



October is Breast Cancer Awareness Month

Thank you to everyone who came to our Diag Day on Thursday and an extra special thanks to everyone who helped make it possible! We raised \$135 through bucketing, recruited some new USAC members and spread awareness about breast cancer! Overall it was an immensely successful event.

But the fun doesn't stop there! It's still National Breast Cancer Awareness Month, so keep a look out for all the pink products that donate a portion of their proceeds to cancer research. See our meeting handout for some examples or email laurtega@umich.edu for a list. In addition, Yoplait is continuing their "Save Lids to Save Lives" promotion this year. They will donate 10 cents per lid up to \$1.5 million to the Susan G. Komen foundation, so eat lots of yogurt and save your lids! Laurie, Laura and Sam will be collecting lids at each USAC meeting through December and mailing them in.

It's not too late to sign up for the American Cancer Society's Making Strides Against Breast Cancer walk! The 3-mile walk is this Saturday, October 14 starting at the Big House. Email lbourdon@umich.edu for information on how to sign up with the USAC team. So far we've raised \$1,305 - help us reach \$2,000! We will also be selling t-shirts at the walk for \$8. They will be navy with pink writing that says "Whoever said winning isn't everything never fought cancer" and the USAC logo."

One last thing: We will be painting "the Rock" pink on Thursday, October 26. For those of you who are unfamiliar with the famous Rock, it's on the corner of Washtenaw and Hill street. We'll be emailing out more information about this event later.

THANKS AGAIN FOR ALL YOUR HELP AND ENTHUSIASM!

Laurie, Laura and Sam
The BCA girls

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DID YOU KNOW?

An estimated 212,920 new cases of invasive breast cancer are expected to occur among women in the United States during 2006. An estimated 40,970 women will die from breast cancer. It is estimated that 1,720 men will be diagnosed and 460 men will die of breast cancer during 2006. In addition to invasive breast cancer, 61,980 new cases of in situ breast cancer are expected to occur among women in 2006.

A woman who exercises four hours per week reduces her risk of breast cancer. Eating a low-fat, nutritious diet also reduces the risk of breast cancer.

Early detection is crucial. The 5-year survival rate for breast cancer that has not spread to lymph nodes or outside of the breast is 98%

UPCOMING EVENTS

CHEERS and Sunshine, Today!

Immediately following tonight's mass meeting, we encourage everyone to come join the Cheers/Sunshine Committee for our first arts and crafts making session of the new school year! This week we will be making fleece scarves for our adult cancer patients. Remember, participation in these crafts earns you points toward becoming an active member in USAC, so find Katie and Emily after the meeting to join in on the fun.

LUNgevity Committee Meeting, October 18

Our main event will once again be a big Walk-a-thon in April. We are currently looking for people interested in being team captains for the walk or people interested in helping plan the walk. Also, Lung Cancer Awareness month, November, is fast approaching. At our committee meeting, we will provide more information on how to be involved in the walk and to start brainstorming ideas for the kickoff. Please email KK (Schmier@umich.edu), Yelena (yelz@umich.edu) or Jeff (cheek@umich.edu) for more information.

Fundraising: Pick up trash at the Iowa game, October 21

We need your help! Our first general USAC fundraiser is helping to pick up trash around the football stadium for the Iowa game on Oct. 21st. We will meet at 3pm at Gate 9 of the Stadium and will work until 5 minutes remaining in the game with breaks in between during half-time and in between quarters. The job requires at least 10 people or the amount of money we receive is reduced!

Please note that USAC needs this money to be able to cover various administration costs so it is very important that we have enough people to help out. In exchange for your help, not only will you receive participation points but there may also be extra incentives for you to help out... perhaps a free discount card ;). Please email jsquare@umich.edu or ky-day@umich.edu if you are interested in helping out. Thanks!

Elementary Outreach, November 1, 2

We will be visiting elementary schools on November 1st and 2nd from 1-3 each day to educate students about the harmful effects of tobacco use. Look for an email about a week before then with more information. If you are not on our email list or have any questions please email Alena (alenaks@umich.edu) or Ashles (ajsurles@umich.edu).

LUNgevity Walk-a-thon Kick-off Meet & Greet, November 12

The kick-off for the big April Walk-a-thon. will be a great way to get to know people who will be active in planning and participating in the walk. Come to the Committee Meeting on October 18 (see above) for more information or contact KK (Schmier@umich.edu), Yelena (yelz@umich.edu) or Jeff (cheek@umich.edu).

Great American Smokeout, November 16

The Great American Smokeout is happening Thursday, November 16, and we need your help preparing for our Diag day. Please email Alana (alanako@umich.edu) or Christine (rickardc@umich.edu) or see us after the meeting if you're interested in joining our committee.

