



Walk to Cure Diabetes



Walk Talk



Weekly Walk Newsletter

Message from Corporate Chair

2010 Walk To Cure Diabetes

**Carlos Perea, SVP & Chief Human Resources Officer
BJC HealthCare**

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 fundraising 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 BJC HealthCare 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.

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

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Walk to Cure Diabetes



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Team Talk

SIGMA-ALDRICH®

Sigma-Aldrich Corporation Knows The Importance of Scientific Research

With 8,000 employees and operations in 37 countries, Sigma-Aldrich Corporation applies its successful focus to the annual JDRF Walk To Cure Diabetes. The 50 member Team Sigma-Aldrich represents the commitment of our company and its employees to improving the community at large. That's why this is our 10th Walk for JDRF. We understand the importance of research to treat, cure and ultimately prevent diabetes.

We have a jeans day in the workplace and encourage interoffice fundraising competition with Cardinals tickets as incentive prizes.

Look for the Team Sigma-Aldrich shirts at this year's Walk. We work hard that day. And love every minute of it.

Dennis Toomey
Sigma-Aldrich
SAFC Senior Project Manager

Spencer Marglous Serves Up Refreshing JDRF Research Funds

When Spencer was diagnosed with type 1 diabetes this past January at the age of 6, he learned to manage a BIG disease – checking his own blood sugar and giving himself insulin shots.

The Marglous family (mom Dawn, dad Bill, sister Mattie and grandparents Ralph and Earline Simmons) all part of Spencer's Speedsters Walk Team – were focused on raising money to find a cure for all the kids who have diabetes.



This past July, Spencer opened a lemonade stand in front of his grandparents Sappington home. Lots of cups of refreshing lemonade and punch and the sale of paper JDRF Walk sneakers and orange Max-Life bracelet brought in \$187.00 for research.

“I want to find a cure so I don't have to take shots anymore,” said Spencer.



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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://walk.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 walk.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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Weekly Walk Newsletter

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!

Join our partners during their Fall Sneaker campaigns!

Advance Auto Parts (Aug 28-Oct 9)

Casey's General Stores

Cash America (Sept 13-Oct 23)

Dobbs Tire & Auto (Sept 1-Sept 30)

Gordman's (Aug 1-Aug 22)

Hy-Vee (Sept 1-Oct 31)

Marshalls (Aug 22-Sept 25)

Russell Stover (Sept 1- Oct 9)

USA Drug (Oct 1-Oct 30)

Walgreens (Nov 1-Nov 30)



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Weekly Walk Newsletter

Walk Team Fun Raisers

Are you ready for some FOOTBALL?!?!

Raise money and win prizes for your JDRF Walk team by purchasing or selling tickets to the **JDRF Day at the game, Sunday, December 19th, Rams vs. KC Chiefs**. For every \$40 ticket you buy JDRF will get \$15...AND for every ticket sold to the Rams vs. Chiefs game, Edward Jones is donating a ticket to the first game of the season, Sunday, September 12th, Rams vs. Arizona Cardinals. Tickets are limited, call 314-729-1846 or metroslouis@jdrf.org. www.stlouisrams.com/JDRF

Saturday, August 28th, Second Annual Kickball Tournament, Carlyle, IL

*In conjunction with Carlyle's Harvest Thyme Festival 8 person team/3 girl minimum, \$15 per person or \$120 team Contact Tracy at tracyn85@hotmail.com.

Saturday, August 28th, "Triathlon" (bowling, golf and washers), St. Louis area locations, MO

10am - ?, \$125 per person which includes bowling, lunch, golf, dinner, washers tournament and prizes.
ckschindler@earthlink.net.

Sunday, August 29th, Kaitlyn's Krusaders 6th Annual Golf Tournament, Waterloo, IL

Acorn's Golf Links at 3933 Ahne Rd., \$300 per foursome (\$75/golfer), includes 18 holes, cart, lunch, beverages, awards presentation and BBQ dinner. Registration at 12:30, shotgun start at 1:00. <http://www.smgrep.com/kaitlyn> or KrisS@smgprep.com

Saturday, September 4th, Garage Sale for JDRF, St. Louis, MO

9425 Firebush, 63126 (off Eddie & Park, 1 block east of Sappington) gschub9425@charter.net

Saturday, September 11th, 5K Fun Run/Walk, O'Fallon, MO

Westhoff Elementary School, 900 Homefield Blvd., \$15 for individual or \$50 per family, register by Aug. 27th at the school. Race day reg. will be \$20. Health Fair on site from 7-10:30am. Proceeds to benefit JDRF and St. Jude. Visit www.fz.k12.mo.us to obtain a registration form.

Saturday, September 11th, JDRF Ozarks BBQ & Silent Auction, Springfield, MO

5-8pm at Springfield/Route 66 KOA. Inflatables, music, games, swimming, food & fun! RSVP by September 8th to 417-569-0606.

