

# **NORTH PERIMETER OPTIMIST CLUB**

**"Optimists...Bringing Out the Best In Our Youth, The Community, and Ourselves"**

## **NEXT WEEK'S MEETING:**

**<<<TUESDAY, JANUARY 10<sup>TH</sup> 7:00 AM>>**

**Campbell-Stone, 350 Carpenter Dr, Sandy Springs**

## **NEXT WEEK'S SPEAKER**

**\*\*\*LEE DUNN..The Life of John Fletcher Hanson, father of Georgia Tech....Bill Comer \*\*\***

## **UPCOMING SPEAKERS & EVENTS & PROGRAMS**

<b>January 10<sup>th</sup>:</b>	<b>Lee Dunn..The Life of John Fletcher Hanson, father Of Georgia Tech...Bill Comer</b>
<b>January 17<sup>th</sup>:</b>	<b>Bob Zehnder.....Climbing the French/Swiss Alps</b>
<b>January 24<sup>th</sup> :</b>	<b>Gail Dean Fulton County School Board Bill Comer</b>
<b>January 27<sup>th</sup>:</b>	<b>BOARD MEETING...J.Christophers</b>
<b>February 10-12<sup>th</sup>:</b>	<b>District Conference at Chattanooga TN.</b>
<b>February 24<sup>th</sup>:</b>	<b>Special Olympics at Hammond Park</b>
<b>March 9<sup>th</sup>:</b>	<b>Club Oratorical Contest</b>
<b>April 8<sup>th</sup>:</b>	<b>Easter Egg Hunt at Hammond Park</b>

## **ANNOUNCEMENTS & NOTICES, ETC.**

**Happy New Year!**

**LAST WEEK'S ATTENDANCE: 13 Members**

**GUESTS: Linda Gould, John's wife**

# **UPCOMING BIRTHDAYS & ANNIVERSARIES**

**1/2 Pam Rivers**  
**1/5 Audrey Gable**  
**1/5 Charles Moore**

**1/19 Gwen Gable**  
**1/25 Frank Humphries**  
**1/30 Stuart Naterman**  
**1/30 Tony Johnson**

## **LAST WEEK**

- **LAST WEEK'S SPEAKER: JOHN GOULD** talked about his experiences which led up to having open heart surgery and his post operation recovery process. He did not suffer a heart attack but had 99% blockage in the main artery. Some points he mentioned: Signs of a heart attack: Discomfort or pain in other areas, such as one or both arms, the neck, jaw, back, or stomach. Shortness of breath, lightheadedness, nausea, or sweating. Abdominal discomfort that may feel like heartburn. Emotional stages before and after an event.
- This can't be happening to me.
- Shock and denial.
- There must be another rationalization for what happened.
- Survival, will I die tonight or tomorrow, depression, anger or both.
- Glad to be alive.
- Work on reducing stress.
- The spouse can suffer emotional stress and shock as well.

His advice: Keep up a regular exercise program, no excuses. Maintain a good weight by exercising and eating a balanced diet.

**#1 TICKET: GWEN GABLE**

**#2 TICKET: BILL COMER**

### **Thought for the Day**

**"DON'T USE A BIG WORD WHEN A SINGULARLY UNLOQUACIOUS AND DIMINUTIVE LINGUISTIC EXPRESSION WILL SATISFACTORILY ACCOMPLISH THE CONTEMPORARY NECESSITY."**

### **2016-2017 Officers & Directors**

**President: Gwen Gable**  
**Vice-President: Mark Cady**  
**Vice-President: Ed May**  
**President Elect: Jake Duffy**  
**Treasurer: Marion Rivers**  
**Secretary: Tony Clarke**  
**Sergeant-At-Arms: Phyz Lemmon**

**Ex-Officio: Jake Duffy**  
**Georgia District Governor: Rudy Corn**  
**Zone 5 Lt. Governor: Kathy Forster**  
**1 Year Directors (2016-2017):**  
**Bill Harris, John Gould, Nick Prillaman**  
**2 Year Directors (2016-2018):**  
**Sarah Moore, Fred Nemeth, Bill Comer**

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**Club Meets Each Tuesday at 7:00 AM at Campbell-Stone,**

**350 Carpenter Drive, Sandy Springs, GA 30328**

**Board Meeting the last Friday of each month at J.Christophers 7:00 AM**

**All Members Welcome!**

## **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 for 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.*