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Club meets

1st Thursday

At 6:00 pm

2nd, & 4th Thursdays

At 11:45 am

88 Buffet

Opti - Topics

Tonight's Meeting at the ORC

We were probably fortunate to have the 11 members and 3 guests show up for our meeting tonight. With banquets playing havoc with our normal club meeting schedule, it appears that some Optimists went to our usual meeting place at 88 Buffet for lunch, and some went to 88 Buffet for our regularly scheduled evening meeting.

As it turned out, 88 Buffet was expecting us for lunch, and the room we normally use there was reserved for others this evening. Gay Pepper scurried to get us set up at the ORC, and brought sandwiches, drinks and chips from Steak-Out. Al Renz chipped in with chocolate cream cake and angel food cake for desert.

Our guests were Marlene Renz, Al's wife; Danielle Barnes, guest of Al Adams; and Stanley Adelfang, guest and jack of all trades for our speaker this evening. Al announced that Danielle is also, as of tonight, our newest member.

Opening

President Alfred Adams thanked Gay for stepping in to provide tonight's meeting place and food, saying "she's a miracle worker." He asked Rev. Jim Berry to open in prayer and lead the Club in reciting the Pledge of Allegiance.

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

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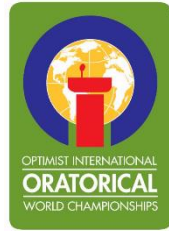
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Don't forget the **Respect for Law
Banquet on Monday** evening. The banquet
will be **at the Trinity United Methodist
Church on Airport Road at 6:30 p.m.**

President Al said that we have 25 signed up to
be there, including Club members and our
award winner and his family. If you come in the East
Entrance of the church, the banquet is to your immediate
left.



President Al announced that Oratorical Contest
winner, Bradliegh Herwig, will be awarded her
District Award at the **James Clemens High
School Awards Night** program **on May 17**. Al
said the principal was thrilled about Bradliegh's
award and was very pleased to have her award
presented that night. Al and Alberto Duarte will be there,
and any Club member is invited to attend, too.

Program

Al Renz introduced our speaker for this evening,
**Kathi Paul, Director of Happy Trails Therapeutic Riding
Center, Inc.** Al sketched Kathi's road to New Market,
starting from her "loud and crazy family" of 11 Children in
New Jersey. She moved to Alabama in the early 90's where
she and her husband bought a mini-farm in New Market
where she raised a few horses for fun and exercise while
still working.

In order to provide for the upkeep of the horses, she
began giving riding lessons, and from a hear-warming
experience of teaching a handicapped girl to ride (and gain
social skills) she began a new venture of therapeutic riding
in 2007.

Ms. Paul began her talk by giving the history of
therapeutic riding. She recounted the story of Lis Hartel, a
polio stricken young lady who, despite being unable to
walk or get on a horse on her own, won a silver medal at
the 1952 Olympics in the dressage competition.

Lis was the first woman to compete with men in an Olympic sport, and the first woman to share an Olympic podium with men.

From Lis Hartel's experience, therapeutic riding was begun in Denmark and was subsequently taken up by other countries. Happy Trails uses an award-winning curriculum developed by Spirit-Horse Therapeutic Riding Center in Texas. It was especially developed for riders with autism, but has been modified for other disabilities. Currently, a wide variety of handicaps, including autism, Down's syndrome, epilepsy, Tourette's syndrome, ADD, and ADHD all benefit from this therapy.

Happy Trails is a non-profit organization whose mission is to improve the lives of disabled children. Ms. Paul told two (of many) success stories of two handicapped girls who had made wonderful progress in her program at Happy Trails. They have 8 horses in the program, an all-volunteer staff, and served 20 children last year. She listed the many benefits they have witnessed: physical health, independence, self confidence, improvement of reflexes, increased balance, improved respiration, circulation, appetite and digestion.

She closed by saying they have two needs: (1) Money for the care and upkeep of the horses, and (2) volunteers to help with the many chores and tasks associated with their program. She said she would welcome any volunteers or any financial support from the Optimist Club. You can learn more about Happy Trails on their web site: www.HappyTrailsTRC.org.

