



W.A.L.H. Quarterly

Editor: S.T. Uhlman

Summer 2009

First Annual Summer Splash Benefit Dance a Success!!!

by Donna Palkowski, Summer Splash Benefit Committee Chair

On June 6th, many family and friends of the W.A.L.H. family came together for a pleasant evening filled with good food, fine chat, great music and dancing. It was W.A.L.H.'s Summer Splash Benefit! With 50 people in attendance, Serb Hall in Milwaukee was the place to be on that rainy night. Although the weather was drizzling outside, it certainly didn't dampen the spirits indoors. The night began with a complimentary hour of drinks from the bar. As everyone was enjoying their beverages, they made sure to check out the 25 baskets that were included in our silent auction.

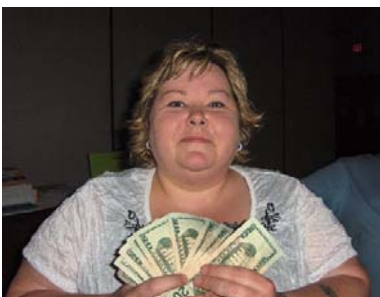
Next, everyone enjoyed a buffet dinner consisting of tenderloin tips and chicken and rice. With all of the side dishes and fixings, full stomachs seemed to be the consensus of the crowd. After completing their meals with a cup of coffee and a piece of delicious cake from National Bakery, benefit participants marched from the dinner tables right onto the dance floor where they moved and grooved to the likes of Duce Duce Entertainment. Many thanks to Corey Whitmore for his D.J. talents and for playing some serious dance tunes.

Another hour of free wine and beer kept eager attendees bidding on the silent auction baskets and purchasing tickets for our 50/50 Raffle. Congratulations to Peggy Cook for winning the successful raffle and taking home \$210. Way to go Peggy!

Our Master of Ceremonies, Mr. Bryan Calhoun, livened up the group with his ongoing enthusiasm and encouraging words. (He also wasn't too bad to look at!) Thank you Bryan, for taking time out of your busy football schedule to help us out. Good luck with your football career!

All in all, the Summer Splash Benefit was a huge success. The night could not have been possible without the help of many individuals. I would personally like to thank my committee for their perseverance and devotion. Josette Buehlman, Erica Andres and Bonnie Lindemann did an outstanding job getting dozens of donations for our silent auction. Although others definitely lent a hand in this department, these three ladies went above and beyond the call of duty and topped the charts with some wonderful auction items. Thank you ladies for your allegiance and determination!

Josette and Bonnie also did an excellent job with our theme decorations Kudos to you both! Kim Whitmore, Lisa Coffman, Jennifer Palkowski and Natasha Bariffe helped out with miscellaneous duties that tied into the success of the benefit.



Thank you all for your devotion and hard work. Also, the Summer Splash Benefit could not have been conquered without the endless sponsor and donators. An enormous "Thanks" goes out to all of these charitable supporters.

As the night came to a close, a good time was had by all, and W.A.L.H. completed another superb fundraiser. Thank you to everyone for attending and making this event possible. After all, without all of YOU, the dance would never have been victorious!



Become a t-shirt sponsor:

Thinking about new innovative ways to advertise your business? Well, look no further! For only \$150.00 you can advertise in Milwaukee, Madison, and Green Bay by becoming a t-shirt sponsor. This fee allows you to have your logo placed on the back of over 100 t-shirts to be given to all campers and volunteers at this year's With a Little Help summer camp. For specific details, please contact Sara Stellpflug at 920-265-0809 or sara.stellpflug@gmail.com.

Please have all sponsorship requests to us by July 1, 2009.

Fondy Car Show

Looking for a great way to spend a Sunday? I've got the perfect event for you! How about the Fondy Vintage Auto Club's "Car-A-Funda" Car Show to benefit W.A.L.H.? They'll have food and refreshments, raffles, music by The Fabulous Fifties Rock 'N Roll Party and, to top that all off, a park full of classic vintage cars!! What could be better?!?! The show will be on Sunday, July 26th from 8am-4pm at Fond Du Lac's Lakeside Park, on the north end of Main Street. There is no entry fee for show cars and only \$2 for spectators. All proceeds go to "With A Little Help..." Inc.. For more information, call 920-923-1478.

So hop in your street rod - or the family SUV if that's all you have - and take a cruise on up to the Car-A-Funda Car Show!! You won't regret it!

