

For the future!



# Twin City Area Optimist Club

## FOCUS ON YOUTH

November 2017



## President's Column

Dear Optimists:

*Be Selfish – Be an Optimist Volunteer*

**Yes!** I said be selfish! I know we tend to view volunteerism as the ultimate selfless act. Let's face it we take time away from family and friends, we often use our own resources to serve others, and we don't get anything back... **WRONG!**

If you ask an Optimist member what motivates her to perform these "selfless acts" you would get a multitude of answers. I want to help kids, I want to give back, I need to feel useful, or I want to make a difference.

When you volunteer you get back so much more than you give. With attendance at weekly meetings you gain fellowship and friendship. With participation in projects you get the satisfaction of performing simple tasks that add up to big rewards. Remember our Optimist International theme for this year, "Optimist Strong – Be the Difference!" All of us volunteering together makes us stronger, together we make a difference.

Let's think of a few upcoming events where we could share our volunteer spirit. First; our club's annual Art Contest. It takes sorters, a set up crew, greeters, cleanup crew, etc. It's a lot of work for a few members but so little work if we all volunteer together. This is by far our most visible project offered to the community. What do members get out of volunteering for this contest? It is a time to take pride in hosting such a special event where we can showcase the artistic talents of our area youth. It is a time to share our optimism to all the students along with their family and friends.

Next up, Thanksgiving baskets. The club could certainly not provide all the food it does without the generosity of its members. Donating five like food items doesn't seem like much but it makes all the difference to the families we serve. I can't forget to mention the volunteer grocery shoppers, they are busy filling the carts and staying within budget.

Don't forget Head Start. You must volunteer for this "pull at your heart strings" project. From wrapping gifts, to collecting hats/mittens, passing out gifts at the parties, taking photos, dressing up as Mrs. Claus and reading *The Night Before Christmas*, there is a place for volunteers.

Let's be selfish – I promise it will won't hurt – I promise it will make you feel better!

Optimistically yours,  
Jean Naeger, President

“To be so strong that  
nothing can disturb your  
peace of mind.”

From: Optimist Creed

### **BOARD MEETINGS**

**November 6:** Marsha Greenstreet

**December 4:** Co-hostesses: Shirley Coile(home) and  
Leisa Spiker

#### **Committee Chairs**

If you are not able to attend the board meeting,  
please email a report to Jean Naeger

Four new Optimists were inducted this month.



First row: Picture 1. Mary Kay Scott(sponsor)Carol Hagen,Tracy Anderson(sponsor)Nicki Ruess,  
Barbara Bates(sponsor)Tracy Sullivan, Jean Naeger(President)Picture 2. Tracy Anderson & Nicki  
Ruess Picture 3. Mary Kay Scott & Carol Hagen

Second Row: Picture 1. Jean Naeger, Haley Spencer & Haley's Great Aunt Emily Collins from the  
Jackson Noon Optimist Club Picture 2: Barbara Bates& Tracy Sullivan

Welcome to the club. We are so glad you are here!

Past President Cindy Cherry presented the President's Citation Award for 2016-2017 to Katie Huck for all the work she has done and CONTINUES to do with the JOI Club. Katie graciously accepted. Katie continues to work with the JOI Club, because it means so much to her that the club is helping the kids in the community. She often is asked to write letters of recommendation for National Honor Society, which helps the students receive scholarships.



**JUNIOR OPTIMIST**



### **Officers for 2017-2018**

<b>President:</b>	<b>Loren Macon</b>
<b>Vice President:</b>	<b>Sophie Hensley</b>
<b>Secretary:</b>	<b>Ayden Eldridge</b>
<b>Treasurer:</b>	<b>Jacob Bohler</b>
	<i><b>Optimist Sponsor: Katie Huck</b></i>

### **NEWS FLASH**

The JOI Club meets the first Thursday of every month at 7:00p.m. at Mercy Jefferson Hospital and Katie Huck (314-520-6340) would appreciate your assistance by providing a snack and attending a meeting.

**Next meeting will be Thursday December 7, 2017 at Crystal Oaks Assisted Living for Christmas Caroling and a Christmas Party. Please be there at 6:15 pm.**



JOI Club president Loren Macon presented Bill Haggard, Mayor of Herculaneum, a \$700.00 donation from the proceeds of the booth at Twin City Days for the Splash Pad project. This is yet another success by our JOI club with our club's help.

