



Club Meeting

Spirit of St. Louis County
Meets at Higher Groundz Coffee & Tea
12075 Dorsett Road
Maryland Heights, MO 63043
Time: Wednesday at 07:00 AM

Announcements

We were happy to welcome DAVE LESLIE from Macon MO who is moving down this way and is looking for a Club to join. We hope he enjoys the time.

Mitch informed us that Patty Williamson, wife of Club member Howard, passed away on Tuesday, September 27th. There will be a Memorial Service here in St. Louis later; Mitch will keep us informed.

Scouting For Food will be held on Nov. 19th - Mitch is looking for volunteers to help at the firehouse sorting as the Scouts bring in the bags.

In This Issue

Announcements

Wiggle Your Toes

Happy Bucks and Fines

Joke (Groaner) of the Week

Last Week's Program

ZOOM Information for this Week's meeting

Upcoming Meetings

Club Leaders



Jerry Nolen
President



David Lawrence
Robinette Club
Executive Secretary
Webmaster



Ruth Randell
Treasurer



Ann E. Kallemeier
Club Director



David C. Mohler
President-Nominee



Mitchell A. Wilson
Past President
Public Image Chair



Al Beinke
Membership Chair



Robert E. Courtney
Rotary Foundation Chair



E. Thomas Drennan
Sergeant-at-Arms



Bryan J. Hercules
iPast President



George Jay Black
Assistant Governor

Wiggle Your Toes

You learn things every day. Some are small things that make a big difference. Some learning comes when you least expect it. This was the case, sitting in the Phoenix Sky Harbor Airport on September 10th.

Mary and I were on our way to San Diego for vacation. We were in Phoenix on a one-ish hour layover for the 2nd leg of our flight to SAN. We had gotten to our new gate, grabbed some (very expensive) sandwiches and were sitting at our new gate eating and waiting on the flight. In other words, we were doing everything that one would normally do.

A gentleman sat down across from me - wearing a UPS lanyard and employee card, with Captain's epaulettes on his shirt. Anyone that knows me knows I can talk to anyone AND especially when that 'anyone' has anything to do with aircraft.

As we got to talking, he told me a story of his time in the military - not that many years ago. He was 'over-concentrated' on trying to hit the target (practice) and kept messing up his approach. His instructor came over the radio and told him to "**WIGGLE YOUR TOES.**" At this point in the story, I am thinking "Huh? Wiggle your toes? What on earth does that have to do with flying a fighter jet?" He said the same thoughts ran through his mind. Had his flight instructor lost it? Was this some 'code' for which he wasn't cleared?

WIGGLE YOUR TOES -- The instructor explained that wiggling your toes (bet you are doing that right now!) is not a 'natural' thing to do and we actually have to think about it. And, while we are thinking about it - for that very short time - we can regroup our brain and lose the anxiety we feel. It provides a 'reset' for us in our task(s) that allows us to see things differently.

He explained that while he originally thought his Flight Instructor had lost it, the number of times he uses that little exercise, it really does work. While we exchanged flight experiences we had - his much more exciting and varied than mine - I got to thinking of the number of times that I could have had someone tell me **WIGGLE YOUR TOES.**

Life is funny - we learn from the strangest things or read the weirdest story - and yet it helps. I know I learned something that day.

Happy Bucks and Fines

Happy Bucks:

- **David Robinette & Mary Robinette** had a great time in San Diego - their first vacation in 2 years. Weather was good and nice to get away for a bit.
- **Ruth Randell** was NOT late! And, she was happy the Cards won!
- **Dave Mohler** is celebrating 63 revolutions around the sun this week.
- **Bryan Hercules** is celebrating 31 happy years with Sue on their Anniversary.
- **Al DeMattais** was helping at Scot AFB to load supplies to FL in the wake of the hurricane.
- **Tom Drennan** is looking forward to The Ride to End Polio in Tuscon in November.
- **Todd Lindley** had a new 'personal best' in Nevada MO working with the military - 196 patients on Friday alone! They had many there, choppered in via Army Apache helicopters and NO, he did not ride in one!

Fines:

- **Bryan Hercules** may have been late & may have to leave early
- **Al DeMattais** may have been late
- **Mitch Wilson** paid fines that happened a bit ago.

Joke (Groaner) of the Week

Mark Twain Quotes

- Never argue with stupid people, they will drag you down to their level and then beat you with experience.
- All generalizations are false, including this one.
- Let us be thankful for the fools. But for them the rest of us could not succeed.
- When angry, count to four; when very angry, swear.
- I didn't attend the funeral, but I sent a nice letter saying I approved of it.
- Get your facts first, then you can distort them as you please.
- Nothing spoils a good story like the arrival of an eyewitness.

Last Week's Program

Program Speaker and Recap:

We were proud to host Alexia Cech - Lexi to her friends. Lexi runs the UNBOUNDED program on the Rock Road. This grew out of her work with the St. Louis Children's Courts services she did and occupies her time considerably. She is the manager at Fallon's (where we have had our Friends' Night Out in the past) AND has time to run this program.

UNBOUNDED mentors, feeds and clothes children who need assistance. It provides services for youth and adults, including clothing for job interviews. Their current location - 8814 St. Charles Rock Road, across from Ritenour High School - has books for all ages, a space to study/mentor, a small raised garden and other things that occupy the time AND the minds of those she serves.

She is looking for volunteers to help. If you feel the calling, please contact her at unboundedstl@gmail.com or her website at www.unboundedstl.com

For the complete recording of our meeting, click on this [LINK](#).

ZOOM Information for this Week's meeting

This week's program will be our Club Orientation. While we have some new members who haven't heard or don't know about some of the specifics of the Club, we can all use a refresher in what our Club does, how it works and how we can improve things.

Topic: Spirit of St. Louis County RC - Club Orientation
Time: Oct 5, 2022 07:00 AM Central Time (US and Canada)

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/88694186128?pwd=R21QT05rWnFSNlxendDb1d2KORZUT09>

Meeting ID: 886 9418 6128
Passcode: 603518
One tap mobile
+12063379723,88694186128#,,,,*603518# US (Seattle)
+12133388477,88694186128#,,,,*603518# US (Los Angeles)

Dial by your location
+1 206 337 9723 US (Seattle)
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Meeting ID: 886 9418 6128
Passcode: 603518
Find your local number: <https://us02web.zoom.us/j/88694186128?pwd=R21QT05rWnFSNlxendDb1d2KORZUT09>

Upcoming Meetings

Meeting Dates and Program:

You will see the Weekly Program individuals below. Please notify David Robinette of your program so the calendar and newsletter are current. Also, if there are any specific 'technical' needs the speaker requires, please let David know.

And, as we are meeting hybrid, the speaker can be from anywhere. A Zoom link will be sent to the speaker in advance to ensure all works properly.

| DATE | ORIGINAL PROGRAM CHAIR | REVISED PROGRAM CHAIR | PRESENTER & PROGRAM |
|-----------|-------------------------|-------------------------|---|
| 5-Oct-22 | Al Beinke | | New Member & Member Refresher Orientation |
| 12-Oct-22 | QUARTERLY CLUB ASSEMBLY | QUARTERLY CLUB ASSEMBLY | |
| 19-Oct-22 | Bob Courtney | | |
| 26-Oct-22 | Al DeMatteis | | |