”

*~Henry Ford*

AMERICAN CANCER SOCIETY



You are giving HOPE  
to the World!

## Team Campsites Rules

- **Set-up & Tear-down**  
Teams will be allowed to drive around the track only for unloading and setting up campsites beginning Friday at noon. We really DO NOT want vehicles on the field! All vehicles MUST be away from around the track by 4:30 p.m.; NO EXCEPTIONS! All gates except the front gate will be locked at 5:00 p.m. Friday. All participants will enter through the one main gate.

Relay begins with the Opening Ceremony at 6:00 p.m. on Friday evening and end on Saturday at 1:00 p.m. Please be respectful to our Survivors and Caregivers and do not

break down your campsite until the end of the event.

Vehicles will be allowed back around the track for loading at 1:00 p.m., immediately following the Closing Ceremonies. When leaving your campsite, it is your responsibility to leave your area clean. Teams should remove all items, other than rented tents, chairs, tables or other equipment. Trash cans are placed conveniently for everyone to tidy up campsite areas with minimum effort.

- **Tents**  
Campsites are 26 feet across the front. Tents and guide ropes **MUST BE** within the individual campsite area.

## Luminaries

Preparing the luminaries takes times. Please bring any purchased luminary information to the next Team Captain's meeting so the committee has time to prepare them.

Please save your clear 2 liter Soda Bottles for our Luminaries. Bring them to Team Meetings and give to Luminary Chair Marlou Coker. Please remember to rinse them out and cut the tops off.

## Relay Website

Check out our Relay for Life Website for all the latest information and forms. It is a work in progress.

[www.events.cancer.org/rflfedgecombenc](http://www.events.cancer.org/rflfedgecombenc)

## On-Line Fundraising

On-line fundraising can be an especially great source of revenue for attracting new donor dollars. Think of on-line fundraising as the “*new age letter writing*”. It is especially important to emphasize that on-line fundraising should be used as a supplement rather than a replacement to traditional forms of fundraising.

- When engaging in on-line letter writing, remember to customize your home page as much as possible. Use the text to tell your story and the photo center to show why YOU relay!
- The site is designed to allow users to “click and send” many e-letters at one time. To save time we have composed letters for you; however, we suggest editing the letters to tell your American Cancer Society story.

## Relay Choir

Here's the information on our first ever RELAY CHOIR. If you can sing or any member of your team and would like to be a part of our special RELAY CHOIR, please join in the fun. The RELAY CHOIR will perform on Friday night at the Relay Event.

Angie Ruffin will be the choir director and has planned three rehearsal dates:

April 3 - April 17 - April 28

All rehearsal dates will be at Oakdale Baptist Church sanctuary, 7:30p.m. - 9:00 p.m.

The song selections: "Only a Heartbeat Away" and "Made Me Glad." Music will be available for check-out or purchase at the first rehearsal. We are hoping for a large turnout and a beautiful performance. Please join us in making this a special occasion at our Relay.

***Thank You to everyone involved in the  
American Cancer Society  
Relay For Life of Edgecombe County!***

## Check It Out

### Kid's Kamp

There will be a children's activity tent during the relay geared for kids ages 12 and under. It will be open from 7:00 pm until 9:00 pm on Friday. There will also be an age appropriate Midnight Movie in the Kids Activity Tent. More details to follow prior to Relay Event.

### Survivor Parking

Special parking will be provided for our survivors who will be attending the Survivor Ceremony and Laps. More information will be provided at the next Team Meeting in April.

## New Youth Rules

Please Read the new 2008 Relay Rules that have been posted on the website under the Information Section. Most of the rules apply to our youth who will be attending Relay.

### Youth Wristbands

All youth attending the Relay will be required to wear a "Relay Wristband." The bands will be provided to team captains for distribution to their team. By 11:00 pm Friday night, ALL youth under 18 years of age MUST be wearing a wristband or leave the Relay Event area.

## Deadlines

### March 19

Final Registration for T-Shirt Order.

### April 14

Team Campsite Information Details  
Pictures for Luminary Memory Video  
Ads for Relay Event Program



## Three Relay Events That Need Your Help

Team "Athletes Against Cancer" will be hosting a Alumni Baseball Game between Tarboro High School and South West High School on April 19<sup>th</sup> at Tarboro Municipal Stadium. Please come out and support this event. Team Captain Mike Boyd needs volunteers to help out with fundraising at the event. You can volunteer by emailing Mike at: [mboydnc@myway.com](mailto:mboydnc@myway.com). Please join us to cheer for your favorite team.

In Memory of Lisa Doughtie, there will be a "Poker Run" on April 5<sup>th</sup> beginning at 9:30 a.m. at Stacks Restaurant. Volunteers are needed prior to the "Run" to serve breakfast and register the bikers. Please volunteer by contacting Margaret Cox at: [margaret.cox@embarq.com](mailto:margaret.cox@embarq.com)

The Sheriff's Department will be hosting our annual Golf Tournament at Maccripine Country Club on April 17. Tee time is at noon. Volunteers are desperately needed at 9:00 a.m. to help with setting up the event, serving breakfast, registering golfers, etc. Please volunteer by contacting Phyllis Talbot at: [edgecomberelay@yahoo.com](mailto:edgecomberelay@yahoo.com). If you have a team that would like to participate contact Gene Harrell at: [harrell815@aol.com](mailto:harrell815@aol.com)

## Having Cancer is Hard. Finding Help shouldn't be.

Call 1.800-ACS (227)-2345, day or night, with your cancer questions, or visit [www.cancer.org/nesupport](http://www.cancer.org/nesupport). Cancer patients and caregivers deserve answers to their questions when they arise, which might be in the middle of the night or on a holiday. That's why the American Cancer Society's toll-free hotline, manned by cancer information specialists, is available to take your call, day or night, 365 days a year. The number is 1.800.ACS (227)-2345.

Our Web site, <http://www.cancer.org/>, also contains a wealth of information on every aspect of cancer, but sometimes a person-to-person conversation is what's really needed. Our highly trained specialists can answer questions about cancer, treatment, insurance, clinical trials, pain, nutrition, and much more, and they will take as much time as the caller needs. They can also link patients and caregivers to resources in or near their community, including free wigs, rides to treatment, nutrition counseling, and support groups.

## Don't Forget

### Don't Forget .... Bring to the Meeting

- A detailed list of your upcoming fundraisers.
- A list of your team members who have raised \$1,000 or more.
- Photos for the special Luminary video presentation.
- And lots of donations that you have raised!!!

### Don't Forget .... To keep up with

- What your team members are doing so you can keep accurate records to be eligible for the Relay Spirit Award. If you need a copy of the guidelines they are available on the web-site.

### Don't Forget .... Please

- Register all of your team's members on-line.
- Attend all team meetings.