

Newsletter

Volume 31 November

Help! George really wants the Golden Sneaker award this year but we are short by quite a bit (about \$380)! I know many of you have made generous donations in the past, frequently around this time of year when we had the concert. I ask you to take the time now to get that donation in. The deadline for Walk donations is November 1st so time is running out. Please consider going on line today and giving what you can. If you work for a company see if they will make a tax deductible donation or match your donation. Please help us reach our goal by Nov. 1st!

JDRF Walk to Cure Diabetes

<http://walk.jdrf.org/walker.cfm?id=87051128>

November is National Diabetes Awareness month so you may see more on TV and hear more on the radio about diabetes. However much of this is Type 2 related, prevention and care. Do you know the difference between Type 1 and Type 2? Do you know what an insulin pump is or how it works? Do you know how expensive diabetes care is for the diabetic and for our government? This month take a few minutes to get a book or go online and learn a little more, then share it with a friend. Here is one piece of info for you....many adults with Type 2 don't even know they have diabetes. Learn the symptoms, get your blood glucose reading and call your doctor. Having a test kit I have tested many friends. Knowing how they feel and knowing their blood glucose reading has shed light on a few potential problems. Visit www.JDRF.org to see some of what they do and what they can teach you.

Want to help out, but can't afford a donation? Get free money for JDRF! You can look up info and/or shop on line and help the JDRF at the same time. Check out www.goodsearch.com and support the JDRF. We here in Oregon support the Oregon/SW Washington Chapter. Think of all the times you google or shop online, you could be raising money while you do it!

I am a little sad because usually this time of year we are doing final details for our benefit concert. Henry was also diagnosed on November 12th, 2004. He has lived with this disease for 4 years...the amount of time most of us were in high school. Do you remember how long that felt!

Would you like to purchase a Sketchy Ted cd? That is Tom's band and it is a really good album. We also have a few tee's still available as well as Scotland Barr and the Slow Drags cd's.

Thank you again for all your support!

The Kilman Family

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