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Club meets

1st Thursday

At 6:00 pm

2nd, & 4th Thursdays

At 11:45 am

Mullins Restaurant

Opti - Topics

Today's Meeting at Mullins Restaurant

Perhaps a record low turnout of only 9 ½ Optimists attended today's meeting. The ½ member was Andrew Driver, a former Optimist who attended today and indicated he will reinstate his membership in the Club. We did have three guests: George McDonough brought Jack Freedman, Jim Berry brought George Reynolds, and Jesse Lang brought his wife, Pat.

Opening

President Al Adams asked Rev. Jim Berry to bring the opening prayer and lead the Club in reciting the Pledge of Allegiance. [By the way, last week's Opti-Topics erroneously gave Clyde Nevins the title of "Rev." I blame my fact checker, Tom Casteel.]

Announcements



The Club is still short of money for pecans from our Pecan Sale. If you got pecans to sell and haven't done so, **turn in your pecan money to either George McDonough or Al Renz ASAP.** We need to close the books on this project.



President Al said he would like for more Club members to join him and Tom Casteel in attending the **AL-MS District meeting in Orange Beach on January 22, 23 & 24.** Our Club will be receiving some major awards at the meeting.

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

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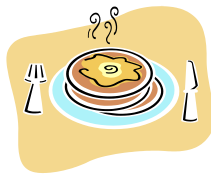
Clyde Nevins

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The hotel cost is a very reasonable \$74 per night which includes breakfast. Call Tom or Al if you're interested.



The Club's **Tri-Star Basketball Contest will be held on Saturday, January 16, at 9:00 a. m. at the ORC.** Project Chairman Jesse Lang asked for several members to assist him in running the program. You don't need to know anything about basketball to help run the contest events.

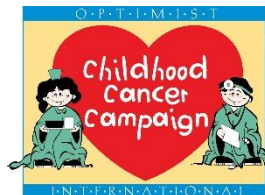


Keep selling those tickets to the Club's **Pancake Breakfast on Saturday, February 6.** Tickets are \$5.00 each. He announced that he expects every member to return \$50.00 for the event regardless of whether they sell all ten tickets.



Dime-A-Day

The Club's representative to the Optimist Foundation, Tom Casteel, needs a few more of you to **sign up for the Dime-A-Day program** that supports OI's many youth projects. He needs four more contributors before he attends the District meeting. Give (or mail) your check for \$36.50 to Tom. Make your check out to Optimist International Foundation, and put "Dime-A-Day" on the notation line. **Your contribution will be tax deductible.**



Treasurer Al Renz reported that he had given a check for \$71.60 to our OI Foundation Rep., Tom Casteel, to be sent to Optimist International for the **Childhood Cancer Campaign.** This money is the donation of one-half of the attendance prizes collected at our Club meetings.



Al Adams and Tom Casteel will be featured on an upcoming **Impact with Kenny Anderson TV program**. This was arranged by our newly appointed Director of Community Relations, Rebecca Billings. Our Club will get some good publicity about our programs for youth, especially the upcoming Essay and Oratorical Contests.

Program



Program Chairman Richie Myers introduced our speakers for the day, Michelle Reavis and Susan Gilbert. These ladies represented Steady for Life, a newly chartered 501(c) 3 organization serving (mostly) senior adults in Huntsville. Richie works with the husband of Mrs. Gilbert.

Mrs. Gilbert began the talk by giving the history and the aims of *Steady for Life*.” This organization was formed late in the year 2014, and received their 501(c)3 from the IRS in 2015. The goals of the organization are to improve the physical and mental balance of participants through exercise programs and social activities. An example of a social (and mental) activity is the playing of Mah Jong. *Steady for Life* recently won an Innovation Award from the International Council on Active Aging for its “Brain Carnival” program. One of the unique social features of the organization is providing low-cost travel excursions. The Director, Kim Davis, has a “phenomenal gift” for arranging incredibly low-cost trips, including those places where most people can’t go.

Mrs. Reavis described the several different programs related to maintaining balance. These are:

- Level 1 Balance: Isometric exercises for those who are primarily chair bound. Emphasizes body awareness, coordination, and flexibility.
- Intermediate Balance: Exercises for those who can move about, but need help in maintaining balance. Can include dancing.
- Advanced Balance: Uses low impact aerobics that combine coordination with moving.
- Aerobics: A “Rev it up” program with more active exercises.

Another goal of the organization is to help participants recognize when they are becoming out of balance, and when recognized how to correct it. It is well documented that elderly people who fall often have hip fractures, and these can result in serious health complications. Ms. Reavis demonstrated the techniques a person can use to “lower their center of gravity” when feeling out of balance.

BALANCE TEST: See if you can stand on one foot for a minimum of 10 seconds. If you can do this, you are a low risk for falling.

The cost of participating in *Steady for Life's* programs is a modest \$25 per month for classes that meet three times per week. Another option is to pay \$5 per class. A free trial is offered to those who may wish to try any class. No reservations are required: "Just show up."

Check out *Steady for Life's* web site, www.steadyforlife.org, or call Director Kim Davis at (256) 213-1976 for more information.

Closing

President Al gave presented each of our speakers with a tile with the Optimist Creed on it. Mrs. Gilbert drew the name of the winner of our attendance prize: Tom Casteel.

Richie Myers led the Club in reciting the Optimist Creed to close the meeting.

Clyde Nevins

Optimistic Quote of the Week

"At the close of life, the question will not be how much do you have, but how much have you given; nor how much have you won, but how much you have done; not how much you have saved; but how much you have sacrificed; not how much you were honored, but how much have you loved and served."

~Nathan C. Schaeffer

CALENDAR

- 1/16 Saturday 9:00 am
Optimist Recreation Center
Tri Star Basketball Contest
- 1/21 Thursday 11:45 am
Optimist Recreation Center
**Business Meeting - Food –
(Richie Myers)**
- 1/28 Thursday 11:45 am Mullin’s Restaurant
**Pam Clagens –
Development Director, HEALS, Inc.**
- 2/2 Tuesday 4:00 pm
1st Commercial Bank – Whitesburg Dr.
Board Meeting
- 2/4 Thursday 6:00 pm Mullin’s Restaurant
TBD – Jim Berry
- 2/11 Thursday 11:45 am Mullin’s Restaurant
TBD – Jim Berry
- 2/18 Thursday 11:45 am
Optimist Recreation Center
**Business Meeting - Food –
(Jim Berry)**
- 2/25 Thursday 11:45 am Mullin’s Restaurant
TBD – Jim Berry

- PHOTOS -



**George McDonough's guest
Jack Freedman**



**Jim Berry's Guest
George Reynolds**



Our Speakers, Michelle Reavis and Susan Gilbert

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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PLACE
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TO: