NEWSLETTER

MAY Events at Club

Friday, May 2 Mexican Train 7 PM Poker League 8 PM

Saturday, May 3 Spagetti Dinner Fundraiser & Raffle 5-7 PM TINGO 8 PM

Wednesday, May 7 TAD-SC Picnic 11 - 4 PM

Friday, May 9 Poker Tournament 8 PM

Saturday, May 10 Fundraising Dinner 6 PM General Meeting 7:30 PM

> Friday, May 16 HORNS 8 PM

Saturday, May 17 Poker League 8 PM

Fri./Sat.,May 23-24 Memorial Weekend Open for Social 7 PM Poker League 8 PM (Sat.)

Friday, May 30 Club closes, Private Party

Saturday, May 31 ABCD 11 am to 4 PM Open for Social 7 PM

Club Hours Fridays: 7:00 pm-1:00 am Saturdays: 7:00 pm-2:00 am Bar opens at 7:00 pm



Hi everyone,

Last Saturday the Board had a 2-hour meeting. We are going to share with you what's going on:

a) We will have an appreciation party on September 27. We will serve something FREE for members and \$5 for non members. Come and join the fun and give applauses to the members and volunteers as we notice their work.

b) The young people said they would let us know when it is best to bring their beloved dogs on one Friday of every month.

c) We agreed to forget the volleyball thing. It is a lot of work. The old mem-

bers from their past experience said it was hard work.

d) Again, we need to remind all of you that you could not bring your own food or drinks to the AAD.

e) We hope to find some money for a printer for the iPad so we can stop using the cashier if possible.

f) We will have a tailgate party for every Univ. of TX football game at the AAD. We have 4 TVs so why not??g) We will have a big game, MY PRICE IS RIGHT! on April 18, 2015.

Some people are still confused about the Reserve fund. We promise that someone will be videotaped to explain what its purposes are.

Thank you very much for all you had done for AAD! We appreciate your loyalty to AAD!

AAD-ly yours, Jo



Biker & Bazaar in pictures. More pictures on page 5 and 6

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Totto

Bonus

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Austin Deaf Club Executive Board

President Io Bienvenu Vice President Earl Day Treasurer John Mills Secretary Marilyn Swanson **Director of Public Relations** Deb Kuglitsch Member at Large Kristin Lund **Ronny Taylor** Gretchen Forgey **Christy Schoneman** Sarah McAvoy

APRIL 5 TINGO	APRIL 12 BANKNIGHT	APRIL 18 HORNS
\$20 Ann Marine White	\$60 (Larry Newman)	H - \$20 Ann Horn
\$20 Morris Porter	\$75 (Marlene Rosenthal)	O - \$20 Daryl Argrave
\$20 Sandra Turner	\$30 (Jessy Wilcoxson)	R - \$20 Fred Newberry
\$20 Brenda Mills	\$70 (Susan Pochop)	N - \$20 Brenda Mills
\$20 Fred Neaverry &	\$30 (David Chardin)	S - \$20 Bill Kenall
Morris Porter \$100 Leon Hudson	\$5 (Judy Thomas, donated)	Totto \$44 Marian Seale
\$40 Kathy Spiegel	(winner names) were not presented.	Bonus \$19 Roger Swanson
lay 3 TINGO	May 10 BankNight	May 16 HORNS

APRIL WINNERS

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.

BANKNIGHT 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.



Glenn Brunson	May 1
David Spaulding	May 1
Lisa Hatley	May 1
Wayne Carter	May 6
Brian Brizendine	May 7
Mary Ann Ryan	May 8
Tracey Roberts	May 15
Alicia McClurkan	May 17
Joan Montfort	May 18
Ann Horn	May 19
Dorothy Wright	May 21
Irma Cardenas	May 27
Thomas Fischer	May 28

Austin Deaf Club Poker League is still on! Every first Friday; 3rd and 4th Saturdays of the month at 8 p.m. Please come early to register. Steve Plate hosts the poker night every 2nd Friday of the month.

NEW/RENEWAL MEMBERS As of April 30, 2014

> William Guy Kendall Arline Hess Julie Lane Rodney M. Williamson Lisa Cochran

Members in Total: 222

If you want to become a member, contact Ann Horn, our membership coordinator at aadmembership@gmail.com or see any officers on list.





• Bylaw committee: Sarah McAvoy (missing from the list last month) for completing the revised Bylaw and Policy for AAD.

Bobby Wise for donating \$16 to Backyard project.

Judy Thomas for donating \$5 to the fund.

Cindy Norris for donating \$41 to the general fund.

James Maxwell and Fred Newberry for donating \$10 each to the fund.

Richie Bryant for donating cutting board and items for grilling.

As always, much APPRECIATED!



Please let us know if we miss your name.

AAD Club Contact Information

Jo Bienvenu, *President* aadpresident@gmail.com

Earl Day, Vice President aadvicepresident@gmail.com

Marilyn Swanson, Secretary austinsecretary@gmail.com

John Mills, *Treasurer* aadtreasurer@gmail.com

Deb Kuglitsch, *Director of Public Relations* adpublicrelations@gmail.com

Fred Newberry, *Event Coordinator* aadclubevents@gmail.com

Roger Swanson, *Club Manager* aadclubmanager@gmail.com

Ann Horn, *Membership Coordinator* aadmembership@gmail.com

Christy Lund, *Member at Large* aadmemberlarge1@gmail.com

Ronny Taylor, *Member at Large* aadmemberlarge2@gmail.com

Gretchen Forgey, *Member at Large* aadmemberlarge3@gmail.com

Christy Shoneman, *Member at Large* aadmemberlarge4@gmail.com

Sarah McAvoy, *Member at Large* aadmemberlarge5@gmail.com

Rosemary McGaugh, *Reserve Fund Chair* aadreservefund@gmail.com

General Inquires austindeafclub@gmail.com

Website www.austindeafclub.org

May 11-17, 2014: National Women's Health Week

It's Your Time • Put yourself first

Women have a tendency to place the needs of others before their own. While this is an admirable quality, women who do this may put their own health at risk, especially if they neglect getting regular care and checkups with their health care provider.

