



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

February 2024 News Making a Difference For Kids

President Peggy Scott



January 25, 2024

Carroll Metzger

Kindness



The January 25 evening meeting was held at Poppy's and presented by Past President Carroll Metzger. Carroll chose the topic for discussion to be kindness. The group explored the definition of kindness and shared stories of random acts of kindness they personally had experienced. The group identified key qualities of kindness such as: care, compassion, thoughtfulness, empathy, love, generosity, tenderness, warmth, friendliness, courage, responsibility and inclusivity.

Carroll asked everyone to write "kind" comments about other members in the club. These comments were written anonymously and will be given to the members at a future meeting. Participants were not limited to those present but to other club members even though they were not at the meeting.

The meeting concluded with a "empathy bingo" game with the group identifying different forms of communication. It was agreed that acts of kindness can make the world a happier place for everyone.

Submitted by Carroll Metzger

February 1, 2024
Rebecca Bishop, Executive Director
Jefferson County YMCA



Luncheon Meeting February 1, 2024

The February 1, 2024 meeting's guest speaker was Rebecca Bishop, Executive Director of the Jefferson County YMCA. Rebecca shared with the group a behind-the-scenes view of the charitable work of the Jefferson County YMCA. She said the Y is more than just sports and sweat, that it provides many other opportunities for the health, well-being, and social needs of the Festus community.

(From their website: The Y is more than a gym. We're the leading nonprofit committed to strengthening our Festus community.

We are proud to serve this great community through programs and services that focus on Youth Development, Healthy Living, and Social Responsibility. From athletics to academics, the Y offers a great variety of activities that help individuals of all ages and abilities grow strong in spirit, mind, and body.)

Rebecca said that the Jefferson County branch is one of 24 in this region and that membership at this branch also provides access to others in the region. About 2,000 members have insurance-based membership through such programs as Silver Sneakers.

The Y employs 180 people, most of whom are young adults, which provides them with job skills and responsibilities such as: supervision, record keeping, interacting with people of all ages and abilities, and timeliness.

Programs and services offered at the Y include, but are not limited to: fitness classes, personal training, and healthy lifestyles. Classes for people of various medical concerns like Parkinson's disease, cancer,

high blood pressure, diabetes are available. Specific classes provide time and activities for groups with special needs like Pony Bird. Swim lessons, exercise, and water safety/lifeguard training are offered. Childcare while parents/guardians are using facilities, summer camps, before/after school enrichment at four local school campuses, and school's out camp when school is not in session due to weather or teacher workdays is provided.

Social opportunities, for seniors in particular, include the Morning Coffee Crew who exercise and then spend the next few hours conversing over a cup (cups!) of coffee, going on day trips, sharing monthly potlucks and playing bridge and chess.

The Y also participates in Twin City Days with a 5K run as well as a Turkey Trot.

As all non-profits, they are nearing the end of a campaign to raise \$89,000 by March and are nearing that threshold.

Submitted by Karen Huskey

February 8, 2024 Board Update Valentine's Party

BOARD HIGHLIGHTS

- Board approved a new bicycle safety and helmet program presented by Katie Huck. Board approved \$1300 for this project and an Optimist International Foundation (OIF) matching grant of \$1000 will be submitted for consideration. Helmets and safety materials will be distributed during upcoming events, i.e. Bottleneck Bridge Ride, Trainet children's bike rodeo, and other events available to us.
- Board approved an increase in budgets for Youth Appreciation and the Art Contest.
- New members approved: Marian Bozak and Florence Borman.
- Club newsletter deadline remains the 15th of each month - submit to Jean Naeger

Fundraisers:

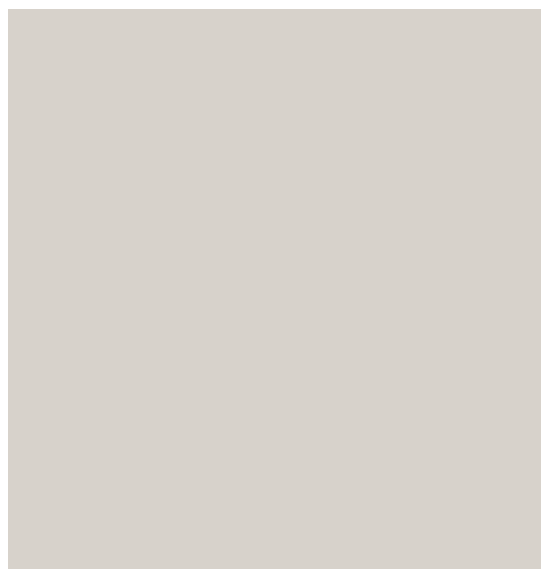
- March 15 Bunco, sold out (see above flyer for details).
- Rock n Roll Bingo approved as fall fundraiser for August 10 2024. Details to follow.
- 2025 Valentine's Dinner fundraiser - Stay tuned for more information.



