



Relay for Life

Geelong March 4th –5th, 2006

Newsletter 1

September 2005



Welcome to Relay 2006.

To start, the Victorian Cancer Council and the Geelong Relay for Life Committee would like to thank everybody who participated in last year's event. The weekend was a huge success, even if the weather was cold.

We are pleased to inform that the 2005 event raised over **\$321,000**, a new Geelong record.

Already kick-starting the 2006 event we have 22 teams registered. We are committed to a target of 150 teams so talk to your friends & colleagues about entering a team.

Contacting the Geelong Committee

The Geelong Committee has an email address that you can send any questions to. Below is a list of Geelong Relay departments and the Committee member/s assigned to those roles. To contact a particular person address your email to that person and the email will be forwarded onto that person. Alternatively you can phone the Relay mobile, in which Glenda, (team recruitment) will answer.

Email: geelongrelay@optusnet.com.au

Ph: 0432 493 555

Committee

Role	Name	Role	Name
Chairman	Andrew Purdy	Secretary	Jill Miller
Treasurer/Accounts	Kirsty Blaik	Team Recruitment	Glenda Arenson
Facilities	Darren Cole	Health & Safety	Dale Hausler
	Jim Anderson	Ceremonies	Jan Turner
	Geoff McDonald		Patsy Salathiel
	Stephen Levy	Entertainment	David Greenwood
	Daryl Rowbottom		Sam Santospirito
Public Relations	Sarah Birch	On-site activities	Maree Greenwood
	Laura Dillon	Website	Chris McAvaney
Volunteers Co-	Robyn Hodge	Cancer Council	Rod Ryan
	Judy Eyles		Anthony Keogh

We still have a number of places open on the Geelong Committee. We currently need help in Team Recruitment and Corporate Sponsorship, but help in any areas is greatly appreciated. We meet every couple of weeks on Wednesday evenings.

2006 Launch (see attached flyer)

This year's launch will be held on Tuesday the 11th of October. We encourage team captains to come along and meet the committee and ambassadors of the Geelong Relay. Free finger food and drinks will be supplied.

Put this in your diary – Wednesday 12th October (flyer attached)

This year to follow the launch, **Village Cinemas** will be hosting an **R&R** (Recruitment and registration) night. Team Captains are welcome to invite their team members to an evening at the Cinema. You will have the opportunity to register your team and pick up your kits. For **\$9.95** you will get to see a movie, get a free snack voucher for the snack bar and **\$5.00** from your ticket can be put towards your Relay for Life registration. If you have already paid your registration it can be put towards your teams fundraising. How easy is that. The movie we will be seeing is 'Must Love Dogs'.

A note from Entertainment

In past years we have always been overwhelmed with the amount of entertainment acts willing to perform at our event in which we are greatly appreciative. Of course we always like to have new acts each year to give everybody a go. If you know anybody that has a band or entertainment act that would like to perform then **David Greenwood** is the person you need to contact via the Relay email or phone.

A note from Publicity

Throughout the year the Geelong Relay will have feature articles in the Geelong News and hopefully some other Geelong media. If you have a great story about why you are participating in Relay for Life we would love to hear about. The people to contact are Sarah and Laura via the Geelong relay email or phone.

A note from ... all the committee

Every year at the Relay we like to give each team a show bag of goodies. We also have spot prizes that we give away for fun. If you have any items that you are able to donate as spot prizes or the show bags (needs to be 150 items for the show bags), then please contact Glenda or Laura via the Geelong Relay email or phone.

A note from the Team Liaison

This year we will be keeping a calendar this year to track fundraising events.

If your team has an event that you are planning please advise us by email or phone, if you would like us to advertise to other teams, we will include it in the calendar to teams with the newsletters. You can also send us a flyer, which we can attach to the newsletter. **Submissions for next month's newsletter is 23 Sept.** We also have available, flags, pull-up screens, posters, brochures, and a large hanging banner for you to borrow for any fundraising events, book these through Glenda

FAQ's

Does each team member need to raise at least \$100?

No. Whilst \$100 per person is a RFL goal, it is certainly not essential. Some teams do their fundraising as a team instead of individually; in this case the team average per person should be \$100 per person. Some people raise well over \$100.

Do all team members need to stay overnight at the track?

No. We understand that some people won't be able to stay for the whole event. We ask that team members try to stay at the track for as long as possible to support each other and share the relay roster, particularly late at night.

Do I need to do a minimum number of laps or hours?

No. It's not a race or endurance test. We simply ask that teams have at least one person on the track at all times. You may choose to set personal goals or team goals. In 2005 three people walked the entire 24 hours. You can also walk in pairs or groups to make it more enjoyable.

Can I take part in the 'Survivors Walk' and 'Candlelight Ceremony' without being on a Relay for Life team?

Yes. These ceremonies are the real highlights and we want to see as many people as possible taking part. Survivors and Carers wear coloured sashes during the opening lap of the event.

