



WALK TALK

April, 2015

Volume 20, #4

SURVIVOR INVITATION LETTER

CALENDAR OF EVENTS

- 4/16/15—Committee Meeting
 - 4/25/15—TEAMS/CAPTAIN'S MEETING
 - 5/11/15—Bank Night Set-up***
 - 5/12/15—BANK NIGHT
 - 5/21/15—Committee Meeting
 - 6/7/15—Bank Night Set-up
 - 6/8/15—BANK NIGHT
 - 6/11/15- Tent Set-up Night—6p.m.
 - 6/12/15—20TH ANNUAL RELAY FOR LIFE - gates open at noon
 - 6/13/15—CLOSING CEREMONY
3:00 p.m.
- *Committee Meetings at 6pm at Greenfield Savings Bank—Avenue A, Turners Falls
- **Captain's/Teams Meetings are 10am at Greenfield Savings Bank Corporate Center, Munson Street, Greenfield
- ***Bank Nights are 5:30pm at Fairgrounds



Welcome to Relay For Life 2015! June 12-13, 2015

The theme for Relay For Life of Franklin County 2015 is "A Walk Down Memory Lane". We are celebrating our 20th Anniversary and Relay For Life's 30th!

As evidenced by the pictures on this page and the next, walking is something we do, rain or shine. We walk to Celebrate our Survivors, Remember those who have passed and to keep the Fight Back spirit strong.

Something new last year was luminaria to honor our caregivers! The luminaria form has a new category added: "in support of". Every luminaria form with this box checked will have a 3" plum-colored (the caregiver color) heart attached to the top of it, so we can honor those who have taken the cancer journey with us.

Last year we included a survey form asking for your preferences regarding entertainment, ceremonies, etc. The replies were overwhelmingly in favor of no ceremony, and, if any entertainment, only something light. So, there will be no ceremony in the Survivor Tent pre- or post-Survivor Lap and we may (or may not) have some music during the dinner.

A registration form, your parking pass and a return envelope were enclosed in the mailing that went out in March. **Please return the Form by APRIL 24, 2015.** We need as accurate a count as possible both for the t-shirts and for the caterer. IT IS VERY IMPORTANT THAT YOU RETURN THIS FORM, EVEN IF YOU HAVE REGISTERED ON-LINE. The return date is important as the shirts must be ordered, then sent to the printer, received, folded and packed for you. Please also note the change to the t-shirt ordering. Some have mentioned that they would like to save Relay the cost of a new shirt every year so you now have the option of ordering no shirt and wearing one of your own vintage shirts.

This year we are asking that you return the registration form even if you are not attending but do want to stay on our mailing list. The list is very large and unwieldy and needs to be trimmed to realistic proportions, so your assistance in this matter is really appreciated.

If you have any questions or concerns, please call Kathleen or Sandy.

Sincerely, Your Survivorship Committee

Kathleen Carr, Chair
(413) 834-2817

Sandie Brodie, Co-Chair
(413) 773-9217

logpalace@msn.com

daxiebrodie@gmail.com

Shannon Rogers, Beverly Petravage, Jean Raymond, Merri Bourbeau

Inside this issue:

Team Fundraisers 2

April:

Oral/Head/Neck and Testicular Cancer Awareness Month 3

Sponsor Highlight: F.C. Agricultural Society 3

Relay For Life of Franklin County / ACS-CAN 4



Our Memory Book



In keeping with this year's theme, a Memory Book will be created by you. A giant, blank book will be at the next team (captain's) meeting and bank nights and at Relay, along with colored pencils and pens. We encourage everyone to write one of their special memories of a past Relay, draw a picture or attach a photo of a special Relay moment. This book will then be at each succeeding Relay for new memories to be recorded.



HOPE



TEAM FUNDRAISERS

Contact Jean Dwight (Team # 111, You'll Never Walk Alone,) to book a



Dove Chocolate Party fundraiser for your team. 413-773-8278, jeanschocolatebiz@comcast.net

TEAM BASKETS

How will your basket represent this year's theme, "A Walk Down Memory Lane"? A family movie night, albums and camera, making-memories kit? The more creative your basket, the more tickets bid and the more \$ toward your team's goal.



Team #51, Stubborn Survivors, held a St. Patrick's Day office-wide bake sale. Congratulations on your \$200 in sales!



Team # 98, Stars of Hope, is holding a **Cookies and Canvas on Saturday, April 18, noon-2pm, at Buckland-Shelburne Elementary School.** Ages 5+ are welcome. Tickets are \$30. Call Rita Deyo, 413-625-6498 to reserve your canvas. Tickets will also be available at next Captain's Meeting on April 25.



Team #27, Loving Hands would like to set up a table with any teams holding fundraisers to sell their knitted/crocheted items. They will donate 50% of their proceeds from that day to that team. Call Sandy Brodie at 413-773-9217.