Valentine's Day Party, February 8, 2024

The annual Valentine's Day party was held during the Thursday meeting on February 8. The club members signed twenty-four Valentine cards for our hardworking Head Start teachers in De Soto and Hematite. After the meeting, the cards and small gifts were delivered including cherry flavored water "love juice," a bottle of hand sanitizer to remind them that they are "hands down the best teachers" and a pencil to tell them that "you're all write with us." Our party games included "Red Hot Mama" and a Valentine love song version of name that tune. Red velvet cupcakes topped off a great lunch.

Submitted by Beth Watts





February 15, 2024
Kirstie Zych
Brenden's Friday Backpack Program



Volunteers from Brenden's Friday Backpack Program: Vicki Tamboli (Brenden's mother), Ashley Zugmaier with her daughter, Peyton, Cindy Jones, and Kirstie Zych.

Brenden's Friday Backpacks

Tuesday, February 6, 2024

Children served: 1,763 Number of schools: 59

| | |
|-----------------------------|-----|
| Head Start/Early Childhood: | 366 |
| Elementary/Intermediate: | 996 |
| Middle/High School: | 401 |

Following is an approximate number of items used and the average cost.

| | | |
|--------------------------|--------|-------------|
| Cereal/Oatmeal: | 1,763 | \$1,304.62 |
| Breakfast bars: | 3,526 | \$1,093.06 |
| Soup/Pasta: | 2,988 | \$3,794.76 |
| Ramen: | 1,203 | \$ 396.99 |
| Tuna/Chicken Salad kits: | 366 | \$ 644.16 |
| Vienna Sausage: | 732 | \$ 622.20 |
| Fruit/Pudding Cups: | 1,763 | \$ 617.05 |
| Snacks: | 5,289 | \$1,956.93 |
| Totals: | 17,630 | \$10,429.77 |

Weekly Breakdown



Brenden's Friday Backpacks February 15, 2024.

At today's meeting, I got to be the speaker and talk about Brenden's Friday Backpack program. Joining me were fellow volunteers. Brenden's Friday Backpacks is a 501(c)(3) non-profit, charitable organization whose mission is to "feed

hungry kids over the weekend." Brenden's Friday Backpacks began in 2011 with four children in one school and has grown to a program that is currently feeding over 1,750 children in 60 schools in Jefferson County EVERY week during the school year. Every Friday, each child takes home a bag of single-serve, non-perishable, kid-friendly foods that are easy to prepare and will last them through the weekend.

The program is run entirely by volunteers and operates on anonymous referrals directly from local schools. Brenden's Friday Backpacks operates on donations from individuals, local businesses, schools who hold food drives, and religious or civic organizations. They also receive a grant from Jefferson Foundation and the Katherine M. Buder Charitable Foundation.

After our meeting, our club put together snack packs, which consisted of one fruit item and three snack items in a Ziploc bag. We made up 416 snack packs to donate to Brenden's!! Way to go Optimists!! As for our EMO 2nd quarter service project, Optimist Club members brought in lots of donations of food for Brenden's Friday Backpacks. Before our meeting today, members had donated 168 pkgs/boxes of food which equaled 2,091 individual items.

Debbie Hogenmiller and I went shopping with budgeted funds of \$1000 and purchased 82 pkgs/boxes of food which equaled 3,352 individual items. Total numbers: 250 pkgs/boxes = 5,443 individual items plus more uncounted donations that were brought to today's meeting. On behalf of Brenden's Friday Backpacks, I would like to say THANK YOU, THANK YOU, THANK YOU for your generosity and support of this program!

For more information on how you can help and a list of foods they need, go to www.brendensfridaybackpacks.org.

Submitted by Kirstie Zych





February 22, 2024 Getting to Know You

Getting to Know You, February 22, 2024

Due to a last-minute speaker cancellation for the February 22 meeting, we were able to spend time participating in a fun exercise that involved getting to know your table mates better. A good time was had by all as we learned each other's preferences for food, travel destinations, and much more.

Submitted by Beth Watts

IMPORTANT INFORMATION Optimist Institute Dime-a-Day Campaign

Optimist Institute, a benefit for all members:

Optimist International Institute is an online, educational format available to members of all clubs across the U.S. and International arena. So many of us are beyond our educational years and this is a refreshing way to stay current on best club practices. For some of our officers, certain courses are required for both our East Missouri District, and Optimist International. More importantly, these courses help those officers know the expectations of their offices. We all are on the same team!

There is no cost to use this educational website and the courses are broken up into lessons which can be saved and returned to later. The time commitment is various and something you control. Courses range from leadership, time management, communication, technology and many

others. For officers of the club, they are specific to those requirements.

