

December 2009

Isn't this holiday "giving" season the perfect time to give the GIVE shirt to loved ones? The cost has decreased to \$20 (or less), and Ladies, Youth, Toddler, and Infant sizes are now available, as well as a variety of colors and athletic wear!

Thank you, once again, for being one of over 400 people who have joined the GIVE shirt movement! Whether you've been given the GIVE shirt (likely at least in part because you've generously given your time and talents to theGIVEshirt.com!), or you've gotten the GIVE shirt for yourself and/or to give to another/others, the movement could not be leading to such significant change in the world without you! (If, instead, you're one who has expressed interest in the GIVE shirt, maybe it's time to join us by getting one/some?!)

It's hard to believe that it's been over 6 months since a newsletter update about the GIVE shirt has gone out. Of course, a great deal has happened in that time. On a personal level, I graduated with my Ph.D. in Psychology, secured a post-doc for licensure, maintain several Exercise Coaching clients, am headed to Venezuela for a month, and recently finished my first ultramarathon season with a 50 mile trail race.

One major change is that people can now own the GIVE shirt for the same \$15 investment (which covers the costs of the 100% ORGANIC Sustainable Very High Quality Ringspun Combed preshrunk Cotton shirt, printing, and other costs of operating the movement), plus NOW ONLY A \$5 DONATION to a charity or good cause (\$20 total)! And there are still discounts on each additional GIVE shirt - the 2nd-4th shirts are \$1 less, 5th-9th \$2 less, 10th-24th \$3 less, 25th-99th \$4 less, 100th+ \$5 less!

Another major advancement is that the GIVE shirt is now also available in:

- LADIES style/cut! – black – S-XL - \$15 (fit about 1 size smaller than normal)
- YOUTH sizes – black – XS-XL - \$15
- TODDLER sizes – light blue – 2T, 3T, 4T – only \$10!
- INFANT sizes – light blue or pink – 6M, 12M, 18M, 24M – only \$10!
- INFANT 1-PIECES! – light blue or pink – 6M, 12M, 18M, 24M - only \$10!
- Adult unisex – Special Limited Edition Dark “Midnight” Navy Blue – S-XL
- Long Sleeve – Mens and Womens
- ATHLETIC WEAR – Mostly Nike Dri-Fit Compression Short and Long Sleeve Shirts – Colors/Styles/Sizes/Prices vary
- Many colors of American Apparel

All GIVE shirts remain 100% ORGANIC Sustainable Very High Quality Ringspun preshrunk Cotton, Combed for softness and comfort (other than athletic wear). Please let me know which new variation of the GIVE shirt you would like to own (or give away)! I can send you any detailed information, including specifications and pictures.

And the GIVE shirt movement is spreading fast! The Center For Spiritual Living – Milwaukee received an extra \$90 donation after I discussed the GIVE shirt during the service and 18 GIVE shirts were purchased afterwards. Each time the GIVE shirt is offered at a fundraising event (about 10 events so far!), \$5 from every GIVE shirt purchased is immediately given to whichever charity or good cause for which funds are being raised. An extra \$125 was raised for Children’s Hospital when 25 GIVE shirts were purchased at Salon Brookfield’s Fall Fashion Gala. The Badgerland Striders donated a booth so that the GIVE shirt could be offered at the Milwaukee Lakefront Marathon Expo, and they received an extra \$105 donation after 21 people became proud new owners of the GIVE shirt. Please let me know of others involved in fundraising so we can explore the possibility of working together!

I was fortunate to be able to drive the Toyota Prius to visit my chiropractor friends Holly and Jeremy Barchman, who recently opened their own practice, Dynamic Balance Chiropractic, in Ajax, Ontario, Canada. For 2 months they gave the GIVE shirt to every new patient, creating 30 new owners of the GIVE shirt, and raising an extra \$650 to help find a cure for Autism! While in Toronto, I got to meet their chiropractor friend, Karen Hwang, who also recently opened her own practice, Active Body Chiropractic in Richmond Hill, Ontario, Canada. She likewise gave the GIVE shirt to new patients, raising an extra \$200 for Children’s Make a Wish Foundation! I also re-stocked their supply of GIVE shirts while there, as both will be offering the FREE GIVE SHIRT promotion to new patients again very soon! Now these are heroes of the GIVE shirt movement.

Speaking of heroes, Ashley Kumlien recently founded the non-profit MSRuntheUS.com in order to raise awareness and funds to help those affected by MS, as she runs across America this Spring-Fall! And she’s also already distributed over 20 GIVE shirts, raising over \$100 extra for MSRuntheUS.com!

When the paperwork is completed and theGIVEshirt.com becomes an official 501(c)(3), and the new and vastly improved website is finally up and running, the GIVE shirt movement is sure to explode at a whole new level! But, again, it cannot happen without you! So, please wear the GIVE shirt, tell people about it, and tell them how they can join us.

In closing, I wanted to share a simple, yet representative example of how the GIVE shirt can and is making a difference in this world. A friend, who continues to get more and more GIVE shirts to give to friends, forwarded me the following text from one of those friends to whom she gave the GIVE shirt: “Wearing my GIVE shirt today, and am soooo in high spirit! I love it! Thank u dear friend!”

give,

Thomas

