

NEWSLETTER

March Events

March 1

8 pm Mexican Train
8 pm Club Poker

March 2

9 am Executive Board Meeting
8 pm TINGO

March 8

8 pm LCR/ACE

March 9

8 pm General Meeting
Banknight

March 15

8 pm HORNS
8 pm Club Poker

March 16

7 pm St. Patrick's Party

March 22

7 pm Open for
Social & Club Poker

March 23

9 am - 6 pm Deaf Women
of Texas's Charity Swap

March 29

8 pm Pool Table
Tournament

March 30

7 pm Open for
Social & Club Poker

Club Hours

Fridays: 7:00 pm – 1:00 am

Saturdays: 7:00 pm – 2:00 am

Bar opens at 7:00 pm

You are required to show your membership card every time you come to the AAD clubhouse.

President's Musings

Jo Bienvenu

Greeting AAD Members,

Ready for March? I love the spring season, but not pinches, when I forget to wear green clothes on St. Patrick's Day! By the way, we will have a St. Patrick's party on March 16th.

A reminder: daylight savings time begins on March 10th.

I asked Secretary Marilyn Swanson to review the AAD minutes from last November to February and see if we met our deadlines on a few issues. If not, we may ask you to come and help us complete our deadline(s), if any.

I asked Earl Day and his bylaws committee to give careful heed to the bylaws and policies, so we won't have conflicting sections. (For example, one section of the bylaws requires regular monthly meetings, while another section says no meetings in the summer). When the committee is done with AAD's bylaws, they will work on the Greater Metro Austin CommUNITY Center bylaws.

For your information:

Does a non-profit organization automatically receive a property tax exemption?

No...Often organizations mistakenly believe they are entitled to a property tax exemption because they have received a federal income tax exemption under Section 501(c)(3) of the Internal Revenue Code or an exemption from state sales taxes. The constitution requirements for property tax exemptions are different than the provisions covering income and sales taxes. (So, members and friends, we ask you to trust us to work on it carefully and slowly. Thanks mucho!)

We are thrilled to tell you that Deaf Women of Texas and Austin Bass Club for the Deaf are continuing their affiliation with AAD for 2013.

If you have questions, please feel free to ask board members, with NO fear or hesitation. When we start compromising our morals for club members and friends, it is probably time to change the people we keep around us!

We hope to see you at the regular meeting on March 9th.

We appreciate your support!

APRIL 6, 2013, 9 am-5pm

WE  BAZAAR & CHILI COOK-OFF

SAVE the DATE!

**Austin Deaf Club
Executive Board**

President.

Jo Bienvenu

Vice President.

Earl Day

Treasurer

John Mills

Secretary

Marilyn Swanson

Director of

Public Relations

Deb Kuglitsch

Board of

Governors Chair

Ronny Taylor

Board of Governors

Gretchen Forgey

Kristin Lund

Christy Schoneman

Patty Pyeatt

FEBRUARY WINNERS

TINGO

February 1

T - Christy Schoneman \$20

I - Jerry McGaugh \$20

N - Roger Swanson \$20

G - Peggy Eaton \$20

O - Vivian Hesser \$20

Totto - Ann Marie White \$100

Bonus - Brenda Mills \$30

BANKNIGHT

February 9

\$95 - James White

\$35 - (Edith Hubert)

\$25 - Jo Bienvenu

\$150 - (Tracy Roberts)

\$65 - (Carrie Frazier)

\$10 - (Geoff Rabb)

(winner names) were not presented.

HORNS

February 15

H - Bobby Creed \$20

O - Patty Pyeatt \$20

R - Sally Porter \$20

N - Brenda Mills \$10
Sandra Griggin \$10

S - Jo Bienvenu \$10
Ann Horn \$10

Totto - Glenn Brunson \$70

March 2 TINGO • March 9 BankNight • March 13 HORNS

TINGO/HORNS Rules: A temporary member who wins a big prize (**over \$20**) will receive only one-half of the prize, *after* becoming an active member by paying full membership dues that same night. Spouses/partners must sit across, rather than next to each other. Pay attention to the card leader for more instructions.

BANK NIGHT Rules: Prizes will be awarded based on drawn chips matching membership numbers. The first five prizes will be awarded only to winning members who are present *and* who have also *previously* bought blue tickets the night of the drawing. If more than five prizes are awarded, any member who buy tickets that night may win. The winners need to be present.

FOR YOUR INFO

- Look out for the dates to do Club's backyard clean up soon! We need your help.
- Open for Club Poker is not a league. Just for you who want to get out and play for fun.
- Don't forget to save the date, April 6, Bazaar & Chili Cook off! See flyer.



MARCH FACTS

March is named after the Roman god of war, Mars. It was the first month of the year in ancient Rome. Since March is the first month of spring, it was a logical point to begin the year. When the Gregorian calendar was adopted, it became the third month of the year. It is one of the seven months with thirty-one days.

March Holidays and Observance: The most well known holiday of the month is March 17th, St. Patrick's Day. Parades are held in many major cities in honor of St. Patrick's Day. Many people celebrate by eating a meal of corned beef and cabbage and by drinking lots of green beer.

In the northern hemisphere, the spring equinox occurs with the first day of spring falling on March 20th or 21st.

Also worth noting is that daylight savings time begins on the second Sunday in March. Don't forget to "spring forward" by setting your clocks ahead one hour.