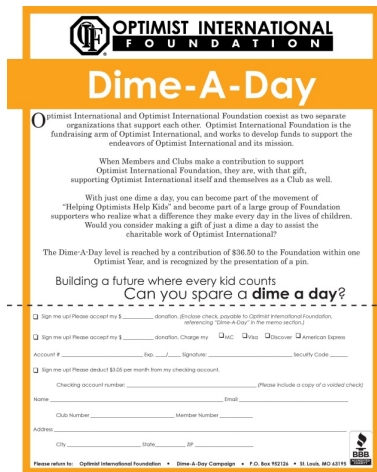
Please note: In order to include table in document below, it was necessary to upload a pdf. The links in document are not valid. Here are links you can click on to access referenced sites. Sorry print is small. Go into your email VIEW to enlarge if necessary.

optimist.tovuti.io

institute@optimist.org

| | | | |
|---|--|---|--|
| Go to website | optimist.tovuti.io | | |
| Login | If you see an error message, disregard | Go to bars in upper right and click | Follow directions if you are a new user |
| New User | Click on the subscribe button for members | \$0 cost | Passcode is CLUB2324 you must use the email address you submitted on your membership application |
| | Complete the form | For help may email | institute@optimist.org |
| Review dashboard, course, video library, inspirations and other | Pick something of interest to you and see how it works | If you need to be inspired, go to conventions and listen to prior keynote speakers, they all have a great story to tell | Website saves your work, issues certificates and badges as you complete courses. Enjoy! |

Submitted by Carroll Metzger



OPTIMIST INTERNATIONAL FOUNDATION

Dime-A-Day

Optimist International and Optimist International Foundation are two separate organizations that support each other. Optimist International Foundation is the fundraising arm of Optimist International, and works to develop funds to support the endeavors of Optimist International and its mission.

When Members and Clubs make a contribution to support Optimist International Foundation, they are, with that gift, supporting Optimist International itself and themselves as a Club as well.

With just one dime a day, you can become part of the movement of "Helping Optimists Help Kids" and become part of a large group of Foundation supporters who realize what a difference they make every day in the lives of children.

Would you consider making a gift of just a dime a day to assist the charitable work of Optimist International?

The Dime-A-Day level is reached by a contribution of \$36.50 to the Foundation within one Optimist Year, and is recognized by the presentation of a pin.

Building a future where every kid counts
Can you spare a **dime a day**?

Sign me up! Please accept my \$_____ donation. (Please check, payable to Optimist International Foundation, c/o _____, 10000 _____, St. Louis, MO 63119)

Sign me up! Please accept my \$_____ donation. Charge my Card Debit American Express

Account # _____ Exp. Date _____ Signature _____ Security Code _____

Sign me up! Please debit \$1.00 per month from my checking account _____ (Please include a copy of a voided check)

Checking account number _____

Name _____ Email _____

Club Number _____ Member Number _____

Address _____

City _____ State _____ Zip _____

Please refer to: Optimist International Foundation • Dime-A-Day Campaign • P.O. Box 102123 • St. Louis, MO 63119

Dime-A-Day Campaign is underway!

Each year members of the Twin City Area Optimist Club may choose to participate in the fundraising program for Optimist International Foundation called Dime-A-Day. The contribution of a dime-a-day, or \$36.50 for the year, supports endeavors of both the Optimist Foundation and Optimist International. Our club has received grants from the Foundation over the past few years to support our own

community projects. Your donation is tax deductible as a charitable gift. Last year approximately 36% of our members contributed. I am hoping for 50% participation this year!

There are other programs of giving to the Foundation which include the Women's Philanthropy Council (\$100 donation) which provides scholarships for young women who are the winners of the Regional Oratorical Contest, and the President's Club (nothing to do with being president of our club) which is an unrestricted \$250 donation.

If you choose to participate, please bring your donation to a club meeting anytime in the next month and give it to me. If you would like to mail it to the club or OI Foundation you may do so. Our club number is 30165 and your member number is on our roster, or you may contact me with any questions.

Link to view/print Dime-A-Day form: [dime-a-day-form.pdf](https://oifoundation.org/dime-a-day-form.pdf)
(oifoundation.org)

Please let me know that you have participated! Thank you for all you do!