Saturday, September 11th, Walk for JDRF in Shelbyville, IL

At Daisy Lane Trail in Forest Park. Registration is \$20 and includes a meal. Fun games too! For more information, contact Crystal at austincrystal86@yahoo.com.

Sunday, September 12th, JDRF 5K Run / Walk, Florissant, MO

8am start at the James J. Eagan Center. Register on-line until 9-8 by visiting www.getmeregistered.com. Day of race registration from 7:30-8am. For more information, call 314-921-4466.

Wednesday, September 15th, Buffalo Wild Wings, Fenton, MO

150 Gravois Bluffs Circle, 6-8pm, 10% to JDRF with a fundraising ticket. Please e-mail Amy.Wienstroer@mercercor.com for your ticket.

Saturday, September 18th, Music Trivia

Save the date...more info. soon. ckschindler@earthlink.net

Saturday, September 18th, Metro East 4th Annual JDRF Golf Tournament, Alton, IL

At Spencer T. Olin Golf Course, 4701 College Ave., Tee Time 1:00 *In loving memory of Jennifer Catherine Smith* Call 618-465-3111 or 314-355-8128. <http://www.spencertolingolf.com>

Saturday, September 18th, Fun Bowl, Ellisville, MO

West County Lanes from 3-6pm, \$17.50 per person includes 3 games of bowling and shoe rental. 50/50 raffle, silent auction & fun, contact Stacy at 636-227-3919 or tmg4jdrf@att.net.

Saturday, September 18th, Trivia Night, Alton, IL

At the VFW on Alby St., doors open at 6pm, Trivia starts at 7pm. Cash prizes, silent auction and beverages included. Contact Dawn at 618-974-3640 or DBrantleypl@aol.com.



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Weekly Walk Newsletter

Walk Team Fun Raisers con't

Saturday, September 25th, "Ride to Stop Diabetes" Poker Run, Quincy, IL

All vehicles welcome, \$25 Driver, \$5 Passenger, includes t-shirt and poker hand. Check in from 10am - 1pm. Last bike in at 5pm. 50/50 drawing, door prizes, prizes for 1st, 2nd and worst hand. After party at "The Dock", band TBA at 8pm. Contact Matt 217-242-4394, Bryan 217-224-1004 or visit www.tnt-actionsports.com

Saturday, September 25th, 3rd Annual 5K Walk / Run to Cure Diabetes, Waynesville, MO

8am at Waynesville City Park, \$20 adults, kids 12 and under \$10. Free t-shirt if registered by Sept. 1st. Register and donate online at www.copingandhoping.com. Contact Kellie with questions at 573-528-2584 or kellie@copingandhoping.com.

Saturday, September 25th, JDRF Walk to Cure Diabetes, St. Charles, MO

Join the Lion's Club for "Oktoberfest" in historic St. Charles, Frontier Park on the Riverfront. Register on-line at walk.jdrf.org.

Tuesday, September 28th, Culvers, South County, MO

JDRF fundraiser from 5-9pm hosted by Spencer's Speedsters. Contact Dawn at 315-307-6177.

Saturday, October 2nd, 3rd Annual JDRF "Golf for a Cure," Millstadt, IL

Triple Lakes Golf Course, registration at noon, shotgun start at 1pm, \$280 per foursome scramble. Includes green fees, cart, beverages and dinner, contact Tim at 636-326-5113.

Sunday, October 3rd, JDRF Walk to Cure Diabetes, Forest Park, MO

The theme for this year's Walk is ROCK STAR in honor of our new, National Walk Chairman, Nick Jonas!

Sunday, October 3rd, 2nd Annual JDRF Brunch & Brew, St. Louis, MO

JDRF Young Leadership Council hosts a fun and feisty post-Walk Brunch & Brew at Seamus McDaniel's on 1208 Tamm Ave. in Dogtown, 10:30am-2pm, \$10 per person. Contact YLCJDRF@gmail.com.

Sunday, October 10th, 10th Annual BBQ-Chili Cook Off, Millstadt, IL

Event is presented by the Millstadt Optimist Club. Noon to 5pm, rain or shine. Liederkranz Park, \$12 adult admission and kids under 10 are free. Featuring snoots, ribs, pork steaks and chili!!! www.millstadtoptimistclub.com or contact Brian at 618-971-9411.

Saturday, October 23rd, Edward Jones 7th Annual Trivia Night, Des Peres, MO

12555 Manchester Rd., 63131, doors open at 6pm and Trivia starts at 7pm. \$25 per person, max of 8 per table. "FRANK-n-STEIN" buffet, attendance prizes, silent auction, Super Raffle. Theme is Halloween...prizes for best decorated table, costume, craft and game. Contact Phil, Phil.Stout@EdwardJones.com or Carol, CarolStout228@sbcglobal.net.

Sunday, November 14th, Dine Out for Diabetes on World Diabetes Day

Go on-line for a list of participating restaurants. www.jdrfstl.org



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Registration Report

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

Frontier Park, Saint Charles

Team Name	Walkers	Team Name	Walkers
Abbie's Dream Team	2	NHS Team Yuede	1
Barbaglia Family-Andrew's Support Staff	3	Nigus Family - Joshua's Team	12
Brandon's Brigade	1	Ponder Family - Corey's Crew	13
Bryan's Friends For Life	1	Sykora's Soldiers	9
Chrum Family - Ryan's Rangers	6	Team Bowen	1
Go Crowson	5	Team Griesenauer	1
Howell Family - Lauren's Life	1	Truber Family	1
Lemkemann Family - Sami's Squad	52	Walking Wegners	4
Maggie's Militia	5		
McCarty Family - Team Liam	22		
Millipore	3	Total Pre - registered	143

Forest Park, Saint Louis

Team Name	Walkers	Team Name	Walkers
9400 steppers	1	Cash America	1
Abigail's Army	7	chelsie dennison's family walkers	1
Adam's Army-Fighting for a Cure	8	Cole Family - Christian's Crusaders for a Cure	3
Alissa's Angel's	1	Collins Family - Footprints	9
Allison Family - Ryan's Hope	4	Cousins For A Cure: Luke and Brennan	4
Alpha GAMS	1	Coventry/Group Health Plan	3
Amanda Pritchett - Find a cure for my Betes	3	Craig Family - Matthew's Mile Walkers	9
Amvet Riders Chapter 6	2	Crosswhite Family-Ashleigh's	
Angela's Bottle Makers	4	Hope for a Cure	5
Atkins (Jake)	7	Crowley Family	9
Austin- Nick's Family	2	CSC St. Louis Community Team	1
Ava's Family	1	Davis/Carroll Family - KayLee's Friends	1
Barbaglia Family - Andrew's Support Staff	5	DIVA DiABETICS	9
Barnes Retina Institute	12	Duepner Family - Nick's Ninjas	4
Bates Family Team	1	Eaton Family - Aubrey's Army	9
Beaudreau Family - Gavin's G-Crew	11	Edward Jones	24
Behan Family	5	Energizer	1
Berry Family	2	Enterprise Rent-A-Car	1
BJC HealthCare	7	Ethan's Heroes	6
Bockstruck Family - Jake's Jammers	1	E'z team	1
Bodine Family - Aaron's Army	6	Family Villeneuve	3
Bollinger/Spahr Family - Corey's Cardinals	12	Foster's Team	3
Bradstreet Family - G-Force	3	Gaylord Family - Kristen's Team	2
Bridging the Gap - Team Amanda	6	Gem City Kids-Quincy, IL	1
Brooklynn's Finest - Morrison Family	4	Gerler Family - Ellie's Little Pumpers	13
Brooks Family - Dani's Dazzling Diamonds	5	Gimme Some Sugar	7
Carney Family	4	Glowski Family - Kidbomb Team	2



