Minutes - October 9, 2024

CLUB BUSINESS

President Gary Fitzpatrick called the meeting to order at 10 am. He asked for changes or corrections to the September meeting minutes. **Jerry Norton** moved to approve them as published in the club newsletter and **Suzan Fournier** seconded. The minutes were approved by acclamation.

In Treasurer Bill Gates' absence, **Pres. Gary** reported that the club now has $1,407.86 in checking, $2,586.84 in its money market account and $5,197.66 in its CD. He added that, as is typical, the club has significant money coming in during the first half of the year, as annual membership dues are paid, and going out during the second half of the year. The club's two biggest events -- the Labor Day barbeque and the holiday party -- both fall during the second half and represent the biggest recurring expenses. He said that the club will have to dip into its CD in order to cover expenses, especially with rising costs for services. Still, he said, the club is in "good shape" going forward.

Pres. Gary also thanked **Tanya Davis** and her hospitality team, who routinely provide an array of delicious treats. When asked how she comes up with seasonally appropriate decorations month after month, Tanya said it's the result of "25 years' of teaching elementary students."

The group wished Happy Birthday to those celebrating in October, including **Susan Norton**, **Nile Leach** and one or more "mystery birthdays."

The Membership team's **Larrayne Zygmunt** said that two new members joined before the meeting -- **Kris Nyman** from Maryland and **Elizabeth Stead** from Charlotte, North Carolina. The group welcomed them with applause. Welcome to both!

Pres. Gary noted that passwords required for online access to the club membership directory and dinner club member directory soon will be emailed to all Newcomers members. These directories are the only two sections of the club's newly launched website (gjnewcomers.org) that are password protected, to ensure member privacy.

CLUB EVENTS

In Linda Ash's absence, **Pres. Gary** said that two get well cards were sent through the We Care program -- one to **Jo Ann Wacker**, who had knee replacement surgery, and one to **Mary Beth Davis,** who had foot surgery.

In Sue Slaughter's absence, **Pres. Gary** said that details for this year's holiday party are being finalized. The party will take place on Tuesday, December 3, at the Masonic Lodge/Grand Valley Event Center, 2400 Consistory Court -- the same building where Newcomers monthly coffee meetings are held, but the opposite (west) end of the central hallway. It will begin with a social gathering at 5:45, followed by a catered dinner. Pres. Gary added that the Newcomers' goal is to subsidize the holiday party's cost, so members only pay about $30 per person. This year the subsidy is up, due to rising costs.

Lois Leach announced that Movie Club, a movie discussion group that has been operating at capacity for the past seven years, expects to have one or two openings, starting in January. Members view movies on their own and then gather to discuss them. (They don't watch movies as a group during meetings.) The club meets on the first Tuesday of each month at 4 pm. Members take turns hosting meetings at their homes; the host or hostess selects the movie for discussion. The club views a wide variety of movies in different genres -- from biopics to science fiction to classics to foreign films. A sign-up sheet was available during the meeting. In addition, because openings in the existing group are limited, anyone interested in helping to form a second spin-off movie group could sign up to indicate their interest. For more information, contact John Neste, one of Movie Club's founders, at 715-416-2018 or cjneste@hotmail.com.

On behalf of the Tour and Lunch Club committee, **Suzan Fournier** said the next tour will take place on October 23, beginning at 10 am. The group will tour the Mesa County Workforce Center, 512 29-1/2 Road, with lunch following at nearby Rib City Grill, 2830 North Avenue. The Workforce Center provides one-stop, no-cost services for businesses looking to hire and people looking for jobs.

Suzan Fournier also said that the next Armchair Travelers presentation will take place on October 17 at 6:30 pm in the Mesa County Library's new Clifton branch, 3270 D-1/2. (She

advised arriving early -- around 6:00 -- to ensure you have a seat.) The speaker will be Jessica Bertrand, recounting her travels to Africa.

Ken Seitz announced the next Wine Club gathering on November 14 from 4:00-6:00 pm at the Western Colorado Art Center. It will represent an early holiday event, featuring tastings of upgraded holiday wines and upgraded appetizers -- but still for the usual $25 per person fee. **Pres. Gary** noted that Lisa and Ken Seitz' goal with Wine Club is to offer Newcomers an opportunity to try wines that might otherwise be outside their typical budget. That's partly due to discounted prices Wine Club gets for tasting events.

COMMUNITY EVENTS

Ruth Anna, who serves with Friends of Mesa County Libraries, reminded the group that the libraries' huge annual book sale will take place October 17-19 at the First Congregational Church, 1425 N. 5th Street (across the street west from Grand Junction High School). For more information, including sale hours, go to mesacountylibraries.org.

Stan Zygmunt, who volunteers for the New Dimensions Lifelong Learning Institute, reminded the group of the October 10 Midday with New Dimensions presentation at the central Mesa County Library location. The speaker will be local western culture expert Peter Booth, discussing "Folk Tales of the Southwest."

Jerry Norton indicated that Community Concerts of the Grand Valley's first 2024-25 concert is October 9, *not* October 10, as printed on tickets. Jared Freiburg and the Vagabonds will perform at the Avalon Theatre, marking the start of the community concerts' 78th season. Coincidentally, two tickets to the concert were donated to the meeting raffle by Mike and Beth Avery.

Roxanne Morris announced that the Brush and Palette Art Guild, a local guild for artists of all ages and abilities, recently hung a show of their work at the Western Colorado Art Center. The show will be on display for the next month.

GUEST SPEAKER

Dr. Tom Politzer, semi-retired neuro-optometrist and Newcomers Club first vice president, gave a presentation on "Healthspan, "the use of thoughtful diet and exercise to improve your quality of life and extend your healthy years (regardless of how long you live). Inspired by *"Outlive: The Science and Art of Longevity"* by Dr. Peter Attia, Dr. Tom presented research-based strategies for lowering risks for "brain wasting," cognitive decline/dementia, loss of muscle mass and chronic disease. He also described benefits of making lifestyle changes that are noticeable within a day or so (improved energy, better sleep quality) and within a few weeks (increased endurance and stamina, enhanced physical and mental health). Instead of making too many changes too soon and then burning out, he recommended first tackling "low-hanging" fruit -- simple incremental changes like walking before running or altering one diet element at a time. About 80% of the benefits of lifestyle changes come from 20% of the effort, he noted. In follow-up to his presentation, Dr. Tom emailed his presentation slides to Newcomers members.

Following the guest speaker and the raffle, conducted by **Molly Fitzpatrick** and **Lisa Seitz**, Pres. Gary adjourned the meeting at 11:05.

Lois Leach

Secretary