Carroll Metzger, Club Foundation Representative

CLUB PROJECTS

NOW MEETING

(New Optimist Welcome)

March 14, 2024



During our regularly scheduled noon meeting

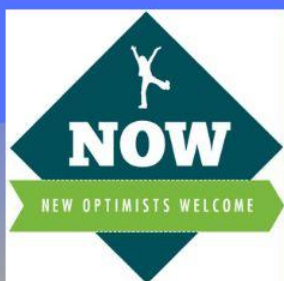
To invite a guest, notify:

Mary Hatfield, mhat123@yahoo.com

or Marsha Greenstreet, mgreenstreet@sbcglobal.net

by February 29, 2024

Provide the following information for each guest:



NAME
ADDRESS
PHONE
EMAIL ADDRESS

East Missouri Optimist
Second Quarter Conference
February 24, 2024

Winter Wonderland
2nd Qtr EMO District Conference
 Friday, Feb 23rd, 7:00 pm on ZOOM
EXECUTIVE COMMITTEE MEETING
 Saturday, Feb 24th, 10AM - 3PM on ZOOM
 or LIVE at Poppy's Parlor (Quonset Lanes)
 2004 N Truman Blvd, Crystal City, MO

SPECIAL GUEST SPEAKER
 MIDDLE AMERICA'S
 V.P. MICHAEL BOLES
 (EMO's Mikey B)

100+ items donation
 SERVICE PROJECT

100 YEARS
 1924-2024

C.A.R.E.

Participate
 in a LIVE
C.A.R.E.
 Program



Optimists with a Capital "O". Congratulations to the Jackson Noon Club for earning the 2022-2023 Honor Club distinction. Pictured EMO Governor Phyllis Neff, Jackson Noon President Shelly Kaiser, Jackson Noon Treasurer Debra Hoffmann, and EMO Governor Elect Jean Naeger.



EMO Governor Phyllis

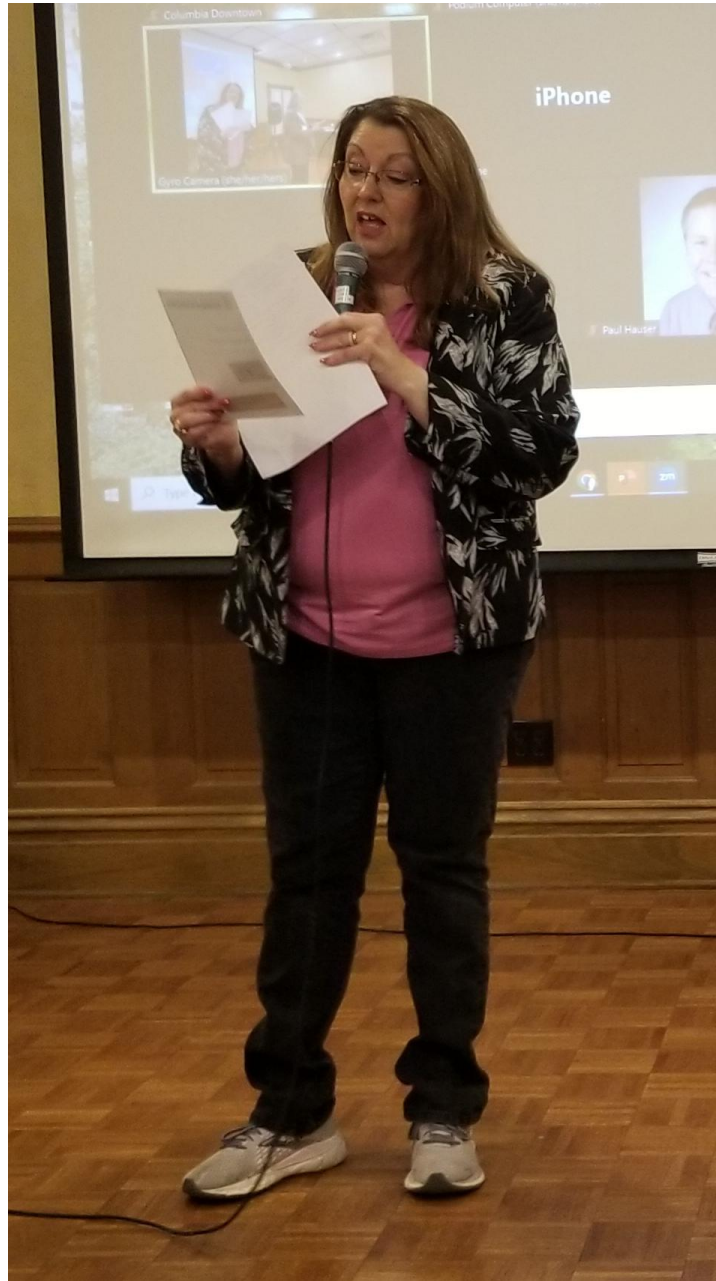


Governor Phyllis recognizes

welcomes first timers Treasa
Benn and Debra Greable from
the Cape Evening Club.

clubs for their contributions to
the International Optimist
Foundation for 2022-2023.

Conference Presenters



EMO Governor Phyllis Neff welcomes attendees both in person and virtually via ZOOM.



The Twin City Area JOI Club opened the conference with the Pledge of Allegiance and each member present recited a line of our creed. JOI members are pictured with JOI Adