

USAC News

Volume 17, Issue 5

January 17, 2007

GET INVOLVED

Was your New Year's Resolution to get more involved in USAC? The start of the semester is a great time to get involved. Here are brief descriptions of the many committees in USAC. Contact information for the committee chairs is on the back.

ATHLETIC COMMITTEE: Mitchell, Heidi

The Athletic Committee is looking to do more fundraisers and events than ever before. We will be taking part in the American Cancer Society's Relay For Life. This is a fun-filled overnight event designed to celebrate survivorship and raise money to help the American Cancer Society save lives, help those who have been touched by cancer, and empower individuals to fight back against the disease. Relay For Life will be held in early April. If anyone is interested in running, walking, cycling, or skating marathons, half-marathons, or triathlons, please come see us. We can help you get registered for the Leukemia and Lymphoma Society's Team in Training or just answer any questions you might have.

BREAST CANCER AWARENESS: Laura, Laurie, Samantha

The biggest event for BCA, the 2.5 mile Making Strides Walk was in October, but contact us if you have ideas for other BCA activities or you would like to help out in the winter semester.

CANCER AWARENESS WEEK: Melissa, Katherine, Lexie, Shelly

Cancer Awareness Week is an annual week-long spring event dedicated to promoting awareness and raising money for several charity funds. Events in the past have included a bar night, restaurant day, fashion show, candlelight vigil, band night, bone marrow drive, an art exhibit and a Diag day.

C.H.E.E.R.S./SUNSHINE: Katie, Emily

CHEERS stands for Caring, Hope, Encouragement, Education, Remembrance, and Support. This aspect of the committee is meant to be a source of inspiration and support for people to provide positive news and messages to fellow club members. The Sunshine facet of the committee aims to create arts and crafts to bring "sunshine" to lives of adult cancer patients. It is while making the arts and crafts that members from the USAC club come together to socialize and share each others experiences. We meet after every mass meeting and are always welcoming new members to come join us!

EDUCATION OUTREACH: Chelsea

Our goal is to educate and spread awareness about cancer to both the USAC and the U of M community which will be accomplished through events like Speaker Series, mass meeting activities, and more to come. We are very excited about expanding the committee this year and increasing the amount of participation in events.

ELEMENTARY OUTREACH: Alena, Ashlea

The aim of this committee is to educate elementary students about the harmful effects of tobacco use, as well as the severity of lung and skin cancers. It is extremely crucial to instill in youths the importance of leading a healthy lifestyle as children and then carry that mentality with them through adulthood.

We will be visiting elementary schools around the city of Ann Arbor a few times a month. Once there, we will raise awareness about lung cancer from tobacco use and skin cancer by playing fun, interactive games. In past years the kids have been very receptive of our visits and anxious for your return.

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UPCOMING EVENTS

Model Auditions, Today!

Cancer Awareness Week Fashion Show needs models! The first model tryouts will follow this meeting. For more information, talk to the Fashion Show co-chairs: Katie Droz, Heidi Fisher, Lindsay Reiss, or Meredith Brooks.

CAW Mongolian BBQ Fundraiser, Monday January 22

Come to Cancer Awareness Week's first fundraiser! No flyer is needed, just got o Mongolian BBQ on Monday.

A Cappella Concert to support the Wellness Community, Sunday February 4

The Wellness Community of Southeast Michigan is pleased to ask you to join us for an afternoon of a cappella featuring the Yale Whiffenpoofs with the Boychoir of Ann Arbor and the Pioneers of Pioneer High School.

It will be on Sunday February 4 at 4 PM at Rackham Auditorium in Ann Arbor. The groups are doing this as a benefit for The Wellness community and due to the generosity of the Janeth and Amherst Turner Foundation, all proceeds from the concert will directly benefit the Wellness Community. Tickets are \$25 general admission, students and children: \$10 in advance , and \$15 at the door. Reserved seating is available with your additional tax-deductible contribution of \$50 or more per ticket. Tickets can be purchased online at our website:

thewellnesscommunity.org/semich or locally at Herb David Guitar Studio, Nicola's Books and Morgan and York. Group discounts for more than 10 tickets are available. For more information or to also purchase tickets you can call us at 734-572-0882x6.

"Don't Get Burned on Break" Diag Day, Tuesday February 20

Our Diag Day "Don't get Burned at Break" is coming up on February 20th...so get excited! We are looking for a committee that will be responsible for helping us package sunscreen that will be distributed on the Daig Day while creating fun decorations as well. If you would like to find out more about these events, please come talk to Nour (nour@umich.edu) or Kory (kowest@umich.edu).

