

In our 95<sup>th</sup> Year of Service to  
Youth & the Community

[www.birmingham.amoptimists.org](http://www.birmingham.amoptimists.org)  
[www.facebook.com/BirminghamOptimistClub](https://www.facebook.com/BirminghamOptimistClub)  
[BirminghamOptimistClub@gmail.com](mailto:BirminghamOptimistClub@gmail.com)

# Optimist Club of Birmingham

The Flagship Club of the  
Alabama-Mississippi District  
July 2023

Meets 2<sup>nd</sup> Thursday  
12:00 Noon

The Club will be meeting at **City Club Birmingham, 1901 6th Ave N, Ste 3100, Birmingham, AL 35203, on Thursday, July 13<sup>th</sup>, at 12 noon.**

## RESPECT FOR LAW PROGRAM SET FOR JULY 13<sup>TH</sup>

Respect for Law Chair **Adrienne Pearson** and Co-Chair **Jacqueline Holder** will be conducting the annual Respect for Law Program at City Club Birmingham. The Club will be honoring our **Respect for Law 2023 Recipient, Officer Francesca Clark**, who is currently assigned to the Community Outreach and Public Education (COPE) Division of the Birmingham Police Department and serves as a School Resource Officer (SRO) at Jackson-Olin High School.

Our distinguished guest speaker will be **District Attorney for the Tenth Judicial Circuit of Alabama, Danny Carr.**



Officer Francesca Clark



District Attorney Danny Carr

## June 8<sup>th</sup> Club Meeting

Our guest speaker was **Constance Kelly**, ACE Certified Personal Trainer, and owner of BODY OF WORK located in Pelham, Alabama. A collegiate athlete and graduate of Troy University with a degree in Sport Fitness Management, she has helped improve the health and fitness of many in Shelby and Jefferson Counties through her fitness training. Often featured on WBRC Fox6 Exercise Monday or Shape Up Sunday segments, she has also been featured in Birmingham Magazine and the Shelby County Reporter. Thank you to **Erma Hinton**, for inviting Ms. Kelly to the meeting! Members greatly enjoyed taking part in the exercises that she demonstrated for us!!

## MEMBER NEWS

The Optimist Club of Birmingham extends our deepest condolences to our member, **Bettie Bell**, on the recent passing of her beloved husband, IC Bell, who is also the uncle of member, **Angene Coleman**. Please keep Bettie and all their family in your prayers during this most difficult time.

**July Birthdays:** 9<sup>th</sup> – Deborah Dickinson, 12<sup>th</sup> – Erma Hinton, 19<sup>th</sup> – Angene Coleman, 19<sup>th</sup> - Jacqueline Holder  
**Anniversaries:** 4<sup>th</sup> – Jerry & Margie Argo, 26<sup>th</sup> – Judy & Ron Taylor

Hope you each enjoy/enjoyed your special day!

**Please note:** If your birthday and/or anniversary was not included, please email the dates to Nancy Ryan at [nryan95@charter.net](mailto:nryan95@charter.net), so they can be added to the list!

## UPCOMING EVENTS

**Thursday, July 20** – Board of Directors Zoom Mtg., 1 pm  
**Wednesday, August 2** – Zone 1 Meeting on Zoom, 6 pm  
**Thursday, August 10** – Club Meeting  
**Friday, August 18 – Sunday, August 20** – AL/MS District Convention, Hoover, AL. Details to follow.

## JUNIOR GOLF

The Optimist Club of Birmingham was proud to participate in the AL/MS District Junior Golf program and to sponsor golfer, **Alex Mungal**, (pictured below center). Thank you **Nathaniel Washington** for your leadership in serving as Junior Golf Chair!



# SNAPSHOTS FROM OPTIMIST ACTIVITIES

## SICKLE CELL WALK HELD JUNE 17<sup>TH</sup>

The Optimist Club of Birmingham was proud to support the 25th annual Sickle Cell Walk, held on Saturday, June 17th, at Railroad Park, as Team "Optimist Onlookers" and to serve as volunteers handing out water to participants at the event.



Volunteers participating are pictured L to R: **James Stewart** (member of Friend of Optimists group, **Groove Phi Groove**), **Sharon Wilson**, **Carolyn McCoy**, **Leon Evans**, **Erma Hinton**, **Adrienne Pearson** & **Dewayne Smith**. As you can see, they all had a great time at the event!



## JUNE 8<sup>TH</sup> MEETING

The Club was delighted to have **Constance Kelly**, ACE Certified Personal Trainer, and owner of **BODY OF WORK** located in Pelham, Alabama, as our guest speaker on June 8th! Our members enjoyed some coaching by Constance after lunch, as she led us in some low impact exercises easily done either standing or sitting!



**Erma Hinton & Pres. Carolyn McCoy thank Constance Kelly for her excellent presentation!**



**Erma Hinton, Lt. Gov. Leon Evans & Pres. Carolyn McCoy**