



Relay News

GEELONG RELAY FOR LIFE 2008 FIRST EDITION – SEPTEMBER 2007 – NO. 1



PUBLISHED BY THE GEELONG VOLUNTEER COMMITTEE

Goodbye 2007, Hello 2008

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Geelong Relay For Life
23rd & 24th of Feb 2008

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Contacting the Cancer Council of Victoria

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Hi everybody,

Hope you all enjoyed the break. The 2007 Relay has now been put to bed. The committee is proud to announce the 2007 Geelong Relay For Life total to be:

\$429,041.74

We can now begin preparations for the 2008 event. The **Geelong Relay For Life event will be held at Beckley Park on the 23rd and 24th of February 2008.** Registrations are now open for 2008.

In other news

Andrew Purdy has retired from the chair manager's position. Andrew will remain on the committee in another role. The committee thanks Andrew for his hard work over the last four events. Christopher McAvaney will be our new chair manager after being the website coordinator for the past few years.

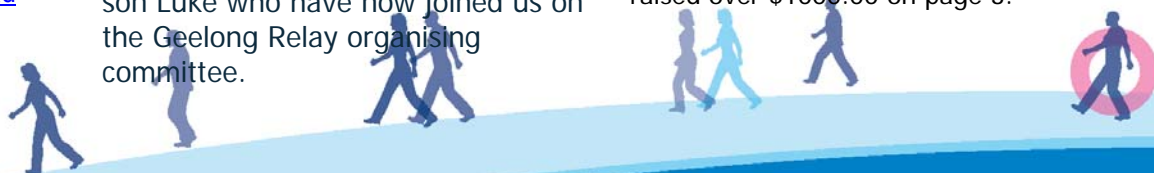
Amy Coppersmith has a new role within the Cancer Council and will no longer be our coordinator. The committee would very much like to thank Amy for her help on the 2007 event. Our new coordinator is Rob Petrie who is thrilled to working with Geelong. You may have seen Rob hanging out with us in the registration van at this year's event.

The committee would like to welcome Dianne Riches, Barbara Ward and her son Luke who have now joined us on the Geelong Relay organising committee.

What you raised

Geelong Private.....	\$17,472.65
Amy's Angels	\$17,000.00
Surf Coast Striders	\$15,178.25
Living Longer Living Stronger	\$13,561.00
Legal Vets	\$11,191.00
Joanies Jockeys/Ponies	\$9,683.65
Club Calamity	\$9,142.70
Geelong Orthodontics	\$8,915.00
Peter's Pals.....	\$8,644.40
Clare's Crusaders	\$8,282.00
Johnnies Angels	\$8,107.45
Deakin Management Centre	\$7,454.25
Run Forest Run.....	\$7,300.15
The Garty Gang	\$6,995.75
Deakin All Stars.....	\$6,220.50
High Voltage.....	\$5,819.80
Salon Ge Jay Family & Friends.....	\$5,818.90
Ford Territory	\$5,502.50
Geelong Street Rudders.....	\$5,291.15
Grovedale Chicken Bar.....	\$5,155.00
Biohazards.....	\$5,099.15
Learners 4 Life.....	\$5,071.55

The above teams raised over \$5,000.00. Fundraising money does not include registration money. A list of teams that raised over \$1000.00 on page 3.



Company Logos

The Cancer Council of Victoria recently reviewed their company logos and decided to discontinue the fundraising logos that aren't the traditional daffodil of the Cancer Council. This includes logos for Pink Ribbon Day, Girls night in, etc. The only exclusion was the Relay For Life logo, however the Cancer Council Logo must be displayed whenever it is used. The Relay logo is to be displayed in the colour blue or black if using just black and white. Purple is no longer a colour for the Relay For Life.

If teams wish to purchase any of their own merchandise or distribute flyers for their fundraising events, you must get Cancer Council approval before any material is distributed. The logo is available for the public to use. To get approval for any materials please send an email to the Geelong Relay email address displaying what you would like to distribute. Please allow sufficient time for approval.

Logo displayed below:



Public Liability

If you are required to have public liability insurance to hold an event, eg: Public BBQ, etc, the Cancer Council can provide this for you as a registered fundraiser. Please call the Cancer Council on 1300 65 65 85 to apply and allow a couple of weeks to receive your approval.

Reminders

Please make sure that you have now handed back all 2007 receipt books and deposit books to the Cancer Council of Victoria. They can be sent to 1 Rathdown Street, Carlton, 3053.

Relay Summit

Seven members of the Geelong Volunteer Committee recently attended the Relay For Life Summit in Melbourne (11th and 12th of August). The summit was a great opportunity to meet and network with other event committee members from around the state. On the Saturday night, there was a dinner where the Geelong Relay received awards in many categories: Reaching the \$2million milestone, the Community Connection Award, Outstanding achievement, Jill Miller received her 5 year volunteer award and Andrew Purdy received his retiring chairman gift and was inducted into the Victorian Advisory Committee. This committee consists of dedicated Relay For Life Volunteers from around Victoria who are working together with the Cancer Council to try and improve our events.

Committee Profile

Name: Christopher McAvaney

Nickname: Chrismc

Role: Chair Manager

Occupation: IT Manager for Research Services Division at Deakin University



Hobbies: Cycling, Gardening, Computer programming, Volunteering

Years served on the committee: 2 events - joined 2005 for the 2006 event.