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*Optimist Strong, be the difference:*



***Mary Hatfield... Governor Elect, East Missouri District... making us PROUD***

Like other new members of Twin City Optimist, I wasn't sure what Mary's new title meant. Those of you who have been around Twin City Optimist for many years do know. It means a lot of work at the District level *in addition* to continuing to work for those children who benefit from our many activities each year.

Mary Hatfield joined our club in 2008. Since that day, she has participated in and continues to participate in every activity, both fundraisers and service projects, that is completed each year. In addition to the projects she served our club as Secretary Elect, Secretary, President-Elect, President, and Past President. To say that Mary Hatfield is an *active* member is very much an *understatement*.

Our fundraisers take a lot of time and many hands to organize and complete, but are necessary to fund many projects that help youth in the Twin City area. This area covers many municipalities, not just Festus and Crystal City. Our club serves children from DeSoto, Hillsboro, Festus, Crystal City, and Mapaville, to name a few. Our projects, created and completed by Twin City Optimists, bring happiness to countless children and their families in our community. If you see a smiling child at a Head Start Christmas party, overhear a community member who has fallen on hard times remark that the Optimists provided Thanksgiving dinner for their family or received a coat for their child at a time when there just was no money to buy it before winter came knocking, many caring Optimists helped make this magic happen! And, chances are, Mary Hatfield was one of them.

Mary chaired the Marketing Committee for two years. She is currently the administrator for the website and if this was not enough, she chaired the Newsletter Committee and wrote the newsletter for three years. As one of the new and current co-editors of the newsletter, I can vouch for the enormity of this job. It is a good kind of problem to have; with so much going on in the Club, there is much to report. But, that means more articles and more photos to find, lose, and rediscover on my computer. Thanks to Mary, who patiently re-sent material that I hopelessly catapulted into cyberspace where it will live forever, the October newsletter went out on time and there is hope for November!

I knew that Mary was very involved in our local activities but was amazed to recently discover that she is also representing us as this year's Governor-Elect for the East Missouri District. After a busy year as Governor Elect, she will go on to serve as Governor next year. I don't think this woman sleeps, EVER!

In closing, I ask that all you hard working Optimists take a moment from your awesome service to the children of our community to thank Mary for all the work she has done and continues to do for kids. Please give her the encouragement and support that only Optimists can give, as she takes on the challenges of Governor-Elect at the East Missouri District. I'll start: "Thanks Mary! *You are making us proud!*"

# ***HEADS UP***

## **ART CONTEST**

## **KOEZE NUTS**

## **THANKSGIVING BASKET**

## **HEADSTART PARTIES IN DECEMBER**



***Koeze Nut orders are due this Thursday!***

***Bring 5 like items for Thanksgiving baskets***

***We still need hats for Headstart***

***Don't forget the Art Show on Sunday- Wear your Optimist shirt- new or vintage***

## PROGRAMS

### November:

November 2: Marketing Committee  
November 9: Update  
November 16: Comtrea  
November 23: No meeting, Thanksgiving  
November 30: President's Choice

### December

December 7:  
December 14:  
December 21:  
December 28:

Art Contest: The art contest will be held at the Victory Church Youth Center in Pevely on November 19<sup>th</sup> between 2:00 p.m. and 4:00 p.m. All schools in southern Jefferson County have been invited to attend and exhibit their students' artwork. Application & forms are in the October newsletter.

In addition to helping with set ups on the day we need art supplies and cookies to show our budding artists our appreciation for their efforts.

**Please be generous with art supplies as our budget had to be reduced.**

For information contact:  
Janet Mace at 314-629-2143



### **NEWSLETTER DEADLINES**

Newsletters are distributed every month. The deadline for submitting articles and photographs is the 7<sup>th</sup> day of the month. Please send information and pictures to Nancy Doering [nancdoering@yahoo.com](mailto:nancdoering@yahoo.com) or Elsie Williams [tiswilliams3235@att.net](mailto:tiswilliams3235@att.net)

***Don't panic- events that have passed can be included in the next newsletter!!!!***



**PERFECT ATTENDANCE:** Members interested in being recognized for perfect attendance should use the monthly calendars to record their attendance. On the dates of weekly meeting, please mark attendance or non-attendance as follows:

Meeting attended: √; Meeting missed: **X**; Missed due to illness or out of town: **E** (excused)

Make-up credit is also given for attending board meetings or participating in any club activity. Members should track their own make-up credit and record it on a monthly calendar when the credit is used.

