

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



President's Pondering

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

**Austin Deaf Club
Executive Board**

President

Jo 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 WINNERS

**APRIL 5
TINGO**

T - \$20 Ann Marine White

I - \$20 Morris Porter

N - \$20 Sandra Turner

G - \$20 Brenda Mills

O - \$20 Fred Neaverry & Morris Porter

Totto \$100 Leon Hudson

Bonus \$40 Kathy Spiegel

**APRIL 12
BANKNIGHT**

\$60 (Larry Newman)

\$75 (Marlene Rosenthal)

\$30 (Jessy Wilcoxson)

\$70 (Susan Pochop)

\$30 (David Chardin)

\$5 (Judy Thomas, donated)

(winner names) were not presented.

**APRIL 18
HORNS**

H - \$20 Ann Horn

O - \$20 Daryl Argrave

R - \$20 Fred Newberry

N - \$20 Brenda Mills

S - \$20 Bill Kenall

Totto \$44 Marian Seale

Bonus \$19 Roger Swanson

May 3 TINGO

May 10 BankNight

May 16 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.

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.

**WELCOME
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*
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Marilyn Swanson, *Secretary*
austinsecretary@gmail.com

John Mills, *Treasurer*
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Deb Kuglitsch, *Director of Public Relations*
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Fred Newberry, *Event Coordinator*
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Roger Swanson, *Club Manager*
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Ann Horn, *Membership Coordinator*
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Christy Lund, *Member at Large*
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Ronny Taylor, *Member at Large*
aadmemberlarge2@gmail.com

Gretchen Forgey, *Member at Large*
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Christy Shoneman, *Member at Large*
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Sarah McAvoy, *Member at Large*
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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.

2014 UT Football Tailgate Party at AAD Club! Please mark dates on your calendar!

Aug 30 vs North Texas Mean Green • Sept 6 vs BYU Cougars • Sept 13 vs UCLA Bruins • Sept 27 vs Kansas Jayhawks • Oct 4 vs Baylor Bears • Oct 11 vs Okla Sooners • Oct 18 vs Iowa State Cyclones • Oct 25 vs Kansas State Wildcats • Nov 1 vs Texas Tech Red Raiders • Nov 8 vs West Virginia Mountaineers
• Nov 15 vs Oklahoma State Cowboys
• Nov 27 vs TCU Horned Frogs

More information will be given in August with times.

Chairs: Roger and Marilyn Swanson

Austin Deaf Club will host fundraising dinners on every 2nd Saturday of the month at 6 p.m. All dinners will be 1st come, 1st serve basis. Please check our newsletters or FaceBook to find out what kind of dinner we will be selling.

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



May 10, 2014 at 6 p.m. before our general meeting, we sell delicious Chopped Brisket Sandwiches with Potato Salad, Ranch Beans and Dessert.

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

MY PRICE is RIGHT!

10 PRIZES worth over \$\$\$ plus MORE SURPRISES

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

If you have question(s) or want to
obtain Austin Deaf Club

Membership

Contact Ann Horn,
Club membership coordinator
at aadmembership@gmail.com

If you want to use the club
or host the event, contact
Fred Newberry at
aadclubevents@gmail.com.
If you want to share your
concerns or ideas, contact
Jo Bienvenu at
AADPresident@gmail.com



Moving?

New Address?

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

AAD Secretary at
austinsecretary@gmail.com or
P.O. Box 3884, Austin, TX 78764



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

Austin Association of the Deaf
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