



## CLUB NEWS LETTER

### September 27, 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: Chuck Cannady  
Prayer: Anna Custer

Members: 42 present  
Guests: Marcella Kennedy of AG Edwards ( a new member as of this week- Yeah!), Jim Richard, Bob's non gun toting brother, and Brenda Krouse with the Vermilion Area Community Health Center

#### **Program Debbie Paul**

##### **Therapeutic Massage Technician**

Debbie put to rest many fears and misconceptions regarding massage. She is a licensed technician, and this is important because Illinois has no regulations to specify that massage technicians need any credentials. The city of Danville does have some regulation in place, and Debbie stresses the importance of making sure you are seeing licensed technician. Improper massage can be deadly.

Debbie took us on a visual tour of what the massage process is like. The table she uses is specifically used for massage, and built to cushion the body. She uses draping techniques to ensure that only the area of the body she is working on is exposed. An average of 15 minutes is spent with the patient before therapy to discuss any issues with their health, and any fears or problems they are having.

Debbie has a space at the Roselawn Fitness Center.

#### **Playground News**

A \$10,600 check was presented by Craig Cummings of Cons. Il. Water for the water activity play center. WOW!

\$100 from St. James Church,  
Faulstich Printing-\$250 this year and \$250 next year.  
American Savings Bank \$200  
Kiwanis \$1000  
Janet Myres \$250  
Gayle Mason \$250

#### **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.

It's a great opportunity to be a part of the playground.

#### **Upcoming Program**

October 4th, Debbie Frerichs - Festival of Trees.

#### **Night of Lights**

A committee is forming to perfect our involvement with the Downtown Danville Night of Lights Parade. Contact Linda Murphy if interested in helping out.

#### **\$15,000 Raffle**

Tickets are still available. \$130 dollars gets you a fun night, dinner, and a chance at \$15,000. The raffle will be held at the Beef house on Thursday October 5th. Only 300 tickets will be sold. See Jeff Saylor, Todd Davis or Chris Cottell if you need tickets and they will deliver them to you.

Prizes are being collected for ticket buyers. If you would like to donate a prize, or would like to help find donated prizes, contact Curt Ellis.

#### **50/50**

\$9 donated to the playground by Al Runner

**\$15,000 RAFFLE IS OCTOBER 5TH**  
**Tickets Still Available! Contact:**  
**Jeff Saylor, Todd Davis or Chris Cottell**



**Meetings - Wednesdays at Noon - Days Inn**

Newsletter Editor  
Carol Wade - carolw@soltec.net

**Creating Independence for Persons with Disabilities**