



***"Helping Kids, Now and
for the Future"***

Jeff Olson - President

Optimist Club of Evansville - Downtown

This Week's Program

Dec 11th - TBD

Next Week's Program

Dec 18th - Foundation Grants

Ed Harrison Memorial Golf Scramble

Financial Support for:

At 12:05pm, President Jeff Olsen rang the bell and called the meeting to order. He called Gary Burk forward to deliver the invocation followed by the Pledge of Allegiance to our Flag, and then the Optimist Creed.

Returnee: Ron Eberhart

Sunshine Report: The illustrious Don Julian reported John Campbell is still having pain, especially when sitting. We hope for relief and a quick return. John Schuck hasn't been to the meetings since moving into his new residence. We hope to see him soon as well!

Program: Jane Hackert (Mark's wife), Registered Dietitian and Diabetes Educator, from Deaconess spoke about pre-diabetes. Members took a test to see what their risk factors are. We hope all passed with flying colors (Ron Eberhart appeared to be cheating on his BMI)! She did a wonderful job describing how to move away from pre-diabetes by diet and exercise. She provided members a handout for the Diabetes Prevention Program the YMCA offers and a guide on nutrition and making healthy, informed choices. Thank you Jane!!!

Medical Minute: Our very own Doc Bender provided information on eating nuts. They are rich in Omega-3 and could extend your life expectancy by 20%!!! Just a handful twice a day is good.

Sargent at Arms: Mike Burk collected “conscience” money from Sally Olsen, Ken Dennis, Gary Burk, Bill Simmons, Doc Bender, and himself. Jane Hackert won the half pot. She had to leave early for a patient and said she would donate it back to the club if she won. Thank you Jane and all who contributed. Mike asked trivia questions with no correct answers. Maybe Mike should ease up on the questions!

December Meetings: *Note: Both December 11th and December 18th will be catered.

December 11th: This will be our Christmas meeting. High school YAW students will be in attendance and receive special recognition.

December 18th: Grant funds will be distributed. We hope to have a packed house for each meeting!

[illegible]

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



**Ed Harrison
Memorial
Golf Scramble**

Financial Support for:

**YMCA
Camp Carson**



Santa Clothes Club: Mark Hackert stated the last day for donations is December 6th!!! Jeff Olsen will be making the presentation at the Santa Clothes Club Telethon on December 8th. The Foundation will match up to \$1500!!!

Salvation Army Bell Ringing: Mike Burk collected donations for the event. We still need someone to accompany Ron Eberhart between 1 and 2 pm. We also need two people for the 3 to 4pm shift. Please contact Mike if you would like to help out.

USI Update: Ron stated they had 25 to 30 people at the last meeting. They have participated in a number of places such as the Ronald McDonald House, the Evansville Museum, and USI basketball games.

The meeting was called to a close at 1:04pm.

Hope all will have a wonderful holiday season!

-Mike Burk, November Newsletter Editor

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