



Walk to Cure Diabetes



Walk Talk



Weekly Walk Newsletter

Message from Corporate Chair

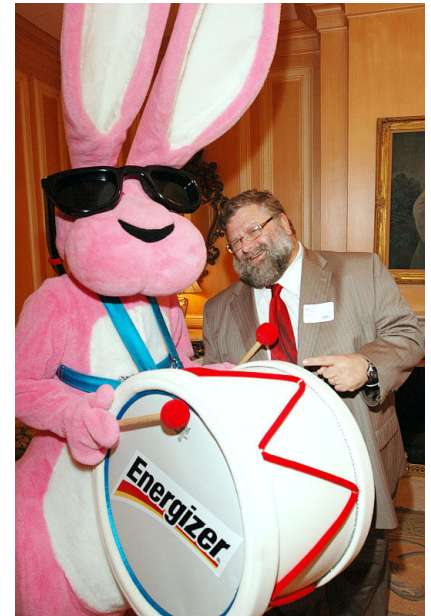
2009 Walk To Cure Diabetes

Ward Klein, CEO, Energizer Holdings, Inc.

Welcome to Week 3! As we approach the midpoint of Walk preparation, it's all about getting as many people registered as possible.

Aladdin had a magic carpet - we have <http://walk.jdrf.org/> It is an amazing tool for signing up walkers and raising money.

- Walk Team Captains – Send recruits to the site so they can find out more about this year's Walk To Cure Diabetes and sign up as a walker. They can also make donations and get great fund raising tips and techniques that will boost your totals.
- Don't forget your friends, neighbors, family members and people with whom you do business (hairdresser, barber, banker, florist). Everyone at Energizer knows that an extended family is the key to success...and giving someone a Walk tee-shirt really generates excitement.
- Don't leave anyone out of the fun of giving. You are not begging for money. You are giving everyone the opportunity to help find a cure for millions of people who have diabetes.



Sean O'Gorman joins the Energizer Bunny to "drum" up support for the Juvenile Diabetes Research Foundation Walk To Cure Diabetes, October 4th in Forest Park.

Photo by Dave Myers.

Get on line, on the phone, on the ball...we're halfway to Walk day and need to be focused in our fund rising. Have a good week!

Presenting Sponsors

The Chrysler Foundation



Edward Jones
MAKING SENSE OF INVESTING

Energizer

Gold



Silver



Bronze



10K Run Sponsors





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Team Talk

Edward Jones 2008 Corporate Walk Team Winner

by Rich Unnerstall, Edward Jones General Partner
JDRF Board President

The enthusiasm of our Edward Jones associates has grown our Walk team profits every year. Last year we raised over \$140,000, under the direction of Jim Weddle, Edward Jones Managing Partner and the JDRF Walk To Cure Diabetes Corporate Walk Chair.

My connection to JDRF is personal. Claire, my 15-year-old daughter was diagnosed with type 1 diabetes at the age of 8. My wife Marie and I think about a cure every day.

Edward Jones supports a “rummage donation” program. The firm matches the value of goods donated by associates to any charity thrift store. And we have “buy a partner for lunch” – associates bid on the general principal of their choice and the partner hosts the lunch. Better than a beauty contest! Last year this program brought in \$7,300.

JDRF Walk sneakers are sold in the lunch rooms, we present an Annual Trivia Night (this year on November 7th at White Cliff Park) and our Walk team has received the profits from many a church bake sale. In addition, many of our team captains reach out to family and friends with a traditional letter writing campaign soliciting donations for the Walk To Cure Diabetes. The support we get year after year never ceases to amaze and it encourages me to do my best to find a cure for diabetes.

We proudly wear our Walk To Cure Diabetes tee shirts. Look for our 200+ associates in Forest Park on October 4th.

The Kowalski Family

I remember asking what the blood test results showed for my then two-year old son. The E.R. nurse replied, “His blood sugar is over 1000.” My reply was, “Is that bad?” The nurse didn’t respond, but rather looked at me in stunned silence. The next thing I heard was a shout from across the building, “The helicopter is on its way!”

Diabetes is nothing if not an attention-getter. We’ve come a long way since that night. Hayden, now age 4, went through two-shots per day to four-shots per day (which really turned out to be eight) to using an insulin pump within the first six months of diagnosis. And the changes and adjustments in our lives are ongoing.

I am very thankful for our family and friends who have been so supportive, and I am also very thankful for those advancing the science and technology of diabetes. The insulin pump did nothing less than give my son his childhood back. I am sure that with the proper funding and effort, diabetes will eventually be cured.

