

Clubhouse Corner

2nd Annual Bowl-a-Thon Set to Roll December 3rd

Due to overwhelming success and demand, the Kate's Club Bowl-a-Thon is back! On Thursday, Dec. 3, Kate's Club will take over all 32 lanes of Midtown Bowl. Grab your friends and join a team! Prizes will be awarded for: highest team score, the team that raises the most money, and highest and lowest individual score.

Register your team now by contacting Angi Pietzak at angi@katesclub.org.

For more information on the Kate's Club Bowl-a-Thon visit www.katesclub.org/bowling.html.



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Calendar

November / December 2009

Holiday H.U.G.S.

Creating thankful baskets

Saturday, Nov. 21, 12-2:30pm

Holiday H.U.G.S. /Club Outing

Annual candle lighting ceremony

Saturday, Dec. 5, 10:30am – 5:00pm

- Family Brunch at 10:30am

- Family Project & Annual Candle

- Lighting Ceremony begins at 11:15am

- Departing Clubhouse for Ice Skating at 1:00pm

For more information about upcoming fall programs, please contact Jana Glass Camerin at (404) 347-7619 and RSVP to jana@katesclub.org

5 Ways to Support KC this Season

There are many ways to support Kate's Club before the end of the year – and every dollar makes a vital difference in the lives of our kids. As your thoughts turn to gift-giving and celebrating, please consider the following opportunities:

- 1.) 2nd Annual Bowl-a-thon. If you are looking for a fun time with family and friends, join us at Midtown Bowl on December 3rd for our annual bowling fundraiser. For more information on team registration, visit www.katesclub.org/bowling.html
- 2.) Make a quick and easy donation online. With this year's economic downturn and Kate's Club's record enrollment during 2009, we always appreciate monetary donations. Now more than ever! A gift of just \$35 allows one additional child to attend support groups for a month; \$100 pays the activity fees for a child to attend Camp Good Mourning in the summer.
- 3.) Need holiday "Thank You" cards? You can support Kate's Club by purchasing our one-of-a-kind Thank You cards designed by kids at Kate's Club. For a preview, look to the right and visit www.katesclub.org
- 4.) Host a Toast to Life party. It's a great time to throw a party to benefit Kate's Club. Perhaps you already have one planned and are looking for a way to link your celebration to a great cause. We love the opportunity to work with hosts to help raise money and awareness our mission. Contact Angi Pietzak, angi@katesclub.org, for more information.
- 5.) Goods are just as good! Check out our wish list and see our most needed items for our Clubhouse. This can be found by visiting www.katesclub.org

Say "Thank You" in style this season and support Kate's Club!



KC Kids' artwork,
available in 8 card
sets with envelopes
for \$16.

The perfect way to say "thanks" for any occasion throughout the year. All proceeds to benefit Kates Club. Contact carmen@katesclub.org for more info.

Check out the new Kate's Club Video -
Click [here](#) or visit katesclub.org/aboutus.html

Managing Holiday Stress

For many families coping with loss, the holiday season can be a particularly stressful time. Identifying triggers and having tools in place to help deal with stress can help make the holiday season more enjoyable for all.

Top Causes of Holiday Stress:

- Doing too many activities and errands - even fun ones can be overwhelming when overscheduled.
- Eating, drinking, spending to excess - can bring feelings of regret and potentially guilt.
- Too much family togetherness - not having a balance between family and alone time.
- Not enough family togetherness - allowing yourself to be isolated or lonely during the holidays.

Top Ways to Manage Holiday Stress:

- Set priorities early - decide what you really want to do and set up a schedule on paper that outlines your commitments so you can see what you are doing prior to adding another task or event.
- Modify your expectations - if you normally hand make cards or treats, consider taking a short cut by purchasing them or modify how many people you try to give to this season.
- Get clear on your expectations regarding time spent with your family vs. time alone or with other people and make sure you are getting what you want as well.
- If you may need more time with others, let someone close to you know so they can include you in festivities.
- Make sure you take time for yourself and do things that renew you and help you feel energized whether that is reading a book, seeing a movie, taking a walk, having coffee with someone special, or just staying in bed a few extra minutes.

Happy Holidays from Kate's Club! We wish you and your family a happy and hopeful season!

Fall Family Festival a Big Hit for All!

More than 100 friends, family and Kate's Club supporters played carnival-style games, painted pumpkins, danced, enjoyed tasty food from the grill and gobbled up ice cream from Jake's at the Fall Family Festival held at Partner's Place. The Fall Festival was supported in part by our Buddies and the wonderful volunteers from Turner Broadcasting who were on hand to help.

"Community is at the heart of Kate's Club and that's what makes the Festival so great," said Kate's Club Founder Kate Atwood. "Bringing together our family and friends combined with the help of our corporate partners really shows how beneficial and fun Kate's Club is."

Special thanks to volunteer leaders, Dianna Hill, Sonja Willis and Gwen Fruhwirth Vagen.



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