



Walk to Cure Diabetes



Dedicated to finding a cure

# Walk Talk



Weekly Walk Newsletter

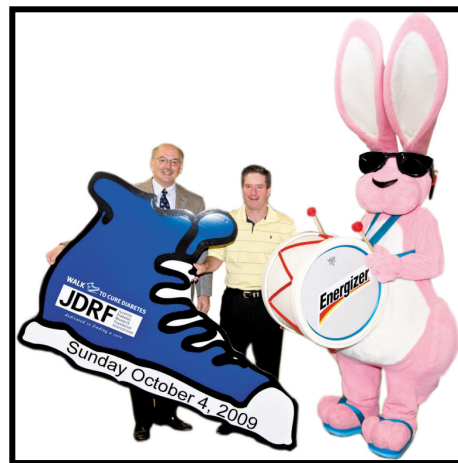
## Message from Corporate Chair

### 2009 Walk To Cure Diabetes

**Ward Klein, CEO, Energizer Holdings, Inc.**

Energizer is proud to partner with JDRF on such an important goal - curing a disease that kills one American every three minutes. The recent statistics are staggering – diabetes-related health care expenditures cost our nation more than \$174 billion annually. These are the reasons Energizer is committed to raising money for the cutting-edge research that JDRF funds.

David Hatfield, President and CEO, Energizer Personal Care joins me in welcoming more than 22,000 walkers representing local corporations, families, schools and other civic organizations who are expected to participate in the **2009 Walk To Cure Diabetes on Sunday, October 4<sup>th</sup> in Forest Park.**



**Ward Klein, David Hatfield and Energizer Bunny.**

Photo by Gary Budke

Internationally, more than 500,000 people will “Walk for A Cure” at 200 JDRF Walk locations in over a dozen countries. Everyone at Energizer is excited to be a part of such an important event.

Just go to [walk.jdrf.org](http://walk.jdrf.org) to register your Walk team online. It’s quick and easy! You’ll be able to track your team’s progress and fundraising efforts...send your walkers personal e-mail messages...and accept credit card donations online (which is **VERY** important to your team’s success). **Fact – for every dollar donated by check, you are more likely to receive four times that amount when it’s an online donation using a credit card.**

With YOUR help, we will meet the Metro Saint Louis/Greater Missouri Chapter’s fund raising goal of \$1.5 million. Research money that will be used to help cure, treat and ultimately prevent diabetes. A cure is just steps away.

#### Presenting Sponsors

The Chrysler Foundation



**Edward Jones**  
MAKING SENSE OF INVESTING

**Energizer**

#### Gold



#### Silver



#### Bronze



#### 10K Run Sponsors





# Walk Talk



## Team Talk

### Thinking Outside the Box

Levens Family - Caroline's Crew

Since her first Walk to Cure Diabetes last year, 16-year-old Caroline Levens has been enthusiastically involved with JDRF. She attended the Gala in May and started volunteering at the St. Louis office about a month later. This year, Caroline's Crew has a team goal of raising \$8,000. Caroline came up with a fun and creative way to reach that goal and to help both kids and adults with type 1 deal with one of its inconveniences. She calls her creation a **Sharps Box**. Small and portable, these boxes are a safe place to put used lancets and test strips while away from home. "I decorated a little box for myself, and it worked out so well for me that I thought it'd be a great fundraiser for JDRF," said Caroline. Some of her designs include rhinestones, initials, flowers, sports teams, Hannah Montana, and Disney characters. She will be selling **Sharps Boxes** at the Walk for \$5.00 each. All proceeds will go directly to JDRF.



Diagnosed in 2007, Caroline has started making Sharps Boxes to raise money for JDRF.

