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**Club meets**  
**1<sup>st</sup>, 2<sup>nd</sup>, & 4<sup>th</sup> Thursdays**  
**At 11:45 am**  
**Downtown Holiday Inn**  
**Huntsville, AL**

# Opti - Topics

## **Opening**

A fine turnout of twenty-six Optimists joined our speaker at our regularly scheduled meeting at the Downtown Holiday Inn today. Our lunch included steak and cheesecake, but two Optimists had to order from the menu since we guarantee only 25 meals. Zack Thompson was back after missing several meetings recently, but he arrived too late to give us his traditional encouragement to protect the Second Amendment.

Rev. Jim Berry gave the invocation, and Tim Vander Veer led us in reciting the Pledge of Allegiance.

## **New Member Installation**

President Tom Casteel asked Vastell Williams and Al Adams to come forward for Vastell's installation. After Tom administered the Optimist Club Oath of Membership, Al pinned on Vastell's membership pin.

## **Announcements**



Jim Roe announced that the final phase of a five-year project to build the Everybody Can Play playground, "The Splash Pad," has been completed. All Optimists are invited to attend the dedication of the playground on Friday, June 21, 2013. **Reservations are required by June 14** since lunch will be served. Call or e-mail Jim to reserve your spot.

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

## **DIRECTORS**

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## **Newsletter Editor**

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Band Committee Chairman Alfred Adams announced that there will be a meeting of all Band Committee members, *and anyone who might be interested in joining this outstanding project*, to assemble at Optimist Recreation Center at 9:00 a. m. on Saturday, June 29, to inventory and organize the storage of the band instruments. The instruments will be delivered in batches to Robbins Music by type for refurbishment and restocking in the closet.

## **Program**



This month's Program Chairman, Tim Vander Veer, introduced our speaker for the day, Dr. Shirley Garrett. Doctor Garrett has a PhD in Psychology, and is the owner and founder of Positive Directions. She is a licensed professional counselor in both mental health and substance abuse. Tim said she is "an artist with words" as well as enjoying art as a hobby.

Dr. Garrett's talk was titled "It Is What You Do." She introduced her speech by saying, "The greatness of a person is not what has been achieved, but what has been overcome." She related how she had been raised in a dysfunctional family in Ensley, AL, but had risen above her beginnings to get her doctor's degree, start her own business, marry a wonderful husband and own a fine home with a paid-up mortgage.

Further, her talk contrasted the difference between how an optimist (little "o") and a pessimist view the "manure of life" that comes everyone's way at times. Optimists wash off the manure and polish the "diamond," the good that is always there. Pessimists put a shiny coat of paint on the pile and pretend it doesn't stink. As Optimists, we should "shine our diamond" and light the path for many young people.

In closing, Dr. Garrett read a snippet from chapter 19 of her soon-to-be-published book, *Life Is a Process*:

Dodge the mundane. Avoid stumbling through your life in a trance, barely aware of the beauty that is around you. Wake up; shake off your stupor, open your eyes, and see everything. Make every moment count. Be acutely aware of all that surrounds you. You don't want to miss something. Cherish your life. Make death chase you, while you experience that one last swallow of life.

## **Closing**

President Tom announced that he had inadvertently left his box of meeting supplies at home, so there would be no drawing for the attendance prize today. Tom said that **the attendance prize money will be carried over until next week.**

Dr. Carl Winkler led the club in reciting the Optimist Creed to close the meeting.

*Clyde Nevins*

**Back in April Milt Williams was elected 1<sup>st</sup> Vice President for the 2013-14 year. He and his wife have purchased a home in Florida and plan to spend about six months of the year in Florida. He felt that it would not be beneficial to the club for him to remain in the position and he has resigned from the position.**

**The nominating committee recommended to the Board of Directors to replace Milt as 1<sup>st</sup> VP with Alfred Adams (2<sup>nd</sup> VP Elect) and to fill the then vacant 2<sup>nd</sup> VP position with John Inman. Both gentlemen have agreed to serve and per Article VII, Section 1 of our Bylaws the Board of Directors has appointed them to the positions.**

## **Optimistic Quote of the Week**

**“It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.”**

*~ Leonardo da Vinci*

P H O T O S



**Dr. Shirley Garrett  
Our Speaker Today**



**Al Adams pins on Vastell's  
Membership Pin**



**President Tom (Right) Installed New Member Vastell Williams (Left)  
Sponsor Al Adams (Center) Introduces Vastell to the club.**

## CALENDAR

6/13 Thursday 11:45 am Downtown Holiday Inn

**Holly Ralston – Director of Communications  
HudsonAlpha Institute for Biotechnology**

6/20 Thursday 11:45 am Optimist Recreation Center

**Business Meeting - Food – (Tim Vander Veer)**

6/27 Thursday 11:45 am Downtown Holiday Inn

**TBD – Tom Casteel**

7/4 Thursday **No Meeting (Holiday)**



7/9 Tuesday 4:00 pm 1st Commercial Bank

**Board Meeting**

7/11 Thursday 11:45 am Downtown Holiday Inn

**TBD – Duane Plank**

7/18 Thursday 11:45 am Optimist Recreation Center

**Business Meeting - Food – (Duane Plank)**

## THE OPTIMIST CREED

Promise Yourself -

**T**o be so strong that nothing can disturb your peace of mind.

**T**o talk health, happiness and prosperity to every person you meet.

**T**o make all your friends feel that there is something in them.

**T**o look at the sunny side of everything and make your optimism come true

**T**o think only of the best, to work only for the best and to expect only the best.

**T**o be just as enthusiastic about the success of others as you are about your own.

**T**o forget the mistakes of the past and press on to the greater achievements of the future.

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

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

**T**o 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:**