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Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

Downtown Holiday Inn
Huntsville, AL

Our business meeting
is held on the 3rd

Thursday of the
month at the Optimist
Recreation Center on
Oakwood Ave

Opti - Topics

Opening

Twenty-one Optimists, and no guests other than our speaker, assembled in the Sun Room at the Downtown Holiday Inn, today, for our regular luncheon meeting. President George McDonough asked Rev. Jim Berry to bring the invocation and Past President Tom Casteel to lead the Club in the Pledge of Allegiance.

We had a surprise for lunch today—barbequed ribs!—accompanied by mashed sweet potatoes, green beans with mushrooms, onions and peppers, and our usual salad and cheese cake. The ribs were very good, but messy (for me, at least) to eat. The waitresses supplied extra napkins for those like me.

Announcements



President George McDonough said that the extended discussion at last week's business meeting on fundraising had produced "a wonderful thing." He announced that Jim Berry had taken Zach's challenge, and had donated \$1,000 to the Club. Zach remarked that he "should have kept his mouth shut" but was happy to match Jim's donation. He said he would make his donation to the Optimist Foundation, since it is a 501(c)(3) corporation that qualifies for claiming a tax deduction for donations on one's income tax. The Club gave a standing ovation to Zach and Jim for their generous donations.

Zach further suggested that the two donations go towards repaying the Foundation for the remaining \$2,800 borrowed from them to keep the Club afloat immediately after the theft of our CD.

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Foundation President Bill Clarke said that reimbursements of Club expenses from the Foundation can only be for charitable activities, and cannot be used for general Club expenses.

George further remarked that “selling tickets, but buying them all ourselves [as is mostly done for the pancake breakfast] is not fund raising.”

He encouraged Club members to come up with ideas for fund raising that have similar benefits as those for our pancake breakfast:

- (1) Benefit a good cause,
- (2) Promote the aims of the Club,
- (3) Provide an avenue for JOOI Clubs to be involved,
- (4) and Get Optimists working together in good fellowship.

Bob Martin announced that he will be driving his convertible in the Veteran’s Day parade, and he will display the Club’s new magnetic signs on it.

Program

October Program Chairman Tim Vander Veer introduced our speaker for today, Mrs. Jane Orton, LCSW, PIP. [LCSW is for Licensed Clinical Social Worker, and PIP is for Private, Independent Practice] Mrs. Orton is the Clinical Director of the National Child Advocacy Center in Huntsville. Her talk was entitled Optimism and Hope in the Face of Child Abuse, and was augmented by a PowerPoint slide presentation especially prepared for our Optimist meeting. Mrs. Orton is the wife of Billy Orton, Music Director at Huntsville’s First Baptist Church.

Mrs. Orton began by saying how pleased she was to speak to our Club, today. She had researched Optimism on our web site, and remarked that our two organizations had much in common. Our missions are “on the same page.”

Mrs. Orton first described statistics and information on child abuse in Alabama and the U. S. There are four basic types of child abuse: Physical, Psychological/Emotional, Neglect, and Sexual. In the U. S., Neglect is the most common type of abuse (78%), followed by Physical (15%), Sexual (10%) and Psychological/Emotional (8%). Alabama statistics are notably different from the U. S., with Sexual abuse much higher at 23% of the reported 4,563 cases.

More than $\frac{3}{4}$ of abuse victims are female, and the highest frequency of abuse is of children between the ages of 13 to 16 years. It is a myth that all abusers were abused themselves; however, this does hold true for about half of them. Between 80 and 90% of abuse victims know their abuser, who typically “grooms” the child and his/her family over time. There is very little chance of a random attack from a stranger. Ninety percent of perpetrators are male. Many cases are “kid-on-kid” abuses, and explicit sexual activities on TV and available on the internet have sexualized children at a much younger age than in the past.

Mrs. Orton next listed the intervention and prevention services provided by the local Children’s Advocacy Center, and outlined the cooperation that exists between the Center, DHR and law-enforcement. Our local NCAC center devised and developed the use of a multi-disciplinary team that permits an abused child to tell his/her story only once instead of having to repeat it to each of several agencies involved. This technique is now used nationwide.

In completing her presentation, Mrs. Orton described a typical case study, “Kelly’s Story.” She read from Kelly’s written narrative that described the physical, emotional, neglect and sexual abuse she had experienced, but through the NCAC programs gained hope and optimism for a better life.

Mrs. Orton says there are opportunities to help the NCAC. One can volunteer, increase community awareness, and report abuse. In fact, it is now against Alabama law to not report suspected child abuse for anyone in an established organization working with youth.

New Business

Jim Berry stood to move that the Club offer Mrs. Orton an honorary membership.. Zach Thompson seconded. President George McDonough asked for a vote, and the motion passed without dissent.

Closing

President George presented Mrs. Orton a coaster tile with our Optimist Creed, and asked her to draw a name for our attendance prize. Al Adams and Jerry Shoemaker missed out. Gay Pepper was the third name drawn, and she took home the pot.

Carl Winkler led those present in reciting the Optimist Creed to close the meeting.

Remember

No meeting next week (October 31), since it's the 5th Thursday of the month.

Two months, June and July, are open for Program/Business Meeting Lunch Chairman. Please tell George if you can take one of these months.

Clyde Nevins

Optimistic Quote of the Week

“I'd rather be a could-be if I cannot be an are;

because a could-be is a maybe who is reaching for a star.

I'd rather be a has-been than a might-have-been, by far;

for a might have-been has never been, but a has-been was once an are.”

~Milton Berle

CALENDAR

- 10/31 Thursday **No Meeting (5th Thursday)**
- 11/5 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting
- 11/7 Thursday 11:45 am Downtown Holiday Inn
Johnny and Christy Johnson- Shanon's House
- 11/11 Monday 11:00 am Downtown Huntsville
Veterans Day Parade
- 11/14 Thursday 11:45 am Downtown Holiday Inn
Belinda McCormick - Vice President Better Business Bureau
- 11/21 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food - (Gay Pepper)
- 11/28 Thursday **No Meeting (Thanksgiving)**
- 12/3 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting
- 12/5 Thursday 11:45 am Downtown Holiday Inn
TBD - Jim Roe

Dates and Times Below are Tentative

- 12/12 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food - (Gay Pepper)
- 12/19 Thursday 6:30 pm Downtown Holiday Inn
Annual Christmas Party
- 12/26 Thursday **No Meeting (Christmas)**

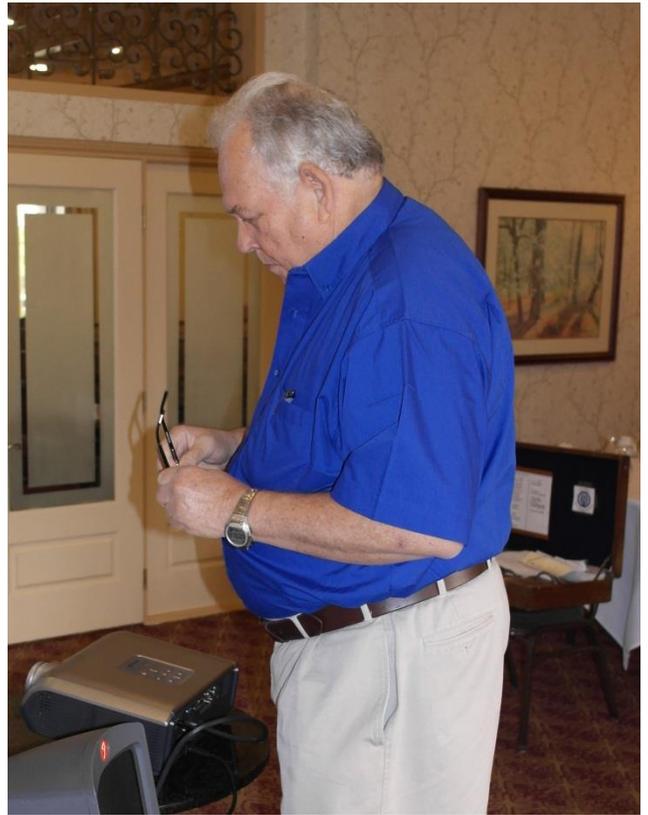
- PHOTOS -



Our Speaker – Jane Orton



Al Renz



Tom Casteel sets up Projector



President George McDonough



Bob Martin Enjoys Lunch



Jim Berry and Zack Thompson



Delicious Ribs

THE OPTIMIST CREED

Promise Yourself -

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Optimist International



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TO: