



Walk Talk!

American Cancer Society Relay For Life News from the Windham Area

Relay For Life: Celebrate. Remember. Fight Back.

August 21, 2009

57 Days 'til Relay!

Hope for the Future With CPS-3

By Shannon Stahecki

THIS YEAR ONLY, our Relay For Life event has the historic opportunity to directly FIGHT BACK against cancer through research. The American Cancer Society is looking for participants to enroll in and promote the American Cancer Society's Cancer Prevention Study-3 (CPS-3) at our Relay.



T-shirt Competition '08

You will hear more about how to enroll in this project and ways you can help in a future email. For right now, we are looking for volunteers to work day of event in the research tent from 12-6 on Saturday. There are lots of different volunteer jobs available. Volunteers will be required to take a training which is currently scheduled for Sept. 17 at Windham Hospital. If you can't make the scheduled training but are interested in volunteering, please don't let that stop you. Other trainings can take place, even one on ones if need be. We want every interested person to feel free to contact Kate Starkey at 456-6896 or kstarkey@wcmh.org or Julie Kessler at jkesslerconsulting@yahoo.com or 423-5518. Volunteers should be good communicators with a positive nature who are great with people. Bilingual volunteers are needed and would be appreciated. Please give us Julie or Kate a call if you would like to volunteer.

2009 Calendar of Events

Committee Meeting:
August 26, 7 pm,
WCMH

Team Captain Meetings:
August 26, 6 pm,
WCMH

September 2, 6 pm,
WCMH

Relay:
Saturday & Sunday
October 17 & 18
ECSU Sports Complex

Visit the American Cancer Society Relay For Life's virtual home at www.RelayForLife.org!

Volunteer!

By Marina Quarticelli

Come join us! We need volunteers the day before the event (October 16, from 9 am to 12 pm) to help in setting up the booths, tents, tables, equipment, and putting up signs. On October 17, the day of the event, we need volunteers to set up the Survivor's lunch area, coordinate parking and unpack cars, and help out with the silent auction, luminaria, children's activities and more.

Volunteers are needed also to clean up and to take down booths and signs after the event (October 18, between 9 am and 12 pm). These activities qualify as Community Service. Breakfast or lunch will be provided depending on the shifts. All the materials will be provided on site. The event will be on rain or shine – some of the activities might be done under a tent in case of inclement weather. For more information, please contact Marina Quarticelli, Volunteer Recruitment Chair at mquarticelli@wcmh.org or 860-456-6700.



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.

Get Online!

Information About Our Websites

By Joan Doiron

Both of our websites provide a ton of information about the American Cancer Society and our Relay. Both are updated on a regular basis and have listings of upcoming fundraisers and Relay news as well as links to valuable resources. Both websites have forms and flyers that you can download that will help with all aspects of making this year's Relay a success.

www.windhamrelayforlife.org (our "unofficial website") fully explains what our Relay is all about, and also includes downloadable pictures from past years and a list of our Corporate Sponsors. We suggest that you check this website for information, and then click on the link on the Home Page that will take you to our ACS-sponsored website.

www.relayforlife.org/windhamct (our "official" Online website) also has downloadable forms and flyers and lots of information about our Relay. This website also allows you to register your team online so that you can accept credit card donations for the Relay, and send emails to prospective donors, survivors and teammates.

Maps, pictures, meeting dates & deadlines, instructions for filling out forms, info for volunteering... We've got everything covered. Check it out!

For questions about either website and to have your announcements and team fundraisers posted on these sites, contact Joan Doiron at joanmail@snet.net.

Join the Cancer Survivors' Celebration

The American Cancer Society's Relay For Life of the Windham Area is a very special opportunity to honor all those we love who have faced cancer – and for some who wear the survivor banner, Relay helps them find meaning in their cancer experience. We invite all survivors to join us on October 17th at the ECSU Sports Complex in Mansfield.

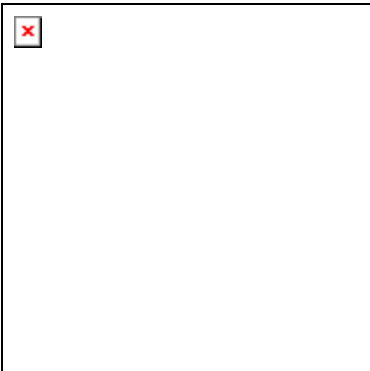
The opening lap of the Relay begins at 11:00 am, followed by a reception to celebrate all survivors at noon. The opening lap is when survivors and caregivers kick off the Relay by walking around the track surrounded by friends, families, and new acquaintances. The Survivor's Luncheon includes a box lunch complete with beverage and dessert.

At the luminaria ceremony at 8:00 pm, we light candle lanterns to help us remember those we love who have had cancer. The flames burn throughout the night, just as the flame of hope burns in our hearts that one day soon. If you are a cancer survivor, please let us honor you at our Relay. If you know people who are survivors, please invite them to join us, too.

The Society considers a survivor to be anyone who has had cancer, from the time of diagnosis through the rest of his or her life. For more information on survivor activities, please contact Nancy Austin, Survivorship Chair, at ataustin@hotmail.com or 860 228-3395.

To register for Relay, visit us online at www.relayforlife.org/windhamct

Hope to see you there!



Help Lawmakers See the Face of Cancer

You are more than a name. You are more than a social security number. You are a person with a face, a life, and a story to tell. Picture A Cure is an innovative way for volunteers to help lawmakers gain a greater understanding of the impact that cancer has on individuals and communities in their districts. It helps lawmakers break through the statistics and understand that cancer touches not only the lives of those who are stricken, but also their friends, colleagues, and family members. Picture A Cure is a fun and easy way for you to really get to know your fellow Relayers, and make huge strides in the Society's advocacy efforts at the same time!

Society staff partners can provide you with easy-to-follow Picture A Cure kits, including sheets with room for your individual photo and personal story of how cancer has affected you or your family. The completed sheets are delivered to lawmakers as part of a legislative campaign. With Picture A Cure, you are no longer just a name or a statistic. You are a real life constituent who is counting on your elected official to make decisions that will positively impact you and the people you care about.

Learn more about advocacy activities coordinated through the American Cancer Society Cancer Action Network by visiting www.acscan.org.

