

There's a new relay in town.

"Join the Fight" against cancer this spring at the Canadian Cancer Society *Relay for Life* in Woolwich Township!

When?

June 21, 2013
7PM—7AM

Mark
your
calendar
now!

Where?

St. John's Kilmarnock
School
2201 Shantz Station
Road
Breslau, Ontario



Why?

- 1 Celebrate cancer survivors.
- 2 Remember loved ones lost to cancer.
- 3 Fight back in the hope of finding a cure for this terrible disease.

Canadian Cancer Society *Relay For Life* Newsletter

ISSUE
#1

Relay Rap



RELAY FOR LIFE, WOOLWICH June 21 — June 22

Anyone whose life has been touched by cancer is no stranger to the emotions of fear and helplessness. Far too many of us know what it is like to lose someone we love to this terrible disease. It is time to fight back! The Canadian Cancer Society has just granted Woolwich Township its very own *Relay For Life* event.

Our relay will be taking place June 21 to the 22nd. **But what is a relay anyways?** Next page!

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Your participation makes a difference

What is Relay For Life?

Relay For Life is the national signature fundraising event of the Canadian Cancer Society. It is a 12-hour, overnight, non-competitive, team relay designed to bring a community together. *Relay For Life* allows us to celebrate those who have survived, remember those whom we have lost, and fight back against cancer. Given the distances between our villages and towns in Woolwich, this is a one-of-a-kind opportunity to unite together in companionship and ensure that everyone knows that they are not alone in the fight.

Please join the 1st Annual *Relay For Life* in Woolwich Township on June 21-22, 2013. This event provides many avenues for you to take a personal stand against cancer. You can rally your family, friends, and co-workers and put in a team. You can volunteer at the event or you can pledge those who have decided to join. If you are a cancer survivor, you can bring your caregiver and join us in our Survivors' Victory Lap. Whatever you choose, please know that **your effort will make a tremendous difference in the**

Luminaries for Sale

You can purchase Luminaries in honour of loved ones who have fought or are fighting the battle against cancer. You can also purchase them in memory of loved ones who have lost to this horrible disease.

Luminaries are small paper bags filled with some sand and a candle. They are lit during the Luminary Ceremony as part of our Relay. The cost for a luminary, \$5, goes to aid cancer research and treatment. Luminaries can be dedicated to an individual or for the cause as a whole.

To purchase a luminary, go to <http://www.relayforlife.ca/woolwich> and look for the "Buy A Luminary" link on the top right of the page!

How you can help

There are many ways that you can help make our event a success.

- **Teams:** We are looking for teams to participate in our relay. See the next page for information on how you can get your friends, family, and colleagues involved in relay!
- **Volunteers:** *Relay For Life* is planned, prepared, and executed mostly by volunteers. Whether it's a few hours on the 21st or 22nd, or a more significant commitment as part of our planning committee, please do not hesitate to contact our volunteer coordinators Maki Katsubi & Sherri Benki — mkatsube@sjkschool.org.
- **Survivors:** Celebrating cancer survivors is a focal point of the relay experience. If you know any survivors who would like to be a part of our ceremony, please contact Nancy Tippin & Cindy Hobson — ntippin@sjkschool.org
- **Donations:** Are you willing to provide food or supplies for our event? Please contact us at woolwichrelay@sjkschool.org.



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Relay For Life - Woolwich

In the spring of 2002, Tracey and Carey participated in their first *Relay For Life*. It was the year that their colleague's son got to lead off the survivor lap. He was 5 years old. The experience was a very moving one and shortly thereafter, Tracey contacted the Canadian Cancer Society to see if having one on the campus of SJK, where both women work, was a possibility.

Fast forward 10 years, with many more friends and family whose lives were altered or ended by cancer, word was received that the CCS would be granting their wish – the 1st annual *Relay For Life* in Woolwich Township. Coming on the heels of the death of their close friend, Leanna, a thirty-six year old wife and mother who left behind a sixteen month old son, Tracey and Carey channeled their grief into the preparations for the one thing that made them feel like they could do something to fight back.



Carey & Tracey

“We are doing this in Leanna’s honour and to stand behind all of our family, friends, and community members who have battled this deadly disease.” Tracey, a resident of Breslau, and Carey, from Maryhill, hope that their efforts not only help find a cure for cancer, but draw the Township of Woolwich together in this community wide event. “We want to prove that the biggest hearts come from the smallest towns. We want people in our community to know that when they fight cancer, they are not alone.”

CALLING ALL TEAMS!

Relay can't happen without you. Consider being a captain of a team and gathering ten of your friends to be part of the solution to this terrible disease. See you there!



www.relayforlife.ca/woolwich

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Mare's Story

Mare Zettel's journey with cancer began in the fall of 2008. At the time she was 46 years old. After noticing a small lump in her breast, she consulted her doctor. Within a few weeks, after a mammogram and a biopsy, Mare was diagnosed with invasive carcinoma of the left breast and a bi-lateral mastectomy was recommended by her general surgeon. She felt she had very little information to base such an important decision on.

Mare sought a second opinion at Women's College Hospital in Toronto. After some compassionate and informative consultations with a Breast Cancer Surgeon and her team at the Breast Clinic she made an educated decision to proceed with a mastectomy of the left breast only since the right breast was completely healthy. The surgery was done there in May 2009.

Two months after the surgery Mare began her chemotherapy treatments. While she had anticipated it, the loss of her hair was an emotional experience. Having her family with her made all the difference.



“I felt support and strength and while my family members took turns shaving my head it occurred to me that that each of them had experienced their own journey with cancer. They were all walking beside me every step of the way and it was so clear to me that I was not alone and that we would get through this together and we did. I have thought of that moment many times since then and it gives me great comfort knowing that no matter what happens in life I can always draw on that memory to remind me that I am never alone.”

Mare drew her strength for this journey from her deep faith in God and from all the love, encouragement and support of her family and friends:

“When I was first diagnosed with breast cancer I made a plea to my family and friends to ask their doctors for a mammogram. One of my dear friends, also 46 at the time, promised me that she would go, even though her doctor felt age 50 was early enough. Soon after, my friend was diagnosed with invasive carcinoma in her chest wall that her doctor stated would not have been detected through manual examination since it was behind her breast. Her doctor said that had she waited to have her mammogram, it would have been too late. After a series of radiation treatments, my friend for more than 35 years is cancer free.”

Join Mare and many survivors like her at our *Relay For Life*, and show her that she isn't in this fight alone!

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