That is why every year on Hayden’s diagnosis anniversary, my sister and I organize a local 5K walk/run to raise money for JDRF. Our lives directly benefit from the organization’s work. Whether it is through education, outreach or research, JDRF has improved the lives of countless children and adults with type 1 and the lives of their families.

-Kellie Kowalski with Jessica Wells



Edward Jones Team...pumped to take home another winning Walk trophy for 2009



In July 2009, Hayden attended the Friends for Life conference for children with diabetes in Orlando, Fla.



Walk to Cure Diabetes



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Walk Cool Down Event

DON'T MISS

PHANTOM UNMASKED...

Private Broadway Cabaret
to Benefit JDRF



Monday, October 5th, 2009
6pm to 10pm

The Purser Center
1851 Schoettler Rd, Chesterfield

BUILD YOUR OWN KICK LINE!

Come experience the young and spirited cast from the National Touring Company of "Phantom of the Opera" as they sing and dance their favorite music...not their traditional roles in "Phantom." How lucky JDRF is to welcome them on their night off from the Fox Theatre.

TICKETS ON SALE NOW!

\$250 – Cocktail Reception, VIP House Seats and Cast Party

\$150 – Cocktail Reception and Premiere Seating

\$75 – Performance Only

CONTACT JDRF STAFF - (314) 729-1846

PLAYBILL PROCEDURES:

VIP Kick Line Captain:

10 VIP Tickets- \$2,000 (Save \$500)

Premiere Kick Line Captain:

10 Tickets- \$1,500 (Save \$250)

Performance Only:

9 Tickets @ \$75 and receive 1 free!



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In Partnership with:





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Corporate Corner

- Set Goals!
 - *Goal for this week - Get Your Walkers Registered!*
 - Revisit your goal - how many walkers do you need to reach your dollar goal?
 - Each Team Captain should be able to recruit 10 Walkers. (*example - 5 team captains needed to recruit 50 walkers*)
 - Invite friends and family to be part of your team - it is a family event!!
- Communicate!
 - Publicize our On-line Registration and Fundraising Tools at Walk Central (<http://www.jdrf.org/>).
 - E-mail the link to everyone.
 - Send an invitation e-mail. (using the tool in Walk Central).
 - Encourage Walkers to forward the link to their friends and families or send their own invitation e-mail.
- Incentives!
 - Hold a contest for the department that registers the most walkers in a week.
 - Have a raffle for all registered walkers.
 - Let anyone who registers by a certain date have a special casual day.

Family Forum

Conducting a letter writing campaign is the most effective way for families raise money for research. The national average campaign raises \$1,500, with your help we'll raise even more this year. Here are some tips for writing your family letter:

- Ask your chapter staff or Family Team Volunteers for samples!
- Include your individual or team fundraising goal.
- If possible, enclose a self-addressed, stamped envelope with each letter.
- Include a deadline for donations that is before the JDRF Walk.
- Explain why it's important to you and/or your family that a cure for diabetes is found.
- State that their donation is tax-deductible and that checks should be made payable to JDRF.
- Include the links you received when registering for the Walk via JDRF's "Walk Central" at www.jdrf.org. Provide potential donors with your link to make an online credit card donation to support you and your Walk team, and the link to join your team. Providing these links is the most direct route to your personal fundraising page, and the quickest and easiest way for people to support you online.
- Print a photo of your child (or your team/family) on the letter.
- If he/she has just been diagnosed, describe what your family experienced during that time.
- Discuss your child's daily routine and the impact it has on you and your family.
- Explain your concerns about potential complications your child may experience during his/her lifetime if a cure for diabetes is not found.
- Details on research progress (visit the JDRF web site for updates: www.jdrf.org).
- What's happened in the life of the person with diabetes since last year.



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Team Building Tip of the Week



Why Register For the Walk?

It says you are committed to be at the Walk.

It says you are raising money for JDRF.

It helps us gauge the success of the Walk.

It tells us how we should plan for food and drinks.

It tells us how many T-shirts to order.

And it makes JDRF staff, your Team Captain, and our Walk Chair REALLY HAPPY!

Register on line at walk.jdrf.org

Come see our online fundraising features at Walk Central.

Sneaker Zone



Visit places you do businesses with and recruit them to sell sneakers for your team! Your Bank, Local Grocery Store, Favorite Restaurants, Pharmacy are all great opportunities!

Advance Auto Parts

Casey's General Stores

Dobbs Tire & Auto

Gordman's

Hy-Vee

Marshalls

Save-a-Lot

USA Drug

Walgreens



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Walk Team Fun Raisers

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 Godsfil at 636-227-3919.

