



Optimists Bring Out the
Best in Children

November 2, 2007
Vol. 32, Issue 5

Grandiose Utterings of Monaco South (GUMS)



The Optimist Club of Monaco South

Founded in 1976

Denver, Colorado

www.monacosouth.org

Editor for this Issue—Robert Wardlaw

Our speaker today was Dr. David Arthur, DC, CCCN, who spoke on the *5 Things You Should Know to Keep Your Brain Working Strong*. As the population ages, Dr. Arthur spoke on the importance of doing all we can to help our brain function optimally.

To do this he has developed an acronym to highlight points that can help us: **TREES**. Train your brain, Reduce your stress, Exercise, Eat, and Sleep.

T = Train your brain involves doing word searches, crossword puzzles, mazes, and daily activities that require thought and cognitive process development. This requires your brain to think and process ideas, helping it to maintain a sharp focus. Also, consider changing up daily routines like brushing your teeth with your other hand and taking a different route to work to expose yourself to new experiences.

R = Reduce your stress using relaxation techniques to calm yourself. This can involve deep breathing, prayer, and meditation that allow you to change your mood and brighten your outlook. You can recall events where an

outcome was negative and how you could change your behavior to improve the result.

E = Regular exercise is another key to keeping the brain humming. A mere three sessions of 20-30 minutes of aerobic exercise can make a positive impact. Natural, whole body movements such as walking, swimming, and bicycle riding are great for mind, body, and soul.

E = Eat 5-6 regular small meals during the day to keep your blood sugar and energy levels on even levels. Breakfast is the most important meal of the day and should emphasize recharging the batteries that have been fasting for 8-9 hours during sleep. Consider adding supplements to a balanced diet.

S = Restful sleep every night is very important to improve mental processing, problem-solving, concentration and alertness. Sleep deprivation has been shown to impair reaction time and decision making.

Dr. Arthur emphasized the importance for each of us to do all that we can to help our brain work as best as possible, enhancing the quality of our lives.

Meeting Place

American Legion Hall Post 1

5400 East Yale Avenue (Yale & I-25), Denver, Colorado

Every Friday Morning, 7 - 8 a.m.

GOOD MORNING, OPTIMIST

Nick Newey offered the invocation asking for help in allowing us to become Too Strong for Fear. He then led us in the Pledge of Allegiance to the flag.

Bob Avery asked for volunteers for the Thanksgiving baskets project this month. He also spoke of how he enjoyed the Goblins Calling event, lots of funny interaction with young trick-or-treaters.

Ron Carlson thanked his optimistic attitude in helping his wife recover from a scary bout of vertigo. After a stay at St. Joseph's hospital, Ann Louise will be leaving the hospital today (Nov 2). Ron thanks all for thoughts and prayers.

Russ Paul is working with **Craig Eley** on the TJ Kraft Fair November 17, is looking for volunteers for parking patrol.

Jimmie Brown received a card from Jerry Krause's son Jeff, who is running to raise awareness for lymphoma and hepatitis

Kent Gloor reports a great time for the Goblins Calling event. Those involved include; **Dick Niklolloff, Gary Miller, Paul Bernard, Greg Young, Phil Perington, Gary Strowbridge, Fred Pasternack, OC Larson, Donlie Smith, Tom Overton, Don St. John, Cy Regan, Frank Middleton, Bob Avery, Wyatt McCallie, John Walsh, Don Thompson, Joe Marci, Pat Sullivan,** and **Tom Mauro**.

Paul Bernard recognized **Jim Leuschner** for his past work on the newsletter.

Joe Marci announced the entertainment book sales have lagged slightly and would like to renew their popularity. Also, next year's International Optimist golf tournament will be limited to 18 golfers from our region.

Tom Mauro talked about the ceremony for **Harlin Riffel**. A new plaque adorns the area and is a much improved version.

