



Relay Track



First issue of the Relay For Life of Whidbey Island newsletter, published twice a year to promote awareness about the good work of the American Cancer Society on Whidbey Island and the award winning Relay For Life of North and South Whidbey events.

What You Need to Know About Colon Cancer

Did you know colon cancer is one of the most PREVENTABLE cancers?

Colon cancer almost always starts with a polyp, a small growth on the lining of the colon or rectum. Finding and removing polyps before they become cancerous can stop colon cancer before it starts.

Did you know colon cancer is the second deadliest cancer in the U.S.? In 2008 an estimated 148,810 new cases of colon cancer were diagnosed in the United States and 49,960 deaths resulted from the disease

Did you know age is the number one risk factor for colon cancer? 90% of colon cancer cases are diagnosed in people 50 and older. If every one 50 and older followed the American Cancer Society recommended



screening guidelines for colon cancer, the number of new cases would decrease by 25% and colon cancer-related deaths would decrease by 50%. *Other risk factors for colon cancer include:*

Family History, Race-African Americans are at higher risk, Lifestyle choice- smoking, diet, physical inactivity, and alcohol consumption can increase the risk of colon cancer. *Did you know you can contact the American Cancer Society 24 hours a day, 7 days a week? 1-800-ACS-2345 or visit our web site at www.cancer.org for more information.*

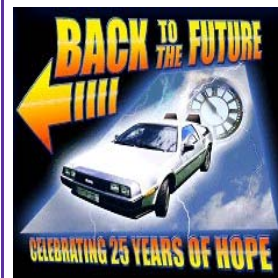
2009 Relay For Life Whidbey Island

North Whidbey Island Event June 5-6th

North Whidbey Middle School on Highway 20 in Oak Harbor
www.relayforlifeofnorthwhidbey.org

South Whidbey Island Event June 19-20th

South Whidbey Island High School in Langley
www.relayforlife.org/swhidbeywa



This year's theme is "Back to the Future" celebrating the 25th anniversary for the Relay For Life.

American Cancer Society's Road to Recovery SM Drives Out Cancer

More than 200 residents in Island County will learn that they have cancer this year. For many of those residents, however, getting to the treatment they need may be a problem.

"It is not unusual for cancer patients to need radiation therapy every week-day for six to seven weeks," said Mary Ann Hutchinson, Quality of Life Manager. "A patient receiving chemotherapy might report for treatment weekly for up to a year. In many cases, a patient is driven to hospitals or clinics by relatives or friends, but even these patients must occasionally seek alterna-

tive transportation. That's where Road to Recovery comes in."

Road to Recovery is a program in which volunteers drive patients to treatment centers and home again. Your American Cancer Society needs more volunteers to ensure that all patients have transportation when they need it. "Road to Recovery volunteers arrange their own schedules, with some volunteering as little as one afternoon a month and others driving patients as often as twice a week," Hutchinson said.

"In Island County our most pressing need is for volunteer drivers. We need more drivers in order to help accommodate the high demand for cancer patients in this area."

For more information about Road to Recovery or for other volunteer opportunities, call your local American Cancer Society office at 800-729-5588 or toll free at 800-ACS-2345. You can also send an email to maryann.hutchinson@cancer.org.

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

For general cancer information, call your American Cancer Society at 1-800-ACS-2345 or visit our website at www.cancer.org.



Relay For Life of Whidbey Island

South Whidbey Island June 19-20th

The 2009 Relay for Life of South Whidbey will begin at 5:30pm, at the South Whidbey High Stadium in Langley. For more information regarding this year's Relay visit www.relayforlife.org/swhidbeywa or contact Event Chair Pollie Hogue at 321-4663, or email her at ribbet@whidbey.com

Cruising For The Cure

Ladies and gentlemen, start your engines! Relay for Life of South Whidbey is planning a car rally/ scavenger hunt to be held in May and is inviting all car buffs to join in the fun. For a \$20 entry fee, which goes to support the Relay for Life and American Cancer Society, each car will be given the road map and list of items to collect for this around-the-Island tour. Organizers promise a fun day, lots of interesting views and stops along the way, and great prizes to win for those who collect all the items.



