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Opti - Topics

October –Noon Meeting

Seventeen members assembled at the Optimist Recreation Center this evening for our regular scheduled luncheon meeting on the fourth Thursday. We had two guests, as well: Alicia Benford, an assistant to our speaker, and Bob Hirschbuehler, guest of Tom Casteel. Bob is a potential new member. Treasurer Al Renz kept busy taking in checks for dues and meals.

Gay Pepper provided our lunch today, which featured an assortment of delicious sandwiches with all the trimmings and chips from Steak-Out. Desert was a choice of peanut butter or oatmeal raisin cookies, and for drinks Gay brought an assortment of ice teas.

Opening



President Vastell Williams gaveled the bell and called on Rev. Jim Berry to bring the opening prayer. Jim also led those present in reciting the Pledge of Allegiance. Our speaker had an early afternoon engagement, so Vastell flipped the agenda to have our speaker first on the agenda.

Announcements



Our Club is scheduled to receive an **award from the Hawthorne Conservatory** on November 19. This is an annual award given to a special friend of the conservatory. The affair is by invitation only, and the Club received three tickets. Alfred Adams will attend to accept the award; the other two attendees will be Alberto Duarte and Marilyn King-Jordan.

Club meets
1st Thursday
At 6:00 p.m. at Blue
Plate Café

3rd Thursdays
At 11:45 a.m.
Optimist Recreational
Center

4th Thursday
At 11:45 a.m. at Blue
Plate Café

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Jeremy and Justin Jordan, sons of Marilyn King-Jordan, are two of the Club's five new members. Both young men have degrees in music, and they will be conducting choirs at Oakwood University in the upcoming **Festival of Choirs** to be held on the campus. The concerts begin at 5:00 p.m. on Saturday, October 29th.

Committee Reports



Clyde Nevins reported that the Club's **STEM Committee** has reviewed three of the six grant applications received to date. The first of the scheduled student presentations was at the Academy for Academics and Arts, and the other two were at Sparkman Middle School. He thanked Jim Roe, George McDonough and Richie Myers for attending and providing their evaluations of the presentations to the Committee. There are two more presentations scheduled for early November.



Pecan Sale Chairman George McDonough reported he had ordered the pecans for our fund-raising project. He will have these available for giving out at the Club's evening meeting on November 3. He would like payment for the pecans when you get them, so bring your checkbook. If you have neglected to order pecans for the sale and want to participate, it's not too late. George said he is more than willing to place an order for additional pecans.

Program



The speaker for our program today's meeting was Dr. James Olzewski, a local chiropractor. Dr. Olzewski spent 6 years as a missionary in Brazil prior to starting his practice here in Huntsville. He and his wife have seven children.

Dr. Olzewski spoke on how to be “healthy” with several references to Biblical passages. He said America has the best health care in the world, but that doesn’t make us the healthiest nation. In fact, we are towards the bottom, ranking 69th out of 75 nations in the world.

He also quoted from a Johns Hopkins article which stated that the major cause of death in America is health care.

True health is being free from illness and injury. He said in 27 years, his 7 children had sought medical care only 3 times, and those were due to injuries. Our bodies have a built-in capability to heal themselves, but they do occasionally need help. He demonstrated this by keeping a rubber band tightly around his left index finger for most of his talk. As time went by, it got more and more painful, and towards the end of his talk he finally took it off to get relief.

Dr. Olzewski brought a model of a human spine. He said there are 45 miles of nerves that deliver information between our brains and the rest of the body, and all these go through the spine. Keeping these nerves free of pinching, and treating *early* any pain in the spine is “a huge deal” for true natural healing.

Dr. Olzewski distributed gift cards for a free back X-ray and consultation to anyone who asked for them. He particularly recommended a book entitled, “I’ve Got Your Back” that was written by a spine surgeon. The message from this book is to rely on the inborn, innate healing rather than “cutting.”

Closing

President Vastell gave our speaker a tile with the Optimist Creed, and asked him to draw for our attendance prize. Tom Casteel’s name was the first one drawn, and of course Tom was in attendance to take it home.

