



# WALK TALK

January/February, 2015

Volume 20, #2

CALENDAR OF EVENTS

- 2/12/15—Committee Meeting\*
- 2/21/15—CAPTAIN'S MEETING\*\*
- 3/12/15—Committee Meeting
- 3/21/15—CAPTAIN'S MEETING
- 4/16/15—Committee Meeting
- 4/25/15—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
- 6/12/15—20TH ANNUAL RELAY FOR LIFE
- 6/13/15—CLOSING CEREMONY

\*Committee Meetings at Greenfield Savings Bank—Avenue A, Turners Falls  
 \*\*Captain's/Teams Meetings are at Greenfield Savings Bank Corporate Center, Munson Street, Greenfield  
 \*\*\*Bank Nights are at Fairgrounds

## Sponsor Highlight



**HILLSIDE PIZZA**, in Deerfield, Hadley and Bernardston, is a restaurant, fundraising company and catering operation, focusing on sustainable and responsible business practices, striving to provide great-tasting, high quality, healthful foods.

Craig White and Bob Lindner who are Hillside Pizza, are long-time supporters of Relay For Life of Franklin County. They have provided the pizzas at all the captains' meetings and have donated breakfast goodies for the Kickoff events for several years. Going back 8 or 9 years, they have been providing fundraising programs to our Relay teams.

The Mission of Hillside Pizza is to operate with sustainable business practices while benefiting our community. They are committed to using only the finest natural and organic ingredients, including their own veggies during the growing season, and support local farms, food processors and businesses.

You can treat yourself to a great meal in:

Deerfield—265 Greenfield Road. Thursday—Saturday from 11am-8pm and Sunday noon-7pm. 413-665-5533.

Hadley—173 Russell Street. Wednesday-Saturday from 11am-9pm; Sunday from noon-7pm. 413-585-0003

Bernardston—77 Church Street. Wednesday-Saturday from 11am-8pm; Sunday from noon-7pm. 413-648-0500

FUNDRAISERS: email them at fundraising@hillsidepizza.com to see how they can help your team meet its goal. "Take & Bake" Pizza and "Scoop & Bake" cookie dough will make your tummy happy and your team successful.

**Inside this issue:**

<i>Team Fundraisers</i>	2
<i>Spotlight: Team #42 Parrotheads For A Cure</i>	2
<i>2015 Honorary Chair: Team #1 The Wall "Nuts"</i>	2
<i>January—National Cervical Cancer Screening Month</i>	3
<i>Sponsor Spotlight: Hillside Organic Pizza</i>	3
<i>Relay For Life of Franklin County / ACS-CAN</i>	4

A big **THANK YOU** to our Kickoff **BREAKFAST SPONSORS:**

- PIERCE BROTHERS COFFEE ROASTERS
- DUNKIN DONUTS of SUNDERLAND
- CHANDLER'S RESTAURANT
- ADAMS DONUTS

## How Many Cancer Survivors are Alive in the U.S.?

Nearly 14.5 million children and adults with a history of cancer were alive on January 1, 2014 in the United States. This estimate does not include carcinoma in situ (non-invasive cancer) of any site except urinary bladder, nor does it include basal cell and squamous cell skin cancers. The 10 most common cancer sites represented among male and female survivors are - Male:

1. Prostate (43%)

- 2. Colon and rectum (9%)
- 3. Melanoma (8%)
- 4. Urinary Bladder (7%)
- 5. Non-Hodgkin Lymphoma (4%)
- 6. Testis (4%)
- 7. Kidney (3%)
- 8. Lung & Bronchus (3%)
- 9. Mouth and Pharynx (3%)
- 10. Leukemia (3%)

Female:

- 1. breast (41%)
- 2. Uterine corpus (8%)
- 3. Colon and Rectum (8%)
- 4. Melanoma (7%)
- 5. Thyroid (6%)
- 6. Non-Hodgkin Lymphoma (4%)
- 7. Uterine Cervix (3%)
- 8. Lung & Bronchus (3%)
- 9. Ovary (3%)
- 10. Kidney (2%)

The majority of cancer survivors (64%) were diagnosed 5 or more years ago and 15% were diagnosed 20 or more years ago. Nearly half (46%) of cancer survivors are 70 years of age or older, while only 5% are younger than 40. By January 1, 2024 it is estimated that the population of cancer survivors will increase to almost 19 million: 9.3 million males and 9.6 million females.



