



Newsletter

Volume 16 June 2007

Tom plans on attending the **Ride to Cure Diabetes** in Whitefish, Montana in September. The goal is for each rider to raise \$4000 for the JDRF, participation is limited. We are working on some fundraising ideas so that he may attend this amazing event. Please keep in touch this summer and lend your support! <http://ride.jdrf.org/rider.cfm?id=7295>

Tom's Ride 4 a Cure is a 5 day 330 mile bike ride around Oregon to spread awareness of Type 1 diabetes. Hopefully we will also raise a little money for the JDRF. Any money we raise will go towards our \$4000 goal mentioned above. We leave from Scappoose Thursday July 12th. **On Monday July 16, day 5, one scheduled stop is at McMenamin's Grand Lodge, Yard House at 11am!** Come by for lunch or just to say hello. Check the link on our website to see our itinerary and other stops. Feel free to join in the ride for any distance and/or visit us along the way!

We still have a few tee shirts available in both "Gold" and white. To order your **Rock Against Diabetes, NW** tee shirts email Jennifer with your size requests and contact information. jenny@rockagainstdiabetes.net

If you are interested in cute and collectible items visit "Grandma's corner" at 42nd Street Station Antique Mall. It is just off NE Sandy Blvd and 42nd St. Her corner case is on the lower level, space 8. Profits will go to the JDRF! Visit every month for new seasonal and specialty items.

Remember **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.

When making donations of any kind make sure to check with your employer to see if they have a matching gift program or perhaps they would like to make a donation as well. We know there are a lot of worthwhile causes out there so thank you for supporting our efforts!

Thank you for your ongoing support,
The Kilman Family: Jennifer, Tom, George, Henry, Kate, and Ellen