

RELAYRAP

the *Relay For Life* Newsletter



Photo Credit: Michael Ericsson

Relay For Life in Edmonton May 26, 2012 Foote Field

relayforlife.ca

For more information, please contact:
(780) 437-8407
edmonton.relayforlife@cancer.ab.ca

Congratulations to our first 2012 Sapphire team in Alberta and the Northwest Territories

Congratulations to *Driving For A Cure*, captained by Mike Davis, one of 31 teams registered to date for the 2012 Lethbridge *Relay For Life*. This team of employees from Davis Pontiac Buick GMC organized a head shave to take place during their Whoop-Up Days BBQ on August 26th. The team promoted their event through the local newspaper, internal communications and on a local radio station. They set a goal to raise \$10,000, but in the 2 days preceding the event, these 9 individuals raised over \$16,000, for a grand total of over \$20,000 raised!

Set a goal to be the first team at your event to join the FUNdrising Club. Starting at just \$5,000, your team will be recognized for your accomplishments. Here are our 2012 FUNdrising Club levels

Sapphire	\$20,000+
Gold	\$10,000 - \$19,999
Silver	\$7,500 - \$9,999
Bronze	\$5,000 - \$7,499

Want to save \$5?

This year, *Relay For Life* is introducing a reduced registration fee of \$10 online and \$15 offline if you register prior to **January 31, 2012**. After this date, registration fees will increase to \$15 online and \$20 offline.

January may seem like a long way away, but with the holiday season quickly approaching it will be January before you know it.

Donate your time to the fight against cancer

Your local volunteer Leadership Committee is looking for volunteers to assist in the planning of your local event.

Whether you are looking to gain experience or for a way to meet people in your community, and even if you only have a few hours a month or a few hours a week to contribute, we would love to have you.

For more information about volunteering, please contact **Christy** at **(780) 437-8407** or **edmonton.relayforlife@cancer.ab.ca**.

CELEBRATE REMEMBER FIGHT BACK

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Join the *Cancer Fight Club* – our health reminder program

We understand that conversations with doctors can sometimes be confusing and even overwhelming. Many women and men may not know what screening and early detection options they need to talk to their doctor about.

This is why the Canadian Cancer Society started the *Cancer Fight Club* health reminder program – to arm you with the information you need to be able to fight cancer by talking to your doctor about screening and early detection options.

Diagnosing certain cancers early has a significant impact on the success rate of treatment. A few examples of cancers that are highly treatable when detected early include:

Women:

- breast
- colorectal
- cervical
- melanoma (skin)

Men:

- prostate
- colorectal
- testicular
- melanoma (skin)

You can sign up for the *Cancer Fight Club* health reminder program to receive a convenient checklist, providing you with the most up-to-date, age-appropriate information about screening and early detection. To sign up, visit cancer.ca/fightclub.

Fall FUNdraising tips

Fall is a great time for teams to start FUNdraising! With so many events already taking place, why not turn them in to FUNdraisers? Here are a few ideas to get you started:

- Start a pool for your favourite reality TV show. Have everyone in the pool pay \$20 with half going to your *Relay* team and the other half going to the pool winner.
- Halloween and New Year's Eve are great opportunities to host a party – either at your home or at a local pub or community hall. Consider hosting a Halloween masquerade ball or a New Year's Eve dance. You can raise money through ticket sales, a silent auction, food and drinks.
- Host a turkey dinner for friends and family this Thanksgiving and ask all guests to donate a minimum of \$20 to your fundraising efforts.
- Invite friends and family over for the American Music Awards and charge them a fee to enter their ballot of winners. The person with the most correct predictions wins a prize.
- Host a Grey Cup tailgate party for all of your friends. Get out the barbecue and charge your friends for a tailgate meal. Hold a 50/50 draw for those in attendance and give the money raised to your team.
- Ask your company to donate \$1 from the sale of every drink at your holiday party.
- Are you crafty or do you enjoy baking? Set up a table at your community holiday craft or bake sale and sell your creations to raise money.
- Take your team caroling in your community and ask for a donation in
- Ask for donations in lieu of holiday gifts.

For more great ideas, please check out our FUNdraising tips at relayforlife.ca.