### CORRECTION:

We are happy to report that the **2014 Baby Barn Basket total** report of \$3,000 was in error. The actual amount raised from the baskets was **\$6,436!** We look forward to seeing the amazing range of basket ideas again this year.



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 FUNDRAISERS

### **Team # 42, Parrotheads For A Cure—**

Help them celebrate their 10th Anniversary with **MUSIC & DANCING, JANUARY 31, 2015, 5:00-9:00 P.M.** at the Great Hall, St. James Episcopal Church, 8 Church Street, Greenfield. Music by FEVER, playing the hits of the decades. Check out our team member contact information at our team website:

<http://main.acsevents.org/goto/Parrotheadsforcure>. The event was a success with \$1,800 raised toward our 2015 goal of \$12,000!!

**Team Walking Warriors**, is running a **Calendar Raffle now thru Feb. 25**. \$20/chance. Up to \$900 being given away with 31 chances in March. Prizes from \$20-\$100. Call Team Capt. Gary Beauchemin at 978-407-6210 or email [gbeauchemin625@gmail.com](mailto:gbeauchemin625@gmail.com)

### **1st Annual Walking Warriors Volleyball Tournament on Saturday, MARCH 28, 2015, 7:30 A.M at Mount Wachusett Community College Fitness Center.**

Championship and Recreational Divisions. Cash prize for Championship Division. Trophies to 1st and 2nd place recreational teams. Cost \$150 per team or \$25 per individual player for Championship Division and \$100 per team or \$20 per player for Recreational Division. Contact Gary Beauchemin at 978-407-6210 or email [gbeauchemin625@gmail.com](mailto:gbeauchemin625@gmail.com)

**Team #27, Loving Hands** would like to set up 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 #16, Crescent Moon**, is a NEW team! Their first fundraiser is a **Cookies & Canvas Night on Sunday, February 15, 2:00-6:00 pm at French King Bowling Center, Route 2, Erving, MA. \$25 per person.** Contact Georgette Lambert at 413-834-7241 or email her at [glander@comcast.net](mailto:glander@comcast.net).

You must register by February 11, 2015!

**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.**



## CHAIR CHAT

Relay is coming, Relay is coming!

Yes, believe it or not, we are fast approaching another fun-filled Relay event here in Franklin County! Don't forget that we are celebrating our 20th year so call all of those past teammates and Relayers to join us for our Walk Down Memory Lane. If you are a newer team and are not sure what to do, please ASK! We have mentoring teams and plenty of resources for you to get information.

Visit our FACEBOOK PAGE at Relay For Life of Franklin County MA and our RELAY PAGE at [relayforlife.org/franklincountyma](http://relayforlife.org/franklincountyma).

You can also reach out to any member of the Committee; they are happy to answer any questions you may have.

We look forward to seeing everyone in June at the fairgrounds.

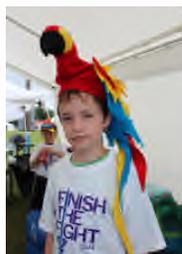
Lisa and Sue, Event Co-chairs.

## Team Spotlight: Parrotheads For A Cure

It's our 10TH YEAR!!!! Another anniversary to celebrate the good health of Tom Rose, in whose honor we formed our team 10 years ago, and so many other survivors associated with our team. We look forward to celebrating our anniversary along with the 20th anniversary of Franklin County RFL.

We have BIG plans! We have set a goal of over \$12,000 for 2015. This is in the hope of reaching the 10-year fundraising goal of \$100,000! There are our usual regular fantastic supporters as well as several new team members. We are looking forward to all the excitement of Relay. The Parrotheads are getting ready to bring the spirit to the celebration of anniversaries and take A Walk Down Memory Lane with everyone! We are registered and ready to go!

See our first fundraiser



## January was National Cervical Cancer Screening Month

A new report from the Centers for Disease Control and prevention (CDC) finds that 8 million women who should be getting screening tests for cervical cancer are not getting them. Screening means looking for cancer or pre-cancer in people who have no symptoms of the disease. Screening can prevent cervical cancer or find it early when it's easier to treat. According to the report, more than half of the new cervical cancer cases occur among women who have never or rarely been screened.