Frankly Speaking About New Discoveries in Cancer: A Free Workshop for People Affected by Cancer,
November 16

Location: Concordia College- Ann Arbor, MI
Registration and Reception 5:30-6:30pm
Workshop from 6:30-8:30pm

This unique workshop is an opportunity for people with cancer and their loved ones to gather information to help them make informed treatment decisions and improve their quality of life with cancer and beyond. If you or someone you know are interested in attending or would like additional details, please contact The Wellness Community of Southeast Michigan at (734) 572-0882 or email programs@twc-semich.org

SUCCESS!!

Light the Night Walk

The athletic committee held their first event on September 29, 2006. The Light the Night Walk sponsored by the Leukemia and Lymphoma Society turned out to be a great success. The Walk itself raised over \$26,000 with USAC contributing over \$550! Thanks to all who came out to support the event!

Ronald McDonald House

Last Wednesday, we had our first Ronald McDonald House cookout, where we served chicken parmesan and other delicious food to families at the Detroit house. It was so much fun and we really hope that you want to join us for our next cook date sometime in November. If you are interested in helping with this event, make sure you sign up with Jeff or Kate after the meeting!

OTHER USAC NEWS

Ronald McDonald House

The Ronald McDonald House Committee is still collecting your pop can tabs at every mass meeting. These tabs support families staying at the Ronald McDonald House by paying their nightly fee. Thank you!

Cancer Awareness Week

Over the past week we held interviews for our sub-chair positions (to organize the individual events). To those of you who came out, thank you! We will announce our new sub-chairs to USAC at the next mass meeting. We also wanted to let you know about a brand new event that will be added to this years CAW!--Bowling Night! We're very excited about it and hope that you all will come out and help make it a success. If you'd still like to get involved in Cancer Awareness Week, there will be many more opportunities throughout the year!

Volunteer Opportunity at the Cancer Center

Several spots are open for anyone interested in participating in the UofM Cancer Center's Patient Guide Program. Through this program, volunteers are trained to work with patients that are new to the Cancer Center, both greeting and guiding patients through their Cancer Center visits. If you are interested, please contact Dana E. Selwitz (Projects Coordinator-Patient & Family Support Services and Patient Education, U-M Comprehensive Cancer Center) by email or telephone (dselwitz@med.umich.edu, (734)936-9635)

BOARD CONTACT INFO

EXEC BOARD

Kathryn Blake, krlake, President
Jenny Huang, jenyh, Vice President
Meghan Beach, beachme, Treasurer
Kelsey Collins, kelslynn, Secretary

ATHLETIC COMMITTEE

Heidi Fisher, fisherhe
Mitchell Zoerhoff, zoerhoff

BREAST CANCER AWARENESS

Laura Bourdon, lbourdon
Laurie Ortega, laurtega
Samantha Starr, samastar

CANCER AWARENESS WEEK

Melissa Beglin, mbeglin
Katherine McMahan, mckather
Lexie Mitter, amitter
Shelly Weiss, shellmw

C.H.E.E.R.S./SUNSHINE

Katie Caretti, carette
Emily Parus, eparus

EDUCATION OUTREACH

Chelsea Ams, clams

ELEMENTARY OUTREACH

Alena Smalligan, alenaks
Ashlea Surles, ajsurles

FUNDRAISING

Kyle Davis, kyday
Jing Jing Wang, jsquare

HISTORIAN

Jessica Petrella, jessp

LOCKS OF LOVE

Rebecca Runge, rungera

LUNGeivity

Yelena Adelman, yelz
Jeff Cheek, cheek
KK Schmier, schmier

NEWSLETTER

Mark Hodges, hodgesm

RONALD MCDONALD HOUSE

Jeff Tosoian, jtosoian
Kate Zahn, kmzahn

SKIN CANCER AWARENESS

Nour Abdul-baki, nour
Kory West, kowest

SMOKEOUT

Alana Otto, alanako
Christine Rickard, rickardc

USAC QUICK FACTS

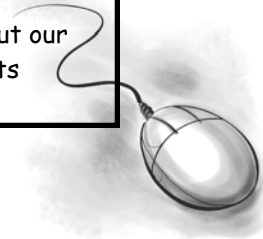
Executive Board Office Hours:
USAC Office- 4134 Michigan Union

Monday 4-5pm: Jenny Huang
Tuesday 4-5pm: Kelsey Collins
Wednesday 1-2pm: Meghan Beach
Thursday 10am-12pm: Kathryn Blake

Check out the USAC website:

www.umich.edu/~usac/

To find out more about our
committees and events



FUTURE MONTHLY MEETING DATES

11/8/06 Anderson Rm., Union, 8pm
12/12/06 Pond Rm., Union, 8pm