



CLUB NEWS LETTER

November 22, 2000

Welcome to AMBUCS where we are dedicated to creating opportunities for independence for people with disabilities, especially children.
news@ambucs-dnv.com
P.O. Box 266 Danville, IL 61832

Pledge: Carol Wade
Prayer: Don Baird

Guests: None

Michelle Guierrea **USMC Wellness Coordinator**

With the Christmas season approaching, many feel overwhelmed and stressed out. Michelle has some interesting tips for dealing with holiday related stress and making sure you make it through the season in one piece. The first tip is to avoid the Santa Clause Trap. This is the one that makes you think you must shop till you drop to find THE PERFECT gift for everyone on your list. Make a budget, stick with it and keep in mind that it really is the thought that counts. A kind gesture can be the perfect gift in some cases. The next tip is to avoid the activity and tradition trap. It's easy to accumulate too many traditions, way to hard to do them all. Choose the ones that are important to you and your family and let some of the less important ones go. The final trap is the magic trap. Everyone wants a perfect Christmas Card Christmas, but the reality is it may not be perfect. Your expectations of the holiday must include reasonable goals. Read the "Martha Stewart will not be at our house this holiday email. You should have gotten at least 4 or 5 of them by now. It best explains this point.

Staying healthy at holiday time is also a key to survival. No one wants cookies baked by a sickie, and it's going to stressful enough without the added trauma of a cold or the flu...let alone a hangover. Get 30 minutes of exercise everyday, get enough sleep and get a flu shot if you are at high risk for seasonal bugs.

Playground

Armstrong McDonald Foundation has pledged \$5000, Dr. Schols Foundation has also pledged \$5000.

Century Club

Anyone interested in participating in the Playground for Everyone Century Club can pledge \$100 to be billed monthly through dues or quarterly if a non-member.

Upcoming Events

The annual Wal Mart shopping trip for Christmas presents will be on December 3rd. A signup sheet has been passed around. Call Anna Custer if you are intersted in helping. Our wrapping part will be December 6th. The Christmas parties will be on December 9th, with the children's portion at 9am and the adult party at 2pm.

The progressive dinner will be January 7th at Cloud 9 at the Airport. Bring a \$10 or less gift for the gift exchange.

Homeshow

To increase exposure of the stage, and give us more boothspace, the stage will be moved this year to the center of the arena, with seats surrounding it. Vendors have the option of presenting a "How To" on the stage this year. The food court will be moved to the upper level, and include tables and chairs. A sponsorship of the food court is available. A handfull of booths are already paid for in full, and the stage is set to be sponsored again this year by Old National Bank. If you know anyone interested in having a booth at the home show this year, they can call Tonya at 431-3729.

Upcoming Programs

Big hat day is Nov. 29. Bring lots of cash.



Meetings - Wednesdays at Noon - Days Inn

Newsletter Editor
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Creating Independence for Persons with Disabilities