



Walk Talk!

American Cancer Society Relay For Life News for Westerly

Relay For Life: Celebrate. Remember. Fight Back.

November 2009

2009/2010 Calendar of Events

Next Committee Meeting:

Tuesday, 11/17/09,
6:30-7:30 PM
Dylan's Restaurant
Westerly

Relay Kickoff:

March 5, 2010
Time/Location TBD

Coffee Hours / Captain's Meetings:

The following Thursdays:
March 25, April 15, May 6,
May 27, June 17,
7-8 PM, Knights of
Columbus Hall, Westerly,

Relay For Life:

Friday, June 25th –
Saturday, June 26th,
4 PM – 10 AM,
Westerly High School

Visit the ACS
Relay For Life
of Westerly at:
www.westerlyrelay.org

Join us for Relay in 2010

Event set for June 25th -26th; Tri-Chairs Announced

The American Cancer Society's Relay For Life is a life-changing event that brings together more than 3.5 million people to celebrate, remember, and fight back. We **celebrate** the lives of those who have battled cancer; we **remember** loved ones lost to the disease; and we **fight back** because we have been touched by cancer and desperately want to put an end to the disease.

We hope you will join us next June when we take to the track at the Westerly High School for the 13th annual Relay For Life of Westerly.

The 2010 Relay will be held on Friday, June 25th, beginning at 4:00 PM and run through Saturday, June 26th, ending at 10:00 AM.

Teams of friends, co-workers, and neighbors will come together to honor survivors, remember those lost to cancer and support the American Cancer Society's lifesaving research, education, advocacy, and service programs. These programs deliver hope and help to cancer patients and their families in our community and communities throughout the country – and your support makes a difference!



Lynn Vogelpohl and Rob Beck

Rob Beck, Jessie Haytaian and Lynn Vogelpohl will serve as the 2010 Event Tri-Chairs. Rob has been involved with Relay since 2001 as a team captain and last year served as the Logistics Co-Chair. Jesse first got involved in Relay in college and served as both the Entertainment Chair and Event Co-Chair for three years while attending URI. Last year, she joined the Westerly Relay Committee as the Team Recruitment Co-Chair. For several years, Lynn has served as both a member and a team captain for the Washington Trust team and last year co-chaired the Team Recruitment Committee with Jesse.

"It is exciting to see new faces step up and volunteer to lead Westerly's Relay," Mike Urgo, 2009 Event Chair and Westerly's American Cancer Society Staff Partner, said. "Rob, Lynn and Jessie bring a great deal of experience and enthusiasm to this event. I am so excited to be working with them and I know that Westerly will have another amazing Relay season under their leadership," he added.

(Cont'd on page 2)



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.

Kudos to 2009 Top Teams and Individuals

The 2009 Relay For Life of Westerly raised over \$163,000, with 75 teams and over 850 participants, including survivors. The Relay For Life committee is proud to recognize the top fundraising teams and individuals for the 2009 Relay. Thank you for your hard work and commitment to make Westerly an amazing success!

Top Teams

- Absolut M&M
- Team Gus
- Tri-State Survivor
- Pizza Lady
- Zoe's Zoo

Top Individuals

- *Carmen Leandro Botelho*
Zoe's Zoo
- *Sue Terranova*
Pizza Lady
- *Chris Peloso*
Westerly's Bravest and Finest
- *Melissa Doak*
Tri-State Survivor
- *Cindy Shetler*
Pizza Lady
- *Tonya Smith*
Walkin on Faith
- *Michael Conway*
Peaceable Kingdom
- *Joanne Lindeborg*
Trail Blazers
- *Silvana Terranova*
Pizza Lady
- *Melissa Tapley*
Debbie's Angels

Relay 2010

(Cont'd from page 1)

The **first Planning Committee meeting** will be held on **Tuesday, November 17th** at Dylan's Restaurant in Westerly at 6:30 PM. Volunteers are needed! If you are interested in joining a team committed to making the 2010 Relay another huge success, please plan to attend this meeting.

If you are unable to attend and are interested in helping, please contact Rob, Lynn or Jessie:

- Rob Beck - rbeckjr@yahoo.com or 1-401-222-0309
- Jessie Haytaian - jhaytaian@yahoo.com or 401-932-5373
- Lynn Vogelpohl - vogelpohl82@yahoo.com or 1-860-501-8787

The Relay For Life of Westerly is always an event to remember! Be on the lookout for another newsletter coming early next year and please mark your calendars to join us in 2010 as we once again celebrate, remember and fight back!

