

## Greater Birmingham Friends Chapter



- ★ Founded in 1922 by **WILLIAM L. WHITE**
  - ★ He envisioned a service organization for young business and professional men.
  - ★ White used \$1,000 from the sale of turpentine cups to establish the first American Business Club in Birmingham, Alabama on May 18, 1922.
  - ★ **AMBUCS™** like many other organizations struggled to continue operation during the economic woes of the Great Depression.



**SUE HAYWOOD PT**, affectionately known as *Mama Amtryke*, designed the *AmTryke®* therapeutic tricycle in 1989 and has been active in continuing its development and use ever since.

**AMBUCS™** has transcended into a non-profit organization whose mission is to create mobility and independence for people with disabilities.

Today, **AMBUCS™** provides *AmTrykes®* (adaptive tricycles) and builds wheelchair ramps for individuals with physical disabilities.

These goals combined with the spirit of service displayed by its members helped spark the interest of local a businessman **DAVE UPTON**.

- ★ Graduate of Dora High School & Birmingham Southern College (1953)
- ★ Upton is a long time Vestavia Hills resident. His grandson was born with Down Syndrome.



- ★ Business Experience:
  - ★ Hauling cotton and coal; driving a school bus; traveling salesman for a nut, bolt, and screw company
  - ★ Since 1958, he started an assortment of companies.
    - ★ Reestablished **AMBUCS™** in Birmingham
    - ★ In October 2007 with \$20,000 in contributions

To date the **Greater Birmingham Friends Chapter** of **AMBUCS™** has donated 200 *AmTrykes®* and built 26 wheelchair ramps to help meet community needs.

**A Letter From Our Chairman...**

Dear Friends of AMBUCS,

This September marked a year since a small group here in the Greater Birmingham area was introduced to AMBUCS.

There is no practical way to acknowledge those that have helped make our first year so rewarding.

Amtrykes and special bikes are now close to 160 promised and delivered. We have built 24 wheelchair ramps in the past three months. There are hundreds of therapists who have given their time, energy, and devotion to help make this happen. Laughter and tears of joy have been the reward for all of us.

A special thanks to the 200 firemen of the Vestavia Hills Fire Department. They thank us for allowing them the privilege of sharing in the program. The support of our board of directors and members at large even when just being a member is all encouraging.

Joe Copeland, executive director of AMBUCS, and his staff along with other chapters across the U.S. have been an unbelievable source of encouragement. We could not have done this without the financial support of individuals, businesses, foundations, and civic groups.

I must mention a few of the many who helped. Cara Adams, Foundation requests, untold other details, and a bundle of energy. Dewey Dunlap, Treasurer, whose job description fits him perfectly. Jan Hyche, Secretary of the chapter, who constantly reminds me of some detail that I haven't completed.

Wilson Bagwell (now joined by Rob Ogarek) engineer, designer, electrician, machinist, the brains behind our special bikes. Jim Walton is now managing our inventory, purchasing, and coordinating the delivery of equipment. Stephanie Orr my very first therapist to talk to. Stephanie should get a gold medal for her dedication to her profession and untold hours of volunteer time for the special children.

Last but not least a special thanks to Annie Low Upton for all she does. Thank you notes, telephone calls, reminding me of all kinds of things I promised to do, and most of all putting up with a go for it personality that often leaves the details to chance.

I hope you have been pleased with us.

Thank you,

Dave Upton.



**Q: Who Have We Served?**

A: The following is a breakdown of the first 122 AmTrykes® we've given away.

| What Children Have We Served ? |            |
|--------------------------------|------------|
| Autism Spectrum Disorder       | 11         |
| Brain Injury                   | 5          |
| Cerebral Palsy                 | 49         |
| Developmental Delay            | 2          |
| Down Syndrome                  | 13         |
| Epilepsy                       | 7          |
| Muscle Disorder                | 2          |
| Spinal Bifida                  | 17         |
| All Other Diagnoses            | 16         |
| <b>TOTAL</b>                   | <b>122</b> |

| Where Have We Served ? |            |
|------------------------|------------|
| Anniston               | 2          |
| Birmingham             | 91         |
| Gadsden                | 5          |
| Mobile                 | 6          |
| Montgomery             | 4          |
| Walker County          | 6          |
| All Other Areas        | 8          |
| <b>TOTAL</b>           | <b>122</b> |

### A Message From AMBUCS™ National President...

Hello Everyone,

The AMBUCS Fall Conference season is upon us. I will be at five of the regional conferences, unfortunately missing one. However, my buddy and your National President- Elect, Cliff Bauerle, will cover that region. Have you sent in your registration yet?? I am anxious and excited to see everyone, hear about the start of your chapter year, and tell you more about my goals and our new incentives during national news.



We are already making great steps into the future of AMBUCS! But I need everyone to help now during Fall Branding Time and try to bring in new members! Fall Branding Time is held during the months of October and November. Have you made plans for a fun membership drive? Do you have a great idea for a membership drive that you could share with everyone? We are all looking for fun new ideas. Please share your ideas with all of us!

Just Do It! Just Ask! People want to be a part of a great service organization. Bring in a new member and help us achieve positive growth. Let's Step Into The Future of AMBUCS!!!

Shoulders Together,  
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### Fundraising at FarmLinks

On Wednesday October 22<sup>nd</sup> the Physical Therapy students of UAB helped to create a four-man golf scramble to benefit our local AMBUCS™ chapter at the FarmLinks golf course in Sylacauga, AL. Local residents and businesses sponsored holes, prizes, or teams to help make this event a success. There was a \$130 registration fee for each player on a team. Prizes included a free round of golf at FarmLinks, a gift card to Flemings, a putter valued around \$150, and various other prizes. Approximately seven teams participated in the scramble after a delicious lunch at FarmLinks. Our goal is to make this an annual event.

### Music In Motion

Integrity Music has just provided us a free license to 500 groups of soothing music for children with Asperger Syndrome or any other Autism Spectrum Disorder. Music Therapists and Glenwood Autism Center have been very encouraging in this program. We are furnishing Glenwood with two bicycles (twin riders) with MP3 players that contain prerecorded music therapy sessions. The player is attached to the bike and is played while riding. We estimate a huge demand when our equipment, which is now on order, is made available.



### AmTryke® Workshop

On Friday October 24<sup>th</sup> we held a workshop at the University of Alabama at Birmingham (UAB) which featured Sue Haywood. The purpose of the workshop was to educate local physical and occupational therapists (PTs & OTs respectively) and their students on fitting children for the various *AmTrykes*®. Sue brought her usual enthusiasm with her to the training session and discussed multiple methods of achieving the ultimate goal of putting disabled children on *AmTrykes*®.

The agenda included the history of the *AmTryke*®, the different types of trykes available, accessories, and potential modifications. The evaluation and fitting portion of the workshop was completely hands-on. Five area children and their families were present to be evaluated and fitted for trykes. The children were elated at the end of the day to know that they were going home with their individualized *AmTryke*®. The expressions of joy displayed by both the children and families were priceless. In attendance were 6 Montgomery PTs & OTs, 6 UAB physical therapy students, 5 board members, a few UAB PT professors, and several new members. A Special Thanks to the UAB Department of Physical Therapy for allowing us to use their facilities.





### Greater Birmingham Friends Chapter Goal

To provide trykes to those who need special adaptations to ride safely so that they can enjoy the **FREEDOM**, **INDEPENDENCE**, and **JOY** inherent in cycling.

#### What's Next for AMBUCS™ ?

##### 1. BIKE FAIRS

- ★ 11/14/2008 & 11/15/2008 @ Lakeshore Foundation.
- ★ 12/12/2008 & 12/13/2008, location TBA.

##### 2. NATIONAL AMBUCS CONFERENCE

- ★ June 2009 in Reno, Nevada.

#### Contact Information

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**Visit Us:** <http://www.ambucs.org>

**Join Us:** We meet on the 2nd Tuesday of each month @ 5:30pm in our Homewood office.

#### Corporate / Foundation Contributors

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#### Special Thanks To:

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