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

Friday, September 11th - Edwardsville, IL

Wine Tasting Fundraiser at Crushed Grapes
4pm-?, \$15 per person includes wine, beer, soda, food
Contact Amber at 618-659-3530

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 Godsfil 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

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.



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Walk Team Fun Raisers con't

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! The cost will be \$10/adult and \$5/kids 10 and under (under 3 will be free). The cost includes food, beverages, attendance prizes and lots of fun! It will be B.Y.O.B.

For tickets and questions, email ipromotions@sbcglobal.net or call Amanda/Kim at 314.638.1900. (Sponsored by i-Promotions)

Saturday, September 26th

Bake Sale - O'Fallon, MO

The O'Fallon Farmers & Artists Market is open from 7 - 11am. Held in the parking lot and River City Rascals Stadium area of the TR Hughes Baseball Complex at 900 TR Hughes Blvd., O'Fallon, MO 63366. Baked goods for purchase and guest chef. Contact Kristy at 636-265-0800 or kfluhr@charter.net.

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.

Saturday, November 7th

6th Annual Edward Jones Trivia Night

At the new Edward Jones building at Dorsett & I-270.
Open at 6pm, Trivia begins at 7pm \$200 per table of 8, Drinks/snacks, Prizes, 50/50, silent auction, raffle baskets
Contact Phil Stout at phil.stout@edwardjones.com



Walk to Cure Diabetes



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Registration Report

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

Team Name	#	Team Name	#
1904 World's Fair Charitable Foundation	1	Dunkle Family - Bailey's Buddies	4
3Ms	1	Eaton Family - Aubrey's Army	13
Abby's Army	11	Edward Jones - The Walking Tailgaters	22
Aceituno	1	Energizer	9
Albach Family	2	Enloe Family - Team Zoe	10
AlliesAllies	7	Enterprise Rent-A-Car	2
Anna's Supporters	1	Fagerstrom Family - Aaron's Advocates	2
Appel/Mussatto Families - Stars of Hope	10	Fingerhut Family - Kac-a-nators	2
Arrowhead Building Supply	1	FIORE	1
Atkins (Jake)	6	Freeman Family - Bryan's Friends For Life	4
Baldwin Family - B Girls	1	Gaylord Family - Kristen's Team	5
Barfield Family - Tony's Team	4	Gerler Family - Ellie's Little Pumpers	2
Beaman Family - Beam Team	2	Godsil Family - The Sugar Checkers	3
Beaudreau Family - Gavin's G-Crew	40	Goforth/Kramer Family-Kiersten & Kaitlyn	
Behan Family	5	Rockin for a Remedy	7
Bockstruck Family - Jake's Jammers	1	Gorman Family - Hailey's Hope	12
Bodine Family - Aaron's Army	1	Graves Family - Deb and Billy's Dream Team	1
Bollinger/Spahr Family - Corey's Cardinals	7	Grimco, Inc.	2
Bradstreet Family - G-Force	2	Grindstaff Family - Aidan's Athletes	11
Briscoe Family - Dooze's Crew	4	Group Health Plan	7
Brown & Crouppen	3	Haas Family- Justin's Team	18
Brown Family - Destiny's Team	2	HammerTime	2
Brunts-Bolte Family	1	Hannah's Hope	6
Burgmann Family - Joshua's Crusaders	1	Harding Family - Elizabeth's Hope	1
Burr Family	1	Helm Family - Team Chandler	7
Carney Family	11	Help Shelby	5
Centric Group	1	Hoffman/Wild Family - Movin' for Mason	5
Chrum Family - Ryan's Power Rangers	7	Hornsey Family	4
Citibank	1	Howell Family - Lauren's Life	5
Collins Family - Footprints	5	Huskey Family - Hope for Trevor	6
Columbine's Pure Power Print Team	6	Hussey Family - Shannon's Gang	5
Conley Family - Rusty Team	1	i-Promotions i-Care Team	1
Coogan Family - Jimmy's Jammers	5	Jack Family	8
Cook Family - Killian's Crew	11	Jonas Team	1
Craig Family - Matthew's Mile Walkers	11	Kaczmarek Family - Cole's Clan	1
Crosswhite Family-Ashleigh's Hope for a Cure	20	Kearns Family - Andrew's All-Americans	1
Crowley Family	28	Kellerman/Harrison Family - Alli's Angels with	
CT-Innovations Team	1	Hayden's Halos	9
Davis Family - Kure Krusaders	1	Kern Family - Brooke's Bugs	3
Davis/Carroll Family - KayLee's Friends	1	Kimball Family - Team Alexis	12
Diamond Family	1	Klein Family - Kelly's Walkers	1
Dudley Family	1	Kline Family - Bella's Bunch	28
Duecker Family- Lainey's Linebackers	3	Knese Family - Billy's Buddies	2
Duepner Family - Nick's Ninjas	4	Koulouriotis Family - Amazing Graces	23