Is there a minimum age for team members?

No. Children under the age of 18 can participate in any team that has at least four adults. We ask that all children must be supervised during the event.

Are teams allowed to have visitors attend the event?

Yes. All visitors must sign in at the registration van if they intend to walk on the track or participate in any of the supplied activities. A parent or guardian must accompany all visitors under the age of 18 at all times.

What happens on the day?

Opening ceremony
Survivors Walk
Entertainment - bands, games, spot prizes
Onsite children's activities
Food vendors for snacks / meals
Candlelight Ceremony of Hope
Keep those team members walking!
Breakfast
Full team walk
Closing ceremony



Some useful pointers?

Dress for all seasons
You can bring a small or family tent to relax and sleep on the infield
Sleeping bags and blankets
A marquee to house your team (Must fit within the boundaries of your allocated site)
Be Sun Smart - slip, slop, slap and wrap
All venues are 'Smoke Free' zones
Drink plenty of fluid – (alcohol consumption in **moderation** is allowed by adults)
Bring your own food or buy it there
Sorry, but no pets allowed
Children must be supervised at all times
Noise and light curfew will apply from 11pm-6am
Gas Barbeques are allowed (**NO** open fires!)

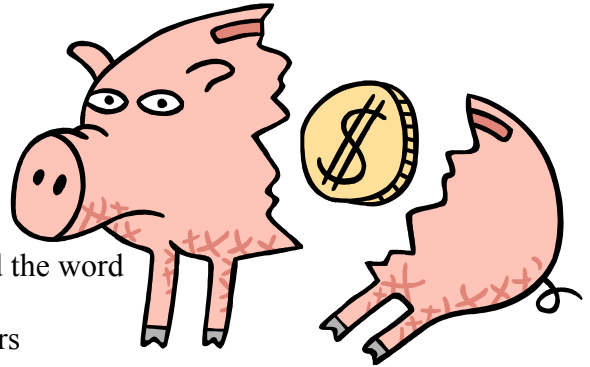
Fundraising Ideas

Useful pointers:

The earlier you start your fundraising efforts the better. Team captains should motivate team members and regularly keep in contact and offer ideas. Approach as many people as possible - spread the word. Offer a receipt for donations over \$2.00.

Always remain enthusiastic - it will encourage others.

Think positive. **YOU CAN DO IT!**



Car Wash: Choose a busy location, with enough room to allow cars to come and go. Stick to water restrictions, which means no hoses, buckets only. Recommended time is 2-3 hours. Make sure you have enough people to cope with possible demand. Appropriate signage so people know what you are doing. Relay banners are available if needed.

The "drive": These fund-raisers are very popular. They are simple, versatile and sometimes you get help. There are many companies that offer their assistance if you chose their particular product. An example of a drive would be when a chocolate company offers you their chocolates at say a dollar each, you then sell them for two dollars, you pass on the dollar and keep the dollar difference. Drives can raise from a few hundred to many thousands of dollars depending on the size of your member base and the item chosen for the fund-raiser.

Drives can include items like those listed below:

Chocolates	Pies	Pizzas	Cards	Coffee
Books	Lollies	Sock	Slices	Wrapping paper.

Cadbury Fundraiser Chocolates—Call 1800-809-444 or go to www.cadbury.com.au/fundraising

Christmas wrapping: A great and simple way to raise funds leading up to Christmas by providing a welcome time saving service that can add that little extra to some one's gift. Most people at this time of year find it hard enough to find time to do their shopping so finding someone to wrap the present in an elegant and beautiful manner is a welcome investment.

Market Square and Westfield already have their own wrapping services, but you can try your local shopping plaza. All you need is a table, plenty of sticky tape, wrapping paper, ribbon and perhaps some gift tags. You also need to be a good wrapper. Depending on how much your materials cost you can charge \$2 for a small present and \$4 for a large, or just a gold coin donation.

Raffles:

50/50 raffle: The first raffle is called 50/50 because the funds raised are split 50-50 between the fund-raisers and winner. A 50/50 raffle is probably the easiest of all raffles to run and with the bonus of a minimum initial outlay. All you have to pay for up front are the raffle tickets, or a board with the numbers for sale. There is no need to pre-arrange prizes of any sort or worry over what to offer as the next prize, which makes it easier to enrol volunteers.

Non-event night: This raffle requires a number of smaller prizes (more than 20) that people can win so that it lasts a long time. People purchase tickets as normal, but to win they must be at home of the night that the raffle is drawn to claim a prize if drawn out. Over the period of an hour names are drawn out of a hat and put next to a prize. The person is then phoned to be told that they have one a prize. If they are not home another name is drawn out until the prize is claimed. You then move onto the next prize.

Normal raffle: Raffles can be easy but also repetitive. You can approach a company to donate a prize that people would want to win, or get friends of members of a club or school if that is where it is being done to donate goods for a Christmas hamper for example.

