



February 5, 2003

Welcome to AMBUCS where we are dedicated to creating opportunities for independence for people with disabilities, especially children.

news@danvilleambucs.com

P.O. Box 266 Danville, IL 61832

Pledge: Mysterious Stranger
Prayer: Don Beard
Guests: Theresa Winn

Melody Maxwell Curves for Women

Melody Maxwell presented our program on a new exercise club for women called Curves for Women. Her business is located at 1630 Georgetown Rd., Tilton Creek Plaza, Suite 1 in Tilton.

The question was asked 'what about men', to which Ms. Maxwell replied that the weight training was conducted on specialized hydraulic work-out stations, which don't provide enough resistance for men.

The program calls for 30-minute workouts, three times a week. Five components are warm-up, aerobic exercise, strength training, cool down and stretching.

For those interested, give her a call at 446.8191.

Citizen of the Year

The Super Secret Committee to determined our 'AMBUCS Citizen of the Year' has chosen Dr. Tomas Halloran as this year's recipient. Dr. Halloran was a driving force behind the creation of the Danville Area Soccer Complex, which has enjoyed great success. The soccer fields also abut our Playground for Everyone, which has added greatly to the attendance numbers there.

The Citizen of the Year dinner will be at Days Inn beginning with social time at 6 p.m./ dinner at 6:30 p.m. Cost for the event is \$20.00 per person. To make reservations, call 446.7170.

AMBUCS Notes

Home Show plans are also moving along. All of the available booths have been sold. Don't be fooled, though. If you really want booth space at the Home Show, go ahead and contact Carol and see what she can do. Also, we need volunteers for the project, contact Phyllis or Richard for more info. The show will be held on March 7, 8 & 9, 2003 at the David S. Palmer Arena.

The Michelob Ultra Barstool Golf Tournament will be held on Feb. 22, 2003. Remember, everyone, we need a bunch of club members to work at the various 'holes' during the tournament.

We will have a one-page instruction sheet by Feb. 19. We are asking that 4 people (in teams of at least 2) work two shifts: 11:30 a.m.-3 p.m. and 3-6:30 p.m. (or until it's completed). There will be two city buses to drive the 'golfers' from hole to hole (or bar to bar as the case may be). Also, we will have AMBUCS signs or AmTrykes at various locations on tourney day to promote the club and our goals.

If you wish to sign-up to participate, call or email Donna Carlton Vish at donna@heritagedevelop.com or 446.2265.

The circuit has been shortened, i.e. the participating bars are closer together. There will be a 4 shot maximum (last year was 5 strokes). Also, each member of the winning foursome will be awarded a \$200 gift certificate to be used in the Budwiser gift catalog. Tony from Gaudio Distributors hopes to raise \$6,000 for the club this year.

President Pat Owens showed thank you notes and photos of AmTrykes that were donated and presented in Las Vegas by our club.

Future Program

2/12 Wanda Erskine Business Women

2/19 Pat Hartshorn - Sherrif

2/26 NO MEETING -

Citizen of the Year Banquet tonight!

Board Meeting

March 10 at noon at Clifton-Gunderson. Feel free to join us, and please park in the lot.

Nomenclature

Bootstrapping

When a club assists another club with recruitment difficulties in a planned membership growth process.

History

1945, surviving the war II

Hard times continued. National President James B Lovelace writes of chapters having their ranks depleted because members were drafted or volunteered for military service.

The association lost many chapters who could not survive this loss, and other chapters struggled to keep alive. These chapters were on the brink of withdrawing from the association.

Despite this, the membership again held lively discussions to change the association's name at the Indianapolis convention, though it didn't happen.

Membership

The membership committee is currently updating the membership list, you will be getting a call soon to review your data. Once it has been updated it will be available via email or printed document. For more information contact Richard Woodard woodard@soltec.net or Donna Carlton Vish donna@heritagedevelop.com.

Meetings - Wednesdays at Noon - Days Inn

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Creating Independence for Persons with Disabilities