



“Optimist OPTICS”

"Helping Kids, Now and for the Future"



John Perkins - President

Optimist Club of Evansville - Downtown

This Week's Program

July 26th - TBA

Next Week's Program

Aug 9th - TBA



Ed Harrison Memorial Golf Scramble

Financial Support

YMCA Camp Carson



President John Perkins rang the bell at 12:10 on this hot, breezy, 94 degree day. Jeff Olsen led us in the pledge and Ron led us in the creed.

Our guests for the day included Ray Couch, who is a former member of the past West Side Optimist Club along with Jason and Peyton Blackard. Peyton was presented a \$500 check to cover his upcoming golf expenses for a trip to Florida to compete in the Jr. Golf Tournament that takes place in West Palm Beach, best wishes on your success!

Returnees included Cheryl Graves, Shannon Perry, Krista Donahue and Dan Phillips.

Announcements:

- Our annual Camp Carson trip is next Wednesday, July 19th, lunch is at 12:30, but plan on going around 11:30 if you want Mark Scoular to give you a tour. We are taking donations to help children attend the camp, please make your payment payable to Evansville Downtown Optimist Foundation and mail to P.O. Box 3882, Evansville, IN 47737 or contact Shaun Kingston. The Foundation is matching the funds that our club donates!

Sarge was back at it today and had conscious money from Gary, Ron, Mike, Cheryl, Emily, Doc, Ken, Peyton and many more I missed. Buddy prizes went to Cheryl and Ken, half-pot was won by Sarge himself and he graciously donated it back to the club. Sarge gave us some trivia questions today, we did know that the name of the Spaceship in 1969 was Apollo 11.

The program we had today was put on by our very own Optimist member Dr. Amidio, who happens to be a Certified Laughing Yoga Instructor. Dr. Amidio stated that the average child laughs 200 times a day and an adult laughs on the average 35 times a day. Laughter is a great benefit to your health as it sends messages to your brain that makes you feel better and live longer. Dr. Amidio had us do several exercises to practice our laughing, the most common being the Ha Ha Ha Theory. In addition, you can raise your arms, raise your eyebrows, move your mouth back and forth, move your shoulders, and practice laughing on your phone. This was a great program and very beneficial!! -check out the short video of everyone demonstrating their laugh on the Evansville Downtown Optimist Club Facebook page.

So keep on laughing and come back to our next meeting to get some more laughs!!! Ha Ha ha Dan Phillips

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Meetings: 2nd and 4th Wednesdays, 11:45am
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.

"Optimist OPTICS" - continued



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