

## Newsletter      Volume 23      January 2008

**We hope you all had a happy and safe holiday season!**

Henry went in for his semi-annual endocrinologist visit and it reminded us of how difficult diabetes can be. We have been living with this for 3 years and feel pretty confident that we know what we are doing. However, his blood sugars have gotten a bit out of hand and his average is too high for his age and size. It is a little humbling to be reminded the disease controls us and not the other way around. We must remain ever vigilant to stay on top of his care.

On an up note we are already thinking about our 2008 concert. Our goal this year is to have the benefit at the Crystal Ballroom in Portland in November. We like November because that is the month Henry was diagnosed and it is also National Diabetes Awareness Month; so you see a lot more information in the media. If you think you can help in some way please contact us!

Every year we continue to grow both in size and in revenue. If you have any suggestions on how we can improve the event they would be greatly appreciated. If you would like to volunteer for next year in some capacity that would also be great (I know it is kind of early for that!). We would like to have a committee of people for next year including sound techs, emcees, press agents, music/band coordinators, merchandise crew, kids table, etc. Tom and I love doing this but in order for it to grow we believe we need a bigger organized crew. We have learned a lot and hope to find some people who are as passionate about this as we are!

Do you Google a lot? Consider using GoodSearch instead and selecting JDRF as your charity. There are different chapters and for those of you local that would be the Oregon/SW Washington Chapter. For every search your charity gets a penny; every penny counts!

Do you have something you could donate for the JDRF auction? Perhaps the company you work for could donate something? You never know till you ask. April 12, 2008 is the JDRF Hope Gala in Portland, OR. If you have something to donate please contact eh JDRF office at 503.643.1995 and talk to one of the volunteers there.

The Kilman Family