

# Twin City Area Optimist Club

P.O. Box 475
Festus, Missouri 63028
www.twincityoptimist.org

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Affiliated with Optimist International
Serving Youth and Community since 1919

# January 2025 News Making a Difference For Kids

# **President Cathy Elliott**



Happy 2025, Ladies!

January has certainly brought its share of snow, ice, and cold weather, but that hasn't slowed down the Twin City Area Optimists!

While this month may appear quiet, we are hard at work behind the scenes, preparing for an exciting second quarter.

Our goal this year is to increase donations and introduce new projects to strengthen our impact in southern Jefferson County. We are on the right path, and with your support, we'll

continue making a difference in our community.

Please remember to sign up and volunteer for our upcoming projects and events. Your time and dedication are what makes our mission possible!

Together, we can make a difference.

Optimistically yours,
Cathy Elliott
President - Twin City Area Optimist Club

#### Winter Weather



Just a reminder to all club members that if the Festus School closes due to inclement weather, we will not have a meeting.

# January 2, 2025 Helping Hands and Horses



Guests at the January 2, 2025 meeting were Special Olympics equestrian riders from Helping Hands and Horses. Janet Mace and Mary Hatfield, both volunteers with the organization, recommended our club sponsor the team by purchasing team jackets for the members. The riders showed off their jackets and paraded around the room so that all could get a good look at the beautiful jackets and our Optimist patch on the sleeve. Parents and Special Olympics instructors Karen Ernst and Gloria Signorino, accompanied the riders to the meeting.

Ellen Bridgewater and Cathy Elliott accepted, on behalf of the club, a certificate of appreciation and thank you cards from the Special Olympics team, for the sponsorship of their jackets.

The Olympians shared why they enjoy their time riding their horses.

- Christine likes riding her horse Budman because he makes her feel special and he cheers her up.
- Teddy likes riding his horse Festus because he helps him chill out and be happy. He
  enjoys riding because he has made many friends who support him and always have
  his back.
- Emily likes riding her horse Chic because she really likes trotting and it makes her happy.
- Katie likes riding her "baby" horse Missy because she loves her and enjoys talking to her sidewalkers.

Riders will start training for the Special Olympics in March so they can compete with other Special Olympics teams this spring. Training consists of riders learning certain patterns and guiding their horses through these patterns while demonstrating good horse control. They also are judged on their posture, balance and overall good horsemanship.

This is a relatively new program in Missouri. Helping Hands and Horses has three Special Olympics teams for a total of 18 riders. To qualify for a team, a rider has to have an intellectual disability and must apply for the program.

Submitted by: Alicia Cummiskey



Olympians displayed the Optimist logo on their jackets.



Olympians displayed the backs of their jackets.







Janet Mace introduced the attendees from Helping Hands and Horses.





The Olympians shared why they enjoy riding.

# **Board Update**

The January 9 Board noon meeting was cancelled due to weather.

The Scholarship Donor and Recipient luncheon will be held at Jefferson College on February 6, 12-1:30 p.m. Reservations are required. If interested in attending, please see Cathy Elliott.

Profit on the Koeze and Mascot Nuts combined brought in \$5,302.69. The quilt and pillow raffles, and peanut butter brittle auction brought in an additional \$1,136.00. Thank you, Karen Huskey!

Sandy Barnes will take over as Secretary-Elect.

The Wine Tasting and Dinner fundraiser will be February 8 at 6:00 p.m. All members are encouraged to sell tickets (\$60/person). Volunteers are needed to work that night. If interested, contact Barb Schmidt at 314-603-1099 or email <a href="mailto:b.schmidt70@yahoo.com">b.schmidt70@yahoo.com</a>.

We started 2025 with 112 members. Please think of people you know who might be a good fit for our club as our membership goal is 129. Feel free to invite them to the NOW meeting scheduled for February 13. If you know someone who might be interested contact Mary Hatfield at <a href="mailto:mhat123@yahoo.com">mhat123@yahoo.com</a>, phone 314-835-7524

We need someone to take over the Art Contest this year. Patty Meyer will have more information on what this role includes.

The Health & Wellness Committee has spent 60% of their budget already:

- We helped a JOI member with a one-time assistance of a \$100 gift card.
- The Cooper family has a 9-month-old with cardiac anomalies. Koralie had major surgery on 12/12/24 and we helped them with a \$300.00 gift card. Today she is doing great! She is eating, gaining weight and is so much more active than before.
- Another family we helped has a 3-month-old with cardiac anomalies who is being checked every two weeks. We helped this family with a \$200 gift card.

