



The SOC-KET



The weekly publication of the Optimist Club of Salem
Volume 58 Issue 11 December 21, 2006
Ye Olde Editor — Wes Alderson



The Club meets every Thursday noon at -
GREAT WALL BUFFET



2006-07 Club Officers

President:	Bruce Gilbertson
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Can't you just visualize a group of kids climbing up, down and around equipment such as depicted here. Believe it or not, the plans are still in the works however slow they may be in reaching the desired level of reality. Just the same, there is that old saw about Rome not being built in a day. We can just refer to this as the Rome of Cascade Gateway Park.

Rome of Cascade Gateway Park.



It's the first day of Winter, and there is every reason to be thankful that Fall is behind us and the weather is going to much milder than we have been experiencing. Oh yeah!! Don't bank on it! Just think of it as being the shortest of daylight hours, and now we will be headed in the other direction.

That alone is cause to be a bit more cheerful, right?



UPCOMING PROGRAMS
Dec. 28 No Meeting (If you insist upon coming to the meeting anyway, be sure to bring someone along to keep you company).
Jan. 4 Rick Hiltz City View Cemetery



There are those members in this club whom we rarely see for one reason or another, but just knowing that you are helping to put smiles on the faces of kids like these is enough to justify recognizing your contribution to the objectives of Optimism and this club, especially during this holiday season. These people are: Dave Andrieu, Sarah Arcune, Bob Bjurstrom, Susan Brainard, Jennifer Brock, Patty Burnley, John Chamberlain, John Day, Sara DeCoster, Phil Frey, Gail Gable, Cheryl Gribskov, Marian Guertin, Shelley Hanson, Karen Heuberger, Cliff Lawrence, Bob MacArthur, Frank Masser, Joe Miller, Jan Milton, Kris Mitchell, Dan Porth, Buddy Puckett, John Salstrom, Pam & Shawn Sornson, Derek Telford, David Vences, Dick Wasson, Linc Watson, Susan Yarbrough, & Lindy Zimmerman. Merry Christmas and a Happy New Year to you all!

Christmas Groaner

The Crist family worked at a zoo. Each year they predicted the general luck and overall mood of the year by watching the gnu. If the gnu's ears were forward, that meant a successful, joyous year ahead. But if its ears were laid back flat against its head, it meant there was to be a very unlucky or unhappy year.

One year it was Mary's turn to "survey" the animal and come up with a prediction. It was her first solo, and in her excitement she forgot to take the key to the cage. She was late in coming to check on the gnu. Well, she saw the wrong ear position and predicted a bad year, when in fact it was quite good. To explain the error, the local newspaper ran the following headline a year later:

MARY CRIST MISSES AN HAPPY GNU'S EAR!

is much, much more to Robin's presentation that has not been included here, nor can it be. Should you wish to learn more about the Limbic system, the dictionary describes it as "the part of the brain governing basic activities, such as self-preservation, reproduction, and the expression of fear and rage.

If you think you might be interested in learning a great deal more of what has been touched on here, you can get Robin's book entitled "Shifting Gears: Access Your Best Brain." Robin also has a website at www.robinrose.com. One can also email her at robin@robinrose.com.



The attendance this Thursday numbered 8, but what we lacked in quantity was made up for in quality. Our speaker, Robin Rose, is a very special lady who delivered a captivating message about breathing and also how different portions of the brain react to various stimuli. For example, did you know that there are three segments of the brain apart from technical terms such as cerebral cortex, thalamus, etc. They are the "thinking brain",

the "limbic system", and the "survival brain". What are the Survival Brain Indicators? They are: Critical/Negative, High Drama, Personalizes, Overwhelmed, Ineffective, Disrespectful, Argumentative, Chronic Pain/Fatigue, Blaming/Complaining, Rigid/Controlling, Stubborn/Tired/Irritable, & lastly, Recycles the story/ Insists on "I'm right!" Okay, so what are the Thinking Brain Indicators? They are: Curious/Compassionate, Resilient/ Optimistic, Focused on solutions, Can find the humor, Supportive, Team-players, Collaborative, Let's the past go, Moves forward, Healthy/Energetic, Sees the good in situations, and Creative/Adaptive.

The Survival Brain is designed to physically react, not to think or relate. The survival brain's fight, flight or freeze state prevents accurate memory, perception, and an appropriate range of behaviors. The survival brain misreads people, data, and situations. It often makes thoughtless decisions and terrible mistakes. Yet this is when people are absolutely positive that they're right, and they will argue or fight to prove it.

Although there is more, let's turn to the Thinking Brain. When people become surprised or upset they hold their breath. Holding the breath tells the brain that something is wrong and it responds by releasing stress hormones— cortisol and adrenaline - which active fight, flight or freeze reactions. Conversely, when you slow down and belly breathe, the brain receives the message that you are now safe and its stops manufacturing stress chemicals. Instead it produces a different set of chemicals, including serotonin and endorphins. These activate the thinking brain and the body's growth and repair systems. You can once again think clearly, stay calm, and behave professionally.

Now, what is belly breathing? Place one hand on your belly and the other on the lower back. Feel both hands move out as you inhale deeply, and feel them move back in towards each other as you exhale completely. Next comes the Belly Breathing Strategy. I: Inhale for a count of 4. II: Hold for a count of 2. III: Exhale for a count of 6—8. IV: Rest for a count of 2.

You can actually help others stay in their Thinking Brain by 1: Belly breathe when you are with them. 2: Focus on and affirm their qualities that you admire. 3: Praise often and specifically. 4: Incorporate positive visual reminders. 5: Increase light-hearted moments—laughter helps. 6: Integrate calming moments into meetings and meals. 7: Don't personalize their upset—it's not about you. 8: Go for a walk. 9: Listen. There

Happy New Year!!