



Scott Fabry, President and CEO of Lake Sunapee Region VNA and Hospice, and VNA Board member Malora Gundy enjoy Bud Lauridsen's *Words By Kitty Gay* for a few final moments while waiting for the high bidder to arrive and take the piece to its new home.

VNA Auctions Painting By Bud Lauridsen

Words By Kitty Gay, the original still life painted in 1988 by the late Bud Lauridsen that was donated to Lake Sunapee Region Visiting Nurse Association and Hospice (VNA), has been sold to the highest bidder at a price of \$20,100. All proceeds of the auction directly benefit the work and mission of the VNA, which cares for thousands of people of all ages each year in a geographic area spanning more than 17 towns and 1,600 square miles.

"It is gratifying that the donor of this painting thought to support the agency in such an extraordinary way," says Cathy Raymond, Development Director. "It is a reflection of the community's growing understanding that the VNA is in need of and deserving of this level of philanthropy in order to meet the grow-

ing demand for home care services in our community."

The buyer, who was delighted to acquire such a special work of art, was just as pleased to be able to significantly support an organization that is an integral part of the health of our community.

Said Ade Lauridsen, wife of the late Bud Lauridsen, "The individual who donated the piece provided a rare opportunity for someone to acquire one of Bud's original works. My daughter, Laurie, and I feel that the auction was well done and beautifully received by the community. We are very happy Bud could be honored in a way that helps the VNA so much."

For further information, contact Cathy Raymond at 526-4077 or CRaymond@LakeSunapeeVNA.org.

Local Relay For Life Event Wins All Star Award

By Christine Nelson
Chair, Kearsarge/Lake Sunapee Relay For Life

In the course of the past two weeks, someone asked me what I was thankful for. There are so many things like family, friends, and fresh air, but today I am thankful for all of the wonderful volunteers who make Relay For Life a success.

Our local relay event is the Kearsarge/Lake Sunapee Relay For Life, held at the Kearsarge Regional High School in Sutton on the first full weekend of June. Andover's Amy's Amigos participated for the first time last year and walked away with many recognition awards. Their energy for a first-year team was incredible!

If all the folks in Andover are like them, we would be happy to have any other teams from Andover! We welcome all to come and find out what Relay is all about at our next meeting at New London Hospital on January 13, 2009 at 6 PM.

Relay For Life is the American Cancer Society's signature activity. It offers everyone in a community an opportunity to participate in the fight against cancer. Committees work year-round to organize the event. Some committee members do not walk the track. Many are survivors who want to give back or care givers who just keep giving.

After sponsoring fundraising events throughout the year, teams of from three to 15 or more members camp out at a local high school, park, or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event.

Relays are an overnight event, up to 24 hours in length. We go through the night because "cancer never sleeps."

The Kearsarge Lake Sunapee event is an 18-hour event. We begin with the celebration of our survivors with a Survivor-Caregiver lap on Friday at 6 PM, and we provide a dinner reception for them following their lap. Throughout the evening we keep the walkers entertained with "theme" laps. Disney is a favorite.

At 9 PM we hold a remembrance ceremony called the Luminaria Lap. Luminaria are small bags purchased and decorated to honor a loved one who has had cancer. Our wonderful Boy Scouts place the bags all around the track and light candles in them. By 9 PM all of the bags are glowing, and we start our special ceremony of hope.

Filling the remainder of the time, we

have different themes and events going on for each lap. Last year the Military Lap was a big hit at 4 AM! Teams contribute "toppings" for our Ice Cream Sundae lap; a Relay version of Scrabble is played where each walker/runner gets



Christine Nelson and Pam Ritchie are all smiles over the All Star Award.

a letter for each lap. At the end the team with the word with the most points wins a prize! Nothing quite gets the competition between teams going like the Scavenger Hunt, though.

Dawn breaks, and we are ready for the Fight Back ceremony. We can't beat cancer without the support of our legislative leaders. We show our support for finding a cure by supporting the Cancer Action Network, the advocacy arm of the American Cancer Society.

At 11 AM we see the tired but bright smiles of all of the walkers who made it through the night and some who returned to attend the closing ceremonies. The 2008 closing ceremonies saw the biggest of smiles from Amy Trefethen of Amy's Amigos as she jumped up in the air when her team won the Best Campsite Award!

Last year's event was also very special because it received the inaugural "All Star Award." As Chair of the event, I had the honor to accept the All Star Banner at the New England Summit held on November 8 with American Cancer Society Staff Partner Pam Ritchie of Newbury.

Relay For Life is a life-changing event that brings together more than 3.5 million people to:

- Celebrate the lives of those who have battled cancer. The strength of survivors inspires others to continue to fight.
- Remember loved ones lost to the disease. At Relay, people who have walked alongside people battling cancer can grieve and find healing.
- Fight Back. We relay because we have been touched by cancer and desperately want to put an end to the disease.

For more information, e-mail KLSR-FL@yahoo.com, visit RelayForLife.org/ksnh, or call Christine Nelson at 927-4051.

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