Essay Contest – Letters and reminders have been sent out and essays are to be turned in by the end of January. Mary Kay is looking for three judges.

We will be packing bags of food for Brenden's Backpacks at the February 20 meeting.

Bunco will be on February 21 at 6:00 PM at H.W. Herrell Distribution Co, 5940 2nd St, Imperial.

Submitted by: Cathy Elliott and Carolyn McKinney

January 16, 2025 Jenni's House







Dr. Shannon Fore

Leisa Hagan

**Breanna Crewes** 

Jenni's House is a sober living house for women that opened in Hillsboro on March 21, 2024. This house is the newest location for Living in Victory (LIV), an organization that supports individuals recovering from substance abuse which enables them to move to independent living. Living in Victory was started in 2018 to provide sober living housing and now has three recovery houses for women, one for men, and a respite house for men, all in the St. Louis area.

Meeting speakers from Living in Victory were Dr. Shannon Fore, who works across multiple LIV locations, and Leisa Hagan and Breanna Crewes whom both work at Jenni's House in Hillsboro.

Jenni's House supports up to 13 women at a time with a usual stay from 6-12 months. While some residents are ordered to attend from drug court, others volunteer. Funding may come from the state, grants, and through self-pay. At graduation, the women get to select a quilt donated by our own Karen Huskey. Post-graduation includes follow-ups every six months.

New residents must meet specific goals including attendance at scheduled meetings in 90 days, getting a sponsor, getting a job, participating in community service, and building a recovery network. Residence in a house offers peer support, community service opportunities, group meetings and will soon include therapy.

While in the house, residents have their individual space, but cook, shop, and meal plan together as well as providing support for each other. In addition to the individual spaces, there is a family/play room for children to visit their mothers.

The Hillsboro house has actively participated in the community since opening last year. They have been involved with the Lion's Club, the Coalition for Unhoused, and Jefferson County Recovery week. They took part in the Halloween and homecoming parades, winning prizes in both. The community has been accepting and supportive with donations of gardening supplies and training, mats for the meditation room, clothes, and hygiene products.

While Jenni's House hasn't been open a year yet, the program's success rate based on the other LIV houses is high.

For more information: https://livsoberliving.com/

Submitted by: Carolyn McKinney

# **Red Cross**



Julie Gustafson

Our guest speaker on January 23 was Julie Gustafson from the Red Cross. Julie is an account manager whose territory includes the Twin City area. Julie has a long history with the Red Cross including past roles in fundraising before moving into her current biomed role working on blood drives.

In addition to blood drives, the Red Cross is the largest provider of temporary housing due to disasters. While large disasters such as the California wildfires receive a lot of public attention, 90% of what the Red Cross does is responding to affected families after home fires.

The Red Cross receives no federal funding.

Julie works with a 6-person team to set goals of how many blood units they can receive. She oversees 11 blood drives a day in her territory to meet these goals, and hospitals make plans on need based on the stated goals. Blood has a 42-day shelf life and individuals can donate blood every 56 days.

A blood supply is needed to respond to national disasters, but the supply also is affected by those same disasters in that blood drives scheduled in those areas have to be cancelled.

Organizations can host blood drives, but they have to be able to guarantee 30 units and have enough space to setup collection stations. The past use of blood mobiles was phased out during the Covid pandemic due to not being able to keep distance between people. They also broke down frequently and were unreliable.

The youngest donators must be 16 years old with parent permission. The minimum weight to donate is 110 lbs. A power red donation allows you to donate 2 units of red blood cells in one appointment using a special machine. Eligibility requirements are similar to whole blood donations, but the power red donations can only be done every 112 days instead of the 56-day interval with whole blood

Some reasons people are turned away from donating blood are illness, travel outside of the country, and for women, low iron count. Some suggestions from Julie to address a low iron count are (1) do not drink tea for several days before the donation, (2) eat iron rich foods and (3) start taking a Flintstones vitamin with iron daily for at least 5 days before the donation.

Julie stressed the importance of donating blood. Please consider donating when a Red Cross blood drive is scheduled in your community.

Submitted by: Carolyn McKinney

# January 30, 2025 Evening Meeting

The January 30 evening meeting was our first evening meeting held at the United Methodist Church in Festus. Members were free to bring food with them to eat before the meeting started at 6:00 PM.

