

LUBBOCK MONTEREY BUC & BULL



The Fun Way to Serve!!

Invite a guest to the Monday
Luncheon Meeting.

DIGITAL NEWSLETTER

Date: 04/30/2023



Lubbock Monterey AMBUCS is winding down our current fiscal year in a big way, having added 15 total new Members (more to be recognized in the May Newsletter), and with that many New Members coming in, we had to have some New Big Hats.

Shown above with President Bobby Sanders and Club Big Hat Chairman Richard Hamilton are our two Newest Big Hats Gail King and Stephen Liford – proudly displaying their new Stetsons!

We'll be wrapping up our club's fiscal year in May with our **Annual Installation Banquet on Monday, May 15th** (NO LUNCH THAT DAY) at Center Pointe Events Center at 4925 Marsha Sharp Fwy 79407 (just North of Coronado High School).

We'll start with a 6pm BYOB Happy Hour and have dinner at 7, and then install our new officers. There is no charge and we look forward to seeing all Members plus significant others for a fun evening.

And, I want to personally say a big THANKS to Bobby Sanders for taking over my term as President two years ago due to a job conflict, and then volunteering for a second term this past year. Bobby's done an exceptional job as Club President, and is looking forward to his next office of Past President. 😊

And, we all look forward with a "Yes I Can" attitude to this next year with President-Elect Kadee Harcrow as we prepare for an even bigger and better **SummerFest Event on August 12** at our new 4BarK event venue on 82nd Street just east of Hwy 87.



The Month of April included our club's helping with the Downtown Lubbock AMBUCS Annual ABC Pro Rodeo – an event that celebrated 80 years this year!

Attending the Rodeo over the weekend and then joining our Monterey AMBUCS club for our luncheon on that Monday were National President-Elect Dona Hingtgen. National Big Hat President Wendy Bond and Wendy's daughter Sydney. We were honored to have you ladies.

UPCOMING SPEAKERS AND EVENTS

05/01/2023 – LBK Found Organization
Danny Gonzales

05/08/2023 - Team Luke – Tim Siegal

05/15/2023 - NO NOON MEETING /
Board Installation – That Evening

05/22/2023 - Goodwill

05/29/2023 – NO NOON MEETING /
Memorial Day

05/30/2023—Board Meeting, Saltgrass
Steakhouse 12:00 Noon

Here are some quick NEWS BRIEFS

WELCOME TO TWO NEW 2ND GENERATION MEMBERS!!



Interestingly, we had two New Members initiated at one of our recent April Luncheons and both are second generation. The first was Jared Liford, son of one of our newer Members, Stephen Liford, who also is a new Big Hat thanks to Jared's joining our mission.



The second New Member is Tanner Taylor, son of long-time Member Stacy Creitz, shown above with Tanner and her new granddaughter Marlena. Also at the lunch was Tanner's wife Laura. Stacy says Tanner has been a part of the club his whole life, because Stacy was pregnant with him after she joined the club back in 1994 – being the first Lubbock Monterey AMBUCS mom to give birth.

In fact, looks like we've got a whole new crop of AMBUCS from second generation, also having recently inducted Amy King, daughter of Members Dave and Gail King and Josh Sanders, son of our out-going President, Bobby Sanders.



SPARC WALK-RUN-ROLL: Club President Bobby Sanders and Club Webmaster Elizabeth Middleton are shown above with TyKera Ross, a recent recipient from our club of the AmTryke she's riding, as they participated in the annual South Plains Adaptive Recreation Club event at Chapman Field on Saturday, April 15th.

In addition to helping with the event and displaying several of our AmTrykes, our club also donated \$500 to the SPARC program.

Just one more Newsletter to go for the year, and it has certainly been an exciting one.

Shoulders Together

Ron Rummel – Newsletter Editor

214-514-9112

We Had Two Engaging Luncheon Speakers in April



On April 3, we began the month with Lacy Cotter Vardeman, owner of Cotter Key Farms – just another example of how many different and interesting businesses and activities there are to highlight at our regular Monday Luncheons from the Lubbock and surrounding area.

Lacy said she was “born” to ranching, and “married into” farming, being a 5th generation “ag person” who married a farmer from Holland who is into the cotton movement and sustainability.

Together, they have sold grass-fed angus beef for 15 years to Whole Foods and are starting a new restaurant at 114th & Milwaukee that will “tie people back to agriculture”, working closely with local producers.

One interesting comment from Lacy was that “while many folks seem to believe the Ag Industry is heavily subsidized by the government, only 4% of government spending actually goes to agriculture.” That’s why Lacy is so intent on spreading the word about supporting our local producers.



On April 10, we learned about the West Texas Chapter of the Alzheimer’s Association from Heather Simmons, the Consultant Events Manager and Leyna Little, the Manager for the Longest Day Event, a special event held this year on June 21, the longest day of 2023.