\*\*\*\*\*

### Big JDRF Commitment Resulted in Small Corporate Team Award

by Melanie Fahrner, Director of Communications

GHP has been active in the Walk to Cure Diabetes for several years. Last year, we increased our fundraising efforts with weekly bake sales and raffles and were honored at the Walk banquet with a Small Corporate Team Award. This year, (watching our totals expand, but NOT our waists), we will host a hot dog day for the entire business complex and hope to add an ice cream social and pizza party.



We're growing our team membership every year and everyone wears the GHP company tee shirt with enormous pride at the Walk.

GHP is dedicated to improving the health of children. Our Health Services team regularly works with children with type 1 (juvenile) diabetes, so we all know how important it is to find a cure. It is a driving force behind our participation.



## Corporate Corner

### Set Goals:

*Setting a goal is easy!*

- Number of Employees \_\_\_\_\_
- X 20% - 50% participation \_\_\_\_\_
- X \$100 average for each Walker \_\_\_\_\_
- Total = Your Fundraising Goal!!! \_\_\_\_\_

### Communicate:

- Begin recruiting team captains.
- Recruit 1 team captain for every \$1,000 of your goal!
- If your goal is \$5,000 - recruit at least 5 team captains!
- Want to make it really easy to recruit team captains???
- Recruit 1 team captain from each department.
- Recruit 1 team captain from each floor of your building.
- Multiple locations? Recruit a team captain from each location!

### Incentive:

Announce a competition between departments and have the losing departments:

- Bring snacks to the winning team
- Valet park the winning teams cars in the cold, winter months
- Serve lunch to the winning team

## Family Forum

### HOW TO GET STARTED ON YOUR FAMILY TEAM

- Create your team name
- Set your team goal and encourage your team's walkers to set a personal goal
- Register online at [walk.jdrf.org](http://walk.jdrf.org)
- After you register, you can follow the instructions on Walk Central to create your own Family Team Webpage!
- Get the word out!
- Your family, friends and co-workers can sign up online under your team!
- Watch your team's thermometer rise as you get closer to your goal!



# Walk Talk



## Team Building Tip of the Week

# 1.

### Set a Goal!

Walkers = 20%-50% of employee base  
Team \$ = # of Walkers X \$100

On average, a company can recruit 5%-50% of its employee base to walk with each walker raising \$100. Add a corporate sponsorship and a vendor letter-writing campaign and you can meet that goal!

# 2.

### Recruit Team Captains

Team Captains = Walker Goal divided by 10

Successful walk teams find it best to recruit one team captain for every 10 walkers. If your goal is 100 walkers, then you would need to recruit 10 team captains.

# 3.

### Hold A Team Captain Meeting

Offer food and they will come!

Invite JDRF staff to meet with your team captains to explain how to recruit walkers and share diabetes facts. It's a great opportunity to share your company's goal, strategy, and incentives.

Register on line at [walk.jdrf.org](http://walk.jdrf.org) and come see our online fundraising features at Walk Central.

## Sneaker Zone

Retail outlets with high public traffic are recruited to sell sneakers for a \$1 donation each! It's a great way to involve the community in your fundraising efforts! Help open doors to retailers that could sell sneakers, or if you have customers coming into your location, you are a prospective sneaker seller! Call JDRF for more info!

Visit

*Advance Auto Parts  
Marshalls*

*Casey's General Stores  
Walgreens*

*Dobbs Tire & Auto*

*Gordman's*

*Hy-Vee*

to buy your own sneaker and thank the cashier for helping JDRF.

### Kids Can Raise Money With Lemonade and Sneakers!

If a lemonade stand is on this summer's agenda for your kids, think about selling JDRF Walk Sneakers along with the cooling beverage. Nothing tastes as good on a hot summer day as money raised to fund a cure for type 1 diabetes!!!! Call the office and we'll get the sneakers to you ASAP. (314) 729-1846.



