



From the editor:

It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient. If you stay positive in a negative situation you win. That's my affirmation for June! Always stay Optimistic! Nancy

Do We Even Know How To Socialize Anymore?

Based on excerpts from NPR Life Kit - Tools to get you back to normal

Zoom meetings. Virtual happy hours. Facetime family time. We've been living in a pandemic world for over a year now, and for better or worse, many of us are used to our new social routines. But as vaccinations ramp up and restrictions begin to loosen across the country, the new question is: Are we ready? After so much time apart, do we even know how to socialize in person anymore?

Celeste Headlee, journalist, author of *We Need to Talk: How to Have Conversations That Matter*, says feelings of trepidation are only natural. She reminds us, humans were built to socialize. "You have 300,000 years of evolution helping you do this and helping you do it better than any species on the planet." We all have a finite amount of social energy. And it's important to acknowledge, Headlee says, that the pandemic might have changed that barometer.

"We have been under such a cognitive load over the past year or so that there just may not be the space for two things in one day," she says. It's also possible the pandemic just revealed the real limits of our social capacity. *(Ed. note: I thought that was what retirement did?!)*

But even if you feel ready to jump back into the world with both feet, don't try to take on too much at once. The world's a changed place, and you've probably changed a bit, too. Set realistic boundaries, and pace yourself: that might mean setting a max number of activities for a weekend, having social "off-hours" or limiting how long houseguests can stay. Draw lines that serve you.

Ed. note: And coming back to Tamarac 'in-person' meetings will serve you well!!!



Lonnie Pettey - June 3	Barb Althouse - June 5
Tina Blenkarn - June 6	Lisa Schwartz - June 8
Joy Criminger - June 16	Marilyn Bower - June 25
Kathy Biamonte - June 29	Bonnie West - June 29

May/June Programs

May 27



Mary Grace Wake
Lt Gov
Club FundRaising
Ideas

June 3



ON MY HONOR, I

Emily Speck
Program Director of
Girls Scouts of CO

June 10



Kathy Sullivan
Pajama Party

June 17

Together Again!

**First in-person
meeting in 15
Months!**



Program ideas needed!

Please share any possible speakers or topics that you would like to hear at a meeting! If you are interested, others will be too!

Contact Mary Gelb mgelbus@yahoo.com or

Judy Barrow

jbarrow68@aol.com

Girls On the GO (GOG) Back in Action Kathy Sullivan

June GOG Colorado Freedom Memorial

On June 7 15 ladies were met at the Colorado Freedom Memorial by our tour guide **Rick Crandall**. Twelve years ago he started this idea for the Memorial to honor those Colorado men and women who have been killed in action since Colorado entered the union in 1876.

There are over 6,215 names on the wall. As you arrive the flags are all at half staff. It is that way every day to honor those who have given their lives for Their country. The path that you walk is a circular shape that represents the world. As you approach the wall it is time for reflection and remembering.

The designer of the wall had the panels take the shape to represent the Rocky Mountains. One panel is set back from the others to represent those who are MIA. At the end of the wall you approach 8 stones representing the cemeteries all over the world where Americans are buried. Our fallen Heroes are in 21 of the 26 American Battle Cemeteries. They brought soil from the graves of Colorado Fallen soldiers. They mixed it with Colorado Soil and placed them at the base of each of the head stones. This was a way of bringing them back home.

As you finish around the path you come to the Gold Star memorial that represents the families that are trying to heal from the loss of their loved one. This stone has a cut out of a soldier that is saluting the wall of his fallen comrades.

If you plan to go to the memorial go to the [Website](#) and read the history. This is a must for all to visit.

It wouldn't be a GOG without food. We all went to Senor Ric's for good food and fellowship.



UNC Scholarships Awarded This Year

Carol West, Chair

The two UNC Urban Center Scholarship Awards were presented to the two winners on May 5. There were seven applications for the two awards of \$1000 each. This year's winners were (L-R) **Kayla Pedroza and Megan Himebaugh**. Kayla is working in the field of elementary education and Megan, in special education. Both of these young women will be at our July 15 meeting at which time we can all meet and you will hear directly from each.



Pictured with the winners are **Carol West and Kathy Sullivan**.

Welcome New Member - Tamara Kirch

Tamarac welcomed its newest member, **Tamara Kirch** was inducted at the meeting by **Prez Linda** on June 17. Sponsored by **Cindy Eley**, she is a delightful young woman who found us online via MSOC.

Her father was an Optimist for many years in different states, and said he hoped she one day would become an Optimist. With Father's Day around the corner, she found Monaco South's website online, and attended a meeting that was close to where she lives. The friendly members, who we all know and love, suggested she might enjoy the Tamarac Club instead, and the connection was made through **Craig Eley!**

Being a former Toastmasters mentor, she jumped right in and participated in the club's activity after her member induction!

Welcome Tamara!



OI Foundation 50th Anniversary Challenge a note from Foundation rep Claire Young

As you are all aware by now - - the OI Foundation is celebrating its 50th year. At the 2/3 point in the fiscal year, **36** generous members have contributed. Most have done a \$50 donation to receive the special anniversary pin.



In addition to the 50% match to the Happy Bucks “bucket”, how about adding a **new goal** for the remaining four months? If we can get **14** more people to send their contributions - - we would have **FIFTY** contributors for the **50th YEAR**. Wouldn't that be cool ?? If you aren't sure whether you've sent a check, you can call me. And if you have not received your pin, stay patient and you'll get it soon. OR, you can come by my house and I'll pin it on you in person! So keep the checks coming (payable to the OI Foundation). **Mail to 3621 S Peach Way, Denver, 80237 - - or hand deliver, get a hug and your pin on the spot. Cheers !**

Questions? Call or text 720 425-7205

Follow-up on 2020 Essay Contest Winners Carol West, 2020 Chair

The awards for the 2020 Essay Contest were finally awarded on May 24, 2021. The three winners were at **Florence Crittenton High School** and entered the contest for the 2020 competition. What with schools being closed and the general chaos of things in general it just wasn't possible to make these awards last year. Ergo - better a year late than not at all. The three essay winners were:

1st Place	\$200	Claudine Burg
2nd Place	\$275	Perla Valles
3rd Place	\$150	Tia Dotson
Entry		Michelle Vasquez



The topic of the 2020 Essay Contest was ***"Is Optimism the Key to Achieving the Dreams You iMagine?"*** in 700-800 words. 2020 year's winner, Claudine, will be back next year for her senior year. The other young women graduated at the end of May.