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Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

Check Website for

location

hsvoptimists.org

Opti - Topics

Opening

There were 15 members, one guest, and our speaker in attendance today. President Al called on Alberto to ask the blessing and Al then led us in our Pledge of Allegiance.

Optimist Family

It was good to see Clyde Nevins, who was attending for the first time since his shoulder operation, and Bob Martin, who has been missing because of his wife's health situation. You are in our prayers Nancy.

Our guest was Rebecca Billings who had been a member of the club for many years. We were saddened to hear that she had lost her son Jonathan in an automobile accident 4 years ago. Jonathan had started and was President of our JOOI Club at Sparkman High School.



Becky and Alberto.

**Our business meeting
is held on the 3rd
Thursday of the
month at the Optimist
Recreation Center on
Oakwood Avenue**

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NEWSLETTER EDITOR

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Meeting Place

The specials on the menu today were baked chicken and meatloaf, along with the many sides and deserts. Our new head waitress's name is Brooke. We will continue to meet at Mullins until we try some other options. There just doesn't seem to be anything like the Holiday Inn available at a reasonable price.

Announcements

Alberto reminded us that the PTA event will be this Saturday at the Huntsville High 9th grade academy in the back of the main school. He asked that those who volunteered to help, be there at 7:45 AM.

Alberto announced that he had contacted 5 private schools in Huntsville relative to starting a JOOI Club. His first meeting is this Monday with Principal Richard Reynolds at the new Huntsville Achievement School. He asked that anyone who could attend, meet him there at 10 AM. He also thanked everyone who has gone on line to vote for his wife in the painting contest she has entered. If you haven't voted yet, see the email from Fabiani for the link.

George McDonough is collecting school supplies for Morris Elementary school, and said there is no deadline as the school will gladly accept them after school starts. Pencils, pencil top erasers, box of 12 Crayola's, colored pencils, Elmer's school glue, children's scissors, and spiral notebooks are needed.

In an email tom reminded us that it is time for us to support the Optimist International Foundation with the 'Dime a Day' program Bring your check for \$36.50 made out to OIF with Dime a Day in the remarks section to our next meeting or mail it to Tom Casteel, 710 Versailles DR SE, Huntsville, AL 35803-1728. He has the pins to distribute. Tom would like to see us be 100% in participation. Remember that it is a bargain this year as next year is a leap year and it will be \$36.60.

Program

Our speaker today was Michelle Cain, speaking for the Alzheimer Association. For those who were not able to attend, I'm just going to summarize her presentation. Additional information can be obtained by going to their website.

Michelle told us that Alzheimer's is a progressive degenerative disease, which attacks the brain, causing problems with memory, thinking and behavior. It is the most common form of dementia, and the most common form of dementia.

What Are the Warning Signs?

1. Memory loss that disrupts daily life
2. Challenges in solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images or spatial relationships
6. Problems with speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality

Some Statistics

- There are 5.4 million Americans with Alzheimer
- One in 8 Americans over 65 have Alzheimer
- Every 17 seconds someone develops Alzheimer
- Alzheimer is the 6th leading cause of death

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Closing

Carl Winkler did his usual outstanding job in leading us in the Optimist Creed. George McDonough won the door prize. He said it was "The first honest drawing he could remember"

Our next meeting will be our NOW banquet at the Optimist Park on August 6. Let's have a good showing for these potential members.

There was some confusion as to how much we were supposed to put in the cup, but I think everybody put in \$1.00 in light of what was adopted at the business meeting, with half going to childhood cancer.

Al Reng, Substitute Editor.

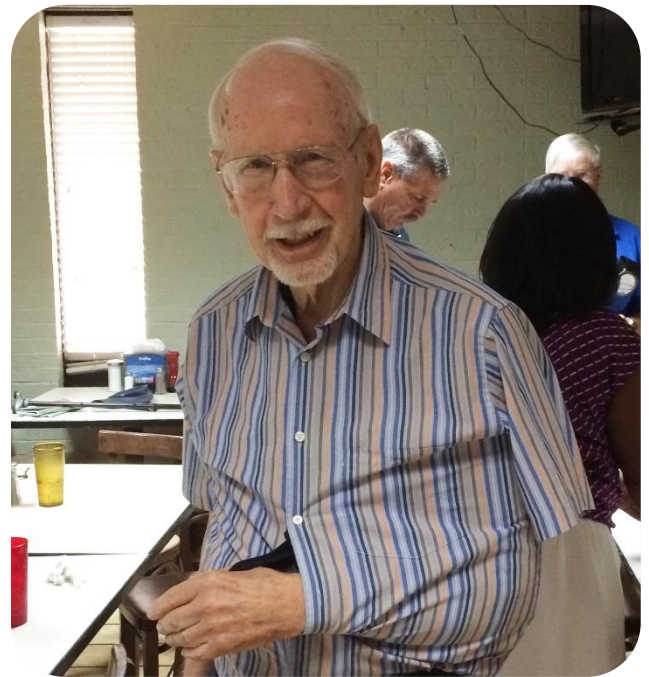
Optimistic Quote of the Week

“An effort made for the happiness of others lifts us above ourselves.”

~Lydia M. Child



Our Speaker - Michelle Cain



Clyde Nevins

CALENDAR

- 8/6 Thursday 6:00 pm Optimist Recreation Center
NOW Banquet
- 8/13 Thursday 11:45 am Mullin's Restaurant
**Dr. Andrew Hugine, Jr.
President, Alabama A&M University**
- 8/20 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food - (Tom Casteel)
- 8/27 Thursday 11:45 am Mullin's Restaurant
Libby Parker - HOPE Leadership Academy
- 9/1 Tuesday 4:00 pm 1st Commercial Bank - Whitesburg Dr.
Board Meeting
- 9/3 Thursday 11:45 am Mullin's Restaurant
TBD - Andrew Driver
- 9/10 Thursday
NO MEETING - Replaced by Club Picnic on Saturday
- 9/12 Saturday 3:00 pm - Ford's Chapel, 280 Ford Chapel Dr, Harvest, AL
Annual Club Picnic
- 9/17 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food - (Andrew Driver)
- 9/24 Thursday 6:30 pm Optimist Recreation Center
**Installation Banquet
Special Guest - Governor Tolanda Beal**

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



Huntsville Optimist Club
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TO:

PLACE
STAMP
HERE