

June 2009  
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## From the MN Relay Advisory Team

### **BE PART OF HISTORY—Enroll in CPS-3 in Woodbury and Rochester**

In this year alone, more than 1.4 million people in the US will be diagnosed with cancer and more than 559,000 people will die of the disease.

To better understand ways to prevent cancer, the American Cancer Society's Research Development is recruiting a diverse group of 500,000 adults across the US and Puerto Rico for a new research study, the Cancer Prevention Study-3 (CPS-3).

**CPS-3 is being rolled out in Minnesota this year!**  
Enrollment will take place at:  
**Relay For Life of Woodbury—June 19 and**  
**Relay For Life of Olmsted Co. (Rochester)—July 10**



2008 Cancer Survivors of Lyon, MN

The American Cancer Society's is inviting men and women between the ages of 30 and 65 years who have no personal history of cancer to join this historic research study at [www.cancer.org/cps3](http://www.cancer.org/cps3).

CPS-3 is a grassroots effort where local communities from across the country can support cancer research not just through fundraising efforts like Relay For Life, but also by participating actively in this historic research study.

Please visit the [CPS-3 page](#) on [www.cancer.org](http://www.cancer.org) for more information on this important effort.

#### **Continue to Plan the Party....**

The event planning for most Relays is well underway.

A couple more key elements for Event Development that each Relay should look at:

- **Have clear signage and convenient, accessible facilities.**
  - Well planned and well-thought-out logistics make the Relay experience comfortable and easy to navigate.
- **Have a smooth, friendly, clearly defined registration process.**
  - This welcomes participants and survivors.
- **Have a severe weather plan.**
  - Make plans ahead of time of how you would need to change your event in the event of severe weather.
  - If you are moving inside somewhere, plan/layout where you would hold all key elements of your event inside.
  - Maybe you will need to cancel your event - plan how you will let your teams and community know the needed information the day of your event if severe weather is a problem for your Relay.

## June 2009

### Relays

#### June 5<sup>th</sup>, 2009

- Mahnomon Co.
- Marshall Co.
- Red Lake Co.
- Todd Co. / Staples

#### June 12<sup>th</sup>, 2009

- Benton Co.
- Clay Co.
- Cold Spring
- Greater St. Cloud
- Pennington Co.
- Pipestone Co.
- Polk West Co.
- Yellow Medicine

#### June 13<sup>th</sup> 2009

- Kittson Co.

#### June 19<sup>th</sup> 2009

- Apple Valley
- Becker Co.
- Hubbard Co.
- Kanabec Co.
- Meeker Co.
- Nicollet Co.
- Nobles Co.
- Pine River Co.
- Pope River Co.
- Rock Co.
- Sibley Co.
- St. Anthony Village
- Swift Co.
- Woodbury

#### June 20<sup>th</sup> 2009

- Clearwater Co.

#### June 26<sup>th</sup> 2009

- Anoka Area
- Jackson Co.
- Northern Cass Co.
- Otter Tail West
- Paynesville
- Rosemount
- Stearns Co. West

#### June 27<sup>th</sup> 2009

- Hopkins/  
St. Louis Park

### Fundraising Tips

**"yeah, when pigs fly"** Drop off a piggy bank on your neighbor's porch or step and have a sign telling them to donate money to make the piggy fly away. It won't leave until they make a donation of \$5 or more.

**Dress Down Day** Clear it with your supervisor to let people come to work dressed down, but only if they pay \$10. This can be a weekly day or monthly event. Just make sure you wear clothes.

**Cake Drawing** Everyone bakes a cake and sells them at work or at the local grocery store on the weekend. Its fun to bake and decorate cakes! These are even better because they fight against cancer!



Flushing out Cancer the easy way in MN

### Onsite Fundraising

Did you know the most successful teams conduct onsite fundraising during their event?

Now is the time to get teams thinking about onsite fundraising. Onsite fundraising not only provides team building its built-in entertainment for your relay.

To promote onsite fundraising before your event offer email commercials—set a deadline date then email them all out together. During your event provide "commercial breaks" suggest teams write a commercial for the MC to advertise onsite fundraising. Include onsite fundraising in your program.

Although, on site fundraising is not the primary means of fundraising it can certainly help boost final fundraising totals, provide a greater sense of community AND offer a great service to the Relay! Onsite fundraising is like the icing on cake!

HEY how about a CAKE-WALK??

**Project Relay.** Be a designer like on Project Runway. Make t-shirts with fun slogans and sayings on the backs and sell them at the event. A t-shirt that said, "Fight like a girl, win like a woman" has sold over 5000 shirts and sweatshirts all over the globe!