Summer Camp 2009

WALH Summer Camp is fast approaching! The dates for camp this year are August 2nd-7th with volunteer orientation on August 1st. The theme this year is "WALH County Fair" and we have a lot of great activities planned that you won't want to miss! Just a reminder that if you have not yet done so, please fill out your application for WALH Summer Camp 2009! APPLICATIONS ARE DUE BY JULY 1st!!!! If you haven't gotten an application, or if you have a friend or family member who would like to attend - as a camper or volunteer - you can try the brand new and convenient ONLINE APPLICATION! Visit our website: www.walh.org and fill out your application online in just a few minutes! It's quick and easy! Tell anyone you know that might like to join us either as a camper or volunteer for the best week of the year - WALH SUMMER CAMP! We are especially in need of MALE VOLUNTEERS so please help spread the word!

HAVE A HOBBY? A COLLECTION?

Summer Camp is coming and so is "The County Fair"! Do you do ceramics, drawing, painting, jewelry making, do you make purses, birdhouses? Do you have a collection of some type? Please bring one or two items to camp this summer to show off your talents and let the rest of us get to know you better. Maybe someone would even place an order or you might find another enthusiast to share your hobby and/or give you ideas. Please call Bonnie Lindemann at 414-257-3163 to let me know what you are bringing and how big it is so I know how large a booth or display is needed. Thanks, Bonnie



"My Quiet Hero"

My hero is the quiet type,
No marching bands,
No media hype.
But, through my eyes
It is plain to see,
A hero God had sent to me.
I think of him with love today.
But that is nothing new,
I thought about him yesterday,
And years before that, too.
I think of him in silence.
I often speak his name.
Now, all I have are memories
And a picture in a frame.
Your memory is my keepsake
With which I will never part.
God has you in his keeping, Todd
But I have you in my heart.
I will bet the one thing that you never knew.....
My "Quiet Hero" has always been you.

Throughout the years of my life, I have often written various lines of poetry for many different occasions. Whether it be a birthday, Valentine's Day, or for a special friend or relative, a poem always seemed appropriate to tell someone exactly how I felt about them at that particular moment. On occasion, you could find me reminiscing with my sister or my mother about a specific piece that I had written in my pubescent or later years and laugh about what I had compounded. I never anticipated that I would one day be at the funeral of my brother and reading a poem that I had called, "My Quiet Hero."

My brother had muscular dystrophy like I do. He was 2 years older than I am, so he always paved the way for me. He went to a high school with non-disabled peers, so I could too. He was the first disabled college graduate of UW-Lacrosse, so I could get a degree too. He got a job and lived on his own, so I had another example to follow.

The reason for my poem started when the phone rang on December 29th in 2002 at 9am. Groggy and slumberous, I picked up the phone wondering who in their right mind would call me so early on a Sunday morning. It was my sister telling me to get over to my brother's house. "Todd is ready to let go. The priest will be here by noon," were her exact words. I arrived at his house precisely 20-minutes after I hung up the cordless telephone.

For the next 35 ½ hours, I sat at my brother's bedside holding his hand, wiping his tears, and reassuring him that his unendurable pain would be gone shortly. I prayed for the alleviation of his discomfort and for the energy and the strength that I would need to help the rest of my family deal with the loss of a son, sibling, and uncle. During those extensive hours, Todd and I had a chance to take part in several vital conversations intervening with his loss of consciousness. There were words of endearment exchanged, promises made, and stories relived of young and old. The dialogue we shared and the remarks stated will be ones that I will hold close to my heart forever.

I had a chance to really re-familiarize myself with my entire family all the while the hours went on. Although we do see each other many times throughout the year, it is not customary for us to show our love for each other. Who was this "community" embracing? Who were these people proclaiming their love? It is unfortunate that it takes the death of a blood relation to bring human beings to express their true feelings. Since the death of my brother, my family has grown stronger and closer. In spite of the fact that it happened at a tragic time, I am delighted that it did occur. We have Todd to give credibility to for that. It was his strength and devotion for all of us that made it feasible to commit to each other and get through this difficult duration.

My brother's eternal life began on December 30th of 2002. After a painful and difficult couple of years, my quiet hero decided it was time to leave his beloved family and friends here on earth to sleep with the angels in a pain-free, everlasting place called heaven. In the future, I am sure that I will be writing a poem to pay tribute to some other significant person who touched my heart. But, I will never have another man of distinguished valor who inspired me as much as my brother did all of my 36 years of life.

I miss you, Todd! I think about you everyday! It is hard to believe that you left us 6 1/2 years ago. You live on in my heart! Continue to put the sun to bed, wake up the grass, and spin the earth in dizzy circles with Mom, Daddy, and Ray!

Top 10 Ways To Support "With A Little Help..." Inc.