According to the report, almost all cervical cancer—as much as 93%—could be prevented by screening and HPV vaccination. More than 12,000 women get cervical cancer every year.

Cervical cancer is caused by persistent infection with certain types of human papilloma virus (HPV). One way of preventing cervical cancer is to get vaccinated against HPV. A woman should be vaccinated before she has any type of sexual contact with another person.

The American Cancer Society recommends that the HPV vaccine be given to girls at age 11 to 12.

Even with vaccination, though, screening tests are still important for preventing cervical cancer or finding it early. Screenings are tests for people who have no symptoms of cancer. The American Cancer Society recommends regular cervical screening for women age 21 and older.

The American Cancer Society recommends that the HPV vaccine be given to girls at age 11 to 12.

Even with vaccination, though, screening tests are still important for preventing cervical cancer or finding it early. Screenings are tests for people who have no symptoms of cancer. The American Cancer Society recommends regular cervical screening for women age 21 and older.

Cervical cancer was once one of the most common causes of cancer death for American women. Thanks to the Pap test, the cervical cancer death rate has gone down by more than 50% in the past 30 years.

Here's the bad news: those declines have begun to taper off. According to the CDC, 8 million women who should be getting screenings are not getting them.

Screening Guidelines:

- Women ages 21-29 (Pap) every 3 years
- Women ages 30-65 (Pap & HPV) every 5 years
- Women over 65 who have had regular screening previous 10 years should stop screening if no serious pre-cancers found in the last 20 years
- Women who have had uterus and cervix removed for reasons not related to cervical cancer and don't have a history of cervical cancer or serious pre-cancer should not be tested.



What can you do? Post on Facebook to help get the word out that Cervical Cancer is preventable! For instance, Post: what is cervical cancer? Learn the facts about a disease that an estimated 12,000 women were diagnosed with in 2014 and what @American Cancer Society is doing to help fight it. You have the #powertoprevent cancer.org/fightcervicalcancer.

Post: Did you know? Most cervical cancers can be prevented through testing and JPV vaccinations. You have the #powertoprevent. Visit [Cancer.org/fightcervicalcancer](http://Cancer.org/fightcervicalcancer) for more information on how you can prevent cervical cancer.

Post: The Affordable Care Act provides cervical cancer screening and HPV vaccinations at little or no cost. You have the #powertoprevent cervical cancer. Visit [cancer.org/fightcervicalcancer](http://cancer.org/fightcervicalcancer) to learn more.

## 2015 Honorary Chair—THE WALL “NUTS”



We are honored to announce that Team #1, The Wall “Nuts” have accepted the Committee’s nomination as 2015 Honorary Chair. Jennifer Wall, attended a Relay event with another survivor in Springfield 22 years ago. She was so inspired by that experience that she and family members created a team and walked the Northampton Relay 21 years ago. They were then so excited about the Relay experience that she started our Relay event the next year. There were 17

teams that first year, raising \$22,000. We now number about 80 teams and have raised a total of \$5,000,000 over the past 19 years!!

There are still some original members on that first team as well as some dedicated Relayers from several of the 17 original teams.

Stop and visit tent site # A-1 to thank Jenn and her wonderful team for giving us “our” Relay.

Thanks to Jenn and friends, we are all winning.



**Sue Pennison, Event Co-Chair**  
love2relay@yahoo.com  
413-522-0712

**Lisa McKenna, Event Co-Chair**  
lmckenna@greenfieldsavings.com  
413-636-6485

FACEBOOK -  
Relay For Life of Franklin County MA



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

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](mailto: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](mailto: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](mailto: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](mailto:love2relay@gmail.com). Or LISA MCKENNA @ [lmckenna@greenfieldsavings.com](mailto:lmckenna@greenfieldsavings.com)

## 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 Scott

**Gate Greeting Chair: open**

Lap Counting Chair: Jennifer Wall

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

Newsletter: Kathleen Carr

Online Chair: Helen Van Riel

Parking: Mike Shedd

Relay Gear Store: Liz Landry, Chair; Diane Renaud

**Sponsorship Chair: open**

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

**Team Campsites Chair: open**

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 national policy.

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](http://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.