Donlie Smith reported that New Year's Eve will happen on Dec 31 this year and is looking for members to enjoy New Year's with the Symphony, please sign up and enjoy this special event.

Dick Nickolloff's daughter-in-law is doing much better. He thanks the members for their thoughts and prayers.

Don Iley's daughter won tickets to the World Series game 5. We all wish there would have been a game 5 for her to enjoy.

Greg Young is looking to add 10 new members this year. Shortly after this announcement, he was handed a new member application. Jim (last name) introduced himself and sounds to be a strong addition to the SMOC!

Cy Regan reports \$1450 in certificate sales this week. Thanks to the members who bought this week.

Fourteen Things in Life to Remember

1. Always remember that you are unique. Just like everyone else.
2. Never test the depth of the water with both feet.
3. Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you're a mile away and you have their shoes.
4. If at first you don't succeed, skydiving is not for you.
5. Give a man a fish, and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. Some days you are the bug; some days you are the windshield.
8. Everyone seems normal until you get to know them.
9. A closed mouth gathers no foot.
10. There are two theories to arguing with women. Neither one works.
11. Generally speaking, you aren't learning much when your lips are moving.
12. Experience is something you don't get until just after you need it.
13. Never, ever, under any circumstances, take a sleeping pill and a laxative on the same night.
14. It's never too late to have a happy childhood.

Can you identify this masked super hero?



Send your answer to the editor @
rlawardlaw@comcast.com
Or give it to him in writing at next Friday's meeting.

Monaco South Calendar

Nov 9	Fri	7:00 am	Meeting, Legion Hall—Joe Marci, Tree Lot
Nov 16	Fri	7:00 am	Meeting, Legion Hall—Camaraderie Day
Nov 17	Sat	7:00 am	Help Park Cars at TJ Craft Fair
Nov 17	Sat	8:00 am	Thanksgiving Baskets—Legion Hall
Nov 20	Tue	5:00 pm	Boys & Girls Clubs Thanksgiving Dinner
Nov 23	Fri	7:00 am	Meeting, Legion Hall—Chad Slaby, Rugby
Nov 23	Fri	9:00 am	Tree Lot Setup—Come to the Tree Lot to Assist
Nov 30	Fri	7:00 am	Meeting, Legion Hall—Pappy Ryan, <i>Critters on Film</i>
Dec 7	Fri	7:00 am	Meeting, Legion Hall—Donna Aazira, <i>Breathing for Life</i>
Dec 14	Fri	7:00 am	Meeting, Legion Hall—Craig Ross, <i>Stop the Elephant in the Office</i>
Dec 21	Fri	7:00 am	Meeting, Legion Hall—Camaraderie Day, <i>Holiday White Elephant Exchange</i>
Dec 28	Fri	7:00 am	Meeting, Legion Hall—Kids to Breakfast

**Past Presidents of the
Optimist Club of Monaco South**

Bob Rhue	1976-77	Kent Gloor	1992-93
Jerry Whitlow	1977-78	Gary Strowbridge	1993-94
Bill Kosena	1978-79	Mark Metevia	1994-95
Duane Wehrer	1979-80	Bob Safe	1995-96
Curt Jefferies	1980-81	Tom Overton	1996-97
Frank Middleton	1981-82	Peter Dimond	1997-98
John Young	1982-83	Ralph Symalla	1998-99
Pat Bush	1983-84	Cy Regan	1999-00
Bob Hugo	1984-85	Stan Cohen	2000-01
Tom Mauro	1985-86	Don St. John	2001-02
Curt Lorenzen	1986-87	Jack Rife	2002-03
Oscar Sorensen	1987-88	Karl Geil	2003-04
Lupe Salinas	1988-89	Bryce Slaby	2004-05
Bob Avery	1989-90	Donlie Smith	2005-06
Bill Litchfield.	1990-91	Paul Bernard	2006-07
Bill Walters	1991-92		

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THE OPTIMIST CREED — Promise Yourself . . .

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best, and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

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