

Pledge: Tom Gleichman
Prayer: Todd Davis
Guests: Larry Owen, Joe Creger,
Eric Shore

Board Meeting

May 9 at noon at Clifton
Gunderson. Feel free to join us, and
please park in the lot.

Programs

Launie Morgan, our new
chairperson provided a list of
programs already scheduled for the
next year and announced that she is
open to suggestions from club
members for others.

Please contact her if you have an
idea for a program, otherwise she
says it will be knitting and
grandchildren.

Future Programs

May 4 - Bill Brandenberger,
Baseball Collection
May 11 - Mike Clary



Joanne Ames Food Pyramid

Joanne Ames a registered dietitian
and personal chef, explained what a
personal chef does, took a few
minutes to explain the new food
pyramid and gave us a short lesson
on healthy food choices.

A personal chef meets with a
family to discover their likes,
dislikes and perhaps their special
needs; from this interview a menu is
created. The chef comes into their
home and prepares a series of meals
which are then frozen.

This service is utilized for many
reasons two of which are special
dietary needs and the client's lack of
time or desire to cook.

She briefly explained the new food
pyramid with the stair steps. It can
be a much more personalized
nutritional guide if you use the web
site and fill out the form provided as
you will get an individualized diet
for your lifestyle: MyPyramid.gov.

In general, some healthy food
choices would be to eat a variety of
foods of many colors. This helps to
provide our bodies with some of the
trace minerals and nutrients we miss
if we only eat a few types of foods.

Healthy eating does not mean you
must give up your favorite foods,
just balance them with healthy ones
and most of us need to cut down on
our portion sizes. We also need to
balance our food calories with
exercise for good health.

First Citizen Pat O'Shaunessy

Pat O'Shaunessy was honored at
our 72nd banquet, honoring an
outstanding volunteer in our
community.

The banquet was well attended and
it was a lovely evening. A big
AMBUCS thanks goes out to Pat
and her committee.

General Announcements

Big congratulations to all of the
children of our AMBUCS who
received many of the esteemed
honors given at the High School
Honors Banquet. Wow!

Challenger Baseball

Kickoff to the season will be
Saturday May 21, 9:00 – 11:00 at
AMBUCS Playground for Everyone
on Winter Ave. Players will pick up
their uniforms, schedules, and meet
their coaches. Buddies will also
sign up at this time.

Lori would like 3 – 4 AMBUCS to
help with checking in the players
and passing out the uniforms. Let
Todd know if you are available to
help on the 21st.

Season begins June 4th and games
will be played each Saturday in
June.

Meetings - Wednesdays at Noon - Days Inn

Creating Independence for Persons with Disabilities

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