The meeting kicked off with several announcements from Cathy Elliott and program updates from the chairs. Afterwards, Beth Winkler, our evening program chair, shared the history of and interesting facts about Valentine's Day. Beth brought in an abundance of supplies for us to make Valentine's Day cards. Everyone had a great time finding just the right decorations for their handmade cards.





Some of the art supplies that Beth Winkler brought for making cards.

Beth Winkler, Mary McDowell, Barb Schmidt, and Katie Huck making Valentine's Day Cards.

#### Announcements & Updates

Amy Baum has volunteered to chair the art contest.

Carroll Metzger will chair The Leader Celebration for Women on March 28.

Thank you Amy and Carroll!

The Twin City Area Optimist Club has been made an Optimist International Honor Club for 2024! Thank you to Peggy Scott and Phyllis Neff for pursuing this.

Essays have been coming in for the Essay Contest. Mary Kay has 3 judges and would like an alternate if anyone is interested.

So far, Mary Hatfield has 4 affirmative responses for the February 13 NOW meeting. If you know anyone else that might be interested, please contact Mary Hatfield or Cathy Elliott.

The deadline for the Visual Arts Contest is February 10. Some artwork has been received. As a reminder, there are several cash prizes and division winners will be turned into OI. The art for 12 winners will be on note cards that can be purchased. Please encourage your kids, grandchildren and others who would want to enter the contest.

Optimist Day is February 6. Wear your Optimist apparel and we will take a photo after the meeting. Patty will have shirts that have been ordered at the meeting.

The EMO 2<sup>nd</sup> Quarter Conference is Saturday February 22, 2025. If you would like to attend in Washington MO watch for a sign-up sheet at the general meetings.

Bunco is scheduled for February 21, 2025. Tickets are \$20 and will be on sale at the February meetings.

Submitted by: Cathy Elliott and Carolyn McKinney

#### **CLUB PROJECTS**

#### **Coats for Kids**

The Coats for Kids program was started after an Optimist at a Head Start event noticed a child wearing an adult coat. Initially, the goal of the program was to provide warm coats for kids in need by working with school principals and counselors. The program has since expanded beyond the schools to include homeless youth, foster children and kids who are affected by disaster, e.g. fire. Upon request, coats are delivered by club members and distributed by school or organization personnel to maintain privacy.

Funding for coats is provided by a Jefferson Foundation grant of \$6000, our Twin City Area Optimist Club and donations including \$500 from the VFW for the past 2 years. Coats are purchased with the funds and also may be donated by members or other individuals who want to help.



An inventory is maintained for fulfilling requests, although occasionally an immediate shopping trip may be needed to satisfy a request. The coats are currently housed by Cindy Cherry, but plans are being made to relocate the inventory to the basement of the Crystal City Bloomsdale Bank. The new location will provide expanded storage.

As of the end of December 2024, 462 coats have been given out during this school year.

#### Coats for Kids Volunteers:

Judy Williams (Chair), Carolyn McKinney, Donna Brod (non-member), Cynthia Cherry, Pat Sweet, Pam Cernik, Barb Schmidt, Debbie Hogenmiller, Pat Parsons, Debbie McKenna, Donna Long, Karen Huskey, Kathy Todd, Amy Baum, Caryl Harness

Submitted by: Judy Williams and Carolyn McKinney











Coat deliveries to De Soto and Festus school counselors.



