

AMBUNK is a publication of
Great Plains AMBUCS, Lawton, OK
Edited by Bobby Henderson
greatplainsambucs@gmail.com
[facebook.com/greatplainsambucs](https://www.facebook.com/greatplainsambucs)

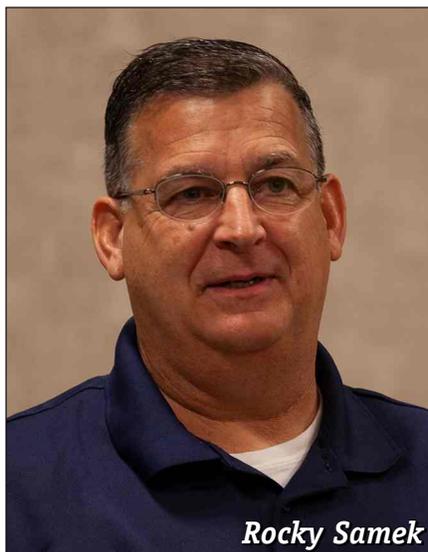
THIS WEEK

The April 19, 2021 club meeting was called to order by Kent Jester. Jeff Dunning led the group in prayer and the Pledge of Allegiance.

GUEST SPEAKER

Rocky Samek visited to tell us about his experiences volunteering. Rocky served in the US Army for 20 years and was a defense contractor for 11 years. He is fully retired, but chose to give back to the community by volunteering. Rocky has helped with Meals on Wheels and in his church. He now drives patients back and forth for treatment at the Cancer Centers of SW OK. April is national volunteer month. So it was fitting for Rocky to speak to a civic club that volunteers to help others in need.

Rocky started driving for the Cancer Centers in October of 2019. The service is free for cancer patients who have difficulties getting to the Cancer Centers. Volunteer drivers will transport 2 to 7 patients per day. Patients live all across our region. Most live in Lawton. Rocky drives about 250 miles per shift from 8am to sometimes past 5pm. The Lawton center is open Monday thru Friday and has 12 volunteer drivers and 5 vehicles. Some of the drivers have done this work over 10 years.



To be a volunteer driver all one has to do is contact CCMH to get an info packet about the service. They'll do a check on background & driving history.

There is no minimum criteria for patients to use the service. Most patients are in low income groups, a few are wealthy. In 2019 the service was used for 3500 appointments.

Before Rocky started driving for the Cancer Centers he was looking for another outlet to volunteer. A friend was familiar with the driving program. Rocky likes to drive and he likes to talk to people. He says he gets more out of the program than he gives because the patients are so thankful for the rides. He said the experience is similar to ours when we donate an AmTryke or access ramp to someone.

A Mayo Clinic study said there are multiple benefits to volunteering, such as lower risk of depression, a greater sense of purpose, learning new skills, improving physical and mental activity, reducing stress levels and enabling one to meet people and establish new relationships.

Rocky said he enjoys the work because he never knows what will bring him joy next because every day is so different for the new people he meets. He said the patients have a positive, can

do attitude. Rocky recommends people to be volunteers and keep doing so in any phase of life. Many service organizations and the people who run them depend on volunteers. The Cancer Centers can always use new volunteers. Existing drivers rotate out for various reasons. And it's nice to have back-up.

ANNOUNCEMENTS

The Regional Conference takes place later this upcoming week. As of last Monday 111 members were registered and more are signing up to attend. Nearly half are from Lawton's 3 clubs. At least 70 members will attend the Big Hat Breakfast. Numbers are better than expected with the pandemic still in progress. Room rates at the Hilton are up to \$123.

An AmTryke build party was held at Mark Glenn's house Tuesday. Several of our club members assembled two new AmTrykes as well as repair an existing one. Several photos from the party are on our club's Facebook page. The next day Jimmy Roggenbuck and Kathleen Martin presented a large AmTryke to a girl named Joslyn. Our chapter is another AmTryke during the Regional Conference in just a few days.

Our club's annual Awards and Installation Banquet will be held at the Hilton Garden Inn on Thursday, May 20. The Hilton will need a guest count of all who will attend. *We'll probably have a certain visitor from a far off land dropping in on us.* Don't miss the event.

50/50

Waheed Gbadamosi drew the 10 of the Clubs. The pot was left standing at \$84.

NEWSLETTER

Dale Keesee had the winning ticket and a copy of AMBUNK on his phone.

GUESTS

Rocky Samek
Guest Speaker