Walk to Cure Diabetes

# Walk Talk



**JDRF** Juvenile Diabetes Research Foundation International

*Dedicated to finding a cure*

Weekly Walk Newsletter

## Walk Team Fundraisers

### **Vacation for a Cure!**

\$20 per raffle or 3 for \$50 enters you to win a \$1,000 gift certificate to Majestic Travel (travel agency). Must be 18 or older to purchase. Certificate will be good for 1 year. Winner will be drawn on Walk Day, October 4<sup>th</sup>. Contact Sandy for questions or tickets at [sandy82@yahoo.com](mailto:sandy82@yahoo.com).

### **Doll House Raffle ( 4' X 2' X 2.5' Tall)**

Tickets are 1 for \$5 or 5 for \$20. Winner will be drawn on Walk Day. For more information contact Stacy Godsil at 636-227-3919.

### **Saturday, August 8<sup>th</sup>**

#### **Flip-A-Thon – Manchester, MO**

Cheer Legendz at 150 Enchanted Pkwy. Contact Lila at [lwilson@prudentialalliance.com](mailto:lwilson@prudentialalliance.com).

### **Friday, August 14<sup>th</sup> & Saturday, August 15<sup>th</sup> – St. Louis, MO**

#### **Arch City Theater Troupe “Why We Tell the Story” August Extravaganza!**

Aug. 14<sup>th</sup> at 7:30pm & Aug. 15<sup>th</sup> at 2pm and 7:30pm at the Orthwein Theater at MICDS, 101 N. Warson Rd. Auction, raffle and bake sale. Admission is free, but donations to JDRF are encouraged and appreciated. Contact [hrapp@sbcglobal.net](mailto:hrapp@sbcglobal.net) or 314-962-2332 or visit [www.act.worldbreak.com](http://www.act.worldbreak.com).

### **Thursday, August 27<sup>th</sup>**

#### **Gold Fundraising Party – Bloomsdale, MO**

Knights of Columbus sideroom, time is tentatively set for 1-7:30pm. Contact Lisa for more information at 573-483-2411 or [dlkertz@att.net](mailto:dlkertz@att.net)

### **Sunday, August 30<sup>th</sup>**

#### **5<sup>th</sup> Annual Kaitlyn Krusaders Golf Tournament – Waterloo, IL**

Acorns Golf Course with a 1pm shotgun start. Call 314-846-1599 or go to [www.smgrep.com/kaitlyn](http://www.smgrep.com/kaitlyn)

### **Friday, September 11<sup>th</sup>**

#### **Happy Hour – Belleville, IL**

Shenanigan's Sports Bar at 7pm, tickets at \$10 each. Silent Auction, 50/50, All-You-Can-Eat Appetizers, Live Music at 9:30pm. Call Shelly to reserve your spot at 618-792-3650

### **Saturday, September 12<sup>th</sup>**

#### **Music Trivia Night – Ballwin, MO**

Ballwin Golf Course, \$20/person, tables of 8, cash bar, silent auction & 50/50. Contact Cindy Schindler for more information at [ckschindler@earthlink.net](mailto:ckschindler@earthlink.net).

### **Saturday, September 12<sup>th</sup>**

#### **Fun Bowl – Ellisville, MO**

2-6pm at West County Lanes on 15727 Manchester Rd., \$17.50 per person includes 3 games of bowling and shoe rental. Will also have a silent auction and 50/50. Go to [www.tmg4jdrf.tripod.com](http://www.tmg4jdrf.tripod.com) for a list of auction items or to register. Contact Stacy Godsil at 636-227-3919 for questions and to reserve your lane.

### **Friday, September 18<sup>th</sup>**

#### **Moe Bandy Theatre Performance – Branson, MO**

8pm, Call 1-800-677-8533 or on-line at MoeBandy.com. \*Use promotion code “JDRF” when ordering tickets, and JDRF gets ½ of the ticket prices.

### **Saturday & Sunday, September 19<sup>th</sup> and 20<sup>th</sup>**

#### **Moe Bandy Theatre Performances – Branson, MO**

2pm matinees, Call 1-800-677-8533 or on-line at MoeBandy.com. \*Use promotion code “JDRF” when ordering tickets, and JDRF gets ½ of the ticket prices.