Team # 98, Stars of Hope, is running their **Annual Tag and Bake Sale & Relay Drawing on May 23, 2015, from 8am-2pm, at Buckland Shelburne elementary School, 75 Mechanic Street, Shelburne Falls, MA,** in the school café.



Team #49, Keep Smiling, has an **Atlantic City Casino Bus Trip on May 11-14 to the Tropicana Casino and Resort.** Price is \$509 pp/dbl occ. Tour price includes R/T transportation, 3 night's accommodations at the Tropicana, luggage handling, \$40 slot play and 3 dinner buffets, driver's tip and a show, if available. Final Balance due by April 11. Unlimited snacks and beverages on the bus. Call or text Charlene at 413-824-9356 or email to teamkeepsmiling@yahoo.com.



Team #111, You'll Never Walk Alone, will be selling their annual **Mother's Day Hanging Baskets in May.** See the May WalkTalk for details.



Team #16, Crescent Moon is holding a **Cookies and Canvas on Sunday, April 12, 2015 from 2-6pm at French King Bowling Alley, Erving. Tickets-\$25.** Call Georgette Lambert at 413-834-7241 or email her at

glamber@comcast.net
for reservations.



Team #49, Keep Smiling annual Gift Basket Fundraiser—Sunday, April 26, 2015, 2:00-6:00pm at St. Kazimierz Hall, 196 Avenue A, Turners Falls, MA. Drawings start promptly at 5:00 pm. Entry: \$10 pp, Tickets at the Door. **OVER 100 BASKETS!** Something for everyone.



Team # 30, Stafford Striders, is holding a **Bake Sale on Saturday, April 4, 9am-til they run out.** In front of Avery's Store, Charlemont. Breads, pies, coffee cakes, cakes, cupcakes, donuts, more!



Relay MARKETPLACE

Don't forget to get your craft mojo working! The Relay Marketplace is the place to be to showcase your skills and add even more to your team's bottom line.



April - Oral/Head/Neck Cancer & Testicular Cancer Awareness Month



ORAL/HEAD/NECK CANCER

Cancers of the head and neck are identified by the area in which they begin: the oral cavity, salivary glands, paranasal sinuses and nasal cavity, pharynx, larynx (voice box) and lymph nodes in the neck. Most head and neck cancers are biologically similar. 90% of head and neck cancers are squamous cell carcinomas, so they are called Head and Neck Squamous Cell Carcinomas (HNSCC). These cancers commonly originate from the mucosal lining of these regions and often spread to the lymph nodes of the neck. This is often the first (and sometimes only) sign of the disease at the time of diagnosis.

HNSCC is the 6th leading cancer worldwide. There are 0.5 million new cases a year worldwide. Two-thirds occur in industrialized nations. It usually develops in males in their 60s and 70s. The five-year survival rate is about 40-50%.

The main causes of head and neck cancers include tobacco (smoked or chewed) and alcohol. Other risk factors are sun exposure, human papillomavirus (HPV) infection, radiation to the head and neck, Asian ancestry, Epstein-Barr virus infection, exposure to wood dust or airborne asbestos, consumption of certain preservatives or salted foods, poor oral hygiene and Plummer-Vinson syndrome (also called Paterson-Kelly).

Common symptoms include a lump or sore that does not heal, a sore throat that does not go away, difficulty swallowing and a change or hoarseness in the voice. Symptoms may differ according to the part of the head or neck that is cancerous.

Treatment for head and neck cancers depends on the exact location of the tumor, the state of the cancer and the person's age and general health. Treatment options include surgery, radiation therapy and chemotherapy.



TESTICULAR CANCER

Testicular cancer often begins with changes in the germ cells, or the cells in the testicles that produce sperm. Testicular cancer is sometimes referred to as a germ cell tumor.

Testicular cancer is the most commonly diagnosed cancer in men ages 15 to 35, but it can occur at any age. It is also one of the most treatable cancers, even if it has spread to other areas. There are two main types of testicular cancer: seminomas and nonseminomas. Seminomas are slow-growing and are usually confined to the testes, but the lymph nodes may also be involved. Nonseminomas are the more common form of testicular cancer. This type is faster growing and may spread to other parts of the body.

According to the National Center for Biotechnology Information, those with early-stage seminomas the survival rate is 95% or higher. The rate is slightly lower for those with more advanced stages of testicular cancer.

Some men are asymptomatic. When symptoms do appear they can include testicular pain or discomfort, swelling of a testicle, lower abdominal or back pain, development of breast tissue.

There are five standard treatments: surgery, radiation therapy, chemotherapy, observation ("watchful waiting") or high-dose chemotherapy followed by a stem-cell transplant.

