

**GREAT PLAINS  
AMBUCS  
NEWSLETTER**

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**AMBUNK**

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AMBUNK is a publication of  
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### THIS WEEK

The March 1, 2021 club meeting was called to order by Kent Jester. Phil Kennedy led the group in prayer and the Pledge of Allegiance.

### GUEST SPEAKER

Frank Walker, CEO of the Lawton Family YMCA, visited this week. He is a former club member. Kent asked Frank if he still had his Big Hat. Frank said it is in the closet or somewhere.

Frank took over as CEO of the Y in Lawton nearly 3 years ago when it was going through some hard times. The OKC YMCA considered but declined the offer to make the Lawton Y a branch of their organization. The Lawton Y has soldiered on to make progress. Nearby new things are being built, such as the Farmer's Market across the street.

The Y has a golf tournament in May at the Lawton Country Club. That and the Hamburger Feast in August are their two biggest fund-raisers.

Frank told us about many of the sports and programs offered. T-Ball will start in April out at the Big Green soccer complex. Day Camp will start in May; last year it was limited because of the pandemic. The day camp will have field trips and many other activities for children who take part. In June they'll



start the Thunder Basketball League; it is part of the JrNBA program. The Y will have indoor soccer.

The Y has two indoor pools and large number of swimming programs, like water aerobics, swimming lessons year round and even a variety of swim teams. On Spring Break they have a 4 day class, Safety Around Water. Cost is \$10 per child. They also offer the class at local apartment complexes.

One of the racquetball courts has been converted into a yoga studio. Grand opening is April 24. Door prizes will be offered. The event is free to the public that morning. Frank said they are planning a roof-top yoga studio.

The Y has been operating with limited hours due to the pandemic. Last Monday the Y started staying open an hour later, 8pm instead of 7pm. Frank is hoping hours may go back to normal in the next couple or so months.

Frank said the Y is much more than just a gym. They do many things to serve children, the elderly and people with disabilities.

### ANNOUNCEMENTS

Jimmy Roggenbuck told us the National office had the two AmTryke models in stock that we need for recipients. The board voted on purchasing them. Plans

are to present one during the Regional Conference next month.

Phil Kennedy said the club has a good slate of people to serve during the next club year as officers. There are still some openings. The nominating committee met last week. Anyone who would like to be a club officer should contact Phil. The goal is to present the 2021-22 slate to the club March 22 and then hold the election April 5.

Spring Round-Up is underway. The club will have a contest to motivate members to get out and recruit. Details about the contest may be provided at the next club meeting.

Jenny Clement-Shaw had a few tickets left for the National Big Hat Club raffle. Tickets are \$20 each. 1st prize is \$5000, 2nd \$3000 & 3rd \$2000. Also, quarterly invoices were sent this week.

Finally, anyone not vaccinated for COVID-19 already, but wanting to get immunized sooner than later, here's a tip: visit a local retail pharmacy giving the vaccine. Some are offering vaccines to walk-ins from any adult age group. Traffic is light from the eligible groups and they can't let vaccines go to waste. I got my first shot at the Walgreens on Sheridan at Ferris Ave on Friday.

### NEXT MEETING

Lisa Carson from the Lawton Public School Foundation will tell us about their golf tournament.

### 50/50

Frank Walker had the winning ticket. He drew the Queen of Diamonds. The pot was left standing at \$25.

### NEWSLETTER

Mark Glenn had the winning ticket and his copy of AMBUNK.

### GUESTS

Frank Walker  
Guest Speaker