

St. Louis South Side Newsletter

OCTOBER 2020



FELLOW OPTIMIST AND FRIENDS,
THIS MONTH WE START A NEW YEAR.
AS THE NEW PRESIDENT OF THE CLUB, I
PROMISE TO HELP THE CHILDREN OF OUR
COMMUNITY. I CANNOT DO THIS ALONE IT
WILL TAKE EVERY MEMBER OF THE
SOUTHSIDE CLUB TO ACCOMPLISH THIS. WE
HAVE HAD A TOUGH YEAR BUT WE ARE
OPTIMISTIC AND WE WILL CONTINUE THE
TRADITION OF OUR LEADERS BEFORE US.
I SOUND LIKE A POLITICIAN!!!
BILL VORHIES HAS ALREADY SCHEDULED
THE TRIVIA NIGHT AT ST. JAMES THE
GREATER CHURCH ON MAY 15TH, 2021. WITH
OUT THESE FUNDRAISERS WE CANNOT HELP
THE KIDS.
THANK YOU TO OUR PAST PRESIDENT CAROL
LOHSE FOR GETTING US THRU THE ZOOM
MEETINGS AND THE PANDEMIC.
CHERYL ROTHE

2020-2021

Club Officers

PRESIDENT

CHERYL ROTHE

1ST VICE PRESIDENT

ALLYSON BURNS

TREASURER

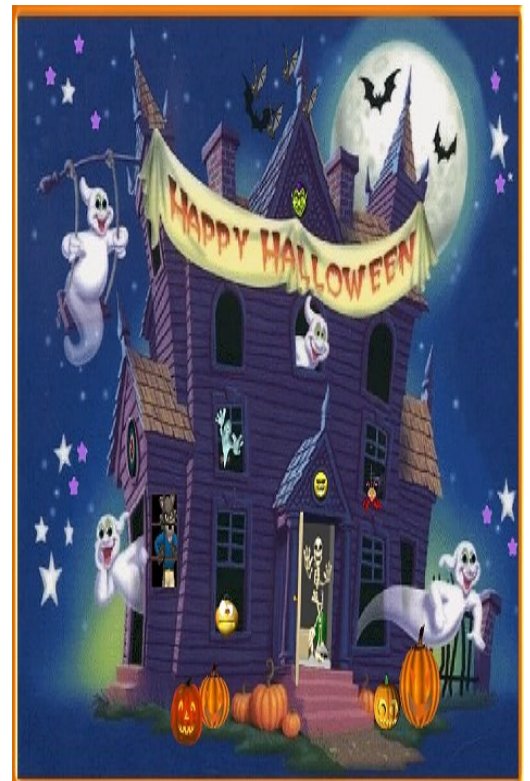
BILL VORHIES

SECRETARY

JOHN OBERLOHR

SARGENT AT ARMS

SANDY LUSK



ON SEPTEMBER 9TH, 2020 THE SOUTHSIDE OPTIMIST APPROVED THE 2020-2021 BUDGET. PLEASE SEE BELOW:

BRIDGE BREAD	\$250
CHRISTMAS BASKETS	\$1,000
SALVATION ARMY SUMMER CAMP FIELD TRIPS	\$500
ORATORICAL CONTEST	\$250
TINY SUPER HEROS	\$250
BISHOP DUBOURG HIGH SCHOOL	\$1000
WEBSTER GROVES HIGH SCHOOL	\$1000
YOUTH APPRECIATION	\$500
READY TO LEARN	\$500
RESPECT FOR LAW	\$200
DICTIONARY PROJECT	\$3000
RON DEMPSEY MEMORIAL POLICE SCHOLARSHIP	\$500
ROLLING RAMS	\$250
SUMMER CAFÉ FOOD PROGRAM	\$500

THIS IS A TOTAL OF \$9,700.00. IF YOU KNOW OF ANY OTHER NEEDS WITHIN OUR COMMUNITY PLEASE BRING IT TO A MEETING FOR APPROVAL. WE NEED TO HELP AS MANY CHILDREN AS WE CAN.



ON OCTOBER 2nd, 2020 THE ST. LOUIS SOUTH SIDE OPTIMIST WILL BE HAVING A 5TH WEDNESDAY AT GOLDEN CORRAL 6110 SOUTH LINDBERGH AT 9:00 A.M.

PLEASE JOIN US TO HAVE SOME FUN.

PLEASE CALL OR EMAIL BILL VORHIES AT 314-481-7212 OR BVORHIES113@GMAIL.COM SO WE CAN GET ENOUGH TABLES TOGETHER. SOME OF THE MEMBERS OF THE MEHLVILLE OPTIMIST WILL BE THERE ALSO.

Please join us on October 28th at Pietro's for the installation of new officers for the 2020-2021 year.

RSVP TO CHERYL ROTHE 314-574-6200 OR EMAIL AT CROTHER1979@YAHOO.COM.

TRIVIA

MARK YOUR CALENDARS FOR TRIVIA ON MAY 15TH, 2021
AT ST. JAMES THE GREATER CHURCH IN DOGTOWN. ALL
HANDS ON DECK OPTIMIST.....

THIS IS A BIG FUNDRAISER FOR US PLEASE SUPPORT THIS
FUN NIGHT BY BUYING TABLES OR VOLUNTEERING. ONCE
AGAIN WE WILL BE HAVING THE BOOZE BASKET SO PLEASE
HELP US WITH FILLING THE BASKET.

Koeze Fundraiser

George Kacic our head nut along with his assistant head nut John Oberlohr are gearing up for this years Koeze Nut Sale. Lets make this year a bigger and better nutty year. This fundraiser helps us to help the children in our communities. These make great gifts for the holiday season.



