

1 September, 2007

Dear Myositis Friends,

I would like to let you know that I am your KIT (Keep In Touch) leader for a large part of Missouri and Southern Illinois. I am not a born leader and have many faults so I hope everyone will have lots of patience with me. I am female, 56 years old, married with 3 grown children and grandchildren. I live in Waynesville, MO, which is near Ft. Leonard Wood on Interstate 44. I live 2 hours from St. Louis, 3 1/2 hours from Kansas City, 3 1/2 hours from Cape Girardeau, MO, and 1 1/2 hours from Springfield, MO. I am out in the boony's. No wonder the nickname for Ft. Leonard Wood is "Fort Lost in the Woods"!

I have given great thought and have received wonderful guidance from fellow leaders as to where the meetings should be held. By looking at the list, it at first seemed so obvious that St. Louis was the place to start with. Then I kept thinking about it and worrying about it and the more I worried the less I did about it. Then came a wonderful phone call from a fellow leader that says "your sick" have a meeting where it is easiest for you. I thought, he's right. I should have it at least in Springfield, MO, since it is a large town and that is where I doctor. Wrong....I have hit nothing but roadblocks ....so far. I want a meeting, after all, I am the one who felt so alone that I put a map on the internet that lets us see where we are. I want a meeting!!

I am pleased to announce that the 1st KIT Meeting for Southern Illinois and Missouri, with me as the leader, will be held on Saturday, September 22, 2007 at Ryan's Steakhouse in St. Robert, MO, at 12 Noon until we are talked out and stuffed. There will not be any speakers at this meeting, it will just be us getting to know each other. After you pay for your meals, ask to be seated in the back party room.

Everyone is welcomed!

Please try and let me know if you plan to attend. Directions to Ryan's are attached.

Hope to hear back from each of you!

Jackie Kubisiak, DM  
P. O. Box 4111  
Waynesville, MO 65583  
573-774-2047

[JackieKinMO@gmail.com](mailto:JackieKinMO@gmail.com)  
[myspace.com/myositisworld](http://myspace.com/myositisworld)

DIRECTIONS TO  
RYAN'S STEAKHOUSE  
137 St. Robert Blvd  
St. Robert, MO 65584  
573-336-6355

1. From St. Louis:

Traveling West from St. Louis towards Tulsa on Interstate 44  
take exit 161 B toward MO-Y

Turn Right onto I-44 Spur N/MO-Y N/ Missouri Ave

Turn LEFT at the light onto St Robert BLVD (you have to  
scoot over into the left lane pretty quick before you get to  
the light)

Road curves around past service stations, hotels and  
restaurants. Ryan's will be past the Walmart on your right.

2. From Springfield

Take exit 161 RIGHT TOWARD I-44/Ft. Leonard Wood

Turn Left (north) onto I-44 Spur/Missouri Ave North

Turn Left (West onto St. Robert Blvd)

Road curves around past service stations, hotels and  
restaurants. Ryan's will be past the Walmart on your right.