Print your name at the top of the calendar and submit at a weekly meeting to *Nancy Doering*.

Number of meetings attended: \_\_\_\_\_

Number of make-up credits used: \_\_\_\_\_

List make-up credits: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



## Viva Las Vegas

Wow! Elvis would have been proud. Twin City Optimists and their guests gathered at the Eagles Nest to join in the fun and excitement of Las Vegas. The room buzzed, laughter exploded throughout the room and cheers filled the air as lucky gamblers beat the dealer!



Of course, all the fun and celebration were carefully designed to support a great cause; our valued community projects that are in the works for 2017/2018. There was something for everyone; traditional Vegas card games, roulette, and more. If winning an awesome basket was your thing, there were countless themed baskets throughout the room to take a chance on by purchasing tickets to be drawn. Of course, it wouldn't be an Optimist event without a 50/50 drawing, once again thrilling the lucky winner. The state game was another favorite with a packed liquor basket as the prize. There was a live auction at the end of the evening where good-natured bids were made to win that special treasure, and again, raising more money to serve our community. In the end, with approximately 235 people in attendance, \$6,300.00 was raised as the action-packed evening concluded. ***Congratulations,***

***Optimists, you did it again. Optimist Strong!***

[Save the date for next year's gala on September 15, 2018.](#)

In the meantime, to quote 'The King', "Viva, viva, Las Vegaaas!!!"





# November

# 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 Marketing Committee presentation	3	4
5 Lauri Laiben	6 Board Mtg. Marsha Greenstreet	7	8 Dorothea Kehm Gloria Masters	9 Update	10	11
12	13 Deborah McCrary	14 Evening meeting 6:00 p.m. ThaiRama	15	16 Comtrea	17Art show Set up & Sort Nut orders due	18
19 Art Contest 2-4 Amber Nelson	20 Pat Parsons	21 Nancy Smock	22	23 NO MEETING THANKS- GIVING	24 Kitty Ebersoldt	25 Arlene DeGonia
26	27 B.J. Boyer	28 Jan Kost	29	30 To be determined	1	2

Notes: Holy Molys are available!

Still need 5 like items for Thanksgiving Baskets

Oberle sausage and cheese boxes are available.





# DECEMBER

# 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4 Board Meeting 5:30	5 Betty Aders Jean Naeger Debbie McKenna Desoto Headstart	6	7 Hematite Headstart	8 Ellen Bridgewater Judy Meyers	9
10	11		13	14	15	16
17	18	19 Sue Short	20 Kim Polette	21	22	23
24	25	26	27	28 Gertrude E. O'Leary	29	30 Pam LaPlant
31	1	2	3	4	5	6

# Twin City Area Optimist Club



**Annual Art Contest  
November 19, 2017  
2:00pm - 4:00pm**

# *Community Speakers*



**Nurse Navigator, Maggie Lawrence  
Mercy, Festus**

Our speaker Maggie Lawrence, Breast Health Nurse Navigator at Mercy was our speaker at a recent meeting. She works closely with newly diagnosed cancer patients, walking them through everything they need after their initial diagnosis. Maggie explained that Nurse Navigators are a recent addition to the services Mercy offers to patients. Currently there are Nurse Navigators for breast cancer and lung cancer with plans to add them for other cancers in the future. The Nurse Navigator assists patients as they move from diagnosis to treatment and ultimately remission. If the disease proves to be terminal the Navigator will remain with patients through the hospice experience. These awesome people work with patients as they face very serious illnesses and may not have heard anything that came after the word “cancer” when initially diagnosed. The purpose is to make sure patients know all the options, the order in which they will happen, and the support that is available at each step after diagnosis. Maggie works at Mercy’s, Festus, Missouri location. The creation of the job Nurse Navigator is another benefit provided free of charge to all patients at this facility.

Our thanks to Maggie for a very informative presentation of services provided that make a cancer diagnosis less scary, and, of course, the caring assistance and gentle smile she provides each and every day to members of our community.

