



## **PRESIDENT**

**Alfred G. Adams**

502-541-6469

alfredg.adams@gmail.com

## **1<sup>st</sup> VICE PRESIDENT**

**Vastell Williams**

256-886-1344

VHV.Williams@yahoo.com

## **2<sup>nd</sup> VICE PRESIDENT**

**Jim Roe**

256-883-8950

j\_m\_roe@yahoo.com

## **SECRETARY TREASURER**

**Al Renz**

256-772-7929

optimist3480@aol.com

**Club meets**

**1<sup>st</sup> Thursday**

**At 6:00 pm**

**2<sup>nd</sup>, & 4<sup>th</sup> Thursdays**

**At 11:45 am**

**Mullins Restaurant**

# Opti - Topics

## **Today's Meeting Mullins Restaurant**

When Tom and I arrived at Mullins today at about 11:20, for some reason they weren't expecting an Optimist meeting today. Our meeting room was not set up, but several Optimists pitched in to help the staff set up and we were able to open the meeting on time.

Fifteen Optimists attended today, but we had no guests.

## **Opening**

President Al Adams asked Rev. Jim Berry to bring the opening prayer and Al lead the Club in reciting the Pledge of Allegiance.

## **Optimist Family News**

Gay Pepper had brought individual petit fours for all attendees today, and, when questioned, said they were in celebration of **Al Renz's birthday**. We all sang *Happy Birthday* to Al.

Alberto Duarte reported that he is off work while his wife, **Nelly Duarte**, recovers from her recent knee replacement surgery. Alberto said he is being nurse, therapist, cook, and housekeeper instead of rocket scientist, "but the pay is good." Pray for Alberto as well as for Nelly.

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

## **DIRECTORS**

### **2 YEAR**

**Joyce Brown**

478-954-5583

jrue48.brown@gmail.com

**Clyde Nevins**

256-881-8215

clyde.nevins@Juno.com

**Rebecca Billings**

256-426-3999

rebecca.billings@gmail.com

### **1 YEAR**

**Tom Casteel**

256-715-8772

tom@leetsac.net

**Richie Myers**

256-658-6343

rickfish19@gmail.com

**Gay Pepper**

256-288-4321

gaypepper@fcb-hsv.com

## **NEWSLETTER EDITOR**

**Clyde Nevins**

256-881-8215

clyde.nevins@Juno.com

**Tom Casteel** is still “Silent Tom,” as the aftereffects of his vocal cord radiation treatments are still doing a number on his voice. Tom hopes to see some improvement by next week’s business meeting. Keep him in your prayers, too.

## **Announcements**



President Al thanked those Optimists who turned out to be in the **Veteran’s Day Parade**. He said the parade was great, but because we were No. 140 out of 172 entries, it was a l-o-n-g wait to get started marching. Our entry included marchers with our banner plus two (matching!) convertibles. Optimists participating were Rebecca Billings, Kathy Anderson, George McDonough, Jim Roe, Vastell Williams, Joyce Brown and Matt Clarke. (See our entries in the photo section)



**Pecan Sale** Chairman George McDonough brought the pecans to the meeting today; they came in as advertised. Those present took their allotted 10 bags, and some paid for them (George is keeping a record). George announced that he and Kathy are taking a trip until Thanksgiving, so he won’t be handling the distribution of those pecans not taken today. **Al Adams will be the contact for getting your pecans** until George gets back.



**Christmas Party** Chairperson Gay Pepper reported that she has not heard back from the Cooper House on whether the Club can hold our Christmas party there. She promised to have all the details of the party worked out by next week’s business meeting.



President Al reported that our Club has been asked to **help decorate Optimist Park** by the City of Huntsville. The decoration is to be on Saturday and Sunday, November 28 & 29, “or until Christmas.” Al said he was all in favor of doing this. It will be discussed at the business meeting next week.

## Program



November Program Chairperson, Marilyn King-Jordan, introduced our speaker for today, Ms.

Melonie Gurley. Marilyn said that Melonie is a dear friend, the mother of her godson, and does just about everything at their church except preach. She is a volunteer with AARP (but not of AARP age).

