



## Relay For Life of Charlottesville/Albemarle

# RelayChat

### MESSAGE FROM THE CO-CHAIRS:

There are 116 days until Relay For Life 2011. It's the beginning of February, and the 2011 Relay For Life® of Charlottesville/Albemarle is starting to take shape. Teams are signing up, participants are registering, and money is starting to come in. It's very exciting to see Relay get started.

The focus for February is all about **FUN**draising! By definition, **FUN**draising is the act of raising funds for nonprofit organizations or for a cause. However, did you know that **FUN**draising, as its name suggests, can indeed be **FUN**! **Let's put the emphasis on FUN!**

**JOIN** us at the February Teams Meeting/**FUN**draising Expo on Tuesday, February 15th from 5:30 pm to 6:45 pm at State Farm Insurance located at 1500 State Farm Blvd, Charlottesville, VA. **COME** and **SHARE** your successful **FUN**draising experiences as well as your current **FUN**draisers. Courtney Hensley, RFL **FUN**draising Coach and representatives from Attractions, Celebrating Home, Pampered Chef, Premier Jewelry and Tastefully Simple will be sharing lots of **FUN**draising ideas and opportunities and giving away door prizes! Patricia Spradlin, Recognition Chair, will be recognizing our **FANTASTIC FUN**draisers. Please bring your \$\$\$\$! CACC Cares About Cancer Cures RFL Team will be selling food and there will be drawings, things to buy, etc.

**ENCOURAGE** others to **JOIN** a team or to **START** their own team. If we each **RECRUIT** one new team member, that would be 230 team members. If each of us then raises just \$10/day for the next 116 days that would total \$266,800 (\$16,800 over our GOAL)! By increasing our numbers, we increase awareness, and the number of dollars raised for research, as well as the chances of finding a **CURE!**

Sounds pretty **EASY** doesn't it?

Don't Delay! Get Started **Today!** If we all **COMMIT** to raising \$10 a day, we'll be well on the WAY to meeting our 2011 GOAL!

Angela D. Morton, 2011 Relay For Life Co-Chair  
Sharon Bingler, 2011 Relay For Life Co-Chair

### 2011 RFL GOALS

**Total FUNDRAISING Goal: \$250,000**  
**Total TEAMS Goal: 85**  
**Total PARTICIPANTS Goal: 1,275 -1,300**  
**Total SURVIVORS Goal: 250**

### 2011 RFL TOTALS TO DATE

**Dollar\$ Raised: \$3,603.31**  
**Teams: 29**  
**Participants: 113**  
**Survivors: 25**

Did you know ...

The American Cancer Society is the largest source of private, nonprofit cancer research funds in the United States, second only to the federal government in total dollars spent. The aim of the Society's research program is to determine the causes of cancer and to support efforts to prevent and cure the disease.

***CACC Cares About  
Cancer Cures Café***

***Today's Special***

***Hot Dog  
Chips  
Cookie or Brownie***

***\$2.00***

## TEAM MEETINGS

(Open to All Participants – not just the Team Captains)

Attend to hear the latest information about Relay!

Attend to get help and access Resources!

Attend to offer suggestions and/or ask questions!

Attend to get ideas and network with other RELAYERS!

February 15th, 5:30 pm – 6:45 pm

March 15th, 5:30 pm – 6:45 pm

April 19th, 5:30 pm – 6:45 pm

May 17th\*, 5:30 pm – 6:45 pm

May 31st\*, 5:30 pm – 6:45 pm

\* (Bank Nights)

State Farm Office

500 State Farm Blvd

Charlottesville, VA 22909

Please park in the Visitor Parking Lot and use the Main Lobby Entrance. Please bring your Photo ID for check-in.

For additional Relay information, please visit

[www.cvillerelayforlife.org](http://www.cvillerelayforlife.org) or contact

American Cancer Society

1445 E. Rio Road, Suite 104

Charlottesville, VA 22901

434-978-7423

## COMMITTEE MEETINGS

(As a Committee Member – your attendance is VITAL!)

Get the BIG Picture!

Report on your progress!

Get feedback and suggestions!

Remember WHY we RELAY!

March 1st, 5:30 pm – 6:30 pm

April 5th, 5:30 pm – 6:30 pm

May 3rd, 5:30 pm – 6:30 pm

May 24th, 5:30 pm – 6:30 pm

State Farm Office

652 Peter Jefferson Parkway

Charlottesville, VA 22909

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Charlottesville, VA 22901

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## Fantastic FUNdraisers

These Fantastic FUNdraisers have already raised \$50+ towards their 2011 FUNdraising GOAL!

Douglas McGlothlin, Firefighters United

Hannah McGlothlin, Firefighters United

Tammy Wells, Purple Pansies

Sheila Johnson, Sherri's Dragonflies for a Cure

Sharon Bingler, Out of the Box & Livin It Up

Michele Bascle, UVA Ribbon Warriors

Angela Morton, State Farm—Up, Up & Away with Cancer

George Van Eron, Sunleaf for Life

Corlyn Monger, Tiger Sharks

Courtney Hensley, Sug's Shining Lights

Stacy Wood, Peggie's Courage

Candie Maupin

Pat Tuccitto, MikroPats

Patricia Spradlin, Sug's Shining Lights

Gilbert Johnson, Sherri's Dragonflies for a Cure

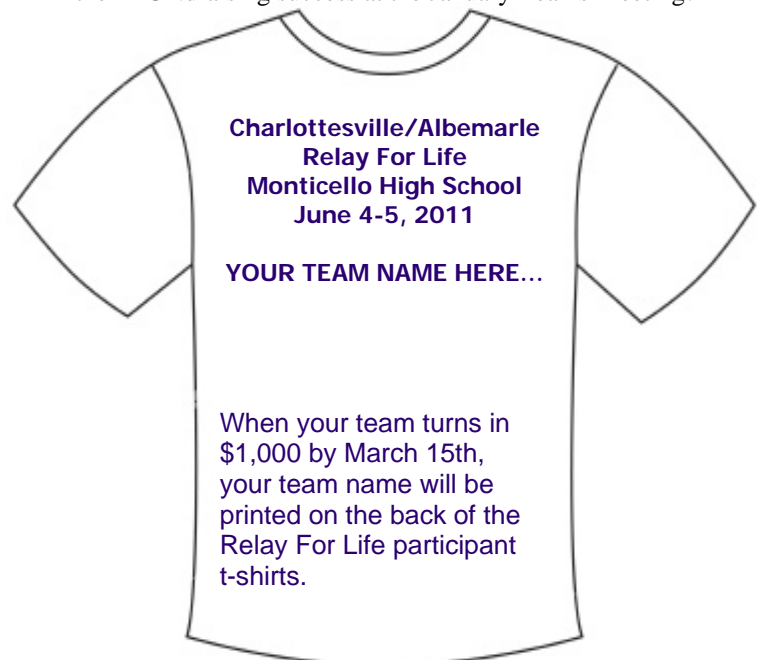
Dara Fossum, Tiger Sharks

How fast will you become a Fantastic FUNdraiser?

Start your FUNdraising today!



Hannah McGlothlin, Doug McGlothlin, Angela Morton, and Patricia Spradlin, (RFL Recognition Chair) are recognized for their FUNdraising success at the January Teams Meeting!





## Light the Way to a Cure!

When the sun goes down, we hope to line the track with hundreds of luminarias. For many the luminaria ceremony is one of the most special and moving parts of Relay For Life. Luminarias are candles set in paper bags in Honor and in Memory of loved ones touched by cancer.

During the luminaria ceremony, luminaria line the track and spell out HOPE and CURE in the stands as everyone gathers around to remember those lost to cancer, support those fighting cancer, and rejoice with those who have fought the disease and won.

