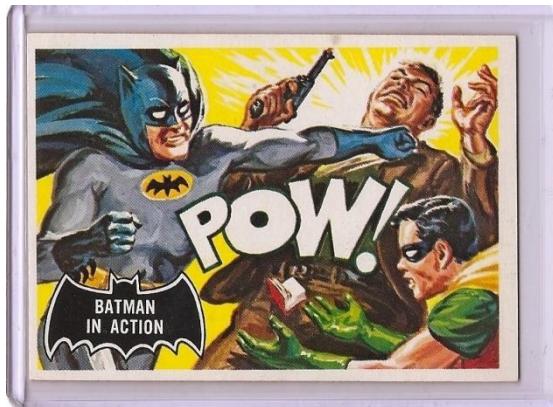


POUND DOWN DIABETES

WITH FIWT



This year the Community focus Charity is the American Diabetes Association

The **mission** of the **American Diabetes Association** (ADA) is to prevent and cure **diabetes** and to improve the lives of all people affected by **diabetes**.



According to the Bureau of Engraving and Printing, all U.S. Bills weigh the same : One Gram. About 454 grams make a pound.

Effective: 11/01/17 to 10/01/18

Shanna, the Executive Board and I are asking you to raise 5 pounds of U.S. Bills. And help us Pound Down Diabetes...you get it? Pound Down

Example if you raised 5 lbs of \$1 dollar bills you will have raised \$2,270 for your local

Coins will be counted to total amount raised, but not in weight (Please do not bring Kristie your coins...she WILL kill me)

To help you out we have created a fundraiser event directly on the American Diabetes Association website where you, your friends and family can make donations. I can even craft a personalized e-mail for you to send out the link (see below).



diabetes.org

Dear Friends and Family,

FIWT has created our own fundraising event to help the American Diabetes Association find a cure for diabetes. We all have important causes that are near and dear to us, and diabetes one of them. We want to do our part and make a difference, will you be able to help me with a donation?

Your tax-deductible donation will make a difference to the nearly 30 millions Americans who have diabetes and another 86 million who are at risk for developing diabetes. With your help, today we can make a difference in the lives of those people living with diabetes and one day, find a cure.

You can make your donation online by simply clicking the link at the bottom of this email. Whatever you can give will help tremendously in the fight against diabetes! I greatly appreciate your support!

[Click here to visit my personal page.](#)

If the text above does not appear as a clickable link, you can visit the web address:

http://main.diabetes.org/site/TR?px=13879855&pq=personal&fr_id=11835&et=TPrH3-cDyktHoYQb5P8LQ&s_tafId=630964

If you no longer wish to receive email messages sent from your friends on behalf of this organization, please [click here](#) or paste this URL into your browser:
<http://main.diabetes.org/site/TellFriendOpt?action=optout&toe=75443d7cac9d549c80c78f9fcbb62c75d589ac8cbeeb4e7bf>

You will need to keep track of the amount of donations made on your local's behalf.

The total amount raised by your local both on line and in cash will be converted into weight.

The total weight collected will be your base score.





When you are diabetic..."Sugar" is constantly on your mind...and Oh Boy! It's everywhere in almost everything, hiding as Carbs, costumed in things that appear to be healthy...etc.

Well! We are going to turn the tables on Sugar and make thinking about it fun!

COMMUNITY FOCUS PART II

We would like each Local and/or Member to take a 5lb bag of sugar (any brand) and dress it up!

Dress it as a hero or a villain. Dress it as a citizen male/female. The limit of your creativity is the limit of possibility, however cleverness is most certainly appreciated.

Take your Sugar Sally or Sal (I mean they are dressed now might as well give 'em a name), and snap Selfies, posed pics, staged circumstances...etc. Then send those photos to myself at

besicao3@yahoo.com or Kristie at fiwt@msn.com

The pictures will be posted on FIWT's Facebook. Your Local will receive points for every photo

Making fun of the worrisome and now promoting the healthy...

We also want pictures of your carb-free actual meals (no catalog pics) with detailed description. This will help give meal inspiration to those of afflicted with Diabetes, while also just promoting overall healthy eating...May even help some of us lose pounds(wink, wink...ya get it? Lol)

The points will be totaled from Money lbs, Sugar Sal/Sally pics and carb-free meals and the local with the most points will win \$100 cash.

LET THE POUNDING BEGIN!