



H.U.G.S.

WWW.CONEJOHUGS.ORG

HEADS UP GROUP SUPPORT

NEWSLETTER

April 2008

*"Contemplation is perhaps the most beautiful of human endeavors,
its paradox being that it is also invisible, like peace."*

~ Peter Davis

THANKS:

- Many thanks to Celeste, Ryan, Amie and Katherine for assisting with our H.U.G.S. meeting last month. In fact, we welcome others interested in volunteering at H.U.G.S. Spread the word...
- A warm Thank You to Dr. Horton for the wisdom he shared with us last month. We will do our best to remember to: Reflect and S.T.O.P. when faced with stress from circumstances.

NEWS:

• H.U.G.S. Website

The updates are on hold during the transition to the .org. I am waiting for my son to be available to help me with some 'bugs' I cannot fix by the end of this month.

• H.U.G.S. New Checking Account

Last month I transferred an old business account at Washington Mutual to H.U.G.S. This facilitates donations and accounting, without finance charges. Now donations can now be made payable to H.U.G.S. Our account #3573705719 is at Washington Mutual on Reino Rd. in Newbury Park. Last month our donations were \$11, while in February we had a record \$120 in donations just in time to cover some of our costs.

~Verónica

MEETING: 2nd Thursday of the Month

6:30-8:00pm at 72 Moody Court in T.O.

10th- Socialization and Games

Join us for an informal gathering, a time of sharing and fun.

24th - Brunch at Eggs 'N' Things

Meet at 11:30 am at Eggs 'N' Things in Thousand Oaks to socialize and support one another.

Remember to BRING JOKES ✓

When was the last time you had a good belly laugh?

FUTURE MEETINGS

- MAY: HUGS at SIMPLY CERAMICS
- JUNE: William Remery, Esq.
- JULY: Loislyn

MAY 15th OUTING at 10:30am

• Ticket To Ride: LA Metro Red Line Day meet at Moody Court for carpool. Ride from North Hollywood to Union Station, have lunch there. Fare is \$1.25 each way (bring exact change) and lunch \$.

CONTACT INFORMATION

Verónica: 805.480.9726

Suzanne: 805.579.1554

email: vero4hugs@yahoo.com