# Crisis Nursery



Jessica Buechting, LCSW recently appeared at our October 12<sup>th</sup> meeting and presented a program about the St. Louis Crisis Nursery. Originating in St. Louis 46 years ago this non-profit organization provides a safe place for children from birth to 12 years of age during a crisis in their home environment.

## Examples:

The following situations are mentioned in literature distributed by the Nursery:

Overwhelming Parental Stress, Domestic Violence, Lack of Utilities, Food or Shelter, Illness or Death in the Family.

The Nursery locations in St. Louis City, St. Louis County and St. Charles County provide 24-hour care for children who are at risk. Outreach Locations which now includes Jefferson County to provide in-home visits by persons working with them to alleviate stressful situations which might bring physical or mental abuse to the children. They offer ongoing parent education and support groups, community referrals and resources.

Jessica is now working with 30 Jefferson County families and partnering with Jefferson Mercy Hospital where her office is located at 1400 Hwy 61 South, Crystal City, MO 63019 and can be reached at (314) 374 -1700. A wish list follows of items needed for the Crisis Nursery.





## Jefferson County Outreach Center 2017 Saint Louis Crisis Nursery Wish List

### For Our Children

#### DIAPERS

Diapers (size 4, 5, 6) & Pull-Ups

#### CLOTHING

In Season Clothing (Newborn-16/18)

New Underwear & Socks

Shoes (for school aged children)

#### SUPPLIES

Toothbrushes & Toothpaste

Hair Detangler (i.e. No More Tears)

Hair Products for African American children

Ponytail Holders

Hair Brushes

Lice Kits

Deodorant

Wash Cloths

Baby Wash/Infant Bath Care Items

Eucerin Cream/Lotions

Bubble Bath

Digital Thermometers

Band-Aids

Heavy Duty Plastic Spoons, Forks, & Plates

New Sippy Cups

#### CRAFTS

Art Paint (washable & finger paints)

Multicultural Shades of Construction Paper

Play Dough, (multicultural dough)

Model Magic

Beads (with large holes – especially letter beads)

Craft Kits, Model Kits for older boys

Glue Sticks

Google Eyes / Stickers

Food Coloring (for crafts)

#### TOYS

New Toys (especially for children ages 8-12)

AA, AAA, C, D & 9V batteries

Mega Blocks or Legos

Matchbox Cars & Trucks

Musical & Light-up Toys

Culturally Diverse Dolls

Disney or other Children's DVDs (rated G or PG)

Dress Up Clothes for boys & girls



### For Our Nurseries & Families

#### FORMULA

Enfamil AR

Enfamil Enfacare 22

Enfamil Gentlease

Enfamil Premium

Enfamil Prosobee

Enfamil with Lipil

(or store brand milk based)

Similac Neosure

#### PAPER/PLASTIC PRODUCTS

Paper Plates & Napkins

Paper Towels

Plastic Spoons & Forks

Kitchen Trash Bags

Toilet Paper

#### CLEANING/HOUSEHOLD SUPPLIES

Laminate Floor Cleaner

High Efficiency Laundry

Detergent

Swiffer Cleaning Pads

Scrubbing Bubbles

Lysol or Clorox Wipes

Carpet Cleaner

Household Cleaner

#### FOOD ITEMS

Cereal

Healthy Snacks

Fruit Juice

Canned Fruit

Canned Vegetables

Canned Pastas

(ravioli, spaghetti & meatballs)

Macaroni & Cheese

Peanut Butter & Jelly

Pudding Cups



#### Office Supplies

Postage Stamps

Gift Cards to Walmart

#### Most Needed

Non-perishable food: (snack crackers, pudding cups, etc.)

Gas Cards

Gift Cards

JeffCo Express Bus Tickets

We always appreciate gift cards to Shop'n Save! Mobile Gas Cards are wonderful too!

Please note the above represents a sampling of items most used by the Crisis Nursery and/or our families and may be used as a guide for your donation of in-kind support that is much needed and gratefully received.

We request that donations NOT include any items related to violence, i.e. (toy guns knives, swords, etc.)