Historic Events in March: Many major events happened during the third month of the year. Here are four historical events that took place in March.

- The Boston Massacre took place on March 5, 1770.
- Paper money was issued on March 10, 1862 in the U.S. for the first time.
- An act of Congress created the first United States National Park (Yellowstone) on March 1, 1872.
- The Star Spangled Banner was made the United States National Anthem on March 3, 1931.

Monthly Observances: There are over two dozen monthly observances during the month of March. Some of them are listed below.

- Cataract Awareness Month • Colorectal Cancer Awareness Month • Foot Health Month • Frozen Food Month • Nutrition Month • Poison Prevention Awareness Month • Red Cross Month • Social Worker's Month • Women's History Month

March Birthday

- Betty Evans - 5
- Scott Stein - 7
- Beth Strain - 8
- Sallie Curtis - 9
- Amanda Ross - 9
- Karen Frasier Hampton - 10
- Morris Porter - 22
- Matt Thompson - 22
- Caroline Cook - 24
- Lee Bullock - 27
- Sharlene Cater - 29



Donations by
 Hampton Johnson - 18 glass shots and
 cleaners for glass shots
 James Maxwell - \$15 from his winning
**THANK TO ALL OF YOU FOR
 YOUR LOYALTY!**



**Daylight Saving
 Time 2013 begins
 at 2:00 AM on
 Sunday, March 10.**

**Austin Deaf Club Members
 (as of March 1, 2013)**

211

Event Contacts:

Fred Newberry – Calendar/
Facility Use Coordinator

Deb Kuglitsch – Creating flyers
for any ADC events

Project Contacts

Give your **favorite recipes** to Beth Strain.

* Send your **old picture(s)** of Austin
Deaf Club or any events and include
stories about the picture(s) to ADC
Secretary (AADSecretary@gmail.com)



Moving?

New Address?

Do not lose your subscription
to the Club newsletters or any
event information.

Notify AAD Secretary at
AADSecretary@gmail.com.



Deaf Club Contact Info

AustinDeafClub@gmail.com

Exercise: 7 Benefits of Regular Physical Activity

You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

By Mayo Clinic staff

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life.

No. 1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you can't do an actual workout, get more active throughout the day in simple ways — by taking the stairs instead of the elevator or revving up your household chores.

No. 2: Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

No. 3: Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

No. 4: Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

No. 5: Exercise promotes better sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

No. 6: Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular physical activity can lead to enhanced arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

No. 7: Exercise can be fun

Exercise and physical activity can be a fun way to spend some time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. If you get bored, try something new.

The bottom line on exercise

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.



Happy St. Patrick's Day Party

March 16, 2013

7:00 pm to 2:00 am

Members - \$3.00

Non-Members - \$5.00

including

FUN GAMES

APPETIZERS

PRIZES

Hostesses
Lisa Lopez-Santos &
Edna Esparza

Austin Deaf Club
8818 Cullen Lane
Austin, TX 78748
austindeafclub@gmail.com
austindeafclub.org

PLEASE WEAR GREEN!



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Your CAAG Austin Team!

- Rita Wedgeworth** rita.lee@caag4.com 713.240.8183 V/Text
- Brian Determan** brian.determan@caag4.com 512.481.7707 VVP
- Paul Rutowski** paul.rutowski@caag4.com 512.507.7460 Text



Austin Association of the Deaf proudly hosts two fun-filled events on same day!

WE ♥ BAZAAR & CHILI COOK-OFF

SATURDAY, APRIL 6, 2013

9AM - 5PM • FREE ADMISSION

ARTS, CRAFTS & MANY BOOTHs SELLING STUFF!

HAMBURGERS/HOT DOGS & SWEETS SOLD ALL DAY
DRINKS SOLD in the Clubhouse

MOONWALK & GAMES for KIDS & ADULTS.

TINGO AT 8 P.M.

CHILI COOK-OFF • WIN TROPHY and CASH PRIZES FOR 1st, 2nd & 3rd places!

BOWL OF CHILI WILL BE SERVED AFTER 1 P.M.
DONATIONS APPRECIATED

VENDORS ARE WELCOME!
CHECK EVENTS IN
AUSTINDEAFCLUB.ORG FOR
REGISTRATION FORM

BRING YOUR LAWN CHAIRS & ENJOY WITH US
ALL DAY UNDER BIG TREE SHADES!

For BAZAAR INFO,

Co-Chairs Earl Day, earlday@gmail.com & Marilyn Swanson, mcswanson74@gmail.com

For CHILI COOK-OFF INFO,

Chair Ronny Taylor, RonnyRTaylor@yahoo.com

Austin Deaf Club, 8818 Cullen Lane, Austin, TX 78748 • www.austindeafclub.org

Upcoming April Events

**Fri., April 5, AAD Poker 8 PM
Mexican Train**

**Sat., April 6, Bazaar/Chili
Cook-Off 9 AM - 5 PM
TINGO 8 PM**

Fri., April 12, LRC / ACE 8 PM

**Sat., April 13, General Meeting 8 PM
Bank Night**

Fri., April 19 Horns & Club Poker 8 PM

**Sat., April 20, DWT Charity Poker
7:00 PM**

**Fri., April 26, AAD Pool Table
Game/ Tournament**

**Sat. Apr. 27 OPEN for
Social & Club Poker**



Reminder: ALL members are required to bring your membership cards at all times.