

CANCER AID AND RESEARCH

Series 2008 – 2009

Bulletin #1

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Welcome everyone to our 2008-2009 Cancer Aid and Research Program. I look forward to working with the Districts and the Auxiliaries. Your comments and suggestions are accepted in advance as opportunities.

I envision all of our sisters exercising our Department President's theme **"Together We Can Achieve The Extraordinary"**. It is my expectation that the Districts and Auxiliaries will be (1) achieving 100+ % in the \$2.00 cancer quota per member, (2) marching toward first place in the cancer special fund-raising project, (3) using birthdays as a special time to make extra donations, (4) partnering with Posts and other local organizations to sponsor cancer education programs, (5) identifying and submitting applications to institutions that do research for cancer cures, (6) making extra efforts to extend loving cares and concerns for those individuals, who have or have had cancer, and (7) honoring the memory of our loved ones lost to the disease by making a donation to the Cancer Memorial Fund.

To get started on our journey this year, I need to receive from each District President the name, address, telephone, and email address, if applicable, of each District and Auxiliary chairman for the Cancer Aid and Research program no later than August 15, 2008. If there is a chairman change during the year, I need to be informed. I was so encouraged when I received one District Chairmanship list long before the due date.

This year we reduced the number of Member Groups and increased the size of each Member Group. The previous seven (7) Member Groups have been consolidated into four (4) Member Groups. We believe new member groupings represent a better mix and encourage more competition among the District and Auxiliaries statewide. So, check your Member Group and plan your strategy to be a winner.

As we journey over the next twelve months together, let's keep in mind our goals, budgetary needs, and our growth potential. That is, we need all Auxiliaries to achieve a \$2.00 per member quota for Cancer Aid & Research. We encourage the completion of the 100% member quota sooner rather than later because the deadline is December 31, 2008. With this quota, we are able to support our Cancer Grant to our sisters. When your District President promotes the Department President's **"Ride a Rainbow for a Cure"** special fund-raising project at your Auxiliary, actively support her by making a generous donation. Be ready, I will be around at our Council of Administration meetings seeking donations.

It is now summertime, and the season for enjoying the outdoors and the sun. I urge each of you to remember the A, B, C, D, E warning signs of skin cancer. Melanoma is the most dangerous form of skin cancer, but it rarely strikes without warning. Our awareness of the clues can help to prevent skin cancers because most skin cancers are treatable if caught early. Perform your own checks and see a dermatologist at least once a year for a full body screening.

Here are some specific things you can do to be more informed about skin cancer.

- Asymmetry: Draw a line through the mole. The two sides should be symmetrical (evenly matched).
- Borders: Healthy moles have smooth border; if they are scalloped or notched, see a doctor.
- Color: Look for color uniformity. A variety of colors (brown, tan, black, blue, red, or white) is suspicious.
- Diameter: The smaller, the better. A mole that is larger than a pencil eraser should be checked.
- Evolving: Be aware of moles that have changed in size, shape, or color, or that start to bleed, itch, or crust over.

According to American Cancer Society, we are making progress in lowering cancer deaths in the United States because of a reduction in tobacco consumption, improved treatment, and improved detection. Let's continue to do our part to help cancer prevention by providing educational information to everyone throughout the State of Illinois as often as possible.

Cancer Awareness Calendar

September National Ovarian Cancer Month
Childhood Cancer Month
Gynecological Cancer Awareness Month
Leukemia and Lymphoma Awareness
Prostrate Cancer Awareness Month
Thyroid Cancer Awareness Week

October National Breast Cancer Awareness Month
National Mammography Day (third Friday, October 19)

November Great American Smoke Out (third Thursday, November 16)
Lung Cancer Awareness Month
Pancreatic Cancer Awareness
National Family Caregivers Month

It is with great expectations, I honorably serve on the **"Our Dreams Become Rainbows"** team. I will be working with Glenda Daniels, who is our National Chairman for Cancer Aid & Research. I encourage each District and Auxiliary to make a donation to the National's special fund-raising project, **"Dime A Day"**, mail donations to **Doris Hays, Department Treasurer, PO Box 62, Aroma Park, IL 60910**. And remember, I will be around at our Council of Administration meetings seeking donations.

2008-2009 Program Book Correction

Our Department President, Jan Morrow's special project for the District Presidents was misstated as "Riding a Rainbow". **The correct name of her special project is "Riding a Rainbow for a Cure"**. I regret this misstatement and apologize for any inconvenience this error may have caused.