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

Opti - Topics

Opening

A fine turnout of 27 Optimists attended the meeting at the Downtown Holiday Inn, today, so several members ordered from the menu. There were no guests that were potential members. President Tom Casteel called on Sidney Sandridge to give the invocation, and Jesse Lang to lead in the recitation of the Pledge of Allegiance. It was good to see Jeff Sandridge, and Bill Clarke who recently returned from visiting his daughter in Oregon.

Announcements



President Tom Casteel reminded all Club members to fill out and **turn in your committee selection sheets**. He thanked everyone who had responded already, and urged those who hadn't to do so soon. He wants to get incoming President George McDonough off to a good start. George said he is especially asking for people to work with John Inman on the JOOI Club Committee. It will be our major program in the coming year.

Tom asked for volunteers to **sign-up for the monthly programs and business meeting lunches**. The months of June and July are not covered. No one at the meeting responded, so these months are still open.

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

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The Club's **installation banquet** for next year's officers will be held September 26 in our normal meeting room at the Downtown Holiday Inn. Time is 6:30 p.m. Gay Pepper circulated a sign-up sheet so we can get a number for the hotel. She needs to know how many members and how many guests will attend. Our District Governor, David Mills will do the installation. Let's have a good turnout.



President Tom Casteel reported that the Club's Board of Directors had finalized the **new dues structure**. Here are the essential features of the new structure:

Plan A: A member can choose to pay \$120 per quarter, and this will cover all Club meals during the quarter.

Plan B: A member can choose to pay \$65 per quarter, and this will cover any (but only) 3 meals chosen by the member. Any meal above the 3 allowed will be billed to the member in this plan at the Club's current cost.

A member can choose to change from one plan to the other by notifying the Treasurer one week prior to the start of a new quarter. He will then be billed for the plan chosen.

The new dues structure will be voted on at the September Business Meeting. It will go into effect for the quarter beginning Oct 1, 2013. See attached notice.



Al Renz awarded the Personal Growth and Involvement Program (PGI) awards to the following members.

Level 1: Jesse Lang, James Otto, Peggy Otto and John Inman

Level 2: Bill Peters and Al Adams

Level 4: Jim Roe

Level 5: Jim Berry

Level 6: Alberto Duarte

The PGI awards count towards our end-of-the-year standing among Clubs in our District. See Al if you would like more information on how to advance your level.



JOOI Club Committee Chairman John Inman said he had not yet heard back from either Huntsville High School or Huntsville Middle School about forming JOOI Clubs there, but he is very optimistic (what else) about the prospects at these two schools. He has e-mailed all of last year's faculty advisors about resuming their JOOI Club activities, and thus far has received no negatives. Only one school has replaced last year's advisor with a different person.

Program



Program Chairman George McDonough introduced today's speaker, Ms. Andrea Maples. Ms. Maples runs the Aquatic Therapy Program for children as part of the Pediatric Therapy and Audiology program of Huntsville Hospital. George said Ms. Maples was one of his favorite people because of the work she is doing in Huntsville Hospital's therapy pool.

Ms. Maples began her talk by outlining the scope of the Aquatic Therapy Program. The program has seen approximately 13,000 children between the ages of 0 to 18 years from northern Alabama and southern Tennessee. The aim of the program is to attain functional goals, not to teach swimming. The program uses the natural buoyancy of the pool to unload joints and slow movements.

There several facets to aquatic therapy. These are:

- ❖ Floating—learning to use the trunk muscles
- ❖ Extending the spine—learning to relax muscles and stabilize the spine
- ❖ Sitting balance—improvement of posture of head and shoulders
- ❖ Standing balance—learning to balance on one or both feet. Aids in climbing stairs, for example.
- ❖ Strengthening—especially the arms that are impeded with buoyancy devices.
- ❖ Range of motion—extending and reaching motion of arms.

Ms. Maples told of Troy, a 9-year old boy who had no functional use of his arms. After his aquatic therapy sessions, Troy joined a swim team in Athens. He not only made the team, he won two races and made it to the state swim meet.

In answer to some questions, Ms. Maples said the program is limited by the availability of pool time and the fact that the therapy requires one-to-one attention (she is the only therapist at this time). She has a waiting list of those wanting to enter the program. She now alternates weeks with half of those in the program in the pool in any given week. She spends her remaining days on “land therapy” of patients, including training family members in how to augment the pool therapy at home.

Closing

Ms. Maples drew for our attendance prize, and Duane Plank’s name was the first drawn. Dr. Carl Winkler led the Club in closing the meeting by reciting the Optimist Creed.

Clyde Nevins

Optimistic Quote of the Week

"Great opportunities to help others seldom come, but small ones surround us every day."

~Sally Koch

CALENDAR

9/12 Thursday 11:45 am Downtown Holiday Inn

Swapna Kakani – A young woman who was born with an extremely debilitating physical disability which she has overcome in spectacular fashion

9/19 Thursday 11:45 am Optimist Recreation Center

Business Meeting - Food – (George McDonough)

9/26 Thursday 6:30 pm Downtown Holiday Inn

Officer Installation Banquet

10/1 Tuesday 4:00 pm 1st Commercial Bank

Board Meeting

10/3 Thursday 11:45 am Downtown Holiday Inn

TBD – Tim Vander Veer

10/4-6 Holiday Inn – Vicksburg, MS

AL-LA-MS District Meeting

10/10 Thursday 11:45 am Downtown Holiday Inn

TBD – Tim Vander Veer

- PHOTOS -



**Our speaker, Andrea Maples in conversation with
1st VP George McDonough and President Tom Casteel**



Bill Clarke



Gay Pepper



John Inman



MERCER
LAW Class of 2016



Future Supreme Court Bench ???.

Your Board of Directors has voted to make the following change to paragraph 6.6.1.1 'Regular Member Dues' in the Policies and Procedures Manual, REV E"

FROM:

Dues for Regular Members shall be \$110 per quarter.

TO:

Regular Members may select from two dues plans.

Plan A:

Plan A dues for Regular Members shall be \$120 per quarter.
Plan A includes all meals for the quarter.

Plan B:

Plan B dues for Regular Members shall be \$65 per quarter.
Plan B includes three meals during the quarter. Members shall be billed at the current meal cost for meals in excess of three.

Members may change between the plans by notifying the Secretary-Treasurer at least one week before the start of the quarter.



Huntsville Optimist Club
710 Versailles Drive
Huntsville, AL 35803-1728



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