**THANK YOU FOR CARING ABOUT OUR CHILDREN AND FAMILIES!**

# Helping Hands and Horses

Phyllis Neff introduced speaker. Helping Hands and Horses is a local, all volunteer, non-profit, 501 c3 organization offering horse therapy to children and adults with physical and mental disabilities. The organization has been in existence for ten years. Bill Jamison informed us that TCA Optimist Club was one of the first to donate to the organization. When helmets were needed several few years ago, our members said, "We can provide them." Bill said everything that is done makes a difference and volunteers are especially appreciated. Currently there are 70 adult volunteers, 56 kids participating in program, and 16 horses. Volunteers are always needed to cover 10% turnover. Our own Janet Mace and Ellen Ravenscraft generously give of their time and Bill is most appreciative. The horse sessions run in the spring and fall for ten weeks. Brenda Dinges told a story of a young boy with autism who spoke for the first time (five words) after experiencing horse therapy. Bill invited members to visit the facility. Mavis Witte visited the farm. I'm sure she will have information to share with the club. For information: [www.helpinghandsandhorses.org](http://www.helpinghandsandhorses.org)







### Marketing Committee Presentation

Our busy marketing team, Phyllis Neff, Susan Nardizzi and Jane Kost presented the goals they have compiled over many weeks of work.

Goals of the Marketing Committee:

Increase awareness in our community of our purpose and message.

Assist all committees with promotion and publicity of their events and projects.

The committee will be using a multi- media approach utilizing website, radio, email, Facebook, Twitter and other social media to promote our purpose and message.

The goal is to attract new members and sponsors for our club.

They plan to build a data base of possible sponsors. Letters will be sent to prospective sponsors outlining our projects with the hope they will find a project they wish to support. The letter will be submitted to the board for approval.

Members are asked to submit information sheets with 3 names of prospective businesses, doctors, dentists, lawyers and anyone that may be interested in becoming a sponsor. Remember to check with Barb Schmidt and Tracy Anderson so names are not duplicated as they have gathered sponsors in the past.

Jane will be contacting all committee chairs to help them with promotion of their project an information on how to promote the project and how to write and submit an article to our local paper.





## PUMPKIN SQUARES

Recipe provided by Caryl Harness, just in time for Thanksgiving! Yummy!

### *For Pumpkin Squares:*

4 eggs  
2 cups white sugar  
15-oz. can pumpkin  
1 cup vegetable or canola oil  
2 t. baking powder  
2 t. cinnamon  
1 t. baking soda  
1/2 t. salt  
1/2 t. cloves  
1/2 t. ginger  
1/2 t. nutmeg

Preheat oven to 350 degrees. Grease 10 x 15" baking pan. Mix together eggs, sugar, pumpkin & oil in large bowl until smooth. Add flour, baking powder, cinnamon, baking soda, salt, cloves, ginger & nutmeg until smooth. Spread evenly in prepared pan & bake 20-25 minutes or until toothpick inserted in center comes out clean. Allow to cool completely in pan on a wire rack before frosting.

### *For frosting:*

1/2 cup butter, softened  
7.5 oz. tub Philadelphia pumpkin spice cream cheese spread\* or 8 oz. cream cheese  
4 cups powdered sugar  
2 t. vanilla

Beat softened butter with cream cheese spread until blended. Add powdered sugar & vanilla & beat until creamy

## Twin City Area Optimist Club

P. O. Box 475  
Festus, MO 63028



Meetings held every  
Thursday at Noon at  
Frederick's  
201 E. Main Street  
Festus, MO 63028

***Bring a Friend!***

[www.twincityoptimist.org](http://www.twincityoptimist.org)

### The Optimist Creed

*Promise yourself –*

\*To be so strong 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 of the best, to work only for the best, and 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.

OPTIMIST INTERNATIONAL

### 2016-2017 Club Officers

President:	Jean Naeger 636 285-3052
Past President:	Cindy Cherry 636- 937-9294
President Elect:	Mary McDowell 636-937-2175
Secretary:	Mary Kay Scott 314-846-6417
Secretary-Elect:	Nancy Doering 636-586-1519
Treasurer:	Debby Schumaker 314-471-7213
Treasurer Elect:	Leisa Spiker 636-931-7285

### 2016- 2018 Board Members

Carroll Metzger  
Elsie Williams  
Pat Doenges

### 2017-2019 Board Members

Marsha Greenstreet  
Phyllis Neff  
Carol Schanz

### Newsletter Editor

Elsie Williams & Nancy Doering  
[Tiswilliams3235@att.net](mailto:Tiswilliams3235@att.net) [nancdoering@yahoo.com](mailto:nancdoering@yahoo.com)