



RFL of the South Hills
“Let’s Play While We Relay”
 Park Avenue Field
 @ Bethel Park Community Center
 June 19, 2010 ~ Begins 10:00 am

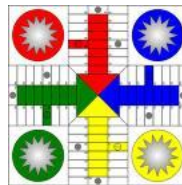
www.relayforlife.org/pasouthhills
March 2010 News

Dates at a Glance

- **Apr 6** ~ Next Team Captain and Committee meetings
- **May 8** ~ Bark For Life (save the date)

Registered Teams and Their Games:

1. Army Corp of Engineers ~ Scrabble
2. *Brentwood Bank ~ Monopoly
3. Cruisin’ For a Cure ~ Game choice needed
4. *Cure Chase’rs ~ Dominoes
5. *Curves of Bethel Park ~ Plinko
6. *Double D’s ~ Clue
7. *Fighting Fonzis ~ Game choice needed
8. *G-5 R312 ~ Wii
9. *Hamilton Church ~ Game choice needed
10. *Jamie’s Sweets ~ Game choice needed
11. Leif Erickson’s Crew ~ Game choice needed
12. *Million Dollar Morgan ~ Disney Scene-it
13. *Relay Rascals ~ Candyland
14. Sala Chiropractic Rehab ~ Game choice needed
15. Stress Relievers ~ Game choice needed
16. *Strides of Hope ~ Life
17. *Survivor All-Stars ~ Go Fish
18. *Team Alex ~ Chess
19. *Walkers For Life ~ Apples to Apples
20. *Walking Warriors ~ Twister



*Registered Online

Bark For Life



All teams are requested to set up a booth at Bark For Life at the South Park Fairgrounds Saturday, May 8 from 10-1pm. You are encouraged to sell food and drink. Please reserve your food/drink selection through Mary Lou by April 6.

Fundraising Offers for Your Team



1. **Soy candles** are a great fundraiser and are available from Susan McCann. Check out her website at mccannscountrycandles.com. Come see and smell her wonderful candles at our next team captain's meeting or contact her now at 724-223-8517 (Susan relays for her Dad)
2. Would you like to double your fundraising efforts? Does your employer have a **Matching Funds** program? You can find out by going to our website www.relayforlife.org/pasouthhills. On our home page, click on "Fundraising Resources" then "Double Your Money" to do a search for your company to see if they offer matching funds. This is a great way to reach your goal even faster.
3. **Brusters Coupons Fundraising Booklets** will be available March 8. There are 12 coupons in the book - 2 are for \$2.00 off a cake and there are 10 Buy One Get One Free coupons. There is no cost to us for these booklets. We are selling them for \$5.00 - all of which goes to your fundraising efforts. Call or email Mary Lou Bender to get your coupons.
4. **Pampered Chef “Help Whip Cancer” Fundraiser.** Earn money for your team through this event-wide fundraiser while PC offers their once-a-year **PINK** products. Catalogs, order forms, a web link and details will be available at the next Team Captains’ meeting. The sale will run through April 28 to allow for Mother’s Day delivery. Email Patty to reserve your sales packets pjheasley@comcast.net

Contact Information:

Angela Giacchino ~ ACS Representative ~ angela.giacchino@cancer.org ~ 412-919-1072
 Mary Lou Bender ~ Event Chair ~ mlbends4@verizon.net ~ 412-343-4524
 Lauren O’Brian ~ Event Co-Chair ~ laurenmmcc@yahoo.com ~ 412-708-7570
 Patty Heasley ~ Event Co-Chair ~ pjheasley@comcast.net ~ 412-851-0743

Upcoming Fundraisers to Support

1. Cookbooks for sale

\$10/each. By "Strides of Hope". They are shipping and should be here by this Friday.



I will bring some to the next meeting if anyone is interested. If people would like a certain # of cookbooks, they can email me & I can bring that amount of books.

cstewart757@msn.com

2. Murder Mystery Dinner Wed. April 7th

6:30pm by "Strides of Hope" South Park Clubhouse 2200 Brownsville Road, South Park 15129 -- \$45/person (includes dinner, dessert, soft drinks, tax, tip, & show). For reservations call 412-833-5599 or email Corie Stewart @

cstewart757@msn.com

3. Spaghetti Dinner Sun. April 25 3-7 pm by

"Team Alex". Cost is \$10 adults and \$6 children 10 and under. Includes spaghetti, salad, bread & Butter, dessert & Drinks. Bethel Park Volunteer Fire Social Hall – 5213 Brightwood Rd. Catered by The Spaghetti Warehouse. Call Danette for tickets 412-831-8313.