10. Shop at Pick N Save and ask to add WALH (Charity Code 942970) to your Saver's Club Card and the more you shop, the more money WALH will earn!
9. Make www.goodsearch.com your homepage and WALH your charity of choice. WALH will earn money every time you search online. You can also earn money for WALH every time you shop online by shopping through www.goodshop.com.
8. Set a box of Candy Bars out at your office, school, or church and watch them sell themselves for WALH.
7. Support any of our annual fundraisers. Help to buy or sell Entertainment Books, Kringles, Boston Store Coupon Books, Coffee, Wrapping Paper, Tastefully Simple, and Calendars.
6. Ask local businesses, friends, and family to donate products or services for our Silent Auction or make a donation yourself.
5. Double your cash donation by asking your company if they do matching contributions – many do!
4. Buy a Memorial Gift Brick in memory of a loved one.
3. Sponsor a Camper for a day or for the entire week of camp!
2. Become a T-Shirt Sponsor. You can donate as an individual or ask a business if they'd like to advertise on the backs of our t-shirts while helping to support WALH.
1. Spread the word about WALH to friends, neighbors, coworkers, and family members (you can even hang up fliers at work, school, or church) and be sure to bring them along as you join our family for the best week of the year - WALH Summer Camp!

*For more information, please contact Kim Whitmore, WALH President by phone at 414-403-2699 or email: kimmynelson11@yahoo.com

2009 W.A.L.H. Board of Directors Elections

As always, elections for our Board of Directors will be held at summer camp. Do you want to give back to W.A.L.H.? Do you have a ton of great ideas for fundraisers and events? Well then the W.A.L.H. Board of Directors is for you! It's a great way to make a difference and help to keep "With A Little Help..." Inc. going strong. If you're interested please submit your name and a brief explanation of what positives you could bring to the Board of Directors to Kim Whitmore at kimmynelson11@yahoo.com. Please have your submission in by JULY 15th! Please consider serving. It's a great way to give back to W.A.L.H.!!

Thank You!

The following is a list of donators and supporters who generously contributed to our Summer Splash Benefit. Without their gracious gifts, the fundraiser would not have been possible! A HUGE thanks to all!

Alfa Flower Shop
Glenn & Josette Buehlman
Carroll Photography
ComedySportz Milwaukee
Cranky Al's
Creative Touch & Julie Chaloupka
Curves
Duce Duce Entertainment
Festa Italiana
German Fest Milwaukee
Linda Glasenapp
Harley-Davidson Museum
Head Above the Rest, Inc.
Irish Festivals, Inc.
Johnson's Cycle & Fitness
Knick Knacks & Accessories

Tom & Karen Lee
Bonnie Lindemann
Jeff "Biff" Martinkoski
Menard, Inc.
Milwaukee Bucks
Milwaukee County Zoo
Milwaukee Hot Dog Company
National Bakery & Deli
Not Just Nuts
O'Gorman's West Towne Auto
Donna Palkowski
Quality Candy/Buddy Squirrel Nut Shop
Paul & Monica Schultz
P.F. Chang's China Bistro
Polish Heritage Alliance, Inc.
June & Joanne Price Family

Renaissance Theaterworks
SimpLee Cookies (Linda Lee)
The Skylight Opera Theatre
State Farm Insurance
Tazinos Pizza & Salad Bistro, Inc.
The Soccer Shoppe
Starbucks Coffee
Twisted Ruby
Venturi's Market & Catering
Walmart
Wauwatosa Laundry & Dry Cleaners
Welcome H.O.M.E.
Don & Jan Werra
Kim Whitmore
Wisconsin Dells
Milwaukee Admirals

RETURN SERVICE REQUESTED

"With A Little Help..." Inc.
P.O. Box 320243
Franklin, WI 53132
(414) 571-0234



"With A Little Help..." Inc.

WALH Summer Camp Sponsorship

"With A Little Help..." Inc. is a non-profit organization that's mission is to expand recreational activities for adults with muscular dystrophy. One of our major events each year is our Summer Camp which takes place on a beautiful camp site in the Wisconsin Dells. You can help make WALH Summer Camp possible by helping to sponsor a camper. A day at camp means so much to a person with muscular dystrophy. It is a day without boundaries. They can take hikes on accessible trails, swim in an accessible pool, or just spend time with friends who can relate to their problems or concerns. Your tax deductible donation is greatly appreciated!

Sponsoring a camper for a day costs only \$52!

Donor Name: _____ Phone: _____

Address: _____

Email Address: _____

*Please send me an electronic copy of the WALH Newsletter YES NO

YES! I would like to sponsor a camper for a day!

\$52/day x _____ days = _____

YES! I would like to sponsor a camper for the entire week of camp!

\$364/week x _____ camper(s) = _____

YES! I would like to make a tax-deductible donation in another denomination to help support WALH's mission!

Amount: \$10 \$50 \$100

\$20 \$75 Other

Checks should be made payable to "With a Little Help" and mailed to:

"With a Little Help" - PO BOX 320243, Franklin, WI 53132