Help the Wig Bank

The Wig Bank at the UMHS Cancer Center is looking for volunteers to assist with the washing of wigs and/or head covering. The Wig Bank allows patients to borrow wigs and head coverings free of charge to wear during their treatment. Please contact Jody O'Bryan at (734)615-7574 or jodyobry@med.umich.edu for more information about this volunteer opportunity.

LOOKING FORWARD

You should get involved now in these big USAC events!

Relay For Life

This year's Relay for Life is on April 14-15 at Palmer Field. USAC is looking to have this year be the best ever! We are hoping to have 20 members on the USAC team and we hope to raise over \$500. If you are interested in joining our team you can sign up online at www.umich.edu/~umrelay on the University Students Against Cancer team or talk with Mitchell or Heidi to get more information.

LUNgevity Walk-a-thon

If you are interested in getting involved in our April 15th walk, please check out our website at www.lungevity.org. We encourage you to sign up to be a walker or a team captain if you have not done so already. Remember the holidays are a great time to ask your friends and family for sponsorship! Talk to Yelena (yelz@umich.edu), K.K. (Schmier@umich.edu), or Jeff (cheek@umich.edu) for more information.

GET INVOLVED (Cont.)

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FUNDRAISING: Kyle, Jing Jing

The Fundraising Committee is dedicated to raising money for overall operations in USAC as well as supporting the other USAC committees financially. We organize events such as restaurant nights, Meal Sacrifice, and Crisler Arena cleanup. Additionally, we strive to brainstorm new and innovative ideas to fundraise.

LOCKS OF LOVE: Rebecca

Our goal for this year is to bring awareness throughout the U of M campus regarding the Locks of Love charity. We are also hoping to fundraise for the national level of Locks of Love. We want to build on the foundation set last year, figure out new ways and new ideas to spread awareness about our cause, and get more people interested and excited to grow and donate their hair. Hair to be donated must be at least 10" or longer and free from chemical damage.

LUNGevity: Yelena, Jeff, KK

This committee's goal is to work with doctors, students, and the Ann Arbor community to spread awareness of lung cancer and raise money to fund research. Our committee's main event is a walk-a-thon in April which raised over \$25,000 last year and will be even bigger and better this year.

RONALD MCDONALD HOUSE: Jeff, Kate

About twice each month, the Ronald McDonald co-chairs take four other USAC members to help cook a delicious meal for the residents of the house. After dinner, you will also have an opportunity to speak to the residents of the house.

SKIN CANCER AWARENESS: Nour, Kory

The Skin Cancer Awareness committee's main event is "Don't Get Burned at Break" which takes place the week before U-M students hit the beaches for spring break. We strive to bring awareness about skin cancer through a Diag day, which involves distributing informative brochures and sun screen samples.

SMOKEOUT: Alana, Christine

Our committee's goal is to educate students about the dangers of smoking and lung cancer and support smokers in an effort to quit. Our main event is the Great American Smokeout, a diag day in mid-November at which we distribute quit kits and ask smokers to sign contracts to quit for one day. This year we are looking to expand on campus, providing support and healthy stress-relief alternatives to student smokers, especially around finals time.

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!

Fundraising Discount Cards

Help USAC raise money and get great discounts at the same time! USAC discount cards are now available for \$5. All money goes to USAC, and the card gives you a discount at:

Stuccis, Great Wraps, NY Pizza Depot, Sadako, Bubble Island, Saigon Garden, Subway,

Beyond the Wall, Kolossos Printing, Footprints, Launch Board Shop, Ana Banana

Cards are now available! Talk to Jing Jing (jsquare) or Kyle (kyday) after the meeting or e-mail them to order your card!

Breast Cancer Awareness T-Shirts

T-Shirts will be available all next semester AND they make excellent Holiday gifts! If you want a shirt but forgot your money today, contact Laurie (laurtega@umich.edu). All sizes Youth Large to Adult XL are still available!

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
Seema Bhandari, seemab

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
Sarah Stevens, sarahts

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

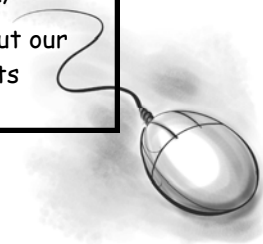
Executive Board Office Hours:
USAC Office- 4134 Michigan Union

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 MEETINGS

Feb. 13: Wolverine Rm, Union, 8pm
March 13: Anderson Rm, Union, 8pm
April 4: Kuenzel Rm, Union, 8pm