The trip will end with a banquet at Green Bank Farms, an awards ceremony, music, and an auction to round out the evening.

For more information on this fundraising event, or to assist in the planning, call Team Development Chair Virginia Bloom at 331-4084 or email vbloom@soundbusinesscenter.com.

South Whidbey 2009 Goals

Survivors:	75
Luminaries:	800
Teams:	30
ACS CAN Memberships:	45
Sponsorship:	\$16,000
On-Line Fundraising:	\$10,000
Total Fundraising:	\$51,000

TEAM CAPTAIN MEETINGS

Held at China City Restaurant,
Freeland
6:00 pm to 7:00 pm
April 1
May 6
June 3
June 10 T-shirt pick up

South Whidbey Fundraising and Event Schedule

Quilt Drawing

February 4th thru April 4th
\$5.00 ticket - Tickets @ Sound Business Center or Team Captain meeting
Drawing on April 4th
Contact: Virginia Bloom, 360-331-4084
vbloom@soundbusinesscenter.com

Cruising For The Cure

May - \$20.00 entry fee
Scavenger Hunt For Car Clubs
Silent Auction and Awards Banquet at Green Bank Farms
Contact: Virginia Bloom, 360-331-4084
vbloom@soundbusinesscenter.com

Annual South Whidbey RFL Survivor Tea

Maple Ridge Retirement Facility
Freeland, WA
Friday, April 17, 2009

Paint Whidbey Purple

April 29th
Entire Island - Wear Purple all day

Annual Relay Team Yard Sale

May 23rd @ China City Restaurant Front Lawn

On Going Fund-Raiser

Relay Coffee For Sale

\$8.00 per 12 Oz bag
Relay Coffee can be purchased @ Sound Business Center, Freeland or Team Captain Meeting
Contact: Virginia Bloom,
Phone: 360-331-4084
vbloom@soundbusinesscenter.com



Chance Drawing for Quilt

This beautiful quilt was made by Gail DaPont of Freeland for her mother, who has since died of cancer. This year Gail and her father decided to honor her mother's memory by donating the quilt to Relay for Life, so that money raised on the sale of tickets for a chance drawing will go to cancer research and help eliminate the deadly disease. The tickets are on sale at \$5 each for a drawing to take place April 4th, 2009.

The quilt will be on display at various businesses over the next month, and is a wonderful blend of colors in velvet. There will be several other prizes available in the drawing as well. All Relay teams and team members are participating in the sale of tickets, and they can be purchased at Sound Business Center, Wescott Floor Covering, China City, Freeland Chamber and many other places.

For more information on this event or to purchase tickets, call Virginia Bloom at 331-4084 or email vbloom@soundbusinesscenter.com Nearly 20 teams have already formed for this year's event, and the momentum is growing.





Relay For Life of Whidbey Island

2009 North Whidbey Island June 5-6th

The 2009 Relay for Life of North Whidbey will begin at 5:30pm, June 5th at the North Whidbey Middle School on Highway 20 in Oak Harbor. Please join us as we gather together to Celebrate our Survivors, Remember the ones we lost and Fight Back against this disease that touch so many of our lives. See our website at www.relayforlifeofnorthwhidbey.org for further information. Questions can be directed to Karla Sharkey, Event Chair, at kksharkey123@comcast.net.

22 Years of Relay For Life—North Whidbey Island

The 2009 North Whidbey Relay for Life marks the 22nd Relay our community has sponsored.

North Whidbey Island 2009 Goals:

Money earned:	\$197,000	ACS CAN Memberships:	200
Teams Participating:	90	Sponsorship:	\$25,000
Survivors Participating:	300		
Luminaries:	3000		

Look Good...Feel Better

The Look Good...Feel Better program is a community-based, free, national service. It teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments.

