



C.O.G.nizance

Inside this Issue

Announcements	2
Minutes	2
Trip Reports	2
No Reports	
Treasurer's Report	3
Potpourri	
Stone Ate Cavemen Diet copied from the internet	34
Plantasourous Club Sandwich.....	5
Cave Bear Sugar Cookies.....	5
Caveman Diet and the Chocolate Connection.....	5

The January meeting of the Central Oklahoma Grotto will be held at the home of John Talbot at 8:00 p.m. on Friday, January 8, 2010.



**Remember that the January meeting is at John Talbot's.
Happy New Year!**

Our Caveman Issue



ANNOUNCEMENTS

*Northwest trips are scheduled the third Saturday of every month. Contact Sue or John Bozeman for details.

*The 7:30 January meeting will be at the home of John Talbot, 2902 Shannon Drive, Bethany, OK. Phone: 405-789-6944

MINUTES



Remember, we didn't have a December meeting, it was the Christmas Party. These are the November Minutes reprinted.



CENTRAL OKLAHOMA GROTTO

Minutes of the meeting of November 13, Friday the 13th, 2009

Host: the home of Steve Beleu, the Skillful Ogre
Attendees: Dale Amlee, Anne Ault, John and Sue Bozeman, John Talbot, Lil and Dale Town, John Van Dyke

The Honorable Dale Amlee began the meeting at 8:01:30.

OLD BUSINESS

- We bought a second *Fluke 411D Distance Meter* based on its success during our last surveying trip into Broken Horn Cave.
- In a second letter from Joe Looney, Mr. Looney told us that he will be responsible for all paperwork necessary to implement his "scholarship" proposal. After discussion we voted to accept his proposal. He and COG Treasurer Talbot will begin communicating with each other about these items yet to be decided upon: an agreement about maintaining a separate bank account for Joe's money; and a statement about what happens to this money upon Joe's death. Until more work is done with these details further actions have been tabled.
- We received a thank-you card from the Cimarron Group of the Sierra Club for the donation we made to them in the name of Gary Harrington.

NEW BUSINESS

- Guests Rhonda Roby and Shirley Shoemake told us about their plan to hold a family reunion in conjunction with a visit to Mary Jo Fletcher Cave near Quinlan in northwest Oklahoma east of Mooreland. Ms. Fletcher was a member of COG in the 1970's, and "Mary Jo Fletcher Cave" is named for her. Their goal is to hold a

celebration of Mary Jo's life on Saturday, March 6, 2010. They will meet on the Friday night before to dine together. Then on Saturday morning they'll hold a 5K run for family members, and on Saturday afternoon those able and interested will enter Mary Jo Fletcher Cave. They would also like to place a memorial to her in a town near the cave. They ask for our help in scouting out the cave as to its current suitability for caving – which we need to complete by the end of January – and in helping them enter and make their way through the cave. Shirley is Mary Jo's daughter; Rhonda is her aunt.

ANNUAL BUSINESS

- We voted on officers for 2009:
Chair – Dale Amlee
Vice-Chair – Jon Woltz
Treasurer – John Talbot
Secretary and Sergeant-at-Arms – S. Beleu
- Meeting locations for 2009:
January – John Talbot
February – John van Dyke
March – Anne Ault
April – Lil and Dale Town
May – Dale Amlee
June – Duane Del Vecchio
July, August – no meetings
September – Jon and Kelley Woltz
October – Art Wallace
November – S. Beleu
December – Sue and John Bozeman

TREASURER'S REPORT

John Talbot gave his report.

We concluded the meeting at 9:25:42

TRIP REPORTS

Sorry no trip reports this month. Lets start this new decade with more caving!



TREASURER'S REPORT

INCOME		EXPENSES	
DIVIDEND	\$ 0.12	POSTAGE	\$ 8.00
DUES	\$ 24.00	EQUIPMENT	\$ 136.70
TOTALS	\$ 24.12		\$ 144.70
CASH ON HAND	\$ 204.38		
CHECKING	\$ 345.50		
SAVINGS	\$ 2,700.31		
TOTAL FUNDS AS OF 11/12/2009	\$ 3266.19		

Prepared by Treasurer John Talbot

POTPOURRI

Editor's note: I was looking for something to use as a filler and stumbled on to this. People make New Year's resolutions often about diets and what better diet for a caver! The name is what struck me. Anyway, it makes for some interesting reading, take it for what it's worth. I've attached the website where I found it and there are some other interesting recipes.

