



# Walk Talk!

American Cancer Society Relay For Life News for Greater Gardner

Relay For Life: Celebrate. Remember. Fight Back.

May 2008



## Wish Upon a Cure

On your marks... get set.... Let's RELAY!!!!

Can you believe it's time to Relay?! We have all worked so hard to make this special weekend happen- so let's enjoy!

Please be sure to join us for our special ceremonies:

**CELEBRATE:** Opening Ceremony at 6pm 6/6 (celebrate the Survivor's Lap of Hope!)

**REMEMBER:** Luminaria Ceremony at 9pm 6/6 (remember our loved ones & remember the personal journey we have each taken in the fight against cancer)

**FIGHT BACK:** **\*\*NEW\*\*** Fight Back Ceremony at 3pm 6/7 (make your pledge to fight cancer starting at 1:30)

We look forward to seeing old friends and making new friends at Relay! Dress up for the theme hours Relay, sing your heart out while you walk, join us for the ceremonies and have fun!

**CELEBRATE! REMEMBER! FIGHT BACK!!!!**

~Kelly Lane- Event Chairperson & Jim Cote- Co-Chair

## Getting Ready for Relay For Life

After months of planning and preparation, it's time to enjoy the fruits of our labor. We'll see you at the track at Mount Wachusett Community College on June 6<sup>th</sup> and 7<sup>th</sup>. To prepare for the event, use these checklists to make sure you have all the details covered. When packing for Relay, please remember that the event is tobacco and alcohol free.

### Team captains – what you need to remember:

- q Collect the money envelopes in advance from each team member. Then, on Bank Night:
  - Bring collection envelopes.
  - Bring luminaria forms/bags.
  - Update your team roster.
  - Sign up for a tent site.
- q Confirm that each team member's name, the team name, and the participant's signature of waiver appear on each envelope.
- q Remind team members about details such as parking, tent location, restrooms, walking schedule, schedule of events, and rules of the event.
- q Ask team members to volunteer during Relay.

### Participants – what you might need at Relay:

- |            |                |              |
|------------|----------------|--------------|
| Snacks     | Decorations    | Sleeping bag |
| Flashlight | Extra clothing | Sunscreen    |
| Umbrellas  | Coolers        | Bug spray    |
| Chairs     | Trash bags     | Games        |

### 2008 Calendar of Events

#### Relay!

June 6<sup>th</sup> and June 7<sup>th</sup>  
at the Mount  
Wachusett  
Community College  
track

Visit the American  
Cancer Society Relay For  
Life's virtual home at  
[www.RelayForLife.org!](http://www.RelayForLife.org)



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## ACS Can!

American Cancer Society volunteers and staff will be offering ACS programs and services to cancer survivors during the 3 hour survivor celebration, June 6th, 3:30 - 7PM, under the big tent. Come find out what services you're missing out on, or which book you'd like to receive for free. Favors and chances for a raffle prize will be given to each visiting survivor at the ACS table, during the Survivor's Celebration Party.

You can call 1-800-ACS-2345, available 7 days a week, 24 hours a day, to speak with a Cancer information specialist

## Relayers on T.V.

Check out local cable television for monthly broadcasts from Kelly and Sue on cancer and Relay related topics.

## Volunteers Needed

Calling All Relayers!!!!

Do you love Relay? Do you like to have fun? Would you love to have a "backstage tour" of Relay? If you have answered "yes" to any of these questions, then join the Planning Committee! The Planning Committee meets once a month to plan the Relay. You can be as involved as you want- no job is too small! All areas of the Relay could use your help! Let's keep the celebration going!

A special opportunity for the 2009 Relay: we are looking for one or two people who would love to join the event co-chairs in getting ready for 2009! It will be a great learning experience... a chance to have fun... a chance to get creative! Team Captains, please be sure to share this Walk Talk with your team mates! If you or someone you know would like to join the committee, please contact: **KELLY LANE 978.534.5848**. You will be so glad you made that call!!!!

## Inviting Elected Officials to Relay

Inviting state and local lawmakers to participate in a Relay for Life "Elected Officials Lap" is a great way to let them see first-hand what the American Cancer Society is all about. Once elected leaders see how important the fight against cancer is to your community, they will be much more likely to wage that fight within the walls of City Hall, the State House, or on Capitol Hill. While the Society encourages Relays to invite elected officials who live and work in their communities, we must follow certain protocol when contacting them to comply with regulations governing the Society's non-profit status. Please make sure you coordinate all outreach to elected officials with your Government Relations and Advocacy team. Through Relay, we can help make cancer a priority for all elected officials!

## Greater Gardner Entertainment

Relay's almost here and we're looking for teams to really dress to impress for the theme hours! There's a little something for everyone. Theme hours include NE Sports, walk with your favorite teddy bear (a great theme to expose younger kids to Relay for the first time), Cinderella's Ball, Disney songs/characters, and let's not forget the whole Medieval look! You don't want to miss the fun! Memories are made to make you smile and you'll smile more when you see others getting in the spirit of theme hours!

They're back! The popular band from Boston is returning this year after a year's absence...Ball in the House is ready to "roll", sending your Relay spirits ever higher! Performing the National Anthem is only one of several performances scheduled this year. They will also be performing a concert for all of us between the hours of 8 and 9 p.m. If you aren't walking then, come and listen to them stir up the house! Relay rocks...and so do they!



Thank you-  
to Local Organizations for  
Supporting the Greater  
Gardner Relay

Mt. Wachusett Community  
American Legion Post 129,  
Gardner  
City of Gardner  
Colonial Hotel by Clarion  
Fitchburg Sentinel &  
Enterprise  
The Gardner News  
The Worcester Telegram and  
Gazette  
Gardner Fire Department  
Westminster Fire Department  
Engraving Plus  
ATC Audio  
Lasting Memories  
B & B Handyman Services  
Monty Tech & Marine Corps  
Junior ROTC  
Gardner Explorers  
Gardner High School  
Marching Band  
Gardner Highway Department  
Gardner Municipal Golf  
Course  
Gardner Municipal Grounds  
Department  
Gardner Police Department  
Gardner Civil Defense  
Hannaford's  
National Grid  
Meetinghouse School  
Westminster Elementary  
School  
Wood's Ambulance  
TD Banknorth  
Taylor Rental  
Polish American Citizen's  
Club, Gardner  
Polar Corporation  
Rotary Club, Gardner  
Lion's Club, Gardner  
Roy Brother's Oil and  
Propane  
Young's Refrigeration  
R. J. Urban Construction and  
Cold Storage  
Smith Electronics  
Lyman Signs  
Waste Management,  
Fitchburg  
**\* and to all those, not listed,  
thank you!**

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## Calling All Survivors and Caregivers

Relay is just around the corner and we hope all Team Captains have helped us with the goal of recruiting one more Survivor! Remember to have them register (by completing the scannable registration form) so they will be able to receive a small gift and Survivor t-shirt. We also ask that one Caregiver be acknowledged at the reception after the opening ceremony to receive a small token of appreciation.

Although we currently have three fantastic banner carriers, we are also looking for anyone who is a 15+ year Survivor who also participated in the 1<sup>st</sup> Gardner Relay (15 years ago) to be part of the opening ceremony.

All Caregivers (remember, even those who have lost their loved ones) and Survivors will then be asked to circle the track next to the luminaria bags at 8:30 pm on Friday evening. When the DJ's make the announcement (and please remember to have them wait for the "cue") they will start the lighting of the luminaria bags. This moment will be particularly meaningful if all Caregivers and Survivors take part in this activity at the correct moment. After they have done the initial lighting, everyone can join in and help in lighting the thousands of bags that line the track.

If you have any questions, please contact Maria Sharkey, Survivor Chair, at [marciaRN52@yahoo.com](mailto:marciaRN52@yahoo.com) or Carla Roy, Survivor co-chair at [carlaroy@yahoo.com](mailto:carlaroy@yahoo.com).

## Luminous Luminaria

Luminaria are used to remember people who have cancer or who have died of cancer. A contribution of \$5 is suggested for the purchase of the bag.

The bag should include the name of the person for whom the luminary is dedicated written legibly in an indelible marker. Bags may be decorated if you wish. If you used forms for selling luminaria, they may be discarded once the information has been transferred to the bag.

It is the Team Captain's responsibility to get the bags placed on the field by 5pm on Friday evening.

Sand and candles, as well additional bags, will be available at the Luminaria table on the Eaton Street side of the field.

Luminaria should be placed with the written part facing **inside** the track to prevent onlookers from stopping in front of the walkers. They should be placed alphabetically, and at least three inches apart to prevent fires.

Please be prepared with long lighters on Friday night, so that the candles can be lit just before the luminaria program at 9pm. Survivors and Caregivers should be given the lighters first, and then you, and others, may help with the lighting of the candles.

Thanks for your efforts in this event.



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## A Hope Lodge Story

Thomas Brown never imagined that life would lead him to Hope Lodge. A former semi-pro basketball player, he was playing ball in 2004 when his right foot went numb. By the next morning his lower leg was completely numb. Doctors told him it was a bad nerve. But by that November, the pain had spread from his leg to his buttock. He went back to the doctor for an MRI which revealed a rare form of aggressive cancer in his tailbone. Doctors in Atlanta recommended surgery to remove his tailbone, a procedure that would leave him paralyzed. Seeking a second opinion, Thomas traveled to the Mayo Clinic, where a doctor recommended proton beam therapy, a treatment available at only a few hospitals in the US, including Massachusetts General Hospital.

Thomas was relieved to learn about Hope Lodge Worcester. His savings had been depleted by years of medical costs so staying at a hotel for nine weeks –the full length of his treatment – would have been a serious financial hardship.

On February 5, 2007 Thomas arrived at Hope Lodge with his wife. “Hope Lodge is a life-saver,” he explained. “It [Hope Lodge] opened its door and heart to us.” Thomas has been continually impressed by the hospitality he has received at the Lodge. A Southern gentleman, Thomas was pleasantly surprised to learn that Northerners can be hospitable too! Thomas now considers Hope Lodge, and everyone associated with the Lodge, to be family. “We are all in a special situation,” he said. “We all know what one another are going through.”

## Onsite Fundraising Ideas for Relay

Relay is just a few weeks away! Our dollar goal for 2008 is 803,000 and with the effort and enthusiasm of our spirited Relay teams, we know we can meet that goal! Here are some suggestions for fundraising activities at Relay!

Activities	Snacks	Games
Dance lessons	Trail mix	Dunking booth
Hair wraps	Snow cones	Putting green
Balloon animals	Bottled water	Frisbee golf
Plant sale	Popcorn	Board games

## Cancer Research Key to Saving Lives

Cancer research, no matter where it is carried out, benefits us all, wherever we live. The American Cancer Society, the nation's number one private funder of cancer research, supports research into all cancer sites. Since establishing its research program in 1946, the American Cancer Society has invested \$3.4 billion in cancer research, including \$459 million in grants currently in effect. The Society is currently funding 136 scientists with \$59.8 million in grants in New England. Today’s researchers are exploring exciting new opportunities made possible by recent breakthroughs in genetics and chemoprevention. They are working to unravel new options for prevention, detection, and treatment.

### Local Fundraisers

**Red Sox Tickets-** Herbey’s Harem and WEIM are auctioning off 2 fantastic seats for the game on July 30<sup>th</sup>! Bidding starts at \$500. Send an email to [herbeysharem@aol.com](mailto:herbeysharem@aol.com) to enter your bid. Visit the WEIM website to check on the bidding status.

**Border Grille and Southside Grille-** will donate 5 % of their sales on June 4<sup>th</sup> to the Greater Gardner, Ayer, and Bolton Relays.

**Cans for a Cure-** donate your clean, returnable cans and bottles to Meetinghouse School or Emanuel Lutheran Church in Fitchburg. Proceeds will go towards the Relay by Rays of Hope and On Angel’s Wings.

**Cardmaking Workshop-** Have fun with craft projects, munchies, raffles, and friends on May 31 from 1-4 at the Lacey Hall at St. Denis.

**Cancer Information,  
Resources, and Support  
Anytime, Day or Night**



**1.800.ACS.2345  
www.cancer.org**