



The Sonic Boom

Volume 7, Issue 12

December 2017

Inside this issue:

Let's Have a Party! **2**

Birthdays and Anniversaries **2**

Board Members and Committees **3**

November Meeting with Dr. Mike

Air Capital AMBUCS welcomed several guests to their November 16 meeting at Old Chicago: Cass and Jessie Holmes, Stephanie Shaw, and Marie Wilson.

Dr. Mike Claassen, invited by President Jeff Harris, was guest speaker for the evening. He practices at Gage Chiropractic Clinic in Derby, where he focuses on a wellness lifestyle: How to Stay Young.

Dr. Mike outlined the three phases of treatment:

1. Pain relief.
2. Stabilization, which involves retraining the spine.
3. Maintenance, with less frequent visits.



For those who might have been put off by chiropractic adjustments in the past, he pointed out that newer technologies are more gentle.



Upcoming Events:

Football Watch/Christmas Party - 11 am - 4 pm Sunday, December 10 - Brian's Garage, 1615 Park Place, Wichita

Holiday Runway - 6-9 pm Friday, December 15 - 1034 N Andover Road, #100, Andover



Holiday Runway Fashion Show to Benefit Air Capital AMBUCS

Anita Harris brought news that the Holiday Runway Fashion Show, sponsored by the Sami Halaseh Institute, will raise money for Air Capital AMBUCS.

The Fashion Show , 6 to 9 p.m. Friday, December 15, will focus on hairstyles and makeup. The event will include photos with Santa, holiday goodies, and \$1 raffle drawings. Bring family and friends - all ages are welcome

Air Capital AMBUCS will be providing holiday goodies for the evening. Each family is asked to contribute at least 20 snack-size bags with 2-3 cookies each. Members are asked to arrive between 4:30 and 5:30 p.m. - wearing red AMBUCS shirts - at Sami Halaseh Institute, 1034 N Andover Road, # 100 in Andover.

Plan to support this event and help promote the AMBUC mission.



Let's Have a Party!

Air Capital is having a year-end holiday party to celebrate all our hard work and get to know each other better!

The Football Watch/Christmas Party will be from 11 a.m. to 4 p.m. Sunday, December 10, at Brian Cavin's garage, 1615 Park Place - come and go as you are able.

Wear your holiday or football gear, and bring a \$10-value white elephant (or purchased) gift per person for the gift exchange.

Plan to bring a snack to share, and your preferred beverage. The Fun Committee is asking for RSVPs by December 5. If you know what snack you're bringing, let them know as well.



Save the Date:

The 2018 AMBUCS National Conference will be October 3-6 at the Peppermill Resort in Reno, Nevada.

Birthdays & Anniversaries

HAPPY BIRTHDAY



- Judy Licklider - December 13
- Linda Chappell - December 26

HAPPY ANNIVERSARY



2017 - 2018 Committee Members

Air Capital **AMBUCS**

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Shoulders Together

Officers

President - Jeff Harris
Vice President - LP Jordan
Secretary - Alexis Wallis
Treasurer - Linda Chappell
Sgt.-at-Arms - Anita Harris

Board Members

Brian Cavin - Past President
Frank Chappell
Alicia Stubbs
Curtis Stubbs
Marian Stubbs

Service Committee

Brian Cavin (Chair)
Alexis Wallis (Co-Chair)
Frank Chappell
Eric Hensley
Tiffany Owens
Judy Pollard-Lickliger
Curtis Stubbs

Fund Raising and PR Committee

Frank Chappell (Chair)
Karen Blume (Co-Chair)
Brian Cavin
Linda Chappell
Raymond Dondlinger
Alexis Wallis

Fun Committee

Alicia Stubbs (Chair)
Anita Harris (Co-Chair)
Karen Blume

Friendship Committee

Linda Chappell (Chair)
Big Hat Members

Merry Christmas



Air Capital **AMBUCS** December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 BOARD MEETING - 6 pm at Old Chicago 	8	9
10 FOOTBALL/ CHRISTMAS PARTY - 11-4 at Brian's Garage	11	12	13 Judy Licklider 	14	15 HOLIDAY RUNWAY - 6- 9 pm at Sami Halaseh Institute	16
17	18	19	20	21 REGULAR MEETING - 6 pm at Old Chicago 	22	23
24	25 	26 Linda Chappell 	27	28	29	30
31 						