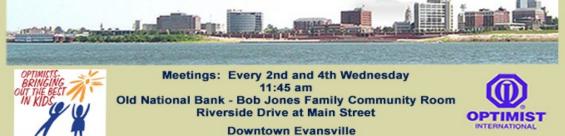


Emily Baxter Parker President "Dare to Care"



Downtown Optimist Club of Evansville



Next Week's Program

Oct 23rd -

TBA

This Week's Program

Oct 9th -Changing of The Guard



Call to order

President Emily Parker brought her own gavel and struck the podium at 12:05 at River Pointe Health Campus where our members dined with Doc Bender.



TRI-STAR

Invocation, Pledge, & Optimist Creed

were led by Emily. The flag was brought by the Olsons displayed in a hand carved holder designed by Jeff.

President's Report

Changing of the Guard will be Wednesday, October 9th. Karen Morris said it will be at our regular meeting place at noon. Look for details soon.

Youth Appreciation Day is Thursday, November 7th beginning with a breakfast. Keep placing those students in their career interests!

Speaker

Sally Olson introduced LeAnne Farr, a mental skills coach and owner of Elevate Performance which helps athletes improve their game.

LeAnne was a golf pro with the LPGA for 20 years, did some interior design, then turned to sports psychology. She was a psychology major at the University of Utah and also played on their winning softball team. When she suddenly found herself at third base after playing shortstop or second base, she felt bad when several ground balls got by her. She realized the mind and body interaction. Our mindset should be:

Thoughts....Emotions....Actions....Performance. But most of us let a bad performance determine our thought and actions. The body will respond better with positive thought.

We need to realize we can only control so much. Think-what should my thought be? If it is positive, results will more likely be positive. Performance becomes the result. To illustrate she called upon different club members to come up and stand next to her. Dan, Todd, and Jamie helped. She asked them to extend their right arm and resist when she pushed down. When they were shown a smiley face, they were able to resist her pressing and keep their arm extended. But, when shown a frowning face, their arm would lower as she pressed on it.



Ed Harrison

Memorial **Golf Scramble**

Mail Club at: P.O. Box 15905, Evansville, Indiana 47716 - 0905 www.evansvilledowntownoptimist.org **Evansville Downtown Charitable Foundation, Inc.**



Optimist Newsletter Continued



To sum up, when thoughts are pressured, we freeze up, tighten up and do worse. How should we think?

Focus on what you can do-write things down that bother you. Realize what you can control.
Take a minute to change negative thoughts. Have a pre shot routine.

Adjournment 1:00 PM



Respectfully submitted, Sally Olson









Ed Harrison Memorial Golf Scramble

Financial Support for:



Speaker LeAnne Farr and President Emily at River Pointe Health Campus lounge.



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