HEALTH TIP FROM AARP MAGAZINE:

A PERFECT DAY OF PREVENTION-ADOPT THESE DAILY HABITS TO WARD OFF VIRUSES, BOLSTER YOUR HEALTH AND KEEP YOUR IMMUNE SYSTEM FUNCTIONING AT ITS VERY BEST.

1. BREAKFAST-UNSWEETENED BRAN CEREAL TOPPED WITH YOUR FAVORITE BERRIES.
2. TAKE A BRISK WALK-IMMUNE CELLS CIRCULATE THE BODY DURING EXERCISE AND FOR TWO TO THREE HOURS AFTERWARD.
3. POST-WORKOUT SMOOTHIE OR SALAD-TRY TO GET IN AT LEAST 10 SERVINGS OF FRUITS AND VEGETABLES EVERY DAY.
4. START YOUR RELAXATION ROUTINE-STRESS IS A HIGH -POWERED IMMUNE SUPPRESSOR AND THAT FLOODS YOUR BODY WITH CORTICOSTEROIDS, THE SAME CLASS OF COMPOUNDS DOCTORS PRESCRIBE TO TREAT AUTOIMMUNE DISEASES.
5. VISIT FRIENDS VIRTUALLY OR OUTDOORS-LONELINESS AND SOCIAL ISOLATION CAN INCREASE INFLAMMATION THROUGHOUT YOUR BODY.
6. DINE WITH FISHES-OMEGA-3 FATTY ACIDS THE KIND FOUND IN OILY FISH LIKE MACKEREL, FRESH TUNA, SARDINES AND SALMON CAN MEASURABLY REDUCE LEVELS OF INFLAMMATION IN OLDER ADULTS.
7. BEGIN A SCREEN-FREE WIND-DOWN-SLEEP IS CRITICAL FOR IMMUNE HEALTH. SO IN ORDER TO AVOID DIFFICULTY FALLING ASLEEP TURN OFF YOUR PHONE, TABLET AND COMPUTER THREE HOURS BEFORE BEDTIME.

Mum is
in a meeting

9.30-11



! DO NOT ENTER !

The answer to your question
might be here:

upstairs

In the wash

I don't know
what's for dinner

No

In your bedroom

piece of fruit

boredpanda.com

THOUGHT FOR THE DAY

QUESTION:

IF YOU ARE A DOG IN A DOG-SLED TEAM, WOULD IT BE BETTER TO BE A LEAD DOG OR A DOG IN THE REAR OF THE TEAM?

ANSWER:

IT IS ALWAYS BETTER TO BE A LEAD DOG. IF YOU ARE A DOG IN THE REAR PULLING THE SLED IN A RACE THE SCENE IN FRONT OF YOU IS ALWAYS THE SAME NO MATTER HOW LONG YOU RUN OR WHERE YOU GO.

THINK ABOUT IT!!

MORAL: JOHNNY O-THE MORAL IS "IT IS ALWAYS BETTER TO BE AT THE FOREFRONT OF OPTIMISM-DON'T BRING UP THE REAR!!!!"

THANKS BILL VORHIES

Our Meeting Place:

PIETRO'S RESTAURANT

3801 WATSON ROAD ST. LOUIS, MO 63109

314-645-9263

Meeting Schedule:

2ND AND 4TH Wednesday of the month @

6:00 p.m.



Find us on
Facebook

OCTOBER BIRTHDAYS

OCTOBER 12TH-CONRAD HAUBRICH JR

OCTOBER 21ST-THAD NIEMIRA

OCTOBER 22ND-MARK BAYENS

OCTOBER 25TH-EVA G'SELL

OCTOBER 28TH-ROBERT NIEMIRA



OCTOBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 5TH WED CIBARE 9:00 AM
4	5	6	7	8	9	10
11	12 COLUMBUS DAY	13	14 PIETRO'S 6:00 PM	15	16	17
18	19	20	21	22	23	24
25	26	27	28 PIETRO'S 6:00 PM OFFICER INSTALLA-	29	30	31 
			.			

PRAYER REQUEST:

IF YOU WOULD LIKE TO ADD A FAMILY MEMBER OR FRIEND TO THIS LIST PLEASE LET CHERYL ROTHE KNOW.(crothe@budrovich.com)



Please Pray for:

BETTE BIERMAN-SOUTHSIDE MEMBER

ELISE TIERNEY—READY TO LEARN

LORETTA KELLY-SOUTHSIDE MEMBER

RUTH QUINLISK (MARY VORHIES MOTHER)

ADS

LETS PATRONIZE OUR SPONSORS



Dane Williams



Tom Jokerst

800-349-2505

Welcome...



Nick Rothe, Grading Estimator/Project Manager
nrothe@budrovich.com

10328 Lake Bluff Drive
St. Louis, MO 63123
www.budrovich.com

office: 314-892-3030
mobile: 314-713-3445
fax: 314-714-1182



James

Helen

Kwentus


Niemira

John & EVA G'Sell, D.D.S., M.A.G.D.

Family Dentistry



Steve Seliga



Dan Ryan
Loan Officer
NMLS# 677441

Direct Line: 636-324-7403
Cell: 314-397-2980
Fax: 314-842-8079
d.ryan@bank-star.com

9717 Landmark Parkway
Suite #214
Sunset Hills, MO 63127



Sports Bar & Restaurant
Sandy Dempsey



Kevin Regan



Mike Weiderman

314-843-8121

WE DESIGN, PRINT & PROMOTE...YOU!