### **Saturday & Sunday, September 19<sup>th</sup> & 20<sup>th</sup>**

#### **Jim Stafford Theatre Performances – Branson, MO**

8pm, Call 1-800-677-8533 or on-line at JimStafford.com. \*Use promotion code “JDRF” when ordering tickets, and JDRF gets ½ of the ticket prices.

### **Friday, September 25<sup>th</sup>**

#### **Trivia Night – Edwardsville, IL**

Marine United Church of Christ, doors open at 6pm, Trivia starts at 7pm. 50/50, Silent Auction, Mulligans, Door Prizes, Quilt Raffle & Fun! Up to 8 people at a table for only \$10 each. Call Stacy at 618-887-4252



Walk to Cure Diabetes



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Weekly Walk Newsletter

## Walk Team Fundraisers con't

**Saturday, September 26<sup>th</sup>**

**2<sup>nd</sup> Annual 5K Fun Walk/Run to Cure Diabetes –  
Waynesville, MO**

8:30am Walk, 9am Fun Run at Waynesville City Park, late registration and sign up begin at 8am

Suggested donation per person is \$10. Pre-register by September 1<sup>st</sup> at [www.copingandhoping.com](http://www.copingandhoping.com).

The first 100 people receive a free t-shirt. For more information or to be a corporate sponsor, e-mail [walk2curediabetes@yahoo.com](mailto:walk2curediabetes@yahoo.com).

**Saturday, September 26<sup>th</sup>**

**Warrenton's 2<sup>nd</sup> Annual Wild-Chili-Wing Ding! –  
Warrenton, MO**

12-6pm at the Warrenton Lion's Club...A Chili, Wings, Wild Game & Wild Edibles Cook-Off

Admission by donation. Morning Walk & Classic Car Parade, Health Care Vendor Fair, Live Bands, Horse Show, Petting Zoo, Bounce House, Games & Prizes, Auction & Raffles

Contact Jennifer at 636-456-8754 or register at [www.maggiesmilitia.myevent.com](http://www.maggiesmilitia.myevent.com).

**Saturday, September 26<sup>th</sup>**

**JDRF Fundraising Picnic and BBQ – Arnold, MO**

Arnold City Park off Jeffco Blvd. and #1 Bradley Beach Rd., Noon until the park closes, silent auction, raffle, games, food and much more! Sponsored by i-Promotions

**Saturday, October 3<sup>rd</sup>**

**Metro-East 3<sup>rd</sup> Annual JDRF Golf Tournament in memory  
of Jennifer Catherine Smith – Alton, IL**

Spencer T. Olin Golf Course at 4701 College Ave. 62002  
For more information contact Michael Smith at 314-565-6035 or [masmith@plazait.com](mailto:masmith@plazait.com).

**Monday, October 5<sup>th</sup>**

**Phantom Unmasked Revue – Chesterfield, MO**

Purser Center of Logan College, featuring the *national touring cast* of Phantom of the Opera!

Tickets on sale now...contact Marie Davis for more information at 314-729-1846, X14.

**Sunday, October 11<sup>th</sup>**

**Millstadt Optimist 9<sup>th</sup> Annual Snoots, Ribs & Chili Cook-  
Off – Millstadt, IL**

Noon to 5pm at Liederkrantz Park, for more information call Brian at 618-971-9411

**Saturday, October 17<sup>th</sup>**

**Crazy Bowl – Florissant, MO**

Crest Bowl from 7-9pm, \$15 per bowler...includes 2 hours of bowling and shoe rental

50/50 raffle and prizes. RSVP to Kelly Davis at 314-780-9739 or [kdw8880@hotmail.com](mailto:kdw8880@hotmail.com)

**Friday, November 6<sup>th</sup>**

**Dualing Piano Night – Belleville, IL**

Save the date...dinner and silent auction at Our Lady Queen of Peace

Contact Angela with questions at [angela.daubach@gmail.com](mailto:angela.daubach@gmail.com).