Ms. Gurley thanked the Club and Marilyn for having her at our meeting. She also thanked us for giving her such a warm welcome. She said her talk today would be a PowerPoint presentation called “What’s Your Next Move?” This is a condensed version of the program developed by AARP called “Life Re-imagined,” and contained much truth that she had learned from her own personal experiences.

Ms. Gurley said the book, “Who Moved My Cheese” was an amusing and enlightening story of how to approach major changes in life. It tells of how four characters looked for missing “cheese” in a maze to nourish them and make them happy, and how the characters discovered how to deal with change.

Similarly, the AARP program, “Life Re-imagined” gives six practices of how to deal with changes. The six practices are:

- Reflect
- Connect
- Explore
- Repack
- Act

To illustrate these practices, Ms. Gurley recounted her personal experience with a major life change. She told of how her mother, suffering from serious kidney failure, moved into her home. She became the provider and caretaker her mother in addition to her 11-year old son. Her mother’s health was steadily deteriorating, largely because she was afraid of entering a dialysis program. As her mother could not drive, she was the designated driver to get her to doctors, etc. Her mother’s finances were also in disarray, causing additional financial stress. In the same time

frame, her Human Resources position with a company in Huntsville became very unpleasant and unfulfilling.

Stepping out on faith, Ms. Gurley resigned her full-time job. She considered more time and energy to spend with her son and mom were of greater value. She reported how on the very next day God provided her a part-time job at her church. Her income was much less, but she relished having more time for her son as well as her mother. She said while they didn't have some luxuries, like cable TV, they were not on any government welfare programs. Meanwhile, her mother finally agreed to enter dialysis, and her health dramatically improved—to the extent that she can now drive herself.

When Ms. Gurley was exposed to the AARP program, “Life Re-imagined,” she realized she had gone through the steps envisioned by the program. As a result, she became a volunteer for AARP so she could present the process to others who had to undergo life changes. She encouraged those who were facing life changes to “trust yourself—you *can* make the right choices.” In closing, she offered to bring the full 90-minute *Life Re-imagined Check Up* to any group that would like to see it. Anyone with such interest may call her at: 256-694-1985.

Afterwards, George McDonough opined that “her mother had raised a wonderful daughter.” Al Adams said he well understood about the problems in an H. R. job, “I was in one for 50 years.”

## **Closing**

President Al gave our speaker a tile with the Optimist Creed on it, and asked her to draw a name for our attendance prize. The names of John Inman, Willie Brunetti, and Jeff Sandridge were drawn before winner Jim Roe claimed (half) the money.

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

*Clyde Nevins*

## **Optimistic Quote of the Week**

**“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.”**

~ *Mary Lou Retton*

# CALENDAR

- 11/19 Thursday 11:45 am Optimist Recreation Center  
**Business Meeting - Food – (Marilyn King-Jordan)**
- 11/26 Thursday **No Meeting**  
**Happy Thanksgiving**
- 12/1 Tuesday 4:00 pm 1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**
- 12/3 Thursday 6:00 pm Mullin’s Restaurant  
**TBD – Gay Pepper**
- 12/10 Thursday 6:00 pm **TBD Christmas Party**  
**TBD –**
- 12/17 Thursday 11:45 am Optimist Recreation Center  
**Business Meeting - Food – (Gay Pepper)**
- 12/24 Thursday  
**NO MEETING – CHRISTMAS**
- 12/31 Thursday  
**NO MEETING – 5<sup>th</sup> THURSDAY / NEWS YEARS**
- 1/5 Tuesday 4:00 pm 1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**
- 1/7 Thursday 6:00 pm Mullin’s Restaurant  
**TBD – Richie Myers**



# - PHOTOS -



**Our Speaker, Melonie Gurley**



**Parade Marchers Matt Clarke, Al Adams (with banner) & Jim Roe  
Photo by William H. Hampton.**



**Rebecca Billings and Joyce Brown**



**Kathy Anderson. Jesse Lang and George McDonough**

## 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**  
P, O, Box 2230  
Huntsville, AL 35804-2230

PLACE  
STAMP  
HERE

**TO:**