

## Relay For Life of Woodbury 2009

June 19, 6:00 pm - June 20, 9:00 am Ojibway Park Grounds

[www.relayforlife.org/woodburymn](http://www.relayforlife.org/woodburymn)

# Celebrate. Remember. Fight Back.

## This...Is...Relay!

**Answer:** Returning to Ojibway Park, Lions Band Shell, WHS Bus Lot, and WAA Building.

**Question:** What is the location for the 2009 Relay For Life ceremonies and activities?

**Answer:** Ojibway lot directly east of the WHS track & field and the north & south WHS parking lots.

**Question:** Where can participants park?

**Answer:** Left field and third base line of the baseball field behind the Lions Bandshell.

**Question:** What is team campsite location?

**Answer:** These are highly encouraged, anticipated and SUCCE\$FUL!

**Question:** What are Campsite Fundraising Activities?

**Answer:** Relocating to the (flat and steady) ground level entrance of the Ojibway Park Building.

**Question:** What are Concessions?

There are certainly more A&Q's to be addressed but this gives a glimpse at some Relay fundamentals. Always feel free to contact us with your questions and concerns. There is no topic too small when it comes to your successful, and meaningful involvement with Relay! Now let's shoot for winning Double Jeopardy in our fundraising efforts...

*Thank you* for all your time, energy, and commitment to making Relay happen.

With HOPE,  
Mary, Michelle & Cruz

NEXT TEAM MEETING: THURSDAY, APRIL 5 @6:30p, WUMC  
NEXT COMMITTEE MEETING: THURSDAY, MARCH 9@6:30p, WUMC

### Teams, Teams, Teams

With persistence, determination, and passion, Michelle Alpers has confirmed **36 hard working teams** to date for Relay 2009 and we are still four months away! We are well on our way to reaching our goal of 65 teams since Michelle is making personal contact with every potential team captain. PLEASE let her know if there is someone you think would make a great new team leader.

651-768-7543 or [alpers4@usfamily.net](mailto:alpers4@usfamily.net)

### Celebrating Survivors!

Anyone who has been diagnosed with cancer, whether it was 30 years ago or yesterday, is a Survivor. The essence of Relay For Life is to celebrate victory over cancer and to demonstrate that success by honoring those who have fought or are fighting right now. If you are or someone you know is a Survivor please get in touch with Pam Olson to be included in Survivor activities and communication throughout the Relay season.

651-436-2442 or [olsonpdave@msn.com](mailto:olsonpdave@msn.com)

### Major Cancer Victory on the Hill

Just last week, President Obama signed into law a measure that will save lives by lowering smoking rates and reducing tobacco consumption while giving millions of uninsured children access to quality health care. The new law expands the successful State Children's Health Insurance Program (SCHIP) by increasing the federal cigarette tax by the largest amount ever, to a total of just over \$1 per pack. The increase will prevent more than 900,000 smoking-related deaths, deter nearly 1.9 million children from smoking, and encourage 1.4 million adults to quit. This victory is the result of years of leadership on tobacco control issues by your American Cancer Society and its advocacy affiliate, the American Cancer Society Cancer Action Network. Find out how to get involved with this effort at [www.acscan.org](http://www.acscan.org).

## American Cancer Society Cancer Prevention Study or CPS-3 Research Today for a Cancer Free Tomorrow

Let's Cure Cancer by Preventing Cancer! Are you between the ages of 30 & 65? Never been diagnosed with cancer? We know you are committed to the fight to eliminate cancer so you are a perfect candidate to participate in the third Cancer Prevention Study. Woodbury's Relay is one of three enrollment sites throughout Minnesota to help ACS recruit 500,000 adults nation wide for this new long-term follow-up study. The previous two efforts contributed significantly to tobacco-related research and to our understanding of obesity, diet, physical activity, hormone use, air pollution, and various other exposures in relation to cancer and other disease risk. This new CPS-3 study will pave the way for the next generation of research at ACS and further advance our understanding of the factors (lifestyle, environmental, and genetic) that cause or prevent cancer. Through this study, we can work to eliminate cancer as a major health concern for future generations. For more information go to [www.cancer.org/cps3](http://www.cancer.org/cps3) or contact Holly Guerrero at ACS. **651-255-8176 or [holly.guerrero@cancer.org](mailto:holly.guerrero@cancer.org)**

### “GRAND” Prize Drawing

Teams will be eligible for a drawing of three prizes at the **May 14<sup>th</sup>** Team Meeting if they:

- ♻ Turned in at least \$1,000.00 (a *grand!*),
  - ♻ Paid their \$150.00 registration fee,
  - ♻ Completed team roster and t-shirt form,
  - ♻ Acquired at least 20 Luminaria donations.
- ...all by May 14<sup>th</sup>! Good Luck ☺**

### Relay Online

#### Sign Up-Set Up-SEND

[www.relayforlife.org/woodburymn](http://www.relayforlife.org/woodburymn)

Online fundraising is easy, convenient and makes it fun to watch your progress. It is also becoming the most popular way to raise funds. Benefits include:

- 🖨 Customizable web-pages for personal photos and messages.
- 🖨 Email communication tools
- 🖨 Goal setting and monitoring
- 🖨 NO Geographical Boundaries
- 🖨 Increase Relay awareness
- 🖨 Committee updates, contacts, and calendars
- 🖨 Downloadable tools and information  
(See Relay Green Info)

### NEW! CANCER SUPPORT GROUP

Survivors of cancer and those currently battling come together to share the emotional and spiritual aspects of fighting cancer. The group meets Saturdays at 10:30am at Woodbury United Methodist Church. Contact Roslynn Bystedt to learn more.

**738-0994 or [bystedt@comcast.net](mailto:bystedt@comcast.net)**

### You've Heard of Relay Purple How About Relay Green?

While Relay does immense good in the fight against cancer, the environmental impact of large gatherings can be harsh. A 2006 study of 25 venues and events in California found that on average, 2.44 pounds of waste was generated per visitor, per day. In the spirit of reduce, reuse, recycle, consider the following simple ideas that can make a big difference:

- ♻ Reduce handouts; go to [www.relayforlife.org/woodburymn](http://www.relayforlife.org/woodburymn) and click on “Forms and Flyers” to print as needed.
- ♻ Increase online fundraising to reduce paper use and postage.
- ♻ Bring BPA-free or steel water bottles to Relay. We are trying to get one or two large water coolers available for refills.
- ♻ Pair recycling bins with garbage cans for disposables.\*
- ♻ Smash trash flat before tossing.
- ♻ Bring blue bins from home for easy campsite recycling.
- ♻ Bring large bag of snacks vs. individually wrapped packages.
- ♻ Team Carpool to Relay.
- ♻ Committee Carpool to Meetings!

\* Washington County Public Health is providing Relay with 20 free recycling containers for bottles and cans.

### Luminaria Lights the Way

The Luminaria Ceremony is a highly emotive and poignant element of Relay. During this time, individual candles light simple white bags, decorated and dedicated to those who have battled or are battling cancer. At darkness, thousands upon thousands of Luminaria will light the way in Honor of those who have survived the disease and in Memory of those taken from us too soon. Contact Mara Mayberry if interested in hosting a Luminaria fundraiser at school, place of work or worship, social club, or community function.

**651-343-0216 or [maramayberry@comcast.net](mailto:maramayberry@comcast.net)**

### Volunteer Opportunities

It takes a legion of volunteers to organize a successful Relay and the committee welcomes anyone who wants to help.

**Mary LaPrairie – 730-4349 [jbmslaps@yahoo.com](mailto:jbmslaps@yahoo.com)**  
**Michelle Alpers – 768-7543 [alpers4@usfamily.net](mailto:alpers4@usfamily.net)**  
**Carmelo Cruz - 763-234-1482 [cruz.carmelo@gmail.com](mailto:cruz.carmelo@gmail.com)**

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” - Margaret Mead

## Silent Auction Notes

The Silent Auction organizers have some great ideas and tips to make this year's bid-fest as fun and successful as possible. Nobody is required to donate items or baskets, but it can be a great way for teams and individuals to boost their fundraising since each winning bid gets credited to the contributor.

**TIP!** High-end items bring the best bang for the buck. Bids often go well above the retail price on the following:  
**Sporting events...Pro-Sports Merchandise**  
**Hotel/Resort Packages**  
**Vacation Homes...Time Shares**

### What makes a great Team Basket?

- ✓ Don't overload with too many items or too much investment.
- ✓ Organize so every item is visible.
- ✓ Cover securely in plastic wrap (preferably not mesh or netting.)
- ✓ Itemized contents card prominently displayed and firmly attached.

Outside of big-ticket offerings, items donated should have a retail value of no less than \$30 and no more than \$150.

Minimum bids will start at 50% of retail value.

Items not receiving established minimum bid may be returned to contributors or held for future fundraising efforts.

**TIP!** Items valued under \$30 can be offered at campsite fundraisers or pre-Relay garage sales.

**After JUNE 4<sup>th</sup>, items will be accepted at Silent Auction chairs' discretion**

Kim Orf and Tammy Stokes will be contacting local Woodbury businesses for contributions. Please tell them if you have a connection with a business that you might want to approach.

*Thank you for your help!*

*Kim – 651-334-5961 or naokjo@msn.com Tammy – 651-491-0702 or jcmommy2@aol.com*

## Fundraise Early and Often

- ♥ **Dedicate your personal effort** to a Survivor close to you, either in Honor or in Memory.
- ♥ **Write letters** to your friends and business associates or **Use Online Fundraising**.
- ♥ **Aim high** - Ask for \$100 and be glad for \$50.
- ♥ **Carry your donation envelope around 24/7** to remind you to make "the Ask" and collect on the spot.
- ♥ **Talk about Relay at your Church or Service Group** - If you belong to a service club or church group, ask if you can take a few minutes to explain Relay and ask for their support.
- ♥ **Tap into the neighbors** - Sell Luminaria door to door, explain the event, ask for team sponsorship...
- ♥ **Talk to shopkeepers** - Ask businesses that you frequent to donate \$150 for team sponsorship or ask them to put up a poster about the event. Try to get them involved in Relay in any way, shape or form.
- ♥ **Be willing to try unique activities...** You will never know what might work unless you try.
- ♥ **Be enthusiastic** - Don't be shy to show your enthusiasm for the event...it can be contagious.

# HIT LISTS

## CAMPING BASICS:

- Campsite set-up begins at 2 p.m. Friday
- Camping areas will be designated; find your spot on the map at Registration.
- Watch for sprinkler and electricity markers.
- Decorate to impress! (see Campsite Ideas below).
- Keep a garbage bag on hand to keep campsite clean.
- Leave no trace behind!

## GOOD TO KNOW:

- The Woodbury Safety Department will be present throughout the event for your safety.
- Restrooms will be available; please help keep them clean.
- Concessions provided but be sure to bring your own staples as well.

## PLEASE, NO:

- Pets
- Roller blades, roller shoes, scooters, skateboards or bikes
- Fire pits, yard torches or grills
- Un-chaperoned youth teams
- Excessive noise or disruptive activities
- Parking in the parking lot due west of Reese's Bleachers.
- Alcoholic beverages
- Tobacco use of any kind - **Hey, we're fighting cancer!**

**Thank you for your understanding and cooperation.**

## ONSITE FUNDRAISING:

- Bring homemade treats and let the kids do the selling.
- Crafty? Bring your wares and watch them go (for a cost of course).
- Sell gadgets or goodies you can get for free/cheap from your workplace.
- Stamp thank you cards for people to buy and use to thank their donors.
- Find a wagon, wheelchair, gurney or rickshaw and wheel people around the track for \$\$.

## CAMPSITE IDEAS:

- Olympics: Team carries a torch all night long
- M.A.S.H.: Great show, run with it
- Racing for a Cure: NASCAR theme
- Mardi Gras: Beads, masks, and costumes
- Hula Party: Hawaiian theme
- Hunting for a cure: Blaze orange or camo required, but no ammo
- Hoofing for Hope: Dress up like cows???
- We're Fighting Back: Boxing theme
- YES WE CAN!

## THINGS TO BRING

- Your home blue-bins for your own recyclables!
- Wagon, wheelbarrow, or cart to haul gear from parking lot to campsite
- Cooler of food and beverage. **WATER**
- Bug spray, citronella candles and **SUNSCREEN**
- Appropriate clothes for any and all weather
- Sleeping bags, camp mats, blankets
- A sign promoting your team sponsor
- Comfortable shoes that will get you through the night
- Tents, sleeping bags, lawn chairs, **trash bags**
- Long-nose lighter to light Luminarias. Matches don't work well.
- Money for kids games, concessions, massages, and Silent Auction
- Cameras, Walkie Talkies, Flashlights
- Walking schedule to ensure a team member is walking at all times.
- **Enthusiasm, Sharing Spirit, Compassion, HOPE**