# **Twin City Area Optimist Club Food Drive Benefiting Brenden's Friday Backpacks**













**MEETING** 

## HELP FEED KIDS OVER THE WEEKEND **BRING ITEMS TO** FEB. 20, 2025

Breakfast bars Oatmeal

Cereal

Fruit cups

Pudding cups

Snacks such as

PB or cheese crackers

Trail mix

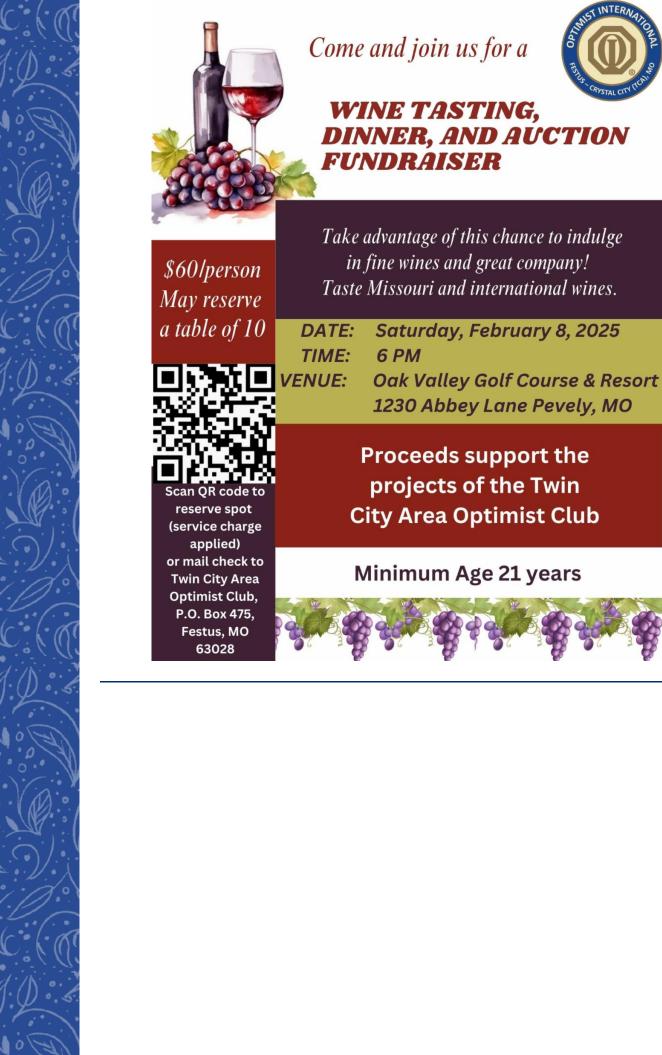
Cookies or crackers

Chips

Remember that everything must be individually packaged.

Attention Members: Please bring the items requested from list above. Club members will assemble "snack packs" after our February 20 meeting. Many hands make light work.

## **CLUB FUNDRAISERS**





# **New Marketing Brochure**

The revised tri-fold marketing brochure is now available. This document provides basic information about the projects and services we provide to the community. It will be used for new member packets, sponsorship campaigns, and available at club public events. This is a great way to spread the word about our club. Members can request copies from Marketing Chair Jean Naeger.





#### **BICYCLE SAFETY**

Optimists gave away and properly fitted hundreds of bicycle helmets as part of the club's new and growing bicycle safety project.

#### Optimists partner with community organizations to serve children

- · Jefferson College: Scholarships
- Aunt Rose Project: Serving period poverty
- · Second Hand Heros: Providing items and support
- Atlas Youth Outreach: Therapy for local teens
- Foster Together: Supporting foster families
- · Spotlight Community Theatre: Encouraging the arts
- · Helping Hands and Horses: Equestrian therapy

We rely on the generosity of our community to support the Twin City Area Optimist Club's work in the community. Help us help the kids by sponsoring our club. For more information, please contact Jean Naeger, marketing chair, at

#### Platinum Sponsor: \$1,000 or more

- Greater visibility at club events
   Includes photo/logo of you or your business
   Announced on our public Facebook page
   Included on our website
- · Recognized at public events

#### Gold Sponsor: \$500-\$999

- Includes photo/logo of you or your business
   Announced on our public Facebook page
- · Included on our website
- · Recognized at public events

#### Silver Sponsor: \$250-\$499

- Includes business logo
   Announced on our public Facebook page
- Included on our website
- · Recognized at public events

- Bronze Sponsor: \$100-\$249

   Announced on our public Facebook page
- · Included on our website
- · Recognized at public events

#### New for 2025: Donations are tax deductible

Make tax-deductible checks payable to: The Foundation of the Twin City Optimist Club, separately incorporat-ed 501(c)(3) nonprofit organization. Please mail to P.O. Box 13, Festus, MO



### **Twin City Area** Optimist Club Bringing out the best in youth

## Choose Optimism

By providing hope and positive vision, Optimists bring out the best in youth, our communities and ourselves. Join the Twin City Area Optimist Club, a service club supporting southern Jefferson County, and make a difference today.



#### COATS FOR KIDS

Coats for Kids is the club's largest project and has been operating for more than 30 years. Each year, up to 500 coats are given away. The project committee works with local school counselors to identify local children in need.

www.twincityoptimist.org @twincityoptimistclub P.O. Box 475 Festus, MO 63028



#### CELEBRATE



#### JUNIOR OPTIMIST CLUB

Children ages 11-18 are encouraged to join the Twin City Optimist's Junior Optimist Club. Above, ibers learn about careers while enjoying a craft project. The club elects officers, plans its own projects and gives members a chance to develop leadership skills, meet new people and



#### DICTIONARIES FOR THIRD GRADERS

Each year, every third grader in southern lefferson County receives their very own dictionary. In an age of electronics, the children love getting the books and learning new skills.

#### JUNIOR GOLF

One of junior golf's most prestigious events, the Optimist International Junior Golf Championships, starts with a local qualifying tournament supported by the Twin City Area club.





#### COLLECTING FOR OTHERS

Club members organize food drives and other collections throughout the years to serve members of the community. Above, a truckload of food was gathered for Brenden's Friday Backpacks, a community organization providing food to children in need.

#### OPTIMIST CLUB MEMBERS RECEIVE AS MUCH AS THEY GIVE

- · The fellowship of proactive people with optimistic mindsets
- New social and working relationships with individuals from a cross section of our communities
- The opportunity to develop and demonstrate leadership skills locally, regionally, nationally and internationally
- · The satisfaction of making a difference in our

Whether you are searching for an outlet to help your community, personal development, or rewarding camaraderie, you'll find what you're looking for in your local Optimist Club.



#### YOUTH APPRECIATION

Bringing out the best in youth includes honor local students for their achievements at the annual Youth Appreciation luncheon.



#### RESPECT FOR LAW

As part of the Optimist International organization, the Twin City Optimists take part in a project held around the world to honor law enforcement officers each year.

#### WHAT TO EXPECT IF YOU JOIN US

The Twin City Area Optimist Club includes people who want to help youth and the community. Members join to serve others and to promote Optimism as a way of life. Visit a meeting as a guest to see if Optimist is for you. Join and you will be invited to participate in projects you care about alongside people who want to make a difference.

facebook.com/twincityoptimistclub www.twincityoptimist.org

**EAST MISSOURI (EMO) OPTIMIST DISTRICT** 





2025 Seckman Dance Regional

Saturday January 18, 2025 7 am-6 pm Seckman High School Imperial, MO

#### Sponsors







Thanks to the Optimist Club of St. Louis for funding this sponsorship opportunity, which allowed our club to participate in the recent Seckman Dance Regional Competition. Optimist members from TCA Optimist Club, Jefferson County Club, and East Missouri District shared information about our organization. Attendees came from all over the state.



EMO Governor Jean Naeger with Zone 4 Lt. Governor Gary (Joe) Hatfield, Jefferson County Club President, setting up booth.



Zone 4 Lt. Governor Gary (Joe) Hatfield, Mary Hatfield, Ellen Bridgewater, and Donna Long manned the first shift. Thanks also to the following TCA members who volunteered throughout the day: Mickie Huskey, Carroll Metzger, Peggy Scott, Phyllis Neff, and Jean Naeger. It was a great opportunity to share our love for this organization.

# Optimist Day Thursday, February 6, 2025 Wear your Optimist Clothing



# **Celebrate Optimist Day!**

Be part of the celebration on the first Thursday of February to spread positivity and showcase the power of optimism in our communities.

Adopt an Optimist Mindset: Practice gratitude, spread kindness, and look for the good in every situation. Inspire others by sharing your optimistic outlook with friends, family, and colleagues.

Make a Difference: Plan a meaningful project—plant trees, clean parks, tutor students, or host a blood drive. Small actions inspire big change!

Share the Joy: Post on social media with #OptimistDay and #OptimistDay2025 and reach out to local media to share your story.

Together, we can make Optimist Day a celebration of hope, kindness, and positivity—within ourselves and our communities!





# ZONES.

2ND QUARTER EMO CONFERENCE FEBRUARY 22, 2025 10 AM-2 PM

# Pick a location to attend in person:



Zone 1 - Columbia Columbia Downtown Clubhouse, 1201 Grand Ave Columbia, MO.

Zones 2-3-4 Washington Washington Library, 410 Lafayette St., Washington, MO

Zone 5 - Cape Girardeau Hanover Lutheran Church 2949 Perryville Rd. Cape Girardeau, MO

# What to Expect Learn ways to engage, retain, and grow your membership. "Ten Ways to Market Your Club" through social media. Awards, updates, inspiration, AND MORE.

# **Guests by Zoom**

International President
Jan Oord Graves
Middle America Vice President
Sandra Doyle
International Membership Engagement Chair
Michael Shue
International Marketing Chair
Lorin Richter

To register for second quarter conference, use your phone's camera to scan the QR code
Or visit:



https://givebutter.com/EMO2ndQtrReg (service charge applied)
In person registration \$20/person

Please contact Kathy Todd to register for this conference. Our club will attend the Washington location. Optimist International (OI) President Jan Oord Graves and Middle America VP Sandra Doyle will join us via Zoom. I'm also excited to announce OI Membership and Engagement Chair Michael Shue and OI Marketing Chair Lorin Richter will provide training on how to engage and retain our members, while also growing our club. In addition, our very own EMO Leadership Development Chair Peggy Scott has some tricks up her sleeve to keep us engaged and energized.