Volunteer beauty professionals lead small groups, usually about 6 to 10 women, through practical, hands-on experience. Women learn about makeup, skin care, nail care, and ways to deal with hair loss such as with wigs, turbans, and scarves. Each woman gets a free makeup kit to use during and after the workshop. Pairing patients with survivors: Reach to Recovery offers emotional support

The American Cancer Society began Reach to Recovery more than 35 years ago; it tries to match volunteers and patients in terms of life and cancer experiences.

Sometimes the contact is as simple as a couple of phone calls, but more often volunteers meet with patients to talk, and provide long-term support during treatment.

Past patient quote:

"You can relate about feelings, not just physical but mental and emotional. That's so important to your healing."

"It's nice to have somebody who has been there, done that," Hartline said.



"You can share your real fears that you may hide from your family because you don't want to upset them. It's hard to talk to family about dying. A volunteer can say, 'I know exactly how you feel. I was there.'"

Looking for young volunteers
The program is now trying to recruit younger volunteers. "Treatments have changed so drastically," Wood said. "Chemotherapy from 20 years ago is certainly different than it is today. That's what people need to hear."

Also, Wood said, because younger women are being diagnosed, it is important for them to have the chance to talk to survivors who had similar experiences such as having the newer treatments and struggling to juggle illness, family and work. Ultimately, the most important job of a volunteer is to listen, Wood said.

"You have to be a good listener. To let them talk. It's really about them." To connect with the program of your choice please call 1.800.ACS.2345 or www.cancer.org.



North Whidbey Survivor Christmas Tea

North Whidbey Fundraising and Event Schedule

Whidbey Island Blade Benders Raffle

Echo Chain Saw, 370 16 in bar.
Ticket price \$1.00 - Drawing on June 6th
Purchase a raffle ticket at Burt's Saw & Mower, 3075 Oak Harbor Rd, Oak Harbor or at the monthly Relay Rally meeting

Upchurch Scientific

Bead and silver bracelets for sale - \$20.00
Bead colors represent different forms of cancer, and bracelet comes in satin pouch.
To purchase a bracelet send e-mail to upchurchbracelets@yahoo.com or call 679-2528

Dylan's World

Lap Bead Necklaces - \$5.00
Receive a bead for every lap walked at Relay. Fourth bead, representing 1 mile, will glow in the dark.
Purchase a necklace at month Relay Rally meeting or at Relay For Life event June 5th.

Holland Happenings Parade

April 25
Location Oak Harbor on Bayshore Dr. line up at 10 am
We invite all Survivors to attend and walk/ride with us in the parade

Paint Whidbey Purple

April 29
Entire Island - Wear Purple all day

Relay for Life

June 5 & 6
North Whidbey Middle School on Highway 20 in Oak Harbor

Relay Rally Schedule

Meetings held at the Elks Club, 155 NE Ernst St, Oak Harbor
6:00 pm to 7:00 pm
April 8
May 13
May 27 T-shirt pick up



American Cancer Society
728 134 St. SW Ste.101
Everett, WA 98204

ACS website: www.cancer.org

Relay For Life Of North Whidbey Island June 5th

North Whidbey Middle School on
Highway 20 in Oak Harbor
www.relayforlifeofnorthwhidbey.org

Relay For Life Of South Whidbey Island June 19th

South Whidbey Island High School
In Langley
www.relayforlife.org/swhidbeywa



Light The Way For A Cure

Last year hundreds of candles burned brightly through the night as Relay For Life participants walked by their light. This year they'll be there again, in the memory of a loved one who lost their life to cancer of an in honor of a survivor.

Relay For Life of South and North Whidbey Island Luminaria Bag Order Form

A donation will reserve a candle light tribute for you loved one. Please complete this form and mail to: Jennifer Holocker American Cancer Society 728 134th St. SW, Suite 101, Everett, WA 98204

Please light a Luminaria: _____ In Honor Of _____ In Memory Of

Loved Ones Name: _____

Donor's Name: _____

Address: _____ Phone: _____

Enclosed is my donation: \$ _____ North Whidbey Island

Please decorate my bag for me: _____

I'll decorate my bag @ Relay: _____ South Whidbey Island