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Registration Report con't

Team Name	Walkers	Team Name	Walkers
Godsil Family - The Sugar Checkers	3	Laramie Family - Hope For Holly	1
Gorton Family and Friends	1	Laspe Family - Cousins' for a Cure	7
Gosselin Family □ Team Jayson	12	Lauren's Family Team	6
Grantham Family - Fighters For A Cure	1	Legacy Team	6
Grimco, Inc.	16	Levens Family - Caroline's Crew	1
Guetersloh Family - Joshua's Army	4	Lewis County Walk	1
Haas Family- Justin's Team	6	Lindenwood U - Court's Crew	1
Halliday Family - Maggie's Little Helpers	14	Littge Family - Emma's Entourage	11
Hansen Family - Robbie's Rascals	1	Lowery Family - Let's Shut-Out Diabetes	7
HarrisSTL Team	4	Luther Family - Carson's Crusaders	1
Hawkin's Taekwondo Tigers		Macias Family- Owen's Army	35
Kicking for a Cure	1	Mad Dogs for Michael Dubowski	8
HealthLink, Inc	3	Madison's Marchers	1
Hillen Family - The Jake Walkers	9	Madura Family - Team Abby	2
Hoekstra Family - In The Nick Of Time	8	Maggie's Marchers	1
Hoffmann Family - Steve-o's Striders	3	Marglous Spencer Speedster's	9
Hopley Family	6	Marshalls	4
Hornsey Family	4	Mausshardt Family - Three Mouseketeers	1
Houska's Crew	1	McCarthy Team	8
Hussey Family - Shannon's Gang	5	McClanahan Family - Madilynn's Marchers	1
i-Promotions i-Care Team	1	McKinney Family - Meredith's Hope	1
Jack Family	6	McMichael Family - Robert's Racers	8
Jackson Family Walk Team	1	Megan Rekart's Racers	11
JACLYN'S JAYWALKERS	6	Mercer	1
Jansen Family - Wade's Warriors	3	Mikko Family - Zach's Crew	3
Johnson Family - Steph's Stompers	5	Miles Family - Drew's Crew	10
Joshua's Fighters	4	Milzark Family-Maddy Moo Needs You!	5
JP Morgan	3	Mitalovich Family - Shawna's Soldiers	4
Junge Family- Kaden's Crew	8	Monsanto Company	7
Kellerman/Harrison Family –		MorganStanley SmithBarney	1
Alli's Angels w/ Hayden's Halos	4	Morrow Boys	7
Kelly Family-Grant's Brigade	5	Mouser Family - Paige and the Pacers	12
Kern Family - Brooke's Bugs	2	Ms.DDP Girl and Friends	2
Kiersten & Kaitlyn Rockin for a Remedy	8	Mueller FamilyTeam	3
Kimball Family - Team Alexis	12	Nabe Family	2
Klein Family - Kelly's Walkers	1	Noonan Family - Christopher's Crusaders	1
Kline Family - Bella's Bunch	6	Norton Family - Jamin's	3
Knuckles- Graf Family	6	Novsek Family - SYD –	
Kozuszek Family - Pullin for Seldon	24	Support Your Diabetic	4
KPMG Team	13	Null Family - Aeriana's Angels	6
Kroeger Family-Mitchell's		Olson Family - Steven's Stompers	3
Mighty Musketeers	8	On the Ball for a cure!	4
Kurowski Family-Lizzie's Crusaders	3	Ose Squad	2
		Palans Family Team	6



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Registration Report con't

Team Name	Walkers	Team Name	Walkers
Paul Family - Becky's Buddies	4	Tarrant Family - Savannah's Superstars	11
Pfeifer Family - Kath's Krew	1	Team Brad Lamm	1
Phelps Family	1	Team Chandler	4
Poe Family - Lizzie's Linebackers	5	Team Coping & Hoping	1
Porter Family	3	Team Hailey and Becca	1
Prudential Alliance Realtors	1	Team Jorj	3
R.A.W. For Christianne	2	Team McCorkle	1
Rapp Family - Arch City Theater Troupe	1	Team Meaghan	1
Red Power Team	4	Team O'Shaughnessy - Adrienne's Angels	1
Reid Family - Kaylea's Angels	2	Team Schuck	1
Reilly Family - Shea's Crusaders	20	Terry Peterson Family	2
Rennegarbe Family - Tricia's Walkers	1	The Fighting Finch's	1
Ries Runners	1	The Jacob Express	1
Ripple Family- Ashley's Team	5	Treetop Enterprises	19
Ritch Family - Sierra & Mommy	1	Tullock Family - Tommy's Troop	16
Roarty Family	2	Ulmer Family	5
Roeder Family - Christi's Crusaders	5	Vickie Buckner Team	1
Rosentreter - Dylan's Dill Pickles	17	Voss Family - Lace up for LACEY	3
Rutledge/Lee Family ~ Team Brandon	4	Voudrie Family - Hannah's Heroes	1
Sadie's Squad	1	Walgreens	11
Sagle Family - Team Courtney	1	Walking for Mommy....Megan's Team	7
Schnabel Family - Gabbys Soldiers	7	Webb Family - Lauren's Hope	1
Schneider Family-The Vincentrifugal Force	8	Weiss Family - Parker's Pitchers	14
Schwarting Family	3	Wienstroer Family - Team Ted	11
Segura/Ellis Family - Elijah's Quest	1	Williams' Walking Warriors	4
Sentnor Family - Bryn's Buddies	3	Williamson Family - Riley Grace's Race	7
Sigma Aldrich	2	Wilson Walkers	5
SLU Delta Gammas	1	Windler Family - Patrick's Stars	17
Snyder Family - Allie's Allies	6	Wintermann's Walkers for a Cure	26
Sondag Family Bryce's Army	11	Wisecup Family - Brett's Brigade	1
South Side Church of God & Friends	1	Wright Family - Zacharys Zoo	5
Spradling Family - Team J-Bird	1	WUSM Team	5
Stanley Family - Team Lauren	1	Yates Family - Konor's Crusade	4
Stars of Hope - Appel/Mussatto	10	Ziegler Family - Dilly Do's Crazy Crew	1
Studyvin Family - Study Buddies	4	Zumbehl Family - Alex's Angels	3
Sugar Free for Haley	3		
Sykora's Soldiers	27		
		Total Pre - registered	1073

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.