4. Texas Hold'em Tournament Sat. May 15

6:00 pm by "Strides of Hope" registration begins; tourney to start 7:00 sharp. Brentwood Cafe 3615 Brownsville Road, Pgh. 15227 \$55/person (to enter the tourney. Includes entry fee & food). Drink specials, 50/50, & basket of cheer raffle. We are only able to accept 45 card players. People are encouraged to come even if they are not planning on playing in the tournament (they can participate in the raffles, 50/50, etc.) Please contact Corie Stewart for more info:

cstewart757@msn.com

5. "I Loathe Lucy" Murder Mystery Dinner Saturday May 22, 2010 ~ Royal Place ~ 2660 Library Road(Rt. 88) Doors open at 5:30 pm. Dinner and Show at 6:30 pm ~ 50/50 Raffle Buffet Dinner: Carved Roast Beef, Baked Cod English, Stuffed Chicken Breast, Pasta with Marinara Sauce, Roasted Red Potatoes, Rice Pilaf, Green Bean Almondine, House Salad, Rolls and Butter, Dessert, Coffee, Tea and Soft Drinks. Cost: \$35.00/Per Person ~ Cash Bar

Available. Limited Seating Contact: Jan 412-953-3152 or Kim 412-576-3496

6. **Comedy Club Night** June 4 @ the Royal on Rt. 88. Sponsored by "Million Dollar Morgan". Tickets will be \$20 per person. Watch for more info to come.

Team Captain Action Items

1. **Team Surveys** need to be completed and handed in ASAP. Logistics Committee needs to know what you will need for the event - electricity, grill space, tent space, etc. Please fill in your site survey and send to Darrell Lis at darrell_lis@yahoo.com. If you want to fill out the form and email to Darell, please contact him or Mary Lou for the file.
2. Please **turn in money** at each TC meeting. Make sure you separate money into one envelope per person in order to earn your \$100 individual t-shirt requirement.
3. Look for email from Mary Lou to pick up your **Bruster's coupon books**
4. Email your **team's game choice** (if not listed in this newsletter) to Patty pjheasley@comcast.net
5. **Survivor "bribes"** It has been our tradition for the past few years for each time to give each survivor that visits your tent site a "bribe". It's time to start thinking about now. (The survivors vote for the best tent site on the day of Relay) These gifts are little tokens of some sort - cookies, candy, pins, buttons, stickers. Be creative and have fun with these.
6. Please email your **on-site fundraisers** to Mary Lou before the next Team Captain meeting. **WE NEED FOOD AND DRINK** to be sold



Money, Honey



Bowl For Life brought in close to \$2000 PLUS another \$500 - \$600 for individual teams. Watch for a repeat event in the fall!

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Calling ALL Survivors



Do you know a cancer survivor or caregiver? If so please send their name and address to Kathy Randolph @ kbrandolph@gmail.com or Mary Lou Bender at southhillsrelayforlife@verizon.net so that we can send them an invitation to our survivor/caregiver reception.

Reserved On-Site Fundraisers



Nachos & cheese for sale during the day. Coffee, Hot Tea, and Hot Chocolate for sale overnight. Cookbooks for sale all day (while supplies last) **Strides of Hope**

Team Meetings



Held at Hamilton Presbyterian Church
4500 Hamilton Road
Pittsburgh, PA 15236
(across from Cool Springs)

Corner of Baptist and Hamilton Rds.

7:30 pm on the first Tuesday of every month beginning in Apr 6, May 4. At least one representative from each team needs to attend these meetings for important, timely information.

T-shirt pick-up June 15 – location TBD

Visit <http://www.relayforlife.org/relay/teamcaptains> for MANY ideas for your team AND to send your email sponsorship requests.

Challenge from Angela



Personalize your team and personal pages. Import your contacts and send as many email messages as possible.

The Relayer who sends the most email messages to solicit donations wins a prize at the next TC meeting. Yes. . . there is a counter 😊

Facebook and RFL



We have created a Facebook group for our Relay. Anyone on Facebook is encouraged to join and can do so by searching for "Relay For Life of the South Hills". You are welcome to post any pictures or videos you have. You can even post information about your team fundraisers and events on this group site.

Remember. . .

Luminaria donations now "count" toward your team's fundraising dollars! Your donors choose a "gift from the heart" amount. Some teams suggest \$10 each. Print and/or forward the pdf order form from the relay web site.



Cancer Prevention Study



Are you interested in being a part of the cure? ACS is conducting. Cancer Prevention Study 3 - "Research Today For a Cancer-Free Tomorrow". There is one opportunity locally to be a part of this study. It will be on May 22, 2010 at the RFL of Chartiers Houston.

Anyone between the ages of 30 and 65 who has never been diagnosed with cancer and will commit to the study can be a part of it. At Relay, you will be asked to complete a brief survey, provide a waist measurement, and give a small amount of blood (similar to a doctor's visit), collected by a certified, trained phlebotomist.

At home, you will also be asked to complete a more detailed survey that asks questions related to medical history, lifestyle, and behaviors. Periodically, you will receive a survey at home to update that information.

More information is available on our website by clicking on CPS3 in the left hand column of our homepage.

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