



# WALK TALK

FEBRUARY, 2017

Volume 22, #5

## CALENDAR OF EVENTS

- 2/8/17—Committee Meeting\*
- 2/18/17— TEAM MEETING—GCTV Studio, 393 Main St., Greenfield**
- 3/8/16—Committee Meeting\*
- 3/18/17—TEAM MEETING-Eagles, Shelburne Falls**
- 4/5/17—Committee Meeting\*
- 4/8/17—TEAM MEETING (t-shirt forms due)—Masonic Lodge—Greenfield**
- 5/3/17—Committee Meeting\*
- 5/8/17—Bank Night Set Up\*\*\*
- 5/9/17—BANK NIGHT #1 \*\*\***
- 5/31/17—Committee Meeting\*
- 6/4/17—Bank Night Set Up\*\*\*
- 6/5/17—BANK NIGHT #2\*\*\***
- 6/8/15—Relay/Luminaria Set-up
- 6/9-10, 2016- 22ND ANNUAL RELAY FOR LIFE WEEKEND**

\*Committee Meetings at Greenfield Savings Bank—282 Avenue A, Turners Falls—6 PM  
**++ Kick Off at 10 AM—Yankee Candle Annex (former Fitness Center, next to Flagship Store)**

Team Meetings—10 AM

\*\*\*Bank Nights are at Fairgrounds—5 PM

It's not too late to join the Planning Committee and be an even bigger part of Relay.

More hands make less work and more fun.



## KICK-OFF RESULTS AND AWARDS

**2016 Fundraising Gross Total: \$221,316**

**Net after expenses: \$199,412.**

### 2016 Top 10 Fundraiser Individuals:

10. Ron Hawkes—\$2,432
9. Nancy Sadoski—\$2,510
8. Keri Peila—\$2,730
7. Deborah Black—\$3,195
6. Christine Ewell—\$3,278
5. Charlene Aldritch—\$3,737
4. Barbara Brassor—\$3,978
3. Linda Dufresne—\$4,640
2. Mark Langenback—\$6,614
1. JAMES VASSAR —\$8,533

### 2016 Top 10 Fundraiser Teams:

10. You'll Never Walk Alone—\$5,774
9. Greenfield Coop Bank—\$7,762
8. Valley Medical Center — \$7,790
7. Wall "Nuts" - \$8,118
6. Yankee Candle—\$9,315
5. Masonic Milers—\$11,066
4. Keep Smiling—\$11,434
3. Stafford Striders—\$12,735
2. Campers Against Cancer—\$15,544
1. DICK'S ANGELS—\$25,029

As of January 31:

**29 teams already signed up for 2017!**

**\$15,273.00 dollars already turned in!**

**2017 RELAY FUNDRAISING GOAL: \$225,000. We can do it!!!**

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### CHAIR CHAT

As you can see from the statistics in the middle column, this year is already off to a great start. We are excited to have so many teams already signed up and to know that we are already ahead of last year in fundraising! We've said it before and we'll proudly say it again: Franklin County Relay For Life Rocks!!

The Kick-Off was filmed for GCTV. They will be airing that event and will post our upcoming events on their Events Page. This is exciting for our Relay, giving us more community exposure and bringing our message to more people.

See you there!

Lisa and Liz,  
Event Co-chairs



## Register for Relay

Our new **WEBSITE** is ready!

Sign up and explore.

[www.RelayForLife.org/FranklinCountyMA](http://www.RelayForLife.org/FranklinCountyMA)

## ACS-CAN CLUB

### Update

Last year our Relay was one of a handful of events in New England to achieve ACS-CAN Club status, reserved for those events that have at least 40 members. We had 43! This year we signed 44! new members into this critically important arm of our fight against cancer. Melissa Cushman, our ACS-CAN Grassroots Manager, was at Kickoff to update us on the work done this past year and to look ahead to the challenges still to come.

### February is all about the LOVE



Some of you may have seen our posting about a spaghetti supper fundraiser for Brian Brooks, who brings our Color Guard to lead the Survivor Lap each year. Brian was in a horrific motorcycle accident and has undergone over 20 surgeries to date and expects to have more in the near future. The fundraiser was a success, thanks, in small part, to our Relay. Brian asked me to thank all Relayers who attended. He said that he will be at our Relay this year, even if he has to do it on two sticks!

### Survivor News and Updates

1. The Survivor Invitation Letters will be going out soon so watch your mail boxes. Once again we place the call for convertibles! If you know anyone who would be willing to donate an hour of their time on Relay Friday night to drive a Survivor around the track for the Survivor Lap, please tell Kathleen ([logpalace@msn.com](mailto:logpalace@msn.com)) or Sandy ([daxiebrodie@gmail.com](mailto:daxiebrodie@gmail.com)).
2. You can help us save a little postage by sending in your Registration Forms early. They were included in your Captains' Packets and can be turned in at Team Meetings.
3. Team Loving Hands has created a beautiful Ribbons and Hearts Afghan for this year's drawing (see picture on pg 3). They are looking for teams who are willing to share their space at any of their team fundraisers. Team LH will donate 50% of any proceeds they make selling their knit goods to that team. Contact Sandy Brodie at [daxiebrodie@gmail.com](mailto:daxiebrodie@gmail.com) or 413-773-9217.

## FEBRUARY IS

### NATIONAL CANCER AWARENESS MONTH



**February 4** is WORLD CANCER DAY and kicks off NATIONAL CANCER PREVENTION MONTH.

Only 41% of Americans are aware that body weight affects people's risk of getting cancer, and 17% mistakenly believe they can do nothing to lower their risk according to a new survey by the American Institute for Cancer Research (AICR).

On February 4th, AICR and the World Cancer Research Fund International are uniting with other organizations to raise awareness that approximately ONE-THIRD of cases of the most common cancers in the U.S. could be prevented just by making changes to our diet, weight and physical activity.

Hundred of Thousands of Cancers Don't Have to Happen. "We already know what we need to do to prevent over 374,000 cancers in the U.S. every year" said Alice Bender, MS RD, Assoc. Dir. For Nutrition Programs. "That number is real and reachable and we can get started by simply taking the same healthy everyday steps that we know also prevent heart disease, diabetes and other chronic diseases."

-58% of Americans knew that can cut cancer risk with a healthy diet, but fr too many either disagreed (11%) or could not make up their minds (31%).

-Body weight affects people's risk of getting cancer.

-41% of those surveyed knew that body weight has an impact on cancer risk. 20% disagreed, while 38% could not make up their minds.

-39% of Americans understand the role of physical activity protective power; 23% disagreed and 39% neither agreed nor disagreed.

### Cancer is now the leading cause of mortality worldwide.

**An estimated 1 in 3 cancers are cancers preventable through diet, activity and weight control.**

**Aspirin's role in colorectal cancer prevention:** Studies suggest that aspirin use can lower the risk of colorectal cancer, but it also comes with some potentially serious side effects, including gastrointestinal bleeding.

**Fighting the Global Tobacco Epidemic:** Without effective policies, tobacco-related deaths could reach 1 billion in the 21st century, according to The Tobacco Atlas. Low- and Middle-income countries are most affected, consuming more than 80% of all tobacco products.

**Liver Cancer Prevention in Baby Boomers:** Infection with the Hepatitis C virus (HCV), a major risk factor for liver cancer, can often be cured with medications. However, the majority of infected individuals in the US, 81% of whom are baby boomers, aren't aware they have. That's why the CDC, in 2012, recommended a one-time HCV testing for them. Recently, ACS researchers analyzed the 2013 National Health Interview Survey and found that only 12.3 % of baby boomers reported ever getting tested for HCV.

### Kick-Off Recap



### THE FOLLOWING VENDORS WOULD LOVE TO WORK WITH YOU!



Nancy Gifford, PAMPERED CHEF.  
www.pamperedchef.biz/nancygifford  
413-774-6899 or 413-52-1002



MO'S FUDGE FACTOR, 413-625-6645  
michelle@mosfudgefactor.com

Christine and Lisa, HILLTOWN HOLISTIC CENTER, essential oils, Reiki, Aromatherapy Crystal & Sound Therapy and Workshops,  
www.hilltownholistic.com; 413-345-0490



HILLSIDE PIZZA, cookie dough, pizza  
www.hillsidepizza.com; 413-665-5533

Kathy Kennedy, JAMBERRY NAILS nail wraps  
www.winninghands.jamberrynails.net  
413-695-5626



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

Liz Landry, Event Co-chair  
lizlandry44@gmail.com  
413-221-2670

FACEBOOK -  
Relay For Life of Franklin County MA



We're on the web:  
[www.RelayForLife.org/franklincountyma](http://www.RelayForLife.org/franklincountyma)

Relay for Life of Franklin County is celebrating its **22nd** 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. If you are not sure

**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 LISA MCKENNA @ [lmckenna@greenfieldsavings.com](mailto:lmckenna@greenfieldsavings.com) OR LIZ LANDRY @ [lizlandry44@gmail.com](mailto:lizlandry44@gmail.com)



**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.

## 2017 Planning Committee

Event Chair: Lisa McKenna

Event Co-Chair: Liz Landry

ACS Staff Partner: Andrew Paterno

Accounting/Registration: Matt Hall, Chair; Christopher Luippold

Administration: Tricia Caloon, Chair; Cody Cardoropoli, Co-Chair

Advocacy Chair: Open

Baskets: Sharon Kemp, Chair; Kristin Pearce

Children's Activities Chairs: Melanie Johnson; Tricia Caloon

Entertainment: Melanie Johnson, Chair; Tricia Caloon, Co-Chair

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

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

Logistics Chair: Sue Pennison

Luminaria: Patti Hall

Newsletter: Kathleen Carr

Online Chair: Helen Van Riel;  
Co-chair: OPEN

Parking: Brad Kerr

Photography: Toney Marcus

Publicity: Open

Relay Gear Store: Peg Saulnier

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: Chris Luippold, Chair; Melanie Johnson

Team Retention Chair: Linda Tyler

T-Shirts: Sharon Kemp, Chair; Kristin Pearce

Volunteer Chair: Renee Tela

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