One site I read said this was something even a caveman could understand!

The Stone Age Caveman Diet
The Prehistoric Man/Modern Day Man Connection
<http://www.meninfur.com/caveman-diet.html>

From Stoneage to the Stoned Age - From loin cloths to leather, from cobblestones to rhinestones, from sandals to hot wheels, from digging pits to desks piled high, from dates to donuts - no wonder our little anciently-designed bodies are out of sync!

But don't despair! And don't build that Time Machine just yet! Modern Day Man has a solution for everything.....

My parents told me that during their Good Old School Days that they had to walk 50 miles one-way in the blinding snow. Now our kids ride snazzy yellow buses that are equipped with seatbelts and hopefully soon, no-exhaust-fume engines. So if things have changed that much in the last few decades, think about how much things must have changed over the last few gazillion years!

Everything is gearing AWAY FROM manual - specifically manual labor. Soon, women will bear children without even whispering a soft, "Ouch." Modern Day Woman will someday (hopefully soon) invent a birthing button which will they can install on the Lady in Birthing. One press and you're done! Just like a soda machine. Healthy baby - beautiful baby - great long life! WHOA. Great long life? Maybe.

And we must keep in mind that a longer life is not always a great life. A great life is a long life filled with happiness and good health. Which brings us back to Manual Labor. Why's that? Because being active keeps the body not only moving on the outside, but also on the inside.

Caveman Logic #1 - An unstagnant body is a healthy body.

Caveman Logic #2 - An active body loses weight faster than a non-active one.

AND, an active body can eat MORE than a non-active one. Lots more! And active bodies build muscles which take more calories to support than fat.

Caveman Logic #3 - Water contributes to a healthy inner being.

Fortunately, in the Good Old Cave Days, there wasn't bottled soda, powdered drinks, exotic coffees piled with REAL whipped crême, or even Ovaltine! Gasp!

Cave people drank pure spring water - and believe me, it wasn't a buck ninety-nine a pop, either. The pure water quenched their thirst well without leaving them feeling a need for 'sweets', which is exactly what most of Modern Day Man's beverages do best (leave you craving sweets).

Caveman Logic #4 - Our bodies were meant to eat more, so that's why obesity abounds in The Modern Day World.

Way back in the days of Stone Age, the Dinosaurs, the Heathen Cavemen, the Cavewomen, and every other living thing worked its fingers to the stone.

One got up working and one went to bed working. The simplest things that we now enjoy, such as taking a bath were major chores in those days ,especially when the water were frozen over. It wasn't easy cracking the ice with a Stagasarus' tooth.

Everyone worked so hard that it was a miracle that they had time for reproduction efforts. Thank goodness for the convenience of loin cloths.

Because of continuous activity, more food was eaten. Food is energy and things in the Good Old Cave needed lots of energy to keep working and working and working.
(continued on page 4)

In fact, our bodies were made to eat big eats! To eat healthy eats! To eat much different eats than we do in the Days of Modern Man.

And because of that, many people find that they have put on a few unwanted pounds. It starts with 5 pounds here, 20 pounds there, 50 pounds over here and oh no, let's not forget those 7 packed-on Butt Pounds (3.5 pounds per buttock).

Before those first few pounds heaped up on us, we were probably pretty active - and not only active, but pretty YOUNG and active. We tend to slow down as we get older and that throws our weight off-balance.

If we lived in the Stone Age rather than The Stoned Age, we wouldn't have that problem - not unless we were the anointed Cave King. Those dudes didn't have to do anything - not even clip their own toenails. They even had taste-testers, and woe to the one who sampled the red berries with three green leaves. Though he may not have died, he was left with a viscous mouth rash for at least a fortnight.

Caveman Logic #5 - A nurtured child is a nourished child.

There were no day care centers in The Good Old Stone Age. Little ones oft times accompanied their parents during their daily journey - such as berry picking, hunting, and searching for wild ostrich eggs.

Because the Cave Kids got a first-hand experience with this interaction of parent and nature, they swiftly became adept in the ways of the old world, thus prompting them to find better, faster, more efficient ways to produce - so there would be more time for things like Rockball and T.V. (training vultures).

Caveman Logic #6 - The Billy-Crystal Syndrome: It is better to look marvelous than to feel marvelous.

Men in fur were very attractive to the Cave Woman. According to fictitious data which I have carefully collected in my mind, in the majority of situations, it wasn't the man that drew the attraction, rather his fur-clad body.

A revolt ensued, let by Jane Aip. Soon, all the women in the nomadic cave area began discarding their fig leaves for luxurious fur objects which they would wash in the stream when they met for the Weekly Cave Woman's Social. Bronto Lip & Smoked Salmon Pate` were generally served between tender Leaves of Grape, specifically prepared for this event. Jane could cook!

CAVEWOMEN Logic #1 - Cavewoman cannot live by socials alone.

The healing process between Caveman & Cave-woman took off with lightening speed. Love stretched forth, and with it came nights where the Cave Couples enjoyed juicy roasted meats together in their little love nest, as well as racks of fatted lamb cooked on heavy sticks, and finger-licking chicken - a recipe contrived by Jane Aip (now Jane Aip Sanders via a hasty prenuptial).

From there, you can imagine what transpired. Well, there you have it - the connection between

Prehistoric Man and Modern Day Man. But about weight loss? We now realize that our bodies were made to meet the ways of the Old World - for endurance, agility and all that rubbage.

And we now know that weight gain ensued because a) our activity levels went kapoot, and b) our eating habits shifted from gardens of green and roasted meats



TO gardens of green smothered in ranch dressings and meats marinated in Papa Joe's Lard-Filled Dipping Sauces.

Fine. We're more apt to be fat than thin these days - so what can we do about that? And who cares about dinosaurs anyway? Of course, Jurassic Park was pretty whiffy.

THE GREAT BIG FIX DESIGNED BY MODERN DAY MAN

- Watch your diet.
- Look away from the red meat and look to the white meat.
- Restrict fat and sodium.
- Keep active!
- Keep your mind happily occupied, away from negative thoughts. An idol mind is an empty workshop.
- Take your vitamins - specifically a multi-vitamin, additional calcium, and Vitamin C.
- Get a good night's rest. If you snore, see your doctor pronto.
- Avoid stressful things Such as Monster Bosses and Evil Mother-In-Laws.
- Keep your cool - although venting every now and then can be productive to your health.
- Don't smoke.
- Limit alcohol.
- Ix-Nay on drugs.
- Don't experiment with Anorexia or Bulimia which can cause long-term health risks, including death.
- Drive carefully and safely taking care to buckle up and NO CELL PHONE while driving!!!!
- Limit your intake of nitrates which can contribute to cancer.
- Get plenty of foods that contain free radicals which fight off cancer.
- Be content. If you aren't happy in your current situation, work towards improvement.
- Strive to live in a non-polluted area and also one with a moderate climate.
- Avoid wearing clothing that restricts movement, circulation and breathing. (Watch those tight jeans!)
- When ill, see your doctor. Use caution in taking any over The counter medications as well as prescribed drugs, specifically antibiotics unless absolutely needed.
- Brush regularly & see your dentist for annual check-ups.
- Be very aware when traveling abroad.
- Pray or meditate.
- Take time to relax!! Hug & be hugged every day of your life! 🤗



SINCE I NEED TO FINISH THIS PAGE, HERE ARE SOME EXAMPLE RECIPES

<http://www.meninfur.com/recipes.html>

Diet Plantasaurus Club Sandwich - Diet Sandwich Recipe

As you may have guessed, the Diet Plantasaurus Sandwich is a vegetarian type club sandwich filled with healthy things that a respectable modern day caveman might pull out of his garden.

Be sure and check for worms before placing ingredients on sandwich.

Ingredients:

- 2 slices of Potato Bread (80 calories per slice)
 - No Calorie Butter Spray (From the fridge or from the can.)
 - 1 slice of low fat mozzarella cheese
 - 1 teaspoon of light Mayo
 - Lettuce Leaves
 - Tomato Slices
 - Thinly Sliced Onion Rings
 - Thinly Sliced Bell Pepper Rings
 - Sprouts
 - Thinly Sliced Black Olives
- Spray bread on one side with butter spray and either pop into toaster or toast in pan until golden brown. Carefully remove; add remaining ingredients to build the Plantasaurus Sandwich. About 250 calories depending upon the brands of cheese used to prepare sandwich.

Recipe for Cave Bear Sugar Cookies - The low fat, low calorie original recipe from Men in Fur

This recipe is an original Diet Cookie creation created in the kitchen of Men in Fur. Delicious for a bedtime snack while dieting.

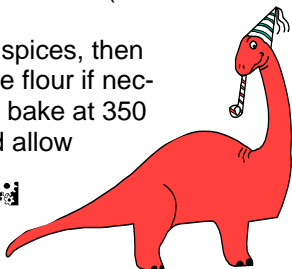
Everyone needs a treat now and then, and particularly so while dieting.

Ingredients

- 1 cup of sifted flour
- dash of salt
- 1/2 teaspoon of sifted baking soda
- 1/4 cup of solid vegetable shortening
- 1 cup of Splenda
- 1 teaspoon of Real Vanilla
- 1 egg OR use egg substitute if watching cholesterol (will also cut calories)

Mix wet ingredients with shortening; add in spices, then slowly add flour as last ingredient. Add more flour if necessary to form a pliable dough. Shape and bake at 350 degrees until cookies are set. Remove and allow cookies to cool.

Entire batch contains about 750 calories. 🐾



Here is one more thing to ponder about! Remember to take it for what it's worth...sounds good though!

Caveman Diet & The Chocolate Connection

Copied from

<http://www.meninfur.com/caveman-chocolate.html>

When you think of Cavemen and Cavewomen, you think of caves, jungles, waterfalls and large dinosaurs. You can't get more 'jungle-e' than the rainforests in South America - and that's exactly where the first chocolate tree was discovered. We'll pick up our story there....

Choc, otherwise known as the Cave nerd, was studying the wildlife of the rainforest one day when something fell and hit him on his little head. At first, he thought the sky was falling and that is exactly what he yelled out at the time. A nearby baby chicken (known to all as 'Little') went on to a famous future as she hatched out a nifty plan upon hearing Choc's most famous words.

Nonetheless, let's get back to Choc...

The tree with the large pods about the size of a big pineapple, were filled with tiny beans. Choc decided to dry the beans in the sun, and then he tried roasting them like he had those chestnuts last Christmas. Next, he removed the chocolate filling from the little pods, which he called nibs and then he ground them up very finely.

Choc then began experimenting with recipes created from the large pod that grew on the tree. Many of the cave clan riled and poked fun of him, referring to him as 'Choc-Full-of-Nuts'. During his first concoctions, the results were very bitter. He often looked liked he'd been feasting on beetles after intense taste-testing of the chocolate.

But one day, he decided to mix some sugarcane with the chocolate. Oh my, he was an instant success. The cave clan began chanting, "Choc, we like this a lot," and therefore the word was framed, 'Choc-a-lot' which when on to be polished into the word that we currently know as 'Chocolate'.

Choc invented so many more luscious foods for the Caveman Diet, using extracts from the cocoa beans. Cocoa butter, cocoa powder - were all wonderful elements in his creations!

Time passed. Some of the luscious goodies created with the wonderful chocolate began to help pack pounds on Modern Day Man & Woe-Man. Once again, chocolate played a big role in Diet History.

Independent studies helped indicate that chocolate can be beneficial in the diet - specifically DARK chocolate. Dark chocolate is beneficial in blocking free radicals in the body, thus lending a healthier human specimen. And Choc, we all like that a-lot! 🐾



These articles are from The Men In Fur Website!

Central Oklahoma Grotto is a non-profit organization and a chapter of the NSS (National Speleological Society), Cave Avenue, Huntsville, AL., 35810. Dedicated to cave conservation and safety, C.O.G. published general information in a monthly newsletter (\$6.00/year) and detailed cave surveys and related Speleological items in a yearly publication, *The Oklahoma Underground* (\$3-\$8/issue) Membership is by sponsor and is \$12 per year for adults, \$6 for spouses and students, and \$3 if under 18. Central Oklahoma Grotto meets once a month on the second Friday of each month. For information, write 3208 Gettysburg Dr., Altus, Oklahoma, 73521. All submissions to the newsletter should be sent to the editor: Lil or Dale Town, 3208 Gettysburg Dr., Altus, OK 73521: Telephone: (580)477-4027: E-mail: oklmt@cableone.net. The deadline for submissions for any particular month's issue is the 20th day of the previous month. If you wish material returned. Please include a SASE with submission. All materials in this newsletter is available for reproduction, provided proper credit is given with the article when you print it. Trade publications are welcomed. *Cave softly and safely!*

Start the new year out right, come to the January
Grotto meeting at John Talbot's, Friday, January 8.



Central Oklahoma Grotto
C/o 3208 Gettysburg Drive
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