



## **PRESIDENT**

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## **SECRETARY TREASURER**

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**Club meets**

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

**At 6:00 pm**

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

**At 11:45 am**

**88 Buffet**

# Opti - Topics

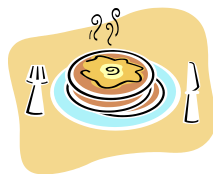
## **Tonight's Meeting at 88 Buffet Restaurant**

Thirteen Club members braved the brutal rush-hour traffic to attend our meeting at the 88 Buffet tonight. We also had in attendance three guests: Nell Berry, wife of Jim; Marlene Renz, wife of Al; and Sandra Watts, guest of our speaker, George Reynolds. We were happy to have Willie Brunetti, Kathy Anderson and Debbie Hyder with us.

## **Opening**

President Al Adams asked Rev. Willie Brunetti to bring the opening prayer. We had an American flag for our meeting tonight! Richie Myers brought a small flag for our use in reciting the Pledge of Allegiance (see photo section).

## **Announcements**



Project Chairman Albert Duarte reminded everyone of the Club's **Pancake Breakfast this Saturday, February 6**, and he asked for a show of hands of who would be there.

A good-sized crew is needed for the cooking and serving chores. **Be at the Cooper House at 7:00 a. m.** to help out.



Tom Casteel has rescued our **Club banners, badges and audio visual equipment** from the storage room at Mullins. Now, if we just had another permanent meeting place to store it...

**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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
President Al Adams announced that our Club will again participate in the **Community Kite Festival** this year. We will man a table stocked with balsa wood gliders and plenty of information about becoming an Optimist. The festival will be held on **Saturday, March 5**, which unfortunately is the same day as our Oratorical Contest.



Secretary/Treasurer Al Renz announced that the **Hazel Green JOOI Club** has re-chartered, our fifth JOOI Club. It turns out that the Hazel Green Club has been in operation for most of the school year and has carried out several projects. The club's advisor was unaware of the paperwork needed to be filed to become an official club, and this has now been corrected.

## **Program**

Rev. Jim Berry introduced our program for tonight:

	Ai	George Reynolds and John Nord from Aikido of North Alabama. George is a former professor at Auburn, and John was one of his students there where they taught rape prevention on campus available via aikido techniques. Some years later they reconnected in Huntsville and continue giving demonstrations. John is a <i>Shodan</i> (1st black belt rank) which generally takes about 8 years of regular practice to reach.
	Ki	
	Do	

Aikido, they informed us, focuses not on punching or kicking opponents, but rather on using their own energy to gain control of them or to guide them away from you. Aikido is often described as "the art of stepping out of the way, gracefully." Learning to blend with an opponent's dynamic attack is what makes Aikido so challenging.

George and John had cleared away some of the tables and chairs to make room for demonstrating some Aikido techniques:

- Rape prevention—Get loose, get away, go, be safe.
- Disarming a mugger who has a pistol
- Disarming a mugger who has a knife (a “tanto”)
- How to draw and use a Samurai sword
- How to use the peasant staff (a “jo”) as a weapon

George said he and others from Aikido of North Alabama are available to give free demonstrations to groups, especially those interested in rape-prevention techniques. The organization’s web site is: <http://aikidoofnorthalabama.org>.

### **Closing**

President Al gave presented both our speakers a tile with the Optimist Creed on it. George drew for the winner of our attendance prize: Kathy Anderson’s name was drawn first, and she was present!

Tom Casteel led the Club in reciting the Optimist Creed to close the meeting.

*Clyde Nevins*

### **Optimistic Quote of the Week**

**“I do the very best I can to look upon life with optimism and hope and looking forward to a better day.”**

*~Rosa Parks*

# CALENDAR

- 2/6            Saturday 7:30 am        Cooper House  
**Annual Pancake Breakfast – Hawthorne Conservatory**
- 2/11           Thursday 11:45 am        88 Buffet  
**Kelly Ballard – JOOI Clubs**
- 2/18           Thursday 11:45 am  
Optimist Recreation Center  
**Business Meeting - Food –  
(Jim Berry)**
- 2/25           Thursday 11:45 am        88 Buffet  
**Karen Ouriel Mockensturm – Executive Director of Fantasy  
Playhouse Children's Theater and Academy**
- 3/1            Tuesday 4:00 pm  
1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**
- 3/4            Thursday 6:00 pm        TBD  
**Alberto Duarte – TBD**
- 3/11           Thursday 11:45 am        TBD  
**Alberto Duarte – TBD**
- 3/18           Thursday 11:45 am  
Optimist Recreation Center  
**Business Meeting - Food – (Alberto Duarte)**
- 3/25           Thursday 11:45 am        TBD  
**Alberto Duarte – TBD**
- 4/5            Tuesday 4:00 pm  
1st Commercial Bank – Whitesburg Dr.  
**Board Meeting**



**Richie Myers with our American flag**



**Our speakers  
George Reynolds and John Nord**



**George demonstrates the  
sharpness of a Samurai sword**

## 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.

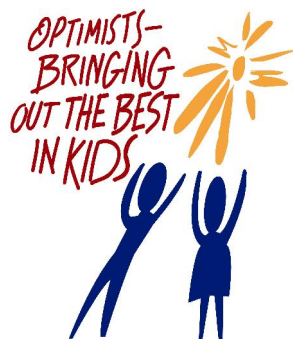
**T**o forget the mistakes of the past and press on to the greater achievements of the future.

**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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PLACE  
STAMP  
HERE

**TO:**