If you've been uncomfortable in the past sending emails to acquaintances and co-workers asking for donations, then ask them to buy a luminaria. Cancer has touched almost everyone in some way.

You'll be surprised at the response when you ask someone if they'd like to light a candle in honor of someone they loved. It makes it personal in a way that few things can. Luminarias are available for a \$10 donation. You can honor a cancer survivor by purchasing a luminaria "In Honor Of" of them or you can remember someone who has lost their battle by purchasing a luminaria "In Memory Of" them.

Luminaria can also be purchased online by visiting our website, [www.cvillerelayforlife.org](http://www.cvillerelayforlife.org), and clicking on "Luminaria" on the left hand navigation bar.



SURVIVORS' LAP AND RECEPTION  
Relay For Life of Charlottesville/Albemarle  
Saturday, June 4, 2011

## *A special invitation to all cancer survivors...*

In honor of your battle against cancer, we would like to extend a special invitation to you. Your strength and courage are a personal testimony to the progress we're making in our fight against cancer. One person, hand-in-hand with another, can make a difference.

The American Cancer Society would like to honor your victory in the fight against cancer. Please join us in our celebration by joining fellow survivors walking in the Survivors' Lap. The Survivors' Lap is the ceremonial first lap of Relay For Life. If you are a cancer survivor, or someone you know is a cancer survivor, mark your calendar to be at the Relay For Life of Charlottesville/Albemarle on Saturday, June 4<sup>th</sup> at Monticello High School. Special T-shirts will be given to each survivor. At the conclusion of the Survivors' Lap, you and your caregiver(s) are invited to meet at the Survivor's tent for food, drink and other festivities.

Stay and experience the tradition and beauty of our touching Luminaria Ceremony that follows at sundown. Candles placed in luminaria bags are purchased prior to, and at the event for a \$10 minimum donation. They are lit in honor of friends and loved ones who have conquered or are battling cancer and in memory of those who have lost their battle.

For more information: visit [www.cvillerelayforlife.org](http://www.cvillerelayforlife.org)  
or contact Jane Johnson at (434) 978-7423.

**volunteer** (vol en tir) n. Someone who gives of their time, energy, brainpower, talent, and spirit (i.e. the very best of themselves!) to help make a difference in the world.

Volunteers are the backbone of any successful Relay! We still have many key positions on the Relay For Life Planning Committee that we need to fill. Do you have special skills/talents that would make you a perfect fit for our Planning Committee or do you know an individual that does? Volunteer today to help make the Relay For Life® a phenomenal success; we can't do it without you!

Here are some examples of our Relay For Life Volunteer Opportunities:

- **Team Recruitment** - Re-enlist veteran teams, recruit new teams, and do presentations at team meetings.
- **Food & Beverage** - Secure donations of refreshments and beverages for the participants during the event.
- **Entertainment** - Arrange entertainment for the event consisting of music, games, activities, etc.
- **Mission Delivery & Information** - Recruit Relay volunteer to join in grassroots efforts to change laws and public policies that affect state and federal cancer programs.
- **Entertainment Committee** - This committee plan the bands and performers that entertain us at the Relay event.
- **Children's/On-Site Activities Committee** - This committee plans other fun events like face painting, Ms./Mr. Relay, the "Road to Recovery" Box Car Race and any new ideas you might have!

For more information about volunteer opportunities for this event, please contact Angela Morton at 434-987-0704 or by email at [angela.d.morton.gr9l@statefarm.com](mailto:angela.d.morton.gr9l@statefarm.com).