Using the theme, "It's Your Time," National Women's Health Week encourages women to focus on their own health and well-being. Research has shown that when women take care of their own health, the health of their families tends to improve as well.

So, it's time to take care of a very special person in your life—you. You can start by nurturing yourself with healthy food, regular physical activity that you enjoy, quality sleep, sufficient time for relaxing, and stress-reducing activities. Also, be sure to follow up with any scheduled visits that you may have with your health care provider.

Take Care of Yourself

The Department of Health and Human Services' Office of Women's Health (www.hhs.gov) recommends that women take the following steps to improve their physical and mental health, and potentially lower their risk of certain diseases:

1) Get Physical - Get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week. Learn more on our Physical Activity page.

2) Eat a nutritious diet - Learn more on Nutrition page.

3) Maintain a healthy weight - Learn more on Weight Management page.

4) Avoid risky behaviors, such as using tobacco, risky drinking, or not wearing a seatbelt regularly. Get support while you quit smoking, by visiting our Tobacco Cessation page. Learn more about the healthy use of alcohol on our Risky Drinking page.

5) Visit a health care professional to receive regular checkups and preventive screenings. Screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Not to mention, screenings and routine care can help women lower their risks of many health conditions, including heart disease.

6) Take care of your mental health by managing stress and getting enough quality sleep.

There are a number of ways that you need to take care of yourself; however, it is well worth it. Start by talking to your health care professional, and choose one or two things to focus on first. Then, as you have success in those areas, move on to your next victory. Remember, the better you take care of yourself, the more you'll be able to be there for those other important people in your life.



Biker/Bazaar at the AAD Deaf Club

by Kristin Lund

This was a lot of fun! On April 5, 2014, 7 bikers, 2 passengers rode out to Canyon Lake. A friendly guy took pictures of all of us there. Cold day, we learned to stay warm and still had a lot of FUN! Many thanks to Bobby Wise for leading the ride, thanks to Kristin Lund for making sure everyone was warm and safe!

There was a motorcycle contest, Dave Surprenant won 1st place. LaToya Dixon won 2nd place. See the pictures. Dave's bike was custom painted to fingerspell Harley Davidson. LaToya's bike was a black with eye popping pink and purple colors. Their bikes were beautiful!

There were many booths inside the clubhouse. There were some show and tell about products. Some examples: SafePlace Deaf Services did "Red My Lips", our Club President Jo even had her lips painted RED, ask her about it! Other booths were: TMobile, Black History Month Committee sold snow cones to earn fundraising money. Class of '84 committee sold Frito pies to earn fundraising money. There were more, but I forgot to write down all of them. To everyone who hosted a booth! Thank you!

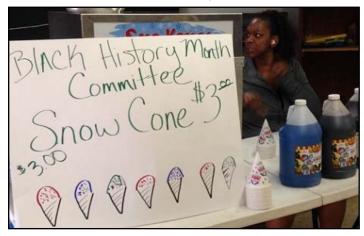
This was family friendly event. The Adults were chatting, riding, looking at booths, and/or judging the bikes. The children were enjoying themselves playing outside and jumping in the bouncy house.

I can't forget the food! Hot Dogs, Hamburgers and Frito Pies were good! The day was a little cold, and we had a fire pit outside to stay warm, while enjoying the tasty food!

Many thanks to Ann Horn, Bobby Wise, and Lisa Lopez-Santos for coordinating this event. It was a SUCCESS!! More pictures continued on page 6



More pictures continued from page 5











\$5 member/\$7 non-member 1st come, 1st serve

APRIL 18, 2015 7 p.m. to 10:30 p.m.

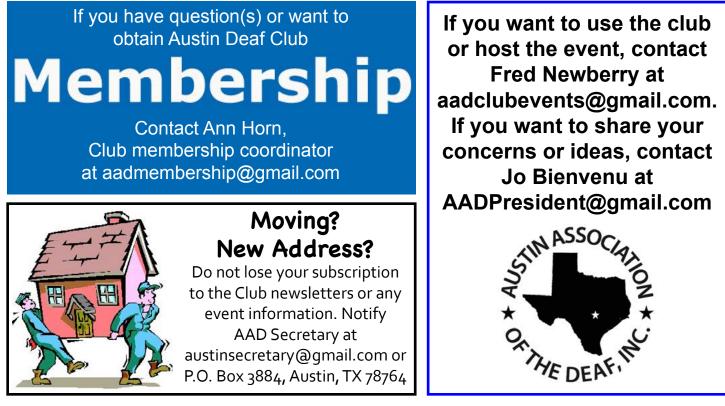
\$10 per person including 10 ticket book & surprises \$3 for extra 10-ticket book at door ALL of YOU WILL PLAY!

MORE INFORMATION WILL BE ANNOUNCED SOON!



8818 Cullen Lane Austin, TX 78748 For more information or questions, see Deb Kuglitsch or Gretchen Forgey austindeafclub@gmail.com austindeafclub.org

MAY 2014



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

Austin Assoication of the Deaf P.O. Box 3884 Austin, TX 78764-3884