**Purple Lemonade** Sell glasses of lemonade for \$1 at the event. Make a purple stand and tint the lemonade purple with food coloring.

**Get Crafty** Not everyone has time to scrapbook, so you can do it for them! Take pictures from people and make a scrap book of the event for donations.

**Party with a Purpose** NEW! Plan a dinner, brunch or dessert party for your friends! Have it formal or informal, just make sure everyone donates the same amount of money they would on a night out.

Here are some ways your committee can encourage it--- talk about onsite fundraising at meetings, brainstorm ideas, write down what teams are doing

--does your team have a theme?

"Fishing for a cure" how about minnow races?

Royalty Team? Decorate pipe cleaner crowns and walk a lap with a queen or king.

What gifts do your team members have?

Face-painting, hair cutting, balloon art, caricatures, massages, manicures, dance lessons, singing telegrams, putting green, flashlight bingo, bead lap trackers, scavenger hunts, relay trivia questions, musical chairs, lollypop tree, glow jewelry, purple hair extensions, tattoos, Jail and Bail!

Get your old instant camera out and make a cardboard cut-out of a famous person and charge to have your picture taken.

Sell healthy treats and snacks, cookies & popcorn or popsicles.

AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate. Remember. Fight Back.

\*\*Following these practical steps can help protect you from the effects of the sun -- they provide the best protection when used together

### Cover up

When you are out in the sun, wear clothing to protect as much skin as possible. Use a sunscreen with a sun protection factor (SPF) of 15 or higher. When using an SPF 15 and applying it correctly, you get the equivalent of 1 minute of UVB rays for each 15 minutes you spend in the sun.

### Wear a Hat

A hat with at least a 2- to 3-inch brim all around is ideal because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose, and scalp.

### Wear UV Sunglasses

Research has shown that long hours in the sun without protecting your eyes increase your chances of developing eye disease.

### Limit Midday Exposure

UV rays are most intense during the middle of the day, usually between the hours of 10 am and 4 pm.

### Avoid Tanning Beds

Tanning lamps give out UVA and frequently UVB rays as well. Both UVA and UVB rays can cause serious long-term skin damage, and both contribute to skin cancer.

### Protect Children

Children require special attention, since they tend to spend more time outdoors and can burn more easily. Parents and other caregivers should protect children from excess sun exposure by using the measures described above.

## Skin Cancer Prevention and Early Detection

Skin cancer is the most common of all cancer types. More than 1 million skin cancers are diagnosed each year in the United States. That's more than cancers of the prostate, breast, lung, colon, uterus, ovaries, and pancreas combined. The number of skin cancer cases has been on the rise for the past few decades.

The good news is that there is a lot you can do to protect yourself and your family from skin cancer, or to catch it early enough so that it can be treated effectively. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays.



Luminaire Celebration at South St. Paul Relay For Life 2008



Relay For Life of Hopkins 2008

"Slip! Slop! Slap! ... and Wrap" is a catch phrase that reminds people of the 4 key methods they can use to protect themselves from UV radiation.

*Slip* on a shirt, *slop* on sunscreen, *slap* on a hat, and *wrap* on sunglasses to protect the eyes and sensitive skin around them from ultraviolet light.

## Hard Work Pays Off at the Legislature



Your support and Your persistence has paid off big time for Minnesotans. We just finished our legislative session and we have some good news! The Minnesotan Colorectal Cancer Prevention Act was signed into law after its introduction this year. This is a huge step in making colorectal screenings available to Minnesotans. We must now continue our fight at the federal level to receive the matching funding dollars.

Thank you to everyone that contacted your state legislator.

This is truly your Relay dollars at work, making a difference for many Minnesotans.

We also worked hard to shield Sage from drastic cuts and our voices were heard. We will continue to work with the Department of Health to insure women receive their breast and cervical cancer screenings.

We were also on the defensive when it came to the Freedom to Breathe Act and it paid off. We successfully defended two amendments to weaken Minnesota's Freedom to Breathe Act by allowing smoking rooms and smoking shacks in restaurants and bars. In addition, we defended full funding for Minnesota's SHIP (Statewide Health Improvement Program) that will continue to support new and innovative tobacco and obesity initiatives. This was a busy year at the legislature and our fellow Relay For Life volunteers were heard and made great strides.

To find out more about our legislative progress this year, go to Minnesota's advocacy website at [acscan.org](http://acscan.org). Here you can read about our accomplishments and sign up to be a House or Senate District Advocate, it is free and easy to do.

Cancer is Minnesota's #1 leading cause of death; your Legislators need to know that cancer should be Minnesota's #1 priority.

AMERICAN CANCER SOCIETY RELAY FOR LIFE  
**Celebrate. Remember. Fight Back.**