

# "Optimist OPTICS"



*"Everything We Do  
is for the Kids"*

## This Week's Program

*March 24th, 2010  
Mary Dishman and Melissa Small  
Little Lambs*

## Next Week's Program

*March 31st, 2010  
Chanon Younger  
Club Fitness*

**Ron Eberhart  
President**



**Ed Harrison  
Memorial  
Golf Scramble**

Financial Support for:



President Ron called the meeting of the Downtown Optimist Club to order with a ring of the bell. He also led us in the Invocation, Pledge of Allegiance to our Flag, and the Optimist Creed.

*Returnees included:* Dan Phillips and John Schuck.

*Sunshine Report* delivered by Don Julian: Gary Burk has been moved to Cypress Grove Rehabilitation at 4255 Medwell Drive Newburgh, IN 47630. His phone number is 853-7838. He will be at Cypress Grove for a couple of weeks then recuperating at home for another 6-8 weeks.

*Half pot* was won by Bob Levi and he graciously donated the pot back to the club.

Sarge, Roger, was out today so President Ron was able to collect conscience money from several members. Doc Bender continued his talks on viruses and spoke about Small Pox. Our guest speaker was able to add to the pot by presenting trivia on Yoga which was missed by all.

### Announcements:

- Tim Diesher requested that we all try and attend the NOW get together at Ri Ra's on Thursday, March 18 from 4:30 to 6 pm, (2nd Floor). He committed that few RSVP's have been returned from the invitations sent.
- A Board meeting was held on Tuesday, March 16, at Ri Ra. The board voted and it was approved to donate \$125 to Joshua Academy. The funds will be used to Sponsor a Basketball event they are having and will be donated from Foundation funds. Emily Baxter, Bob Levi, and Dan Phillips will be going off the Board at the end of their term this year. A discussion was had to replacements but if interested please see Ron and let him know. Also, we are in need of a President to begin the new year on October 1, 2010.

April Mitchell-Nading, a yoga instructor from Yoga 101, was our speaker today. She is a Regional Salesperson for CBS 44 WEVV by day and a yoga instructor by night and weekends. She began practicing yoga in 2001 after several car accidents to alleviate some neck stiffness and pain. She believes that yoga has personally changed her life in changing the way she eats and limits stress. The fitness room at Yoga 101 is heated to a temperature of 100 or more along with several humidifiers running. This promotes a cardiovascular workout for 90 minutes. Up to 630 calories are burned per class. Practicing yoga helps with your posture but always keep in mind to equalize your movements or do the same thing and repetitions to each side of your body. Through yoga you can achieve greater balance, strength, and flexibility.

The speaker next week will be Melissa Small from Little Lambs.

Have a great week! Shannon

## **Optimist Club of Evansville - Downtown, Inc.**

**Meetings: 11:45 am Wednesday,**

**"New" Old National Bank Building, Downtown, Blue and Gold Room**

**Mail Club at: P.O. Box 15905, Evansville, Indiana 47716 - 0905**

**[www.evansvilledowntownoptimist.org](http://www.evansvilledowntownoptimist.org)**

**Evansville Downtown Charitable Foundation, Inc.**