



# Fire Fighters Local 311

Representing Madison Fire, Fitchburg Fire, Fitch-Rona EMS, Middleton EMS,  
Middleton Fire, Monona Fire, Oregon Fire, Sun Prairie EMS & Verona Fire

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INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

821 Williamson St. • Madison, WI 53703-4503 • (608) 257-2030 • Fax 257-1168

February 19, 2010

Dear Brothers and Sisters,

My Name is Jon Mast; I am a firefighter with the City of Madison Local 311. In October 2008 my family was dealt a card that will forever change our lives, my then 8 year old daughter was diagnosed with type 1, or juvenile diabetes. We have all seen the effects on people with diabetes from the calls that we respond to. But unless you live this lifestyle or care for somebody that suffers from this disease, you only see a very small snapshot of what a diabetic goes through on a daily basis. My daughter and our family have been chosen as the Fund A Cure Family for 2010 for the Western Wisconsin Chapter of JDRF. I am asking you to take a moment and read my daughters words and challenge you to help find a cure for this disease and allow the thousands of people affected by diabetes to take back their lives and take their needles and pumps and glucose meters and all the other essential things for them to survive and kick them to the curb and to enjoy a normal "stick" free life. Please feel free to contact me personally if you have any questions.

Thank you for your time and efforts.

FF Jon Mast  
IAFF L311  
City of Madison Fire Department



*dedicated to finding a cure*

Dear Family and Friends,

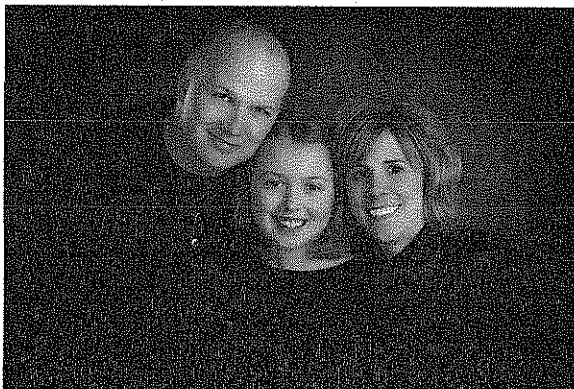
I am just Alexis. Not Alexis, the girl with diabetes. I check my blood sugar, so I know its okay to do all my really fun stuff. I was diagnosed with type 1 (juvenile) diabetes in October 2008. My mom and my sister took me to the doctor because I was drinking a lot, losing weight, and having a lot of restless nights. My dad and my brothers were hunting in Montana and they had to drive home right away. It was very scary finding out that I had type 1 diabetes.

Diabetes means that I will have many insulin shots, infusion set changes and finger pricks for the rest of my life. I depend on insulin to keep my sugars in a safe range. My blood sugar levels need to be checked very often especially when I'm active or sleeping. I average between 8-12 blood sugar checks a day.

When I first was diagnosed I was getting 4 insulin injections a day and I had to check my blood sugar about 8-12 times a day. My next adventure with diabetes was trying an insulin pump. I was very nervous but I knew I could do it. I am very excited! I have been on an insulin pump since August. It is so much easier than having to get insulin injections 4 times a day. I have to change my infusion set every 2-3 days and I sometimes get shots when my blood sugars are too high. I had a hard time adjusting but I love my pink pump! It gives me a little more flexibility and it helps me keep my blood sugars more stable.

I don't mind having diabetes; it's just a BIG life adjustment for me and my family!! I'm still just a regular kid, I just have to check my blood sugars a lot and get insulin. I love to play softball, basketball, bike ride, horseback riding, and swimming. Lots of exercise lowers my blood sugar so when I'm doing those kinds of things I have to be checking my sugars often. It was very scary when I got diagnosed. Now it has almost been 1 ½ years and my parents, my sister, my brothers, grandparents, and doctors have been very helpful!

The Juvenile Diabetes Research Foundation (JDRF) is the #1 non-profit funder of diabetes research worldwide. JDRF has asked me and my parents to be the "Fund A Cure" family at their Spring Gala on April 24. It's a big deal and I'm very proud!! I hope you can make a contribution. Every bit helps in the race for the cure. We can all make a difference in the world of diabetes!



Thank you so much for helping my family and I raise money for JDRF to help find a cure.

Love,

Alexis K. Mast



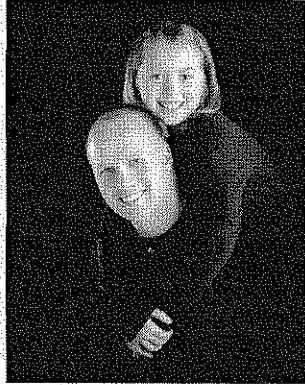
*dedicated to finding a cure*

# *"Fund A Cure" for Diabetes*

## *In honor of Alexis Mast*



FF Mahlon Mitchell and the  
2009 JDRF Gala Chairs



FF Jon Mast and his  
daughter Alexis



FF Jon Mast and crew from  
Madison Station No. 1

Like the families of nearly 3 million other children and adults across the country, Alexis Mast and her family have faced the difficult and often terrifying realities of living with type 1 diabetes. Fortunately for Alexis, and as a direct result of the research dollars generated by JDRF, she has access to greater control of her disease through the development of the insulin pump and continuous glucose monitor.

Since its founding in 1970 by parents of children with type 1 diabetes, JDRF's mission has stayed constant: to find a cure for diabetes and its complications through the support of research. Until a cure is found, JDRF is also committed to working tirelessly to develop new and better treatments to improve the lives of people who have type 1 diabetes and keep them as healthy as possible.

### **In 2009, Fire Fighters Local 311 partnership with JDRF helped raise \$7,000 for diabetes research**

**Yes!** I/we would like to make a 100% tax-deductible gift to fund vital diabetes research. All funds raised through Fund A Cure will be donated in honor of the Mast Family to JDRF during its Spring Gala on April 24 at Monona Terrace Convention Center in Madison.

\$1,000     \$500     \$250     \$100     \$25     Other \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

Please checks made payable to **Fire Fighters Local 311 Charities** and mail to:

**Fire Fighters Local 311 Charities**  
**821 Williamson St., Madison, WI 53703**  
**608-257-2030**

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