Fundraising Around Our Community



## Car Wash for a CURE!

**Car Lovers Car Wash of Waynesboro  
405 Tiffany Drive  
Waynesboro, VA**

**Saturday, February 26<sup>th</sup>**

**Car Lovers will donate 75% of car wash sales to the American Cancer Society's Relay For Life! Visit the self-serve bays at our Waynesboro location (Martin's Shopping Center) and help KNOCK OUT Cancer!**

*Rain date: Sunday, February 27<sup>th</sup>*



Dinner at  
**THE Southern Way CAFÉ**  
5382 Three Notchd Rd  
Crozet, VA

**Tuesday, March 1st  
4:00 pm—9:00 pm**

*Southern Cooking...the way it's supposed to be.*

Come to THE Southern Way CAFÉ (located in Crozet) on Tuesday, March 1st. THE Southern Way CAFÉ will be donating 10% of their dinner sales to Relay For Life® of Charlottesville/Albemarle.

## Fundraising Around Our Community

### *1<sup>st</sup> Annual Polo Against Cancer Event April 30<sup>th</sup> 2011*

### *In Loving Memory of Sherri Lynn Minor 07/10/1962 - 02/16/2010*

Sherri's Dragonflies for a Cure Relay For Life Team will hold their 1st Annual Polo Against Cancer Event on Saturday, April 30th from 11:00 am to 5:00 pm at the Virginia Polo Center, 1082 Forest Lodge Lane, Charlottesville, VA.

This event is a great opportunity to raise money for your organization or, to promote or advertise yourself or your business and by participating you will be helping to raise money for the American Cancer Society. There will be fun for the whole family complete with Music, Games a Polo Match and much more!



**Date: Saturday, April 30<sup>th</sup> 2011**  
**Time: 11:00am – 5:00 pm**  
**(Set-up: 9:00 am – 10:30 am)**  
**@ Virginia Polo Center Field**

**Cost: \$30.00 per 10x10 space (multiple spaces may be reserved if more than a 10x10 is needed)**  
**Registration deadline – April 1<sup>st</sup> 2011**

HOW IT WORKS: There is a \$10.00 per person admission for the event and Sherri's Dragonflies for a Cure Relay For Life

Team will be selling food and beverages for those who wish to purchase food while at the event. Your registration fee also includes one free admission ticket (additional tickets can be purchased if you have more than one person).

You or your organization can participate by reserving a space to sell baked goods, crafts, etc. The only thing you **CANNOT** provide or sell is food and drinks. Only Sherri's Dragonflies for a Cure will be providing food and drinks for the event. You can sell baked goods and desserts.



**If you are selling Crafts, Baked Goods, etc. or just promoting your organization:** You must bring all set-up supplies including tables, chairs, and tents. Electricity will not be available but generators are allowed if you wish to bring one, please indicate this on your registration form. Spaces will be on a first come basis. You can either call or email to find out availability prior to sending your form. **All your sale proceeds are yours to keep!**

**RESERVE YOUR SPACE NOW BY MAILING THE REGISTRATION FORM AND \$30.00 PER SPACE FEE! SPACES ARE LIMITED! REGISTRATION DEADLINE APRIL 1<sup>st</sup> 2011!**

If you have questions contact:  
Catherine Benson @ 434-293-6381 or 434-825-4864 or  
E-mail Kady1030@embarqmail.com

### **LADIES PINK & WHITE SURVIVAL BRACELET** **Price: \$10.00**

Show your support of the battle against breast cancer with one of our Ladies Pink and White Survival Bracelets. This version is made with the outer core of the paracord only which gives them a very sleek look and are preferred by Ladies and Kids. The great thing about our SURVIVAL bracelet is that in an emergency situation, you can unravel the bracelet and have several feet of paracord at your use. I HOPE you never have to use your Survival Bracelet, but I do hope you become a Warrior in showing your support for the battle against breast cancer. Thanks to Josh Turner for helping with this and making these bracelets. The internet sells them for \$19.95, but I have them for \$10.00. 100% of the proceeds will go directly to the American Cancer Society. For more information email: Kady1030@embarqmail.com



**FUNdraising Tip:** Writing personal letters or sending emails from your event online site is still the most effective way to receive donations for your participation in Relay For Life. However, there are hundreds of fun ways for you to individually Fundraise or hold team FUNdraisers within you community to obtain significant donations. Visit RelayForLife.org/fundraising for FUNdraiser ideas or blog with other Relayers from all around the country to share ideas and successes. Relay happens in 5,200 communities nationwide—so there are a lot of ideas out there!

## Fundraising Around Our Community

### Nail Nativity Relay For Life Fundraiser

Fundraiser Ends March 25, 2011

Nail Nativity, has jumped on board to help the American Cancer Society Relay For Life of Charlottesville/Albemarle. Each item below has been designed by a man who is currently battling cancer himself. He has agreed to donate 50% of each sale to the Tiger Sharks Relay Team.

You can place an order with any Tiger Sharks team member or contact Melanie Ellyson, Team Captain at [number1cavfan@yahoo.com](mailto:number1cavfan@yahoo.com).



Calvary - Free Standing Piece  
\$20.00



Nativity Ornament  
\$15.00



Cross necklace or key ring  
\$9.00



Nativity  
\$20.00



Ichthus Key ring or necklace  
\$9.00



Small cross wall hanging  
\$18.00



Ichthus cross or key ring  
14.00



Nativity Cross Wall Hanging  
\$45.00



No Greater Love  
(Honors our veterans – note the rifle)  
\$20.00

*From the beginning, we felt the desire to use square nails to make something with a Christian message behind it. The cross is to remind us of our Savior's dying for our sins and the nail remind us of the terrible price He paid. Our creations remind us that it was God's love for us and that, although he suffered on the cross, he remained there not because of the nails, but because of his love for us.*

American Cancer Society  
Charlottesville Office  
1445 East Rio Rd., Ste. 104  
Charlottesville, VA 22901  
Phone: (434) 978-7423  
Fax: (434) 978-1258

Jane Johnson, Senior Community Manager

### 2011 RFL Planning Committee (aka "The DREAM Team")

Angela Morton, Co-Chair  
Sharon Bingler, Co-Chair

Stacy Wood, Accounting  
Sheila Johnson, Accounting

Leigh Hamilton, Advocacy

Christina Urban, Data Entry

Courtney Hensley, Fundraising

Peadar Little, Logistics

Myrna White, Luminaria

Susie Horner, Marketing and Publicity

Tricia Spradlin, Recognition

Kirsten Sanok, Registration  
Michael Goldman, Registration

Sherry Hensley, Relay Online!

Courtney Hensley, Silent Auction

April Harris, Sponsorship

Denise Allensworth, Survivor Activities  
Deborah Berry, Survivor Activities  
Kathleen Sherman, Survivor Activities

Rebecca Steele, Team Development

Janet Diller, Team Retention

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 from cancer, through research, education, advocacy, and service,

## February National Cancer Prevention Month

Cancer occurs when abnormal cells grow and spread uncontrollably, threatening normal cells in the process. The risk of developing cancer increases with age, but cancer can occur at every age, sex and background. The best defense against cancer is early detection and treatment. Knowing these caution signs can help save your life.

- Unusual bleeding or discharge
- A lump or thickening anywhere on the body
- A sore that does not heal
- Persistent change in bowel or bladder habits
- Persistent cough or hoarseness
- Change in appearance of a wart or mole
- Persistent indigestion or difficulty swallowing

If you have any of these symptoms or notice any unusual changes in your body or health, please see your doctor immediately.

## Early Detection Saves Lives

*Be an active participant in screenings such as self-breast exams, mammograms, pelvic exams and Pap tests, colonoscopies, prostate-specific antigen tests and digital rectal exams, skin self-exams and dental exams.*

Did you know ...

In 2007, the American Cancer Society spent \$146 million on research and health professional training. Cancer researchers throughout the United States submit approximately 1,600 grant applications each year to the American Cancer Society. They compete for funding as new research projects or training grants in a wide variety of scientific research and professional training areas critical to the effort of eliminating cancer as a major human disease.



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.