Please note: All raffles with a prize pool in excess of \$5,000 must have a permit. You can obtain further info by contacting the Office of Gambling Regulation on **9651-3630** or go to www.org.vic.gov.au. And click on community permits.

Sausage sizzle: Easy way of making some money. Set up outside a busy place (with permission of course) to sell sausages and burgers. All you need is bread, sausages, burgers, napkins, sauces, onion a table, utensils for cooking and a BBQ (some places already have BBQ's that you can use, eg. Bunnings, Mitre 10).

Please note: Anybody handling food must have a current food handlers certificate.

Shopping Tour: This is a great way of fundraising and you get to have fun too. Shopping tour companies are easy to find in the yellow pages. They run from now through till Christmas. Grab all your friends and advertise through your local community group. Shoppers each pay a fee for the bus and food if you are going to supply it. The bus will take you to the best warehouses in Melbourne. You pre-select where you want to go before the tour. You get a percentage of what is spent at each stop. A bus with 15 people can raise \$500, a full bus (40-50) can raise in excess of \$1000.

Trivia night: Trivia nights can be a whole lot of fun. They require a little more in the way of organising, however this is repaid by lots of laughs and fun on the night.

Preparation: You need to find somewhere to hold the event. You may need to advertise your event. It is best to have tables of 6 – 10 people. You need at least 6 tables to make it worthwhile. Tickets are sold prior to the event. You may like to tell people to bring their own food and drink. You may like to supply tea and coffee.

A trivia night is primarily about having fun, not finding the person who holds the most trivia in their heads. Points accumulate during the night to determine eventual winners. Here you can add intrigue by not displaying the progress totals, waiting until the end of the night to announce the winners or alternatively show progressive totals for most of the night then have say play the last two rounds with the progressive totals being shown.

Trivia nights generally work in rounds. Teams can start off with a couple of extra point sheets. For example:

- Name the face puzzles
- Name the symbol puzzles

You need to set 5-10 rounds worth of question, 10 questions in each. They can be separated into sport, music, history, movies, geography, and general knowledge sections for example. After each round the questions are handed in. While the adjudicators are correcting the sheets, the compare can read the answers to the questions and then perhaps play a game before the next round.

Games: Team members pay \$1 each to enter these games. They don't have to enter if they don't want to; some you can enter more than once. Games are not to add points to their scores; they are to win instant prizes. Examples of games to play:

- **Heads and tails:** Everybody that is participating stands up. This is played with two coins. Players put their hands on the head, hands on their bottom or one on each. If they get it right they stay standing, if they get it wrong they sit down. This continues until there is one person left standing and they are the winner.
- **Paper aeroplanes:** Players who are participating receive a piece of paper. They have 5 minutes to make a paper aeroplane. The person who throws theirs the furthest (you only get one go) wins.
- **Nearest to the target:** I have found that this works best with a bottle of alcohol. It gets all the men up and spending lots. It basically works like bowls. The bottle of alcohol is at one end of the hall and the participants stand about 5-10 metres away. The participants throw one-dollar coins at the bottle. They can throw as many as they like and the person who is the closest to the bottle wins the bottle. It is best that you make sure all participants of this one are over 18.
- **Door raffles and lucky spot prizes.** Everybody is given a ticket at the door for free which is drawn later in the night. People can purchase more tickets if they like. **Lucky spot prizes:** Spots are placed under a few random chairs before the event. This is a good chance to get people out of their seats if they have been sitting for a while. Everybody looks under their chair and the winners receive prizes.

Prizes: To try to maximise profits with donated prizes try to get a local business to sponsor the night. Attract a sponsor by offering to have their name prominently on all promotional material and prominently displayed on the night. Any prizes are great prizes. I've seen people win kettles and toasters, footballs and backpacks, gift vouchers and scratchies, hampers and all sorts. Make sure that the final team winner has a prize that can be divided between the team. A bottle of wine each, a voucher each, etc.

Possible Venues for Fundraising Events

(feedback from teams and Committee when asked)

- Sporting Clubs, eg: Football, bowls, tennis, etc hire out clubrooms.
- Many schools hire out their gymnasiums or classrooms.
- Halls for hire, eg: St Bernard's (The big space), Grovedale Community Centre, (Blue building under the James Harrison Bridge), Scout halls.

Drop us an email if you need anymore help finding a location.

How to raise \$150 in 10 days

Day		Total
1	Put your own \$10 in	\$10
2	Ask your partner for \$10	\$20
3	Place a container at your local store or café	\$30
4	Ask two of your co workers for \$10 each	\$50
5	Ask three friends for \$10	\$80
6	Ask two relatives for \$10	\$100
7	Ask a neighbour for \$10	\$110
8	Ask two people from your local church or community group for \$10	\$130
9	Ask your boss for \$10	\$140
10	Ask another neighbour for \$10	\$150

Whatever you decide..... Good Luck and thank you for helping to raise funds for The Cancer Council to help defeat cancer.