Walk to Cure Diabetes



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Weekly Walk Newsletter

## • Registration Report

**NOTE: This list consists of only those teams with registered walkers**

| Team Name                               | Walkers | Team Name                              | Walkers |
|---|---------|--|---------|
| 1904 World's Fair                       |         | Gorman Family - Hailey's Hope          | 12      |
| Charitable Foundation                   | 1       | Graves Family - Deb and Billy's        |         |
| 3Ms                                     | 1       | Dream Team                             | 1       |
| Abby's Army                             | 10      | Grimco, Inc.                           | 2       |
| Aceituno                                | 1       | Grindstaff Family - Aidan's Athletes   | 4       |
| Anna's Supporters                       | 1       | Group Health Plan                      | 2       |
| Appel/Mussatto Families - Stars of Hope | 10      | Haas Family- Justin's Team             | 17      |
| Arrowhead Building Supply               | 1       | HammerTime                             | 2       |
| Atkins (Jake)                           | 4       | Harding Family - Elizabeth's Hope      | 1       |
| Baldwin Family - B Girls                | 1       | Help Shelby                            | 5       |
| Beaudreau Family - Gavin's G-Crew       | 27      | Hornsey Family                         | 4       |
| Bockstruck Family - Jake's Jammers      | 1       | Huskey Family - Hope for Trevor        | 6       |
| Bradstreet Family - G-Force             | 2       | Hussey Family - Shannon's Gang         | 5       |
| Briscoe Family - Dooze's Crew           | 2       | i-Promotions i-Care Team               | 1       |
| Brown Family - Destiny's Team           | 2       | Kac-a-nators                           | 1       |
| Burgmann Family - Joshua's Crusaders    | 1       | Kern Family - Brooke's Bugs            | 3       |
| Carney Family                           | 3       | Kimball Family - Team Alexis           | 7       |
| Centric Group                           | 1       | Klein Family - Kelly's Walkers         | 1       |
| Citibank                                | 1       | Kline Family - Bella's Bunch           | 18      |
| Columbine's Pure Power Print Team       | 2       | Koulouriotis Family - Amazing Graces   | 11      |
| Coogan Family - Jimmy's Jammers         | 5       | KTSK8                                  | 1       |
| Cook Family - Killian's Crew            | 5       | Kurowski Family - Lizzie's Crusaders   | 2       |
| Court's Crew                            | 15      | Levens Family - Caroline's Crew        | 6       |
| Craig Family - Matthew's                |         | Lichtenfels Family - Cindy's Crusaders | 1       |
| Mile Walkers                            | 9       | Liley Family                           | 3       |
| Crosswhite Family-Ashleigh's            |         | Littge Family - Emma's Entourage       | 9       |
| Hope for a Cure                         | 20      | Liu Crew                               | 1       |
| Crowley Family                          | 25      | Lowery Family - Let's Shut-Out         |         |
| Davis Family - Kure Krusaders           | 1       | Diabetes                               | 3       |
| Dudley Family                           | 1       | Luther Family - Carson's Crusaders     | 1       |
| Duepner Family - Nick's Ninjas          | 4       | Magellan Walking for a Cure            | 1       |
| Dunkle Family - Bailey's Buddies        | 4       | Martin Family - Motivated by Maggie    | 2       |
| Eaton Family - Aubrey's Army            | 10      | McKee Family - Clark's Pit Crew        | 8       |
| Edward Jones                            | 1       | Miles Family - Drew's Crew             | 5       |
| Energizer                               | 9       | Milzark Family-Maddy Moo               |         |
| Enloe Family - Team Zoe                 | 8       | Needs You!                             | 13      |
| Enterprise Rent-A-Car                   | 2       | Missouri Dream Girls USA               | 4       |
| Freeman Family - Bryan's Friends        |         | Monsanto Company                       | 4       |
| For Life                                | 1       | Montgomery Family                      | 1       |
| Gerler Family - Ellie's Little Pumpers  | 1       | Mouser Family - Paige and the Pacers   | 1       |
| Godsil Family - The Sugar Checkers      | 3       | Novsek Family - SYD - Support          |         |
| Goforth/Kramer Family-Kiersten &        |         | Your Diabetic                          | 4       |
| Kaitlyn Rockin for a Remedy             | 7       | Oliver Family - Clayton's Zoo Crew     | 2       |
|   |         | Oppedal Family - Jazzy Jazz            | 1       |