Closing

President Al gave our speaker and Mr. Adelfang tiles with the Optimist Creed on them. Our speaker drew names for the attendance prize: Ora Wade, Buddy Beck, Jim Roe and Jeff Sandridge all missed out. **Jesse Lang** won the pot.

The meeting closed with George McDonough leading the Club in the Optimist Creed.

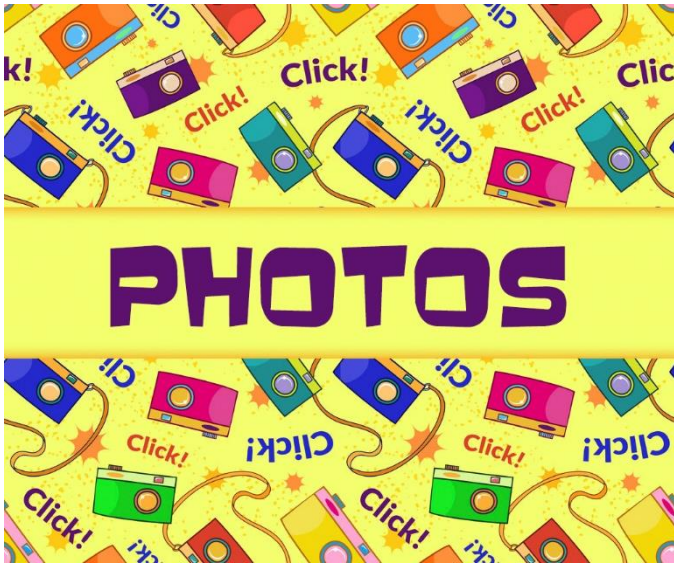
Clyde Nevins

Optimistic Quote of the Week

"You're off to great places! Today is your day!

Your mountain is waiting. So . . . Get on your way!

~Dr. Seuss



**Danielle Barnes, our newest member,
with Alberto. Danielle was sponsored
by Alfred Adams**



**Our speaker, Kathi Paul
Director of Happy Trails**



**Stanley Adelfang, staff member
at Happy Trails**

For photos of the Youth Appreciation Banquet go to:
http://www.hsvoptimists.org/galleries/2016_YAW/gallery_1.html



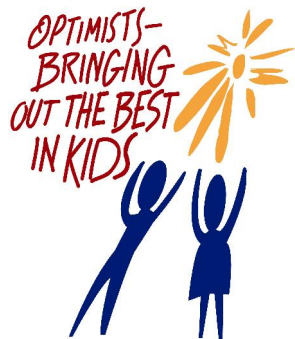
Justin Jordan at his Baccalaureate Dinner



Web Site: hsvoptimists.org
Facebook Page: <https://www.facebook.com/HuntsvilleOptimistClub/>

CALENDAR

- 5/9 Monday **6:30 pm** Trinity United Methodist Church
607 Airport Rd SW, Huntsville, AL
Respect for Law Banquet
- 5/12 Thursday - **NO MEETING**
Replaced by Respect for Law Banquet
- 5/19 Thursday **11:45 am**
Optimist Recreation Center
Business Meeting - Food – (Al Renz)
- 5/26 Thursday **11:45 am** 88 Buffet
Dorothy Havens – Kids to Love
- 6/2 Thursday **6:00 pm** 88 Buffet
TBD – Duane Plank
- 6/7 Tuesday **4:00 pm**
1st Commercial Bank – Whitesburg Dr.
Board Meeting
- 6/9 Thursday **11:45 am** 88 Buffet
TBD – Duane Plank
- 6/16 Thursday **11:45 am**
Optimist Recreation Center
Business Meeting - Food – (Duane Plank)
- 6/23 Thursday **11:45 am** 88 Buffet
TBD – Duane Plank
- 6/30 Thursday - **NO MEETING - 5th Thursday**



Huntsville Optimist Club
P, O, Box 2230
Huntsville, AL 35804-2230

TO:

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

PLACE
STAMP
HERE