



Newsletter

Volume 9 September 2006

### **The Walk to Cure Diabetes**

There are many devastating diseases in our world right now. The difference with juvenile diabetes is that wiping it out of existence is extremely attainable and within reach. "When is my diabetes going to go away?" It's a painful question to answer. We feel confident a positive answer will be available soon.

We truly believe that out of every difficulty comes something good. As parents, it's our instinct from the moment our kids are born to protect them from any harm. We must do everything in our power to help find a cure. It's our mission to avoid the heart and kidney disease, blindness, amputation, and early death that is a reality for many people with juvenile diabetes.

The Juvenile Diabetes Research Foundation (JDRF) is the #1 non-profit funder of diabetes research worldwide. One of JDRF's largest fundraising events is the "Walk to Cure Diabetes." We have formed a team and have raised money towards this cause. This year's walk will be held on Sunday, October 1st at Oaks Park! Please support "Rock Against Diabetes NW/Team Kilman".

If you are interested, you can help us make a difference for Henry:

You can join our Family Team, known as "Rock Against Diabetes NW/Team Kilman," which consists of family and friends who collect pledges and walk with us. <http://walk.jdrf.org/walker.cfm?id=86342306>

or

Send your donation and contact others in your circle of family and friends to donate as well. You can send our family a tax-deductible contribution in any amount, made payable to JDRF. We will deliver any donations in Henry's honor the morning of the Walk.

### **Tee Shirt with Donation!**

Don't forget to order your Rock Against Diabetes tee shirts so you can have one for the JDRF walk on October 1<sup>st</sup> and for those casual days at work. The shirts are available in both white and gold. We have a limited number of white in adult sizes only. In gold we have both white and gold in adult and youth sizes. All profits from shirt sales between now and Oct 1<sup>st</sup> will go to the JDRF. Please contact Jennifer if you would like to order some.

### **Christmas Shopping!**

If you are interested in cute and collectible Christmas items please visit Grandma's "Christmas Corner" at 42<sup>nd</sup> Street Station Antique Mall. It is just off NE Sandy Blvd and 42<sup>nd</sup> St. Her corner is on the lower level, space 18. Profits will go to the JDRF!

## **Rock Against Diabetes NW 2006**

**All ages benefit concert for Juvenile Diabetes Research Foundation (JDRF)  
and Gales Creek Camp**

Sunday, November 12<sup>th</sup>, 2006 all day

McMenamin's Kennedy School

5736 NE 33<sup>rd</sup>

Portland, OR 97211

(503) 249-3983

\$10-\$20 donation at door

Bands will be playing from about 1-8pm. Several bands will be featured at this years concert including: Mission 5, Rachel Taylor Brown, Sketchy Ted, The Lonesomes, Scotland Barr & The Slow Drags, Amanda Richards, Weight of Atlas, and Kaitlyn ni Donovan. There will also be several guest appearances. They are all appearing for a reason, to support those families and kids who live with diabetes everyday. **Rock Against Diabetes NW** is not just a concert, it is an ongoing grass roots campaign to spread awareness and raise money for agencies that support research and work on improving the lives of those who live with diabetes.

Upcoming events:

September 23-24 Doernbecher Dash

Sunday October 1<sup>st</sup> JDRF Walk- Rock Against Diabetes

November 12<sup>th</sup> Rock Against Diabetes, NW Concert

November Grant Watts School Walk for Diabetes

November 18<sup>th</sup> Gales Creek Camp dinner and auction

Thank you for your ongoing support,

The Kilman Family

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Jennifer, Tom, George, Henry, Kate, and Ellen