



Michigan Bassbusters December 2010 Newsletter

Our last club meeting for 2010 will be held at the commissioner's office at 7:00 p.m. We will be having some pizza, salad and drinks. If you would like to bring a dish or a dessert please, go ahead and bring it in to the meeting.

December is deadline month!! Please, remember to see Jay Berwick about your club dues. He will be taking any dues before the end of the year.

Want to know whats up for the meeting on December 9th? Here is some of the agenda for the meeting:

- Date change for the January meeting
- Banquet report...sounds like we are in for a great evening of food and fun.
- Voting on officers and board seats.
- Show span time and dates. Please, if you miss this meeting get with Bill Head to give him the times you are most likely to be able to work the show.
- President meeting dates
- Tournament report from the 2011 tournament director.
- Rule changes? This is the meeting that you need to bring up any ideas to changes for next year tournament and or club rules.
- Youth report

Youth Club wish list:

Rubber worms, tubes, senkos, etc., are needed for the kids in our youth club. Please, consider donating some of your old fishing "stuff" to help enhance the fishing of the kids who are less fortunate to have much in the area of fishing lures. See Jeff Throop if you have questions regarding this.





DATES TO REMEMBER

December 2010:

- Club meeting at the commissioners office at 7 .P.M.
- 14th Presidents meeting (Bass Pro Shops Auburn Hills)
- 25th Christmas Day
- 28th Executive Meeting at CJ's in Commerce Township
- 31st New Years Eve

January 2011:

- 1st New Years day
- 6th MBB Meeting (one week early due to the fishing show)
- 11th set up trout pond at the Ultimate fishing show
- 12-16th Ultimate Fishing show (trout pond and take down)
- 25th Executive Meeting at CJ's in Commerce Township

Winter is almost officially here. Less sunlight, snow, and ice are soon to be here. So, what can you do to keep those winter blues from taking away your motivation? **Here are some tips:**

- Get some exercise! It's not unusual to have lower energy when the weather gets colder and the nights are longer. The first thing you need to do is to get moving, go for a walk. If the weather is too cold most malls have walking trails so you can do this inside where it's warm and not icy.
- Get some light on! Studies have shown that 15 minutes of direct sunlight will give you a daily requirement of vitamin D.
- Find some alone quiet time and enjoy some meditation, there are many techniques about what might work for you.
- You are what you eat! Food can affect brain chemistry and mood by elevating levels of the feel-good hormone, serotonin. When you're feeling tired, try eating foods that increase and stabilize serotonin levels, such as lentils, pumpkin and flax seeds, almonds and walnuts
- Enjoy the season! You can't change the weather but you can change the way you think about it. Go cross country skiing or ice fishing. Cheer up spring will soon be here!

Last but not least....remember to always be good to one another....believe in yourself.....and dream big.

