



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.

Welcome to Walk To Cure Diabetes week 2!! Families are setting dollar goals as they prepare to send out donation request letters and emails. Make your messages personal. Corporate teams are also setting goals, recruiting coworkers and growing Walk teams by in-house promotions.

On that note, Energizer is buzzing with plans – you’ll read about them in this Walk Talk. So many of our employees are still talking about the great time we had at the kick-off luncheon. We’re all focused on JDRF fund raising.



Stepping up at the Team Captain’s luncheon

It’s only a matter of weeks until we meet in Forest Park for the Walk. Sunday, October 4th is around the corner. Now is the time to promote the Walk...create your team tee shirt, schedule an internal kick-off, host lunch time raffles, sell JDRF Walk sneakers and MaxLife bracelets. Every dollar helps fund the research that will find a cure for diabetes.

A special shout out to the Starnes Family. Diana, you’re doing an awesome job as this year’s Family Walk Chair. There wasn’t a dry eye at the luncheon when you spoke about your son Grant.

And Logic Systems Sound and Lighting is launching a new component to the Walk To Cure Diabetes – a JDRF Run To Cure. It’s a great time to be involved with JDRF.

Presenting Sponsors

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Walk Talk



Weekly Walk Newsletter

Team Talk

Energizer's Fund Raising Plans Are Focused and Fun

by Gordon K. Johnson, Customer Development Manager



Energizer employees will have a great time as they raise their corporate Walk team totals and those who contribute \$25.00 or more to JDRF can double their contribution through our matching gifts program. We all know that our positive attitude about JDRF makes a big impact in and out of the workplace. Here are just some of the things we have planned:

- Selling JDRF's orange MaxLife bracelets for \$10.00 each
- Buy a JDRF Walk sneaker and put it up in the Café area
- In September, every Friday is jeans day
- Lunch hour raffle prizes will feature
 - PTO (vacation day!)...
 - basket of company products...
 - 4 tickets to Cardinals game on October 4th

Just remember this is why Energizer needs YOUR help:

- Diabetes kills every 3 minutes
- A new case is diagnosed every 30 seconds
- Insulin is not a cure
- JDRF funds the research to treat, cure and ultimately prevent diabetes

Grant Me This

Our family's life was changed forever just 4 1/2 years ago when our son Grant was diagnosed with type 1 diabetes. However, we decided back then it was going to change us for the better. Despite Grant's very demanding diabetes routine, he lives his life with determination, curiosity and most importantly a smile on his face.

Every summer to kick off walk season our family team, "Grant Me This," holds a neighborhood lemonade stand to benefit JDRF. We have raised more than \$2400 over the past 3 years in lemonade sales! In addition, we also send out a walk letter to family and friends to raise awareness to stop this devastating disease.

I know one day Grant will not just be a boy living with diabetes... He will be a boy just living life because of a cure.



Among other fundraisers, the Starnes family raises money for JDRF by selling lemonade in their neighborhood.

-The Starnes Family



Walk Talk



Corporate Corner

- Set Goals:
 - *Goal for this week - Schedule your Internal Kick Off*
 - Contact the JDRF staff to set a date, time & location
 - 10 - 15 minute presentation - JDRF does all the work!
 - Show the Walk Video & Sign up walkers
 - Make it fun- Incorporate a theme - Hawaiian, favorite team, etc. (have people dress up or hand out themed prizes!)
- Communicate:
 - Spread the word!
 - Send an e-mail or memo inviting everyone to attend the Walk with their family
 - Have Team Captains canvass their department to sign up walkers
 - Have your CEO send out a voicemail or email to all employees encouraging them to participate or donate to their favorite walker
- Incentive!
 - Design a Team T-shirt
 - Hold a team t-shirt design contest
 - Make it a bold color that will get noticed at the Walk
 - Give one to EVERYONE on your Walk team

Family Forum

Five Steps To A Successful Letter Writing Campaign

Step 1: Develop Your Mailing List: The larger your distribution list, the larger your results! List ideas include: address book, rolodex, holiday card list, team/league rosters, church/club directories, vendors, fraternal/alumni groups, classmates, teachers, roommates, neighbors, friends, co-workers, business colleagues, businesses you frequent, and your email address book.

Step 2: Write Your Letter: Explain why it's important to you and/or your family that a cure for diabetes is found. More to come in next week's Walk Talk!

Step 3: Mail Your Letters Soon, Walk is right around the corner.

Step 4: Collect The Money & Turn In Your Donations.

Step 5: Send Thank You Notes: Announcing your team's success and acknowledging your contributors' generosity will ensure their future support!



Walk Talk



Team Building Tip of the Week

Spread The Word!

1.

Memos, E-mails, Newsletters, Posters, Bulletin Boards, Videos, Break Room and Cafeteria Displays, Time clock Notices

Personally Ask: Co-Workers, Family, Friends, Neighbors, Church, Civic Groups

Hold An Internal Kick-Off

2.

Call JDRF staff to help plan and organize a 10-15 minute fun and informative presentation.

Show the JDRF Walk video, hear from a child with diabetes, promote your company goal, announce incentives, learn how to raise money for diabetes research.

If your goal is 100 walkers, then you would need to recruit 10 Team Captains.

Design A Team T-Shirt

3.

Make it Bright and Bold! Include the JDRF Walk Logo! Be original! Be creative!
Contact JDRF staff for more information 314-729-1846.

Incentive Prizes

Walkers who raise \$200 or more can select one of our gift catalogs featuring a variety of prizes. Items available include JDRF branded apparel from Columbia® and Tommy Hilfiger®, housewares from Calphalon® and Braun®, as well as electronics from Apple®, Sony®, Philips®, and Bose®. Great gifts for kids, like games and bikes, are available at all levels! Only one prize per walker, please.

To view the fundraising levels and fabulous prizes available, please [click here](#).

Register on line at walk.jdrf.org Come see our online fundraising features at Walk Central.

Sneaker Zone



Join our partners during their Fall Sneaker campaigns! JDRF has a "Secret Shopper" program. Call JDRF and ask how you can become a "Secret Shopper."

Visit

Advance Auto Parts

Casey's General Stores

Dobbs Tire & Auto

Gordman's

Hy-Vee

Marshalls

Save-a-Lot

USA Drug

Walgreens

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



Walk to Cure Diabetes

Walk Talk



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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 4th. Contact Sandy for questions or tickets at 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.

Friday, August 14th & Saturday, August 15th St. Louis, MO

Arch City Theater Troupe "Why We Tell the Story" August Extravaganza!

Aug. 14th at 7:30pm & Aug. 15th 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 or 314-962-2332 or visit www.actt.worldbreak.com.

Thursday, August 27th

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

Sunday, August 30th

5th 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

Friday, September 11th

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 12th

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.

Saturday, September 12th

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 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 18th

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 19th and 20th

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 19th & 20th

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 25th

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 26th

**2nd 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 1st at 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.

Saturday, September 26th

**Warrenton's 2nd 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.

Saturday, September 26th

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 3rd

**Metro-East 3rd 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.

Monday, October 5th

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 11th

Millstadt Optimist 9th 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 17th

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

Friday, November 6th

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.



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 Charitable Foundation	1	Enloe Family - Team Zoe	10
3Ms	1	Enterprise Rent-A-Car	2
Abby's Army	10	Fingerhut Family - Kac-a-nators	1
Aceituno	1	FIORE	1
Albach Family	2	Freeman Family - Bryan's Friends For Life	1
Anna's Supporters	1	Gerler Family - Ellie's Little Pumpers	1
Appel/Mussatto Families - Stars of Hope	10	Godsil Family - The Sugar Checkers	3
Arrowhead Building Supply	1	Goforth/Kramer Family-Kiersten & Kaitlyn	
Atkins (Jake)	6	Rockin for a Remedy	7
Baldwin Family - B Girls	1	Gorman Family - Hailey's Hope	12
Beaudreau Family - Gavin's G-Crew	33	Graves Family - Deb and Billy's Dream Team	1
Behan Family	5	Grimco, Inc.	2
Bockstruck Family - Jake's Jammers	1	Grindstaff Family - Aidan's Athletes	4
Bodine Family - Aaron's Army	1	Group Health Plan	3
Bollinger/Spahr Family - Corey's Cardinals	7	Haas Family- Justin's Team	18
Bradstreet Family - G-Force	2	HammerTime	2
Briscoe Family - Dooze's Crew	3	Hannah's Hope	6
Brown & Crouppen	1	Harding Family - Elizabeth's Hope	1
Brown Family - Destiny's Team	2	Helm Family - Team Chandler	7
Brunts-Bolte Family	1	Help Shelby	5
Burgmann Family - Joshua's Crusaders	1	Hornsey Family	4
Carney Family	3	Howell Family - Lauren's Life	5
Centric Group	1	Huskey Family - Hope for Trevor	6
Chrum Family - Ryan's Power Rangers	7	Hussey Family - Shannon's Gang	5
Citibank	1	i-Promotions i-Care Team	1
Collins Family - Footprints	5	Kellerman/Harrison Families - Alli's Angels	5
Columbine's Pure Power Print Team	6	Kern Family - Brooke's Bugs	3
Conley Family - Rusty Team	1	Kimball Family - Team Alexis	7
Coogan Family - Jimmy's Jammers	5	Klein Family - Kelly's Walkers	1
Cook Family - Killian's Crew	9	Kline Family - Bella's Bunch	22
Court's Crew	20	Knese Family - Billy's Buddies	1
Craig Family - Matthew's Mile Walkers	10	Koulouriotis Family - Amazing Graces	18
Crosswhite Family-Ashleigh's Hope for a Cure	20	KPMG	4
Crowley Family	28	KTSK8	1
Davis Family - Kure Krusaders	1	Kurowski Family - Lizzie's Crusaders	2
Davis/Carroll Family - KayLee's Friends	1	Lang Family - T's Team	1
Diamond Family	1	Levens Family - Caroline's Crew	6
Dudley Family	1	Lichtenfels Family - Cindy's Crusaders	1
Duecker Family- Lainey's Linebackers	3	Liley Family	3
Duepner Family - Nick's Ninjas	4	Littge Family - Emma's Entourage	11
Dunkle Family - Bailey's Buddies	4	Liu Crew	1
Eaton Family - Aubrey's Army	11	Lowery Family - Let's Shut-Out Diabetes	3
Edward Jones	13	Luther Family - Carson's Crusaders	1
Energizer	8	Magellan Walking for a Cure	1



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Team Name	Walkers	Team Name	Walkers
Marsh/Mercer	5	Team CT-Innovations	1
Marshalls	1	Team Epiphanie	8
Martin Family - Motivated by Maggie	2	Team Jonas	1
McKee Family - Clark's Pit Crew	8	Team Jorj	7
Miles Family - Drew's Crew	5	Team Kelsey	1
Milzark Family-Maddy Moo Needs You!	13	The Jacob Express	2
Missouri Dream Girls USA	4	The Lewallens	2
Mitchell Family - Cody's Walking Pirates	5	Toomey Family - Andrew's Fan Club	8
Monsanto Company	4	Towers Perrin - Keri	2
Montgomery Family	1	Towers Perrin - Lori	1
Mouser Family - Paige and the Pacers	1	Ulmer Family	5
Ms.DDP Girl and Friends	1	Voss Family - Lace up for LACEY	3
Naturally Sweet - Ingram/Ripperda Families	7	Wacky Warriors For The Cure	2
Norton Family - Jamin's	3	Walker/Tucker Family- Nicole's Hope	3
Novsek Family - SYD - Support Your Diabetic	4	Webb Family - Lauren's Hope	1
Null Family - Aeriana's Angels	5	Wehmeyer Family - Tori's Trekers	1
Oliver Family - Clayton's Zoo Crew	2	White Family - PUMP It Up! Team Brooke	1
Oppedal Family - Jazzy Jazz	1	Wienstroer Family - Team Ted	4
Pelkey Team	2	Willard's Wishful Walkers	5
Pierce Family	5	Willmirth-Hollenkamp Family - Team B-Man	3
Prasek Family - Ashlei's Angels for a Cure	4	Windler Family - Patrick's Stars	6
Puricelli Family - Gimme Some Sugar	4	Wisecup Family - Brett's Brigade	6
R.A.W. For Christianne	1	Wright Family - Zacharys Zoo	8
Rapp Family - Arch City Theater Troupe	1	Wyss Family - Ashley's Hope	4
Rehgs Racing 4 A Cure	4	Young Professionals of JDRF St. Louis	6
Reilly Family - Shea's Crusaders	14	Zachary's Troopers	3
Rennegarbe Family - Tricia's Walkers	1	Zarbano Family	1
Rinkel Family - Eli's Entourage	22	Ziegler Family - Dilly Do's Crazy Crew	5
Ritch Family - Sierra & Mommy	1		
Roeder Family - Christi's Crusaders	6		
Schipper Family - Maggie's Militia	4		
Schmidt Family - Team Abby	5		
Schneider Family-The Vincentrifugal Force	5		
School of Fish	3		
Schwarting Family	5		
Seevers Family	1		
Shasteen Family - Alissa's Angels	1		
Siebert Family - Timmy's Team	1		
Siegel Family - Brandon's Brigade	3		
Sigma Aldrich	6		
Sondag Family Dinosaur's Rock and Rule	4		
Springer Family - Austin's Crew	15		
Stanley Family - Team Lauren	8		
Starnes Family - Grant Me This	4		
Sykora's Soldiers	11		
Team Aiden	2		
Team Crowson	1		

Total Pre - registered 770

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 314-726-6778 or email tparkhurst@jdrf.org.