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Club meets

1st, 2nd, & 4th Thursdays

At 11:45 am

Mullins Restaurant

Huntsville, AL

Opti - Topics

Opening

The Optimist Club of Huntsville assembled for a regular meeting at Mullins Restaurant, today. Fifteen Optimists and three guests were in attendance. One of the Optimists in attendance was our newest member, Dr. Dan McDonough, son of past president George McDonough. Our guests were Ms. Jennifer Ingram, returning for another visit, Chuck Vedane, guest of Jim Berry, and Reggie Pearson, guest of Clyde Nevins. Reggie has been the band director at Westlawn Middle School for the last 3 years, and has resurrected a defunct band program there. His beginning band has 29 of our Optimist band instruments in the hands of students.

President Al Adams, asked Rev. Jim Berry to open the meeting in prayer. It was good to see Matt Hancock with us today, and he led the Club in reciting the Pledge of Allegiance.

Optimist Family News

Duane Plank brought some “Re-elect Sheriff Blake Dorning” signs, and encouraged Optimists to display them in their yards. **Sheriff Dorning** has been a member of our Club for several years.

Alberto Duarte stopped by for a few minutes at today’s meeting. Alberto is still recovering from his surgery, and will not return to work for several more days.

**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

Clyde Nevins

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It was reported that **John Inman**, whom we have been missing at meetings lately, has a class every Thursday which prevents him from attending Club meetings.

Announcements

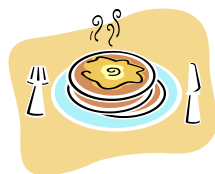


President Al announced that he will hold a meeting of all **Committee Chairpersons** after the close of the regular business meeting next week. The meeting should last only 10 or 15 minutes. Al read off the names of all active committees and their chairpersons. If you're not sure you are a committee chairperson, or if you'd like to be on one of the committees planning this year's Youth projects, contact Al.



President Al asked all the Club Liaisons with our **JOOI Clubs** contact their corresponding school sponsor for their clubs and report on their status at next week's business meeting.

It will soon be time to get our JOOI Clubs lined up for marching in the Veteran's Day parade.



President Al said the Club will discuss at next week's business meeting the proposal to change the traditional Saturday morning **Pancake Breakfast** to an evening affair, which might or might not serve pancakes. This change has been proposed by the new director of the Hawthorne Conservatory, apparently to give conservatory students the opportunity to play for attendees. The Club will vote on this matter at the meeting.



President Al said the date and time for our **Christmas party** this year have been set. The party will be held in the Cooper House on December 9 at 6:00 p. m. More details later.

The topics and application forms for the Oratorical Contest and the Essay Contest are now listed on our web site. It's not too early to drum up some enthusiasm in our JOOI Clubs as well as through other contacts to increase the participation in these contests.

Program

Our speaker today was Dr. Zaheer Kahn. Before this month's program chairman, George McDonough, could introduce him. Duane Plank stood and related how Dr. Kahn had saved his life when he had sepsis from a leg injury just a few months ago. Duane said sepsis was the main cause of the death of Optimist Chev Kellogg, and he was profoundly grateful to Dr. Zahn for "sparing his life."

Program Chairman George McDonough introduced Dr. Zahn by giving a brief summary of where he had practiced medicine—India, Kurdistan, Azerbaijan, Turkey, Botswana, and London, before coming to the U. S. George works closely with Dr. Kahn in the non-profit Center for Aging here in Huntsville. He said Dr. Kahn's office walls are covered with diplomas, awards, fellowships and other honors. He compared him to Indiana Jones for his daring and worldwide travel. He said he had asked Dr. Kahn to emphasize his practice in Kurdistan in his talk today.

Dr. Kahn said he was asked to go to Kurdistan after he had coordinated the visit of 500 doctors that were sent to India by the United Nations. Kurdistan was in a nearly constant state of war, brought on by the surrounding nations of Iran, Iraq, Syrian and Turkey, all of which wanted to assimilate the area into their own countries. He learned to speak three new languages in the 3 ½ years he was there.

He described Kurdistan as Muslim, extremely poor, and without schools or hospitals. Basic medical supplies were nonexistent. It is a mountainous country, and has very few locations where good drinking water is available. Cholera was rampant due to people drinking bad water. He said the only things the people were proud of were their mountains and that they "had the best vodka in the world." He witnessed a bombardment where 30 children died.

Dr. Kahn said that after being in Kurdistan in such difficult circumstances, he concluded that "the world is crazy." In the U. S. we have it so good, and we waste so many resources that people in countries like Kurdistan desperately need.



Dr. Kahn closed his talk by giving a short primer on the affects of aging. He said after the age of 45 there is a gradual loss of function in most of our organs. Older people also tend to have bad habits in doing simple movements, like rising from a chair, that reprogram the brain. This greatly increases the risk of a fall. After the age of 70, there is a 50% chance that a person will suffer a serious fall. The fall typically results in a loss of independence and self esteem. Dr. Kahn demonstrated a simple test that a person could do to check their sense of balance. He asked for a volunteer, and our guest Chuck Verdane, came forward to demonstrate the test. The Center for Aging has a program based on a CDC model for improving balance by 20%.

Finally, Dr. Kahn described the NICHE program. NICHE stands for Nurses Improving Care for Healthsystem Elders. The program trains (female) nurses on the proper methods for attending to the needs of elderly patients. Dr. Kahn said that males were not programmed to have the compassion needed to care for the elderly. The NICHE program currently trains nurses at Crestwood Hospital here in Huntsville. Crestwood has the only specialized treatment of elderly people in Huntsville.

Closing

President Al Adams gave Dr. Zahn a tile with the Optimist Creed, and asked him to draw a winning name for our attendance prize. He drew Duane Plank's name on the first drawing, the second week in a row that Duane has won!!

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

Clyde Nevins

Optimistic Quote of the Week

It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts.

~Robert H. Schuller

CALENDAR

10/16 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (George McDonough)

10/23 Thursday 11:45 am Mullins Restaurant
TBD – George McDonough

10/30 **NO MEETING**
5th Thursday

11/4 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting

11/6 Thursday 11:45 am Mullins Restaurant
TBD – Gay Pepper

11/13 Thursday 11:45 am Mullins Restaurant
TBD – Gay Pepper

11/20 Thursday 11:45 am Optimist Recreation Center
Business Meeting - Food – (Gay Pepper)

11/27 **NO MEETING**
Thanksgiving

12/2 Tuesday 4:00 pm 1st Commercial Bank
Board Meeting

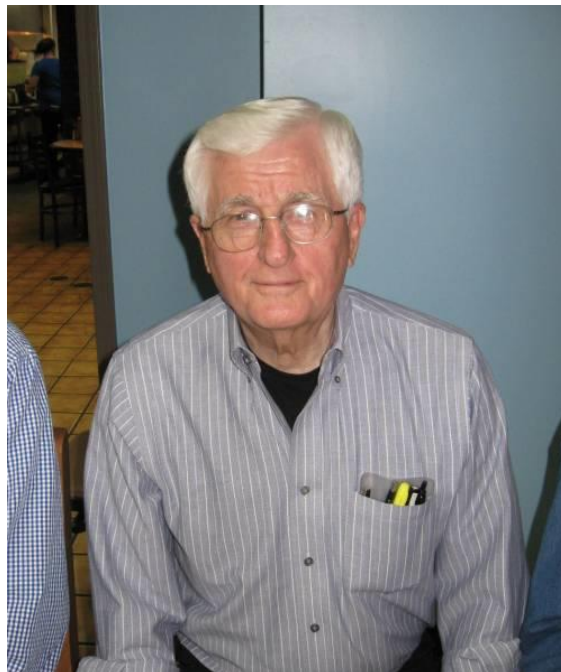
12/4 Thursday 11:45 am Mullins Restaurant
TBD – Bob Martin

12/9 Tuesday 6:00 pm Cooper House
Christmas Party

- PHOTOS -



Our Newest Member, Dan McDonough



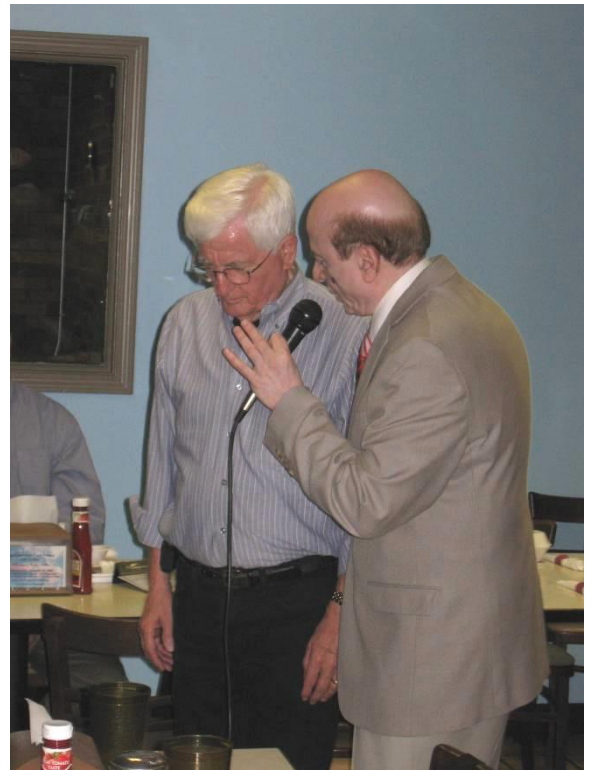
Chuck Vedane, Guest of Jim Berry



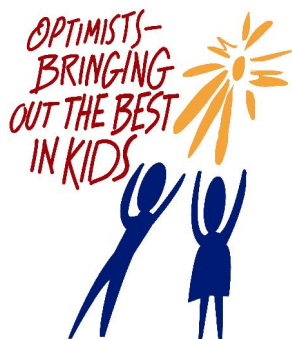
Matt Hancock and Guest Reggie Pearson



Our Speaker, Dr. Kahn



Dr. Kahn and Guest Chuck Vedane demonstrate the balance test



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