Walk to Cure Diabetes



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Registration Report con't

Team Name	#	Team Name	#
KPMG	4	Rinkel Family - Eli's Entourage	25
KTSK8	1	Ritch Family - Sierra & Mommy	1
Kurowski Family - Lizzie's Crusaders	2	Roeder Family - Christi's Crusaders	6
Lang Family - T's Team	1	Roos Family - Emma's Team	1
Levens Family - Caroline's Crew	12	Schipper Family - Maggie's Militia	4
Lewallen's	2	Schmidt Family - Team Abby	6
Lichtenfels Family - Cindy's Crusaders	1	Schneider Family-The Vincentrifugal Force	6
Liley Family	3	School of Fish	3
Lindenwood U - Court's Crew	21	Schwarting Family	5
Littge Family - Emma's Entourage	12	SeEVERS Family	2
Liu Crew	1	Shasteen Family - Alissa's Angels	1
Lowery Family - Let's Shut-Out Diabetes	3	Short Family - Becca's Bunch	1
Luther Family - Carson's Crusaders	1	Siebert Family - Timmy's Team	1
Magellan Walking for a Cure	1	Siegel Family - Brandon's Brigade	3
Marsh/Mercer	5	Sigma Aldrich	13
Marshalls	1	Sisters of Mercy Health System	1
Martin Family - Motivated by Maggie	2	Snyder Family - Allie's Allies	1
McClanahan Family - Madilynn's Marchers	4	Sondag Family Dinosaur's Rock and Rule	4
McKee Family - Clark's Pit Crew	8	Springer Family - Austin's Crew	20
McMichael Family - Robert's Racers	3	SSM Cardinal Glennon Children's Medical Cente	1
Miles Family - Drew's Crew	9	Stanley Family - Team Lauren	8
Milzark Family-Maddy Moo Needs You!	13	Starnes Family - Grant Me This	4
Missouri Dream Girls USA	4	Sugar Steppers-Jolliff Family	3
Mitchell Family - Cody's Walking Pirates	5	Sykora's Soldiers	11
Monsanto Company	8	Team Aiden	2
Montgomery Family	1	Team Crowson	1
MorganStanley SmithBarney	2	Team Epiphanie	8
Morrow Boys	1	Team Jorj	10
Mouser Family - Paige and the Pacers	1	Team Kelsey	1
Ms.DDP Girl and Friends	3	The Jacob Express	3
Naturally Sweet - Ingram/Ripperda Families	7	Toomey Family - Andrew's Fan Club	8
Norton Family - Jamin's	3	Towers Perrin - Keri	2
Novsek Family - SYD - Support Your Diabetic	4	Towers Perrin - Lori	1
Null Family - Aeriana's Angels	6	Ulmer Family	5
Oliver Family - Clayton's Zoo Crew	2	Voss Family - Lace up for LACEY	3
Oppedal Family - Jazzy Jazz	1	Wacky Warriors For The Cure	3
Pelkey Team	2	Walgreens	17
Pierce Family	6	Walker/Tucker Family- Nicole's Hope	3
Prasek Family - Ashlei's Angels for a Cure	4	Webb Family - Lauren's Hope	1
Puricelli Family - Gimme Some Sugar	4	Wehmeyer Family - Tori's Trekers	1
R.A.W. For Christianne	1	Weiss Family - Parker's Pitchers	11
Rapp Family - Arch City Theater Troupe	1	West County Medical Specialists	1
Rehgs Racing 4 A Cure	4	White Family - PUMP It Up! Team Brooke	1
Reilly Family - Shea's Crusaders	14	Wienstroer Family - Team Ted	4
Rennegarbe Family - Tricia's Walkers	1	Willard's Wishful Walkers	5
Rianhard Family - Team Katherine	4	Willmirth-Hollenkamp Family - Team B-Man	3



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Registration Report con't

Team Name	#	Team Name	#
Windler Family - Patrick's Stars	6	Wyss Family - Ashley's Hope	4
Wisecup Family - Brett's Brigade	13	Young Professionals of JDRF St. Louis	8
Wood Family - Diabetes Destroyers	1	Zachary's Troopers	3
Wright Family - Zacharys Zoo	10	Zarbano Family	1
		Ziegler Family - Dilly Do's Crazy Crew	5
		<i>Total Pre – registered</i>	983

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.