Jim Berry led the Club in reciting the Optimist Creed to close the meeting.

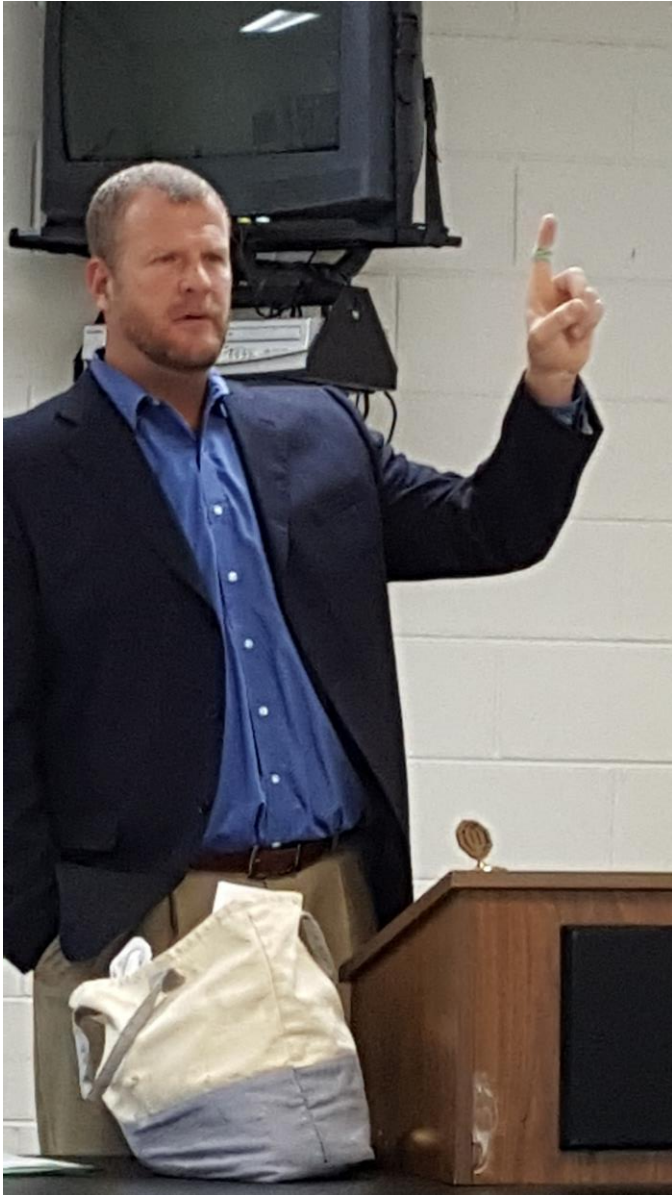
Clyde Nevins

Optimistic Quote of the Week

“He who has health, has hope; and he who has hope, has everything.”

~Thomas Carlyle

Photos = Photos - Photos



Our Speaker Dr. Olzewski Holding His Finger With the Rubber Band



Clyde Nevins and Tom Casteel's Guest Bob Hirschbuehler

CALENDAR

10/27 Thursday **11:45 am** Optimist Recreation Center

Dr. James Olszewski – Chiropractor

11/1 Tuesday **4:00 pm**

1st Commercial Bank – Whitesburg Dr.

Board Meeting

11/3 Thursday **6:00 pm** Blue Plate Cafe

TBD– Gay Pepper

11/17 Thursday **11:45 am** Optimist Recreation Center

Business Meeting - Food – (Gay Pepper)

11/24 Thursday **NO MEETING**

THANKSGIVING



12/1 Thursday **6:00 pm** Blue Plate Cafe

TBD– Jim Roe

12/15 Thursday **11:45 am** Optimist Recreation Center

Business Meeting - Food – (Jim Roe)

12/22 Thursday **NO MEETING**

CHRISTMAS



12/29 Thursday **NO MEETING**

NEW YEARS



Website – hsvoptimists.org

<https://www.facebook.com/HuntsvilleOptimistClub/>

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



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PLACE
STAMP
HERE

TO: