

"Optimist OPTICS"



*"Everything We Do
is for the Kids"*

This Week's Program

*June 9th, 2010
Scott Wylie, Owner
Firefly & Riverview*

Next Week's Program

*June 16th, 2010
TBA*

**Ron Eberhart
President**



**Ed Harrison
Memorial
Golf Scramble**

Financial Support for:



President Ron Eberhart, rang the bell at 12:01 and called the Evansville Downtown Optimists to order. Standing in for Emily Baxter, Ron honored our group with invocation, the pledge and the Creed. Ron welcomed back returnees Doc Bender, Shannon Marshall, Gene Melchioris and Karen Morris.

Don Julian gave the sunshine report. Don was pleased to announce that Gary Burk continues to progress and should be back with the club in a couple of months. Gary is having new shoes designed that will enable him to walk. Don also passed around a birthday card to our members for J. Henry Ballman's 100th birthday. See what Optimism can do for you?

President Ron then gave all members a new copy of the by-laws, which were officially voted in and accepted. The change to the by-laws was going from a 501(C)3 status to a 501(C)4 status as a club. Our club is still a non-for-profit but is considered more social in nature. Donations made to the club would not be tax-deductible. Donations to our foundation, however, remain tax deductible. Dan Korb made the motion to accept the new bylaws, seconded by Bob Levi. The motion passed and will be submitted to Optimist International.

Ron thanked all members that participated in the Memorial Day grave visitation. Approximately 15 members participated including Gary Burke, who assisted in the preliminary visits. Thanks goes out to Tim Deisher for organizing.

The committee for the Golf Scramble were meeting on Thursday at noon at Kiplees. Sorry, the newsletter was late. More meetings to follow. We are actively looking for sponsors this year.

The Optimist Annual picnic is scheduled for Wednesday, June 23rd at Wesselman Park. Please mark your calendars and plan on attending.

Doc Bender graced us with his medical moment on updating your immunizations and encouraged us to look into getting the Herpes Zoster (Shingles) immunization.

Sarge Heathcotte caught half the room up with his questions on a Clarke Gable and Marilyn Monroe movie, "The Misfits". . .it's hard to answer questions that were "before my time". . .and that the smallest bird is the "Bee Hummingbird". . .dollars went for a great cause. Half pot went to Gene Melchoirs, who generously shared his win back with the club.

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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

Evansville Downtown Charitable Foundation, Inc.

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Bob Levi introduced our guest speaker, Ms. Carol Woodard, an RN with St. Mary's with over 30 years experience. Carol spoke on the warning signs of a heart attack. Some interesting points to note:

- Heart Disease is the #1 killer
- 1 out of 2 people will have heart disease in their lifetime
- Heart Disease is non-curable but controllable by controlling the risk factors
- You can have up to 50% blockage and still have no symptoms. You are generally around 70-80% blockage before symptoms present so don't wait
- Pay attention to the area between your belly button and nose- - symptoms can present as a dull ache, a squeeze, burning indigestion, pain in the shoulder, under the arms, radiating up the neck, throat, jaw, between the shoulder blades. In short, if you have any symptoms, please don't ignore.

The emergency treatment is a nitroglycerine tablet under the tongue. If pain persists after 5 minutes, call 911. You can use up to 3 nitroglycerin pills. . .beyond that, seek help.

Carol provided our members with a great hand-out. There are factors we can't control such as age, gender and family history of heart disease. Factors we can control include blood pressure, use of tobacco products, high blood cholesterol, diabetes, obesity (even 20 lbs heavy), physical inactivity and stress.

Parting pearls of wisdom. . .exercise at least 4 times a week for 30 minutes. . .watch the weight, blood pressure and cholesterol and plan on reaching that 100 mile marker like our friend, J. Henry Ballman.

Filing in--Optimistically yours, Karen Morris

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