



THE OPTIMIST CLUB OF COLUMBIA (Downtown Optimist)

Mailing address: P. O. Box 1959 * Columbia, MO 65205-1959

Web: www.downtownoptimistclub.org

The Weekly Bulletin Monday, July 22, 2019

Call to order: President Dewey at 12:01 p.m.

Invocation: Mary

Pledge: Cyrilla

Attendance: 11 + 3 guests + 1 speaker

Introduction of Guests and New and Old Members (who have been gone)

Evan Schilling and son Drew. Just back from National Soap Box Derby

Steve Winters daughter Becca

Welcome any new or returning members

None

Birthdays and Anniversaries

none claimed

Mystery Person

Rick McKernan to Cyrilla

Sign In or Pay the Pig

None

President Announcements

- **District Optimist Meeting**

Aug 9-11 District meeting here in Columbia. At Executive Center 4 p.m. demo of Soap Box Derby. Need to know attendees by July 17th. Carl and food bank are coordinating a food drive -

Bringing Out The Best In Kids Since 1936

peanut butter - 16 oz jars. Asking district clubs to donate as much as possible.
Carl encouraged members to attend the meeting

- **Board Meeting** this past Thursday July. We funded Douglass Athletic Association baseball)(\$700, Voluntary Action Center (back to school days supplies) – \$500, Ronald McDonald House-- \$620 (outdoor games for home), and Coyote Hill Christian Children's Home (replace wood on deck of one of the houses): \$3000
- **Food Bank:** Jim Murphy - Pasta
- **Show Me State Games:** Jake Jolley Show Me State Games are this Sunday, July 28. I would like to Thank all the club members who were there yesterday in the heat handing out the soccer medals. Carl talked about it some about pictures and visiting with St. Charles teams.

There are a three photos from the first weekend included at the bottom of this bulletin.

- **Respect the Law BBQ:** Will take place on Saturday, August 31 at COMO Park shelter more detail to come. Need help be looking for help in serving the food, cooking and set up and cleaning.
- **Soap Box Nationals** - Even Schilling spoke a bit about their experience; 3 families from Columbia went, Owen Schilling, Marlowe Weiss, Miley McMichael were the drivers. They arrived Saturday. There were 380 racers participating in the event which was the 82nd running. All participants were real thankful for the opportunity. It is definitely a family activity, which can build lasting relationships. Rally racing is an additional opportunity past the local races that we have here. Participants travel long distances. On the Saturday race, two of our racers advanced to 2nd round . A Derby friend of the Schilling family from Omaha won on Saturday.

Announcements from the Floor:

none

Today's Speaker

Sarah Varvaro from Ten Outreach Program spoke to us today about their program.

Sarah is a Health Educator at COMO health department who facilitates this program. She provided a flyer with some statistics about the program. The program is also called TOPS. It is a middle and high school after school program currently active in eight schools; The facilitators meet with each school weekly. Organized lessons from curriculum book are presented each week. The program works to develop healthy relationship, social identity, healthy decisions and goal settings, Participating students are required to do volunteer work. They want to get every student 20 hrs volunteer work.

The participating students performed 968 hrs of community service last year. Majority of participating teens say they realized that they can make a positive influence on lives of others.

Sarah and two others from her office facilitate and partner with schools, There are 10 student per club, There are school hour activities and some after school activities through the entire school year. Some schools focus on at risk students, while others leave open to all. ..

The Wyman Group out of St. Louis created and continuously updates this youth development program. It is funded by the Missouri Department of Health and Senior Services - 50%. The Boone County Children's services fund provides the remaining 50%.

The local organizations website site is: <https://www.como.gov/health/education/adolescent-services/teen-outreach-program/>

The brochure provided is imbedded at the end of this bulletin.