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## Registration Report

| <b>Team Name</b>                              | <b>Walkers</b> | <b>Team Name</b>                            | <b>Walkers</b> |
|---|----------------|---|----------------|
| Pelkey Team                                   | 1              | Starnes Family - Grant Me This              | 4              |
| Pierce Family                                 | 5              | Sykora's Soldiers                           | 11             |
| Prasek Family - Ashlei's Angels<br>for a Cure | 4              | Team Aiden                                  | 2              |
| Puricelli Family - Gimme Some Sugar           | 4              | Team Crowson                                | 1              |
| R.A.W. For Christianne                        | 1              | Team Jorj                                   | 6              |
| Rehgs Racing 4 A Cure                         | 1              | Team Kelsey                                 | 1              |
| Reilly Family - Shea's Crusaders              | 3              | The Jacob Express                           | 2              |
| Rennegarbe Family - Tricia's Walkers          | 1              | Towers Perrin - Keri                        | 2              |
| Rinkel Family - Eli's Entourage               | 1              | Towers Perrin - Lori                        | 1              |
| Ritch Family - Sierra & Mommy                 | 1              | Ulmer Family                                | 5              |
| Roeder Family - Christi's Crusaders           | 6              | Voss Family - Lace up for LACEY             | 3              |
| Schipper Family - Maggie's Militia            | 4              | Wacky Warriors For The Cure                 | 2              |
| Schmidt Family - Team Abby                    | 5              | Walker/Tucker Family- Nicole's Hope         | 3              |
| Schneider Family-The                          |                | Webb Family - Lauren's Hope                 | 1              |
| Vincentrifugal Force                          | 5              | Wehmeyer Family - Tori's Trekers            | 1              |
| School of Fish                                | 1              | White Family - PUMP It Up!                  |                |
| Schwarting Family                             | 3              | Team Brooke                                 | 1              |
| Shasteen Family - Alissa's Angels             | 1              | Wienstroer Family - Team Ted                | 4              |
| Siebert Family - Timmy's Team                 | 1              | Willard's Wishful Walkers                   | 5              |
| Siegel Family - Brandon's Brigade             | 3              | Willmirth-Hollenkamp Family –<br>Team B-Man | 3              |
| Sondag Family Dinosaur's                      |                | Wisecup Family - Brett's Brigade            | 6              |
| Rock and Rule                                 | 1              | Wright Family - Zacharys Zoo                | 8              |
| Springer Family - Austin's Crew               | 11             | Wyss Family - Ashley's Hope                 | 4              |
| Stanley Family - Team Lauren                  | 8              | Young Professionals of JDRF St. Louis       | 5              |
|   |                | Zachary's Troopers                          | 3              |
|   |                | Zarbano Family                              | 1              |
|   |                | Ziegler Family - Dilly Do's Crazy Crew      | 5              |
|   |                | <b>Total Pre - registered</b>               | <b>540</b>     |

Walker totals include online registrations as of 5pm Thursday of each week. If this report does not accurately reflect the number of pre-registered walkers for your team, please contact the JDRF office at 314-729-1846 or email [tparkhurst@jdrf.org](mailto:tparkhurst@jdrf.org).