

Packing for ASP

Hydration and ASP

Food on ASP

Are you on a special diet?

Do you need to respond to the questions about snacks and special diet?

Dear ASP Friends,

I'm getting more excited about ASP with each passing day! We are an 11 crew group plus a support truck! I'm thankful!

Keep in mind that each day we will eat lunch at the home and offer the family food. Each day someone on the crew will need to do a brief devotional on the front porch of the home. Come prepared with something that everyone can enjoy or maybe the Upper Room. The ASP devotional isn't for that moment with the family on their front porch.

Have you looked back over your ASP packet? All the information from the packet and the devotional guide can be found on the web. Cut and paste this web address: <http://www.hinshawumc.org/asp/index.htm>

Look over the individual packing suggestions found in your packet or on the web site. Have you got your work boots? K-mart is the place to get in expensive work boots. Lots of folks wear bid overalls for the work day. Work clothing and leisure clothing can be purchased at Goodwill, Carolina Thrift on Wendover Ave or pretty much any other thrift store. Don't bring good stuff. T-shirts and blue jeans, sunscreen and baseball caps are a daily thing. Night time it's shorts and t-shirts. Nothing fancy or really pretty. If it shows off a lot of tan, it's not cool. Are you wearing your boots around the house and breaking them in? Tennis shoes or sandals are for the evenings and don't forget your shower shoes.

What are you sleeping on at ASP? I use a foam pad. Most folks sleep on cots or air mattresses. I take a sleeping bag and a sheet. Most of the time I cover up with the sheet and if I get cool I simply cover up with my unzipped sleeping bag. Come prepared to sleep in a cold room and come prepared to sleep in a hot room. We'll know for sure what it's like when we wake up after the first night.

The question came up about I-pods and expensive cameras. It's up to you. We'll be in a school. If it gets stolen, you are on your own. Remember laptops and video cameras are not allowed on ASP.

Please read the Pamphlet on Hydration. Becoming poorly hydrated or dehydrated on ASP is not a pretty sight. It affects how you feel and work and it's costly to have to go to the hospital for an IV. Follow the link to a good hydration pamphlet that is written well and is very helpful.

You can also view it at:

<http://www.thecoca-colacompany.com/ourcompany/pdf/hydration-tips.pdf>

Hydration on ASP is big deal. Super strong caffeine drinks affect your hydration in a bad way. They affect your personality and how you think safety and relate to folks. There is reason why we don't provide Red Bull, AMP and other brands of super caffeinated drinks. Buying them with your money when we stop for fuel or ice is not helpful.

We are part of something big. There is a lot to do and much has already been done. I'm sending e-mails daily. We are now down to about three weeks to go.

Meals on ASP are always nutritionally on target! Super meals for super people and hopefully with a great taste! When you go on ASP, you think about the families you serve, and the meals they skip due to money. It makes you thankful for what we have to eat. ASP lunch is always great. Peanut butter and jelly or baloney or ham sandwiches along with drinks and snacks make for a good lunch meal at the homes. The food will be OK. If it's not, great conversation will make up for the taste. The school cafeteria cooks that are hired at each ASP center to prepare our meals are always kind and generous to ASP folks. Our cost, care and concern are directed to the families we serve. I have to say it is once again time to lovingly share my favorite ASP expression – "It's not about you". I say it to myself as well.

On ASP your ability to eat and absorb food rich in potassium is very important. If you drink poorly -- start changing your habits. It's dangerous and kind of costly, to take someone to the hospital for an IV due to working hard, sweating and getting dehydrated. You'll have a boatload of things to drink. Water, juice, Gatorade and soft drinks will be available all the time. Crew leaders will be reminding you to drink. You've got to drink.

Only about 40 folks have responded back concerning snacks for ASP. I need more snack likes and dislikes.

Reminder.... ASP adults meet this Thursday!

I have a special request - I need folks who have special dietary needs -- vegetarians -- food allergies -- special diet needs to e-mail me back fast. Please respond fast. They will be calling me soon about our needs.....

Also has anyone's medical insurance changed? Do you need coverage on June 27th – July 3rd? I can help ...call me. Please don't think about going on ASP without medical coverage.

Has anything changed about your medical information page? Some folks are e-mailing me updates on medicine. Your e-mails will be stapled to the medical form. Some folks are mailing me a fresh copy of their health

insurance card – please take care of that now. You can mail it back to me at Hinshaw UMC 4501 High Point Rd. Greensboro, NC 27407.

Send me a reply - let me know you are reading your e-mail.

Looking forward to our week of ASP!

Yours in Christ,
Jim Waynick