Why you Relay: Two of my grandparents and my wife's grandfather died from cancer and Relay is a way for me to both remember them, contribute to support for people dealing with cancer and also research for a cure.

Your favourite part of the Relay weekend: As a committee member, I have to say when the last lap has been walked and everybody is heading home proud of their weekend's achievements. As a participant, the Candle Light Ceremony is a highlight.



Teams that raised over \$1,000.00

		Geelong College Staff Runners	\$2,038.50
Roaring Lions	\$4,994.10	Alcoa Aluminators	\$2,000.00
Bosom Buddies	\$4,815.00	YMCA	\$1,998.55
Trang's Team	\$4,681.25	Hockey Geelong	\$1,962.05
Robyn's Hood	\$4,165.85	O.S.P.S School of Fish	\$1,899.10
Geelong Bushwalking Club	\$4,010.00	The Family	\$1,873.40
Geelong Advertisers Group	\$3,996.90	Team JB	\$1,868.50
Bitter Sweet Memories	\$3,989.05	Sophies Team	\$1,826.00
Dash Gordon	\$3,955.00	Life Patrol	\$1,797.00
Ron Campbell Allstars	\$3,943.95	The Moose Makes It HOT	\$1,783.00
Deakin Fabs	\$3,831.07	A Family Affair	\$1,768.00
Bennett & Wolf Gang	\$3,757.00	Ainsleys Butterflies / Recreation Health Club	\$1,754.00
Grovedale / Corio Rotary Clubs	\$3,646.25	Alfie's Army	\$1,752.10
Coulter Roache Lawyers	\$3,629.00	InCoGGnito	\$1,595.15
Bumblebees	\$3,435.00	Carter's Crew	\$1,551.90
ResCom Lara	\$3,404.20	La - Fay - Ettes	\$1,527.85
Team M.A.D	\$3,324.30	Gateways Support Services	\$1,508.10
Wheelie Wobblies	\$3,290.50	Cats In Hats	\$1,507.65
Wighton Lawyers	\$3,069.97	Angels of Music	\$1,506.95
The Cluster	\$2,958.90	Diane Riches	\$1,499.64
Karingal Inc	\$2,825.00	Love To Dance	\$1,486.50
Whyte Knights	\$2,752.35	Ellie's Gang	\$1,399.60
Geelong College Students	\$2,724.30	Silly Squirrels	\$1,385.25
Harwood Andrews	\$2,714.70	Acorn Team	\$1,246.80
St Joseph's College	\$2,704.30	Everybody Dance Now	\$1,243.50
Odds & Sods	\$2,583.46	Bellaire Primary Parent Team	\$1,199.40
Geelong Unity Netball Association	\$2,511.75	Prince	\$1,198.40
Wendy's Warriors	\$2,418.50	EMD Stragglers	\$1,183.50
Super Seagulls	\$2,337.60	Just Hammered	\$1,146.50
Saint Bernards	\$2,320.90	Boys and Babes	\$1,111.20
Kardinia International College	\$2,283.30	Pulsators	\$1,088.30
Team 31	\$2,245.85	Zenshin	\$1,076.15
Jennys Gang	\$2,076.00	Dancing Queens	\$1,075.00



Teams that raised over \$100.00

AK Massage Therapies	\$909.50
The Skittles	\$897.55
Vibrant & Vietnam Veterans	\$890.55
Club New Vision	\$818.30
Barwon Youth Relay Team	\$808.20
Nuts and Guts	\$797.30
The Purple Irises	\$711.55
The Moels	\$700.00
Weary Warriors	\$595.30
Cody Zamba Sue	\$550.00
Go Go Gadgets	\$498.75
Green & Gold Aussies	\$492.75
North Stars	\$467.20
The Wonder Dogs	\$426.00
Team Maddi	\$324.00
Kent	\$302.80
We Can Be Heroes	\$283.35
Norlane High School	\$200.00
Team Icon	\$169.00
Bogan's Know Best	\$153.25

Preventing Cancer

- Quit Smoking
- Avoid second-hand smoke
- Be physically active
- Aim for a healthy body weight
- Eat a healthy diet
- Be SunSmart
- Avoid Alcohol

Early Detection

- Pap-smears every two years
- Prostate checks
- Bowel Cancer checks (50+)
- Breast Cancer screening (50+)

Be SunSmart

With UV levels already reaching a level that can cause skin damage and lead to skin cancer, Victorians are being warned not to leave their sun protection until summer.

It's easy to check the UV Index each day. The SunSmart UV Alert appears when the UV Index reaches 3 or above. You can find it on the weather page of daily newspapers, or on the Bureau of Meteorology website at www.bom.gov.au (do a search for 'UV Alert').

When the UV Index is 3 or above, use a combination of the following five sun protection measures:

1. Slip on sun-protective clothing - that covers as much skin as possible
2. Slop on SPF30+ sunscreen - make sure it is broad spectrum and water resistant. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. Slap on a hat - that protects your face, head, neck and ears
4. Seek shade
5. Slide on some sunglasses - make sure they meet Australian Standards'.

Particular care should be taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak.

SLIP, SLOP, SLAP, SEEK & SLIDE

