

AMBUNK

Week of:
May 15, 2023

GREAT PLAINS AMBUCS NEWSLETTER

A publication of
Great Plains AMBUCS
Lawton, OK
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THIS WEEK

The May 15, 2023 chapter meeting was called to order by Jenny Clement-Shaw. Larry Kindt led the group in prayer and the Pledge of Allegiance.



Dan Kite

Great Plains AMBUCS member Dan Kite was the guest speaker. He spoke about his extensive experience in the world of cycling. He has found that recumbent cycles, those that allow riders to sit in a laid-back reclining position, tend to work different muscle groups than upright bikes, including thighs, lower back, legs, hips and abs. Many of the AmTryke models are recumbent, including the tadpole models. They are also tricycles, which allows the riders to have better balance. He has found that if an AmTryke is fitted and adjusted properly, riders can exercise for hours with no pain. For older riders, the type of pedals on their Tryke also plays an important role.

For safety, Kite recommended installing lights on AmTrykes. He said they're inexpensive and provide another layer of protection. The goal is for motorists to be able to see cyclists so they can avoid them. The orange flags equipped on AmTrykes also help with visibility. Kite said rider predictability is also vital.

Following recent AmTryke builds, chapter members Vic Menendez and Adriene Davis were presented with their own AmTrykes during Monday's meeting.

AMTRYKES PRESENTED TO CHAPTER MEMBERS



CHAPTER NEWS

- Members gathered on Friday to deliver 130 flags for Armed Forces Day as part of the chapter's Fly a Flag service. Tanna Vu said 45 customers have already paid and 84 have been invoiced. LETA has purchased 70 flags to be flown along Gore Boulevard and Sheridan Road. The next delivery will be for Memorial Day on Friday, May 26. 4 pickup trucks and 8 - 12 volunteers will be needed.
- Signups are underway for Freedom Fest beverage sale volunteers on June 30 & July 1. See Jeff Dunning or contact him for more information.
- Vic Menendez spoke to the group about the history of AMBUCS' Living Endowment program and the Century Club. Members are asked to donate an additional \$100 per year for our chapter to be a 100% Living Endowment chapter. It can be paid all at once, or \$25 per quarter. Jenny emailed members a signup form earlier in the week.
- The 2023-2024 Chapter Installation Banquet is set for June 1 from 6 p.m. - 8 p.m. at the Hilton Garden Inn. Cost is \$35 per person. RSVP to Tanna Vu by May 24.

BIG HAT PRESENTATION



Zeldon Rice & Joe Elkins

Chapter Big Hat Club President Zeldon Rice presented Joe Elkins with his official Big Hat during Monday's meeting. Joe earned the honor during the Spring Roundup Membership Campaign. Way to go Joe!

GUESTS

Charles Davis
Sponsored by Gordon Shaw

50/50

Tanna Vu drew the Eight of Spades. The pot stood at \$592.

NEWSLETTER

Scott Meaders had the winning ticket and his copy of AMBUNK.