SPONSOR HIGHLIGHT — F.C. AGRICULTURAL SOCIETY

Where would Relay For Life of Franklin County be held, if not at the Franklin County Fairgrounds? We certainly would not be as comfortable or have the high visibility factor.

The Society has been our generous sponsor since our very first Relay 20 years ago.

- The Franklin County Agricultural Society is an organization that:
- Provides education and opportunities for all members of the community—including agriculture, youth, organizations, business, families, elders and others;
- Shows their commitment to working in partnership with the community by encouraging their participation and sup-



port.

They certainly meet their community commitment goals by working with Relay and other organizations to help them

meet their own goals.

The FCAS held its first fair on the Greenfield Town Common 167 years ago. It has run continuously since, "...through world wars, dust bowl droughts, even stock market collapses. The Fair has never failed to bring together the entire community in a shared, positive, educational experience." The previous quote and much more historical information can be found in a book by Jim Gildea, *The Franklin County Fair: As American As Apple Pie*. The book can be purchased for \$6.95 with all proceeds going to the Roundhouse Restoration Fund.

Sue Pennison, Event Co-Chair
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413-279-4417

Lisa McKenna, Event Co-Chair
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413-636-6485

FACEBOOK -
Relay For Life of Franklin County MA



We're on the web:
Www.RelayForLife.org
/franklincountyma

2015 Planning Committee

Event Chair: Sue Pennison

Event Co-Chair: Lisa McKenna

ACS Staff Partner: Andrew Paterno

Honorary Chair: Team #1, THE WALL "NUTS"

Accounting/Registration Chair: Michael Nelson

Advocacy Chair: Lisa LaGue

Baskets: Sharon Kemp, Chair; Kristin Pearce

Children's Activities Chair: Missy Prescott and Tori

Entertainment Chair: Tracy Miner

First Aid & Security: Kyle Walker, Chair; Colleen Walker

Gate Greeting Chair: Terry Adams and Team #77, Electics

Lap Counting Chair: Jennifer Wall

Luminaria: Matt Hall, Chair; Patti Robertson, Co-chair

Newsletter: Kathleen Carr

Online Chair: Helen Van Riel

Relay for Life of Franklin County is celebrating its **20th** Anniversary this year. We thank our many sponsors and donors for their gifts of time, products and money. Without them, we would not be making the progress we are in the fight against cancer. Please visit as many of these businesses as you can to purchase their wares and to thank them for their generosity.

Newsletter Notices: Send your articles, fundraising notices, pictures of teams or fundraisers to: KATHLEEN CARR, at logpalace@msn.com. We look forward to sharing your favorite photos and stories.

Online Notices: Send your announcements and fundraisers to HELEN VAN RIEL @ helen-vanriel@gmail.com

Volunteers: if you would like to volunteer to help, either at Relay or any time prior, please email RENEE TELA, Volunteer Chair, at Bettis2280@yahoo.com. We always need volunteers for set-up the night before Relay, in the Survivor Tent at Relay, Gate Greeters, Parking, etc.

If you want even more of the Relay experience, please consider joining the **Planning Committee**. Contact SUE PENNISON at love2relay@gmail.com. Or LISA MCKENNA @ lmckenna@greenfieldsavings.com

Many of the most important decisions about cancer are made outside of your doctor's office. Instead, they are made by your state legislature, in Congress and in the White House. ACS CAN empowers regular people to be part of the growing national movement that is fighting back against cancer.

ACS CAN, the nonprofit, nonpartisan advocacy affiliate of the American Cancer Society, is holding lawmakers accountable for their words and their actions. We demand that our leaders not only talk about fighting cancer but take real steps toward decreasing the number of people suffering and dying from cancer.

Become a member of ACS CAN for only \$10! Your membership helps to support:

- **Grassroots campaigns** that persuade lawmakers to support laws and policies proven to help people fight cancer;
- **Training** for volunteers to make them effective advocates;
- **Voter guides** to hold officials and candidates accountable for their positions on cancer-related issues.

ACS CAN gives ordinary people extraordinary power to fight cancer! Go to www.acscan.org/donatecenter, and click on "Join ACS CAN through Relay For life" (purple button, lower left). Be sure to put in our Relay name when you join: Relay For Life of Franklin County MA.

Relay Gear Store: Liz Landry, Chair; Diane Renaud

Sponsorship Chair: open

Survivorship: Kathleen Carr, Chair; Sandy Brodie, Co-chair

Team Campsites Chair: Lisa LaGue

Team Mentoring: Linda Tyler, Chair; Jennifer Wall

Team Recognition Chair: Jennifer Wall

Team Recruitment: open

Team Retention Chair: Linda Tyler

T-Shirts: Sharon Kemp, Chair; Kristin Pearce

Volunteer Chair: Renee Tela

ACS CAN

The American Cancer Society Cancer Action Network is the nation's leading cancer advocacy organization that is working every day to make cancer issues a