*Sue Terranova
2010 Communications Co-Chair*



Jessie Haytaian and Lynn Vogelpohl

Making a Difference – Two Locals Raising Money for the American Cancer Society

Westerly local volunteer, coach, and teacher Frank Abate will be heading to Philadelphia, PA on November 22nd, 2009 to run in the Philadelphia Half Marathon to raise money for the American Cancer Society. For most, this is a huge undertaking, but it's even more remarkable given Frank has cerebral palsy. Frank is an inspiration to all in our community. He is running the marathon and raising money to honor the memory of his father, who passed away after a long battle with pancreatic cancer.

Andrew Felicetti, a senior at Westerly High School and who plays baseball under coach Abate, is joining Frank in his efforts to raise money for the American Cancer Society. Andrew has made fundraising for cancer research his senior project.

To date, Andrew and Frank have had tremendous support from local businesses, families and friends.

The two will host their next fundraiser, a pancake breakfast, at Applebee's Restaurant in Westerly on Saturday, November 14th, beginning at 8 AM.

If you would like to support Frank and Andrew, who have set a goal to raise \$3,000, you can contact Frank at 401-749-8824 or you can send your donation, payable to The American Cancer Society, to Frank at 75 Oak Street, Westerly, RI 02891.

Many thanks to all that have supported Frank and Andrew in this effort so far. From all of us involved with the Relay For Life, we say Best of Luck Frank and thanks for continuing to be a remarkable inspiration to all!



Coach Abate

A Beautiful Day for a Parade!

The 2010 Relay For Life season kicked off with a small committee of volunteers participating in the annual Westerly Columbus Day Parade held in October. Organized by event tri-chairs Rob Beck, Lynn Vogelpohl and Jessie Haytaian, and aided by a small group of past and present committee members and their enthusiastic children, the Relay For Life was once again represented in the Columbus Day Parade – one of the area’s most beloved and popular traditions.

“It was a great way to get the word out about next year’s Relay,” Lynn said. “We passed out hundreds of ‘Save the Date’ cards and our mini Relay flags were a big hit with everyone! It was a beautiful day!”

Thanks to all that helped design and assemble the float and especially to those who part of the team marching on parade day!



American Cancer Society Marks 34th Great American Smokeout® by Encouraging Smokers to Quit



As the official sponsor of birthdays, the American Cancer Society marks the 34th Great American Smokeout on November 19 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk and creating more birthdays. Researchers say that quitting smoking can increase life expectancy – smokers who quit at age 35 gain an average of eight years of life expectancy; those who quit at age 55 gain about five years; and even long term smokers who quit at 65 gain three years. Smokers who want to quit can call the American Cancer Society Quit For Life® Program operated and managed by Free & Clear® at 1-800-227-2345 for tobacco cessation and coaching services that can help increase their chances of quitting for good.

Research shows that people who stop smoking before age 50 can cut their risk of dying in the next 15 years in half compared with those who continue to smoke. Smokers who quit also reduce their risk of lung cancer – ten years after quitting, the lung cancer death rate is about half that of a continuing smoker's. Some of the health effects of quitting are almost instant, too – heart rate and blood pressure drop 20 minutes after quitting.

The Great American Smokeout Web site (www.cancer.org/GreatAmericans) contains user-friendly tips and tools towards a smoke-free life. In addition to tip sheets and calculators, the site also offers downloadable desktop helpers to assist with planning to quit and succeeding in staying tobacco-free. The Quit Clock allows users to pick a quit day within 30 days, then counts down the selected day with tips for each day; and the Craving Stopper helps smokers beat cravings by offering a fun distraction. The American Cancer Society created the trademarked concept for and held its first Great American Smokeout in 1976 as a way to inspire and encourage smokers to quit for a day. One million people quit smoking for a day at the 1976 event in California. The Great American Smokeout encourages smokers to commit to making a long-term plan to quit smoking for good. (Excerpts from the American Cancer Society Press Release, Dated November 5, 2009)

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Special Note: On October 29th, the Rhode Island General Assembly passed legislation that will help Rhode Islanders quit smoking. The legislation will mandate insurance coverage for the full range of new and established interventions to help smokers quit. This includes mandatory coverage of FDA-approved smoking prescription and over-the-counter medications, and coverage for medications with or without use of counseling sessions. This legislation will provide adequate insurance coverage for Rhode Islanders by ensuring that the full range of tobacco dependence interventions are mandated by law. This legislation now heads to the Governor's desk for signature and will take effect immediately once signed.

**Cancer information,
local resources, and
support anytime,
day or night.**



**1.800.ACS.2345
www.cancer.org**