



Relay for Life

A Word from our Chairs

Laura Logan & Melinda Armentrout



What a GREAT turn out we had at TC Meeting in February! It was Wonderful to see so many NEW FACES which means we have NEW TEAMS! YEA!!!

If you are a new team or team captain, WELCOME! Know that you have joined a committed group of folks who are on a mission to kick cancer into history. We work hard and play hard all in the name of ACS and Cancer Research funding.

We covered A LOT of information at TC Meeting in February regarding the actual Relay Event. If you missed any of it or have questions, ASK SOMEBODY! We are all in this together-- Survivors, Caregivers, and

Relayers.

As we gear up for warm weather (SOON hopefully), be thinking about what YOU can do to make this Relay the BEST yet. We are CELEBRATING 25 YEARS of RELAY FOR LIFE, so let's PARTY!

Sign up an NEW TEAM, recruit a NEW TEAM MEMBER, invite a SURVIVOR. We also need for teams to help us find SPONSORS for the event. The less we spend to put on Relay the more we can give to Cancer Research and Programs. (Information for Sponsors can be picked up at the ACS Office.)

Let's CELEBRATE and make Cancer HISTORY!

Melinda

American Cancer Society

Volume 1, Issue 4

March 2009

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Newsletter Editor

Lisa Snider 578-3943 or
lsnider@alumni.jmu.edu
or ACS office at 540-434-3360

To get a t-shirt in your size you want to be registered for Relay by Mar 31.

"Fun" raisers

March 7

Chicken Barbeque

@ Clover Hill Ruritan Park

Sponsor: Hope Walkers

Contact Barb Eavers

March 7

Concert By Inner Harbor

[Southern Gospel]

6:00 PM

Free Will Offering

At Melrose Church of the Brethren

located on Route 11 North of Harrisonburg

Melrose Believers

contact Connie 833-2502



March 14

4-7 pm

Spaghetti Supper

\$7 adults

\$5 children under 12

Trinity Presbyterian Church

Maryland Ave and High St.

Hooked on a Cure

Contact: Lisa Snider 578-3948

Mar 14

Fulks Run Ruritan chicken barbecue sale

8:00 at the pit Approx 9:30 @ Valley's Exxon Park
View at Virginia Ave; Food Lion in Timberville

\$3.00/half

Sponsor Team Clark and Bradshaw

Contact: Adele @ 432-2601

March 19

Relay Team Captain Meeting

Serving: Ham Sandwiches, Chips, Brownies & Cookies.

Price: Donation

Stars for A Cure

contact Ashley Mundy 540-908-1699



Mar 14

7:00 PM

**The Brethren Four
[Gospel]**

Melrose Church of the Brethren [Rt. 11
North of Harrisonburg]

Love offering

Melrose Believers

Contact Buddy 478-3255

"Fun" raisers

March 28

6-9 PM

Garber's Church of the Brethren
Corner of Garber's Church Road and Erickson Ave

Talent Showcase and Supper

Free will offering

Hooked on a Cure

Contact Linda Propst 574-0846

April 2nd

7:30 am-4:00pm

Bake Sale/Basket Raffle

RMH 2nd Floor West Tower in front
of pharmacy

ER Team Relay for Life

Chance Drawing

- P. Buckley Moss Print "To Church We Go" framed
- - A truck load of firewood delivered to your home
- - Coleman collapsible camping grill

Chances are 1 for @\$2.00 or 3 for \$5.00

Sponsor Team Keezletown Marchers for a
Cure

Contact: Adam Ford @ 540-383-7052

Beauty pageant

March 29th at 2:00

at Broadway High School .

Entry fee is \$30.00, photogenic (optional) \$10.00.

*Entry deadline is March 25th. Entry forms will be available at
Bridal Impressions, Anna Joy's Bridal & Formal Wear, Bridal
Reflections and Farmers & Merchants bank locations.*

*We will also have other drawings throughout the evening and
food available*

Banking on a Cure

call Kathy 540-896-2784.

April 4th

Benefit Dinner

6:00 PM seating



At the Town Hall in McGaheysville

Baked chicken breast or pork loin, red skin potatoes, green beans, rolls, pineapple salad,
dessert cake, tea/lemonade/coffee

Tickets \$10/person reserve your tickets by Mar 28

Sponsor Team: Joanne Smith Memorial Team

Contact Christine Raines 289-6595

"Fun" raisers

Benefit Dinner and Banquet

Sat April 4

5PM- 9PM

Lucy F. Simms Continuing Education Center
Harrisonburg, VA

We will be celebrating the lives of survivors as well as remembering those we have lost. Come hear our guest speaker Mrs. Andrea Lohr of Broadway, VA

Tickets \$20/adults \$5/children 12 and under

contact Chrissy Lawrence 804-503-0095 lawrence.chrissy@gmail.com



April 11

Yard Sale / Bake Sale

2197 Fieldale Place, Harrison-
burg

Stars for A Cure

Ashley Mundy 540-908-1699

Have news to share?

Please contact Lisa Snider at
lsnider@alumni.jmu.edu
or ACS office at 540-434-3360

The newsletter **deadline** will be at 5:00pm on the 24th of each month.



April 18

Bake sale

8 am - 1 PM

Wal-Mart on Burgess Road.

Donna's Beach Diva's ~ Wavin Silence Fight
Ovarian Cancer

Contact Nikki Corley 540.810.1766

Poker Run

April 18th

Rain date April 25th

9:00 am Registration

at Valley Kawasaki in Harrisonburg

Picnic lunch after the ride

Team Hope Walkers

Contact: Barb Eavers 867-0107

Or 830-1898

Committee Help Needed

We know everyone is really kicking into Relay Gear and very busy but some of our Committees need volunteers to step up and help us with tasks- If you have a couple of hours to spare **PLEASE** let us know which committee you would be interested in helping. Those in need are:

Entertainment-Kathy Sherman 383-7614

Publicity-Lisa Snider 578-3943

Missions—Connie Hodge 271-2226

Survivor [Relay Night@4:30]-Sue Wetherell 828-3480

Luminaria Slide Show

Once again at this year's Relay we'll do a slide show as part of the Luminaria program. We ask that you send your pictures via email to Connie Hodge at relaygirl@comcast.net please follow these few guidelines:

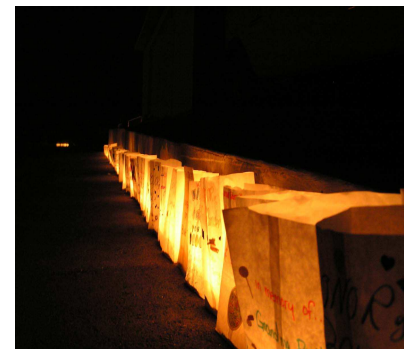
Please place Relay Slide Show 2009 in the subject line

Please attach your picture-do not place picture in the body of the email

In the body of the email please write your dedication for example, In Memory of Imojene Hodge-we love and miss you, Connie, Rick, & family.

If you contributed a picture to last year's slide show and you want it include in this year's program-please send an update.

Deadline for photos will be Friday, May 1st, 2009 at 5:00pm



Why I Relay...

By Linda Propst

Several years ago I saw my dad go through the whole process of being a strong energetic man at 85 years old, to a man so helpless he needed assistance with everything he did. He found out 5 years before that he had prostate cancer. Due to his age the doctor didn't advise aggressive treatment, so he opted for shots in the beginning and then the surgery after that didn't work. He was in remission for about 5 years until he got so sick he couldn't make it any longer. He died on his birthday in 1996. In 2003 I discovered I had non-aggressive breast cancer which meant that I would need a biopsy and radiation treatments for six weeks. I am cancer free of that hopefully. In May of last year I went to the doctor just to have a mole checked out. After the biopsy I was told that it was surface melanoma which was removed and hopefully cured. I just never know when some other kind of cancer will pop up so I want to help in any way to fight this horrible disease and find a cure for it. I have two cousins that had cancer and died within years of each other, an uncle who died from it and aunts that had it. I just want all of this to end and to be able to say I helped to achieve the cure of the most dreaded word "cancer."

A note from your Editor....

Lisa Snider

Thank you for being getting your fundraising information to me! I am sorry to say that I just can't write fast enough at Team Captain's meetings to get all the information in the newsletter, TV3 community calendar or all the local radio stations, and craigslist and the Relay websites. *To make sure you get publicity for your event you will need to hand me the information or email it to me.* Please be sure to include contact #'s and some places are asking for a 2 week notice.

I also need help with the Publicity committee, so if you have a little time and really it would involve a very little time, contact me.

Lisa 578-3943



MARCH 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Committee Meeting 6:30 ACS office	4	5	6	7 Concert- Inner Harbor ----- ChickBBQ
8	9	10	11	12	13	14 Spaghetti Dinner ----- Chicken bbq ----- Concert
15	16	17	18	19 Team Captain meeting: 6:30-8:00 pm Holiday Inn	20	21
22	23	24 Newsletter deadline	25	26	27	28 Talent Showcase
29 Beauty Pageant	30	31	<i>I think I will need a bigger calendar for fund raising in April! That is good!</i>			



American Cancer Society

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Harrisonburg, Virginia 22801
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Fax [540] 432-1621

The Relay Committee went back to the 80's at TC meeting!