Their brochure states, “The Longest Day is the day with the most light- the summer solstice. And it’s the day the Alzheimer’s Association calls on everyone to fight Alzheimer’s disease by raising funds and awareness for care, support, and research” and encourages folks to select such possible activities as golf tournaments, hosting a party, hiking, cooking, playing a game, doing a craft – emphasizing that “any activity can be a fundraiser!”

Heather shared there are more than 1 million Americans dealing with Alzheimer’s, and it kills more people every year than breast cancer and prostate cancer combined. The Association has a main goal to destigmatize the disease, so that people will reach out for help, whether it’s someone dealing with it personally or someone as a caretaker.

Heather told us that a lot of exciting things are going on with research, especially through the efforts of one of Lubbock’s own - Dr. Arubala P. Reddy, PhD. at Texas Tech.

On October 28th, the Association will be holding a Walk to End Alzheimer’s at the National Ranching Heritage Center and if you want more information or want to participate in any of their activities, just email them at WestTexas@alz.org or call them at 915-544-1799.

In response to the question “Who is affected by the disease?”, the answer was mostly those above 60, but also some with a form of childhood dementia, and many with early onset, so getting educated is the best option and the Association has lots of resources.

One last note, **The Association has an around-the-clock Alzheimer’s Disease Information and Support Helpline that can be accessed 24/7 at 800-272-3900.**

Inspiring Mobility & Independence



Bobby Sanders asks all AMBUC members to remember the phrase:
"YES I CAN!"

Marble-O

Marble-O is a fund raiser for the Big Hat Club. The monies raised go to auctions at the Regional and National Conventions to purchase AMTRYKES. Richard Hamilton has recently added a new marble to the bag...a shiny white and blue marble. Should you draw that one, you'll receive \$10.00. Draw the cat-eye marble, you'll receive \$5.00. Draw the white marble, you'll receive one-half of the PROGRESSIVE MONEY COLLECTED to that date. To participate and have a chance to draw, you **must** purchase a ticket(s) from Richard. GOOD LUCK!!

Had a change in your phone number, home address, email address, etc.? Please email Donna Rose Shattuck, droseshattuck@outlook.com and provide the changes so we can update the member directory, mailing lists, email list, etc. Thank you.

THE HAPPY BIRTHDAY AND ANNIVERSARY RECOGNITION CORNER



Our Fire Extinguisher Birthday Wishes Go To

"Bil" William Anderson 05/04
Doug Saffle 05/12
Pam Sweeten 05/15
Elizabeth Middleton 05/17
Stacy Creitz 05/18
Marie Gentry 05/21
Sean Moore 05/28

Anniversary Wishes Go To

Kadee & Ronnie Harcrow 05/03
Rick & Cathy Sosebee 05/26
Tom & Erin Owens 05/28
Oscar & Susan Will 05/31



HAND SHAKER PROGRAM

The hand shaker program is designed for you to get to know your fellow AMBUC, and it is also a fundraiser for the Amtryke program. Each member puts a dollar into what is referred to as the "Hand Shaker Pot" when they come into the meeting. At the end of the meeting if your badge number is drawn you are eligible for half of the monies collected for that meeting.

To be eligible to win half of the pot you must do the following:

- Put in your \$1 (that is no option)
- Before you sit down to eat, you are to go around the room and greet each member who is already seated and call them by their first name (i.e.: Hi Richard). If it is a guest, you are to introduce yourself to the individual.
- Each member's badge has a number applied to the back of the badge. At the end of the meeting, usually our speaker is asked to pull out a chip with a number on it.
- If that person is present at the meeting they are eligible for half of the pot, **provided they shook or into today's world - did an elbow or fist bump with the mystery hand shaker.**
- If they did not make contact with the mystery hand shaker, then the money rolls over to the next meeting.
- The "Hand Shaker Program" raises around \$480 during our fiscal year or half of an Amtryke.
- It is the responsibility of the Sargent-at-Arms to pick the mystery hand shaker for the meeting.



PRAYERS FOR:

Let me know if there are any special prayer requests to post.

Special blessings for all elected officials.

Special blessings for City, County, State, National and International leaders.

Special blessing for our Incoming AMBUCS Officers.

Dave Hallberg is our AMBUCS Southwest Region Director, and he is a "hands-on" type of guy!! He is our go-to support person when we need information, assistance, and/or guidance when it comes to the operations of our Chapter. He is an important person for all Chapters who may be struggling with their scorecard, and he will help solve issues quickly! *Dave has lots of resources to help for all who just ask.* He has great ideas and has a terrific success record. Should you have questions, you can give him a call: (817) 247-0494 or email him at swrambucs@gmail.com. Thanks, Dave, for being so "hands-on". "Shoulders Together".

MISSION STATEMENT:

Inspiring people to conquer challenges related to mobility and independence, through a nationwide network of volunteer chapters, working in partnership with physical, occupational and speech therapists; by providing AMTRYKE adaptive trykes, scholarships for therapists and many forms of community service.

How can you help? You can become a [member](#), a [sponsor](#), or make a [donation](#) to the Lubbock Monterey Chapter of AMBUCS. For more information, please visit our website: montereyambucs.org