



OPTIMIST CLUB OF KEEGO HARBOR

AUGUST 2009

Coming Attractions!

THURSDAY, AUGUST 6 – *Our weekly meeting schedule resumes!* This will be a get-acquainted meeting as well as a discussion about a lot of club business. See you there!!!

NOTE THE NEXT 2 DATES:

THURSDAY, AUGUST 13 – **PROGRAM:** Annual pontoon boat ride on Orchard Lake, 7:30 a.m. Coffee and donuts provided. Enter St. Mary's campus between two stone pillars off Indian Trail; parking garden available. Leave promptly at 7:30 a.m.; return just as promptly by 8:30 a.m.

THURSDAY, AUGUST 20 – **PROGRAM:** Breakfast in the park, 7:30 a.m.

The gazebo in Rose Sorter Park behind Keego City Hall is the site for this fresh-air breakfast-meeting. It's a comfortable way to start the day!

SATURDAY-SUNDAY, AUGUST 22-23 – **Big Fish Festival in Keego.** All the fun – arts, crafts, food, refreshments, artists, kids' area, etc. – takes place in and around Roosevelt School on Cass Lake Road: Saturday, 11 am to 8 pm; Sunday, 11 am to 5 pm. We will have a presence with a booth and give-aways for kids. Your volunteer hours are needed.

THURSDAY, AUGUST 27 – Program to be announced.

THURSDAY, SEPT. 3 – Program to be announced.

SATURDAY, SEPT. 19 – **Fall Road Clean up!** We do our civic duty cleaning up Orchard Lake Road from Commerce Road to Middlebelt Road. Meet at 8:30 a.m. behind NationalCity Bank. No objection if you bring along responsible youths to do the bending over and heavy lifting.

THURSDAY, OCT. 1 – **Happy New (Optimist) Year!** Our annual installation dinner swearing in new president EDDIE DELBRIDGE and a slate of officers for the 2009-2010 year. More details coming.

Convention delegates

OK \$10 dues increase

Delegates to the International Optimists Convention in Florida last month voted to increase annual international dues by \$10 a member in order to solve the organization's dire financial situation.

For Our Club, this means that approximately \$70 (between international and Michigan District dues) of our \$180 annual dues will be forwarded to international. International's financial crisis puts a squeeze on Our Club's financial condition.

The explanation offered for the dues increase by International is that the organization is facing an unprecedented financial crisis caused primarily by two decades of declining membership and changes in the U. S. pension laws. Despite making cuts to spending over the past several years, the Board of Directors felt that a dues increase at this time was needed to put the organization back in a positive fiscal status and restore reserves as required by the bylaws.



The OPTIMIST CLUB OF KEEGO HARBOR (Optimist International, Michigan District No. 17, Zone 13, Club 227) serves the youth of Keego Harbor, Sylvan Lake and Orchard Lake. The club meets at 7:30 a.m. every Thursday at Ember's Deli, 3258 Orchard Lake Road (next door to the West Bloomfield Fire Dept.) Phone: (248) 683-3344.

Club's mailing address:
PO Box 535, Keego Harbor, MI 48320.

Our web site:
www.keegoharboroptimist.org

MICHIGAN DISTRICT GOVERNOR:
MICHAEL K. SELTZER

2008-2009 OFFICERS:
President STEVE PALMER
1st Vice President EDDIE DELBRIDGE
2nd Vice President CHUCK COMPTON
Treasurer DON HORKEY
Secretary PAUL LIPSON

Directors
JoANN ANDREES
BARBARA NORDEEN
NANCY PETSCH*
ED SIMONS*
KATHY SPARKMAN*
GAYLE STURT
BILL BERTAKIS (*ex officio*)
(* 2 year terms).

NEWSLETTER EDITOR:
DON HORKEY

HONOR ROLL NEW MEMBERS

2008-2009

JoANN ANDREES (*reinstated; original sponsor,
Ralph Behler in 1995*)

MATT EVANS (*sponsor, Don Horkey*)

TOM SHELTON (*sponsor, JoAnn Andrees*)

JOHN SULLIVAN (*sponsor, Nancy Petsch*)

MEL HAGER (*sponsor, Ed Simons*)

LET'S CELEBRATE!

ANNIVERSARIES DURING JULY & AUGUST

BIRTHDAYS:

JULY 16 – STEVE PALMER

JULY 19 – CHUCK COMPTON

JULY 24 – BARB NORDEEN

AUGUST 9 – ED SIMONS

AUGUST 13 – MARILYN TREUTER

AUGUST 16 – DALE STUART

AUGUST 29 – RALPH BEHLER



MEMBERSHIPS:

3 YEARS – BILL BERTAKIS (7/9/2006); NANCY
PETSCH (7/9/2006)

4 YEARS – STEVE PALMER (6/30/2005); DR.
ASHOK GUPTA (8/9/2005)

13 YEARS – MARILYN TREUTER (7/10/1996)

(If we missed your date, let Don Horkey know at
dhorkey@wowway.com or call 586-737-7280.)



Ask the Doctor!

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits

and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these?

Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system.

Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans ! Another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

AND, an oldie, but goodie.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: *Eat and drink what you like.*

Speaking English is apparently what kills you.