UPCOMING ACTIVITIES

- 8/1/19 Tour of the New Ag Park next to ARC at 5:15 pm
- 8/9 -10/19 4th quarter Missouri East Conference at Holiday Inn Executive Center

UPCOMING SPEAKERS

- 7/29/19 Nanette Ward from Human Trafficking
- 8/5/19 Ellen Drummond from Junior Achievement Program
- 8/12/19 Soap Box Derby winners
- 8/19/19 Ron Rowe from Youth Community Coalition
- 8/26/19 Karen Grindler from Cedar Creek Therapeutic Riding Center
- 9/9/19 Carrie Gartner the Executive Director of The Loop CID

Adjourn with the Creed:

Optimistically Yours,

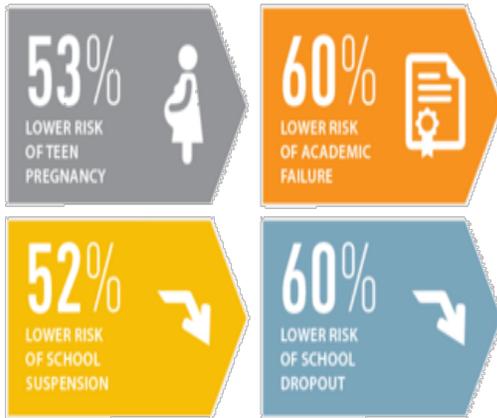
Mary Dewey, President



East Missouri District 2018-2019 "IT'S FOR THE KIDS"

Bringing Out The Best In Kids Since 1936

Teen Outreach Program®



Teen Outreach Program (TOP®) is an evidence-based program that utilizes the components of Wyman's curriculum and Community Service Learning to empower teens to live healthy, successful lives.



Our Teens

- 100% of TOP teens said they felt safe during TOP meetings.
- 0% of TOP teens have been pregnant or have caused a pregnancy in the past year.
- 94% of TOP teens maintained or decreased the number of failing grades on their report card during the 2017-2018 school year.
- 99% of TOP teens felt supported and accepted by their TOP facilitators.
- 50% of TOP teens agreed that people can be trusted at the beginning of the school year → 66% at the end of the school year.

Our Outreach

- TOP teens completed 968 hours of community service learning during the last school year!
- 94% of TOP teens said that the community service learning projects helped them make a positive difference in the lives of others.
- Who we've helped:
 - Food Bank
 - Ronald McDonald House
 - Boone Landing Retirement Home
 - Clean-Up Columbia
 - MU Women's & Children's Hospital
 - Boone Hospital
 - Central Missouri Humane Society

What Teens Say About TOP

"TOP is like a second family. Everyone tells the truth and no one wears a mask. I love TOP."

"TOP means a lot to me. I love helping others & it taught me responsibility."

"TOP has been awesome. I've gotten the chance to volunteer at many places as well as learn how to navigate life."

Our Topics

- Community
- Empathy
- Communication
- Relationships
- Self-Understanding
- Social Identity
- Health and Wellness
- Emotion Management
- Decision-Making
- Problem-Solving
- Goal-Setting

Our Schools

- Battle High School
- Douglass High School
- Harrisburg Middle School
- Harrisburg High School
- Hickman High School
- Jefferson Middle School
- Rock Bridge High School
- Sturgeon High School

The Evidence

- Allen (1997)
 - 42% lower risk of school suspension
 - 39% lower risk of course failure
 - 41% lower risk of pregnancy
- Allen (2001)
 - 52% lower risk of school suspension
 - 60% lower risk of course failure
 - Significantly higher levels of success for students with a history of school suspension
 - Significantly higher levels of success for females and racial/ethnic minorities
 - 53% lower risk of pregnancy
- McBride et al. (2016)
 - Teens who participated in TOP experienced significant reductions in failing grades and skipping classes
- Walsh-Buhi et al. (2016)
 - Students participating in TOP showed lower odds of participating in sexual behaviors
- TOP has also been cited as a cost effective program (Isaacs, 2007) and a program with social and economic value (Shapiro and Mathur, 2008).

Our Supports









Note - everyone in this photo owes the pig - per President Dewey <grin>