TCA Optimist Club will fulfill this EMO Service Project by holding a single-serve food drive for Brenden's Friday Backpacks during our weekly meeting on February 20, 2025. Members, please take a look at the project flyer for the list of the items you asked for.

Our JOI Club will also participate by collecting single-serve items. It is great when we can partner with JOI, TCA, and EMO all in one project!



Please help us grow our East Missouri District Members Only Facebook Group. Request membership by visiting: (4) East Missouri District - Optimist Members Only | Facebook

If you are already a member, please invite your fellow club and district members to join. Thanks for helping us grow.



## SAVE THE DATE



Nov. 8-9, 2024 EMO First Quarter Conference

K.C. Hall, Jackson, MO

#### Feb 22, 2025 EMO 2nd Quarter Conference

Super Zone Conference Zone 1 - Columbia, MO Zones 2-3-4 Washington, MO Zone 5 -Cape Girardeau, MO

#### May 2-3, 2025 EMO 3rd Quarter Conference

Hilton St. Louis Airport - St. Louis, MO

June 30-July 3, 2025

St. Louis Union Station - St. Louis, MO

# JOI Club January 2, 2025

#### December 18, 2024 activities

On December 18, the JOI Club met at Autumn Ridge to sing Christmas carols. The club sang about 15 Christmas songs to the residents, many of whom sang along. The club also had its Christmas party that day which was held in the conference room at Autumn Ridge.

Members exchanged gifts and enjoyed refreshments of pizza and cookies. Many of the residents requested that we come back before Christmas to sing again. While not possible at that time, we will try to return to Autumn Ridge sometime in March.

#### January 2, 2025 Meeting

A regular meeting was held on January 2, 2025 with 15 members in attendance. The main discussion was the Oratorical contest. A couple of members are interested and the club sponsors will help get them registered if needed. A text will also be sent out reminding the JOI members of the opportunities of competing in the contest.

The club decided that the BB5K will be held on a Saturday in October, date to be determined.

The JOI website was discussed as being outdated. A team will be organized to review and update the site. More later.

The meeting ended with members making bird feeders using pine cones, peanut butter and bird seed which was left over from the Twin City Area Optimist Club's booth at Winterfest.

Meeting adjourned. Next meeting will be February 6, 2025.

Submitted by: Debbie Schumaker

Debbie Schumaker JOI Adult Advisor

Carol Schanz JOI Chair



## **SAVE THE DATES**



Note upcoming events. To assist with projects, please contact Committee Chair.

February 4 Board meeting - Taytro's
February 6 Optimist Day
February 8 Wine Tasting Dinner Event
February 13 NOW Meeting
February 21 BUNCO
February 22 EMO 2nd Quarter Conference
March 4 Board meeting - hostess Mary Hatfield
March 5 Nominating Committee

March 6 Mardi Gras party

March 22 Oratorical Contest
March 28 Leader's 2nd Annual Celebrating Women event
April 8 Board meeting - hostess Carroll Metzger
April 10 Youth Appreciation Lunch
April 17 Spring Fling party
May 1 Oratorical and Essay Lunch



Members meet every Thursday from Noon - 1 p.m. at Taytro's. Please RSVP by 8:00 a.m. on Monday by contacting Kathy Todd.

The last Thursday of the month is an evening meeting held at Poppy's Parlor. Meeting starts at 6:00 p.m. If you would like to order food, please contact Phyllis Neff on Monday prior to meeting.

Our Club will continue looking at the sunny side of everything and being committed to bringing out the best in our area youth.

Board of Directors 2024-2025

President Cathy Elliott 573 883 0924

President Elect Debbie Hogenmiller

Past President Peggy Scott

> Secretary Kathy Todd

Secretary Elect Alicia Cummiskey

> Treasurer Becky Francis

Treasurer Elect Becky Capps

**Board Members** 

2024-2026 Amy Baum Beth Watts Kirstie Zych

2025-2027 Mary McDowell Debbie Kettler Carolyn McKinney



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Visit our website



Twin City Area Optimist Club | P.O. Box 475 | Festus, MO 63028 US

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