



## THE OPTIMIST CLUB OF COLUMBIA (Downtown Optimist)

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

Web: [www.downtownoptimistclub.org](http://www.downtownoptimistclub.org)

### Downtown Optimist Club Zoom Meeting Newsletter

March 29, 2021

Members attended: Rick McKernan, Mary Dewey, Ed Musterman, Scott Stager, Tony Parisio, Larry Fick, Red Leighton, Brian Haberberger, Eva Vazquez, Deb Swanegans, Evan Schilling and Special Guest Mikey B and Cheryl Unterschultz.

Prayer/Pledge for March 29: Deb Swanegans Prayer and Ed Musterman Pledge

Birthday: Rick McKernan Birthday, Larry Fick 53 year anniversary as club member of the Downtown Optimist Club

Lister and Laura talked about the East Missouri Optimist 3th qtr. conference which will held in Arnold, Missouri. The cost will \$60 for the early bird by April 5 and after April 5 it will cost \$70. The cost does pay club members to go to these conferences. If you stay the night that will be on your own cost. These conferences are great way to learn more about the Optimist from other member from other club besides having a great time too.

Heart of Missouri Girls on the Run: guest speaker Cheryl Unterschultz email address is [Cheryl.underschutz@girlsontherun.org](mailto:Cheryl.underschutz@girlsontherun.org) if you have any questions about Girls on the Run.

The founder of the Girls on the Run was Molly Barker from Charlotte, NC. There are 12, 000 locations across the nation. Columbia started the Girls on the Run in 2011 with 25 girls and 2 schools and now they have over 25 schools and over 300 girls. 38% of the girls are under scholarships the cost for one girls is \$150. Mostly of the girls are coming from title 1 schools here in Columbia. The cost covers all the program material handouts, ensure participants safety, liability insurance, background checks on the coaches, CPR/1<sup>st</sup> Aide training for coaches, and many other stuff to run this program.

The each out to Ashland, Boonville, Columbia, Jefferson City, Macon Ralls County, Boys and Girls Club, Moving A Head, Great Circle to name a few of the city's and organization that have Girls on the Run program. They will be having in person 5k on April 17 with 22 girls this year. Last year they didn't have a 5 K run everything was by virtual zoom home kits that was because of COVID-19.

## Why it matters

Girls face social pressures and conflicting messages about how they should act and who they should be. Studies show that by adolescence, girls' confidence drops about twice as much as boys'. Stressors related to COVID-19 have undoubtedly affected girls, between social isolation, anxiety and more limited opportunities for physical activity.

Girls need us now more than ever.

We believe that **EVERY GIRL** is inherently **FULL OF POWER** and **POTENTIAL**. By knowing, they are the leaders of their lives, these girls **WILL CHANGE THE WORLD**.

## *Our Story*

Heart of Missouri Girls on the Run is an independent council of Girls on the Run International, which has a network of over 200 councils across 50 states and the District of Columbia. Heart of Missouri Girls on the Run was established in 2011 to serve counties in mid-Missouri has provided life-changing programming to more than 1,000 girls in the past 5 years!

What started with thirteen girls in one school in 1996 has grown to over 2 million girls transformed nationwide and counting. With the help of over 100,000 volunteers, we empower more than 200,000 girls annually. The only program of its kind, we focus on the important connection between mind and body. Our research-based lessons and accessible physical activity instill confidence and nurture care and compassion in every girl.

## *Our Commitment to Inclusion, Diversity, Equity, and Access (IDEA)*

At Girls on the Run, our core values guide our way and we stand firm in our long-standing commitment to building a world where every person can know and activate their limitless potential. We value the dignity and humanity of all people and are dedicated to being an inclusive, diverse, equitable and accessible (IDEA) organization. Learn more about our commitment.

## Core Values



Recognize our **POWER** and **RESPONSIBILITY** to be **INTENTIONAL** in our decision making



Embrace our **DIFFERENCES** and find **STRENGTH** in our **CONNECTEDNESS**



Express **JOY, OPTIMISM AND GRATITUDE** through our words, thoughts and actions



**LEAD** with an **OPEN HEART** and assume **POSITIVE INTENT**



**NURTURE** our physical, emotional and spiritual **HEALTH**



**STAND UP** for ourselves and others

## What girls learn

### Confidence

Lessons are designed to build girls' self-worth and help them feel greater confidence in who they are. Activities help girls recognize their personal strengths and teach them how to stand up for themselves and others.

### Character

By gaining awareness of the power they possess to make intentional decisions, girls learn to choose positive actions, which demonstrate respect and responsibility towards themselves and others.

### Care

Throughout each season, girls learn to respond to others and themselves with care and compassion. Lessons and activities further develop their abilities to sympathize and empathize both within and beyond their social groups.

### Connections

Girls on the Run lessons focus on cooperative skills and team building through a positive group setting. Girls learn firsthand how to create positive connections with parents and caregivers, teachers, peers and their communities.

### Competence

Our program provides skill-building experiences to nurture girls' physical, social and emotional competencies that they apply in other areas of their lives such as home, school, and in the neighborhood. Completing a 5K at the end of the season gives them a tangible opportunity to apply all that they have learned.

## ***Girls on the Run***

### ***Grades 3-5***

The 3rd-5th grade program, Girls on the Run, encourages girls of all abilities to recognize their individual strengths and celebrate connections with others. Our tested curriculum blends physical activity with skill development that enables girls to adapt to whatever comes their way. In today's unpredictable world, the strategies learned at Girls on Run are more important than ever.

## **HEART & SOLE**

### ***Grades 6-8***

Heart & Sole is Girls on the Run's middle school program that meets the unique needs of girls in 6th-8th grade. The program considers the whole girl – body, brain, heart, spirit and social connection. Girls need an inclusive place where they feel supported and inspired to explore their emotions, cultivate empathy and strengthen their physical and emotional health.

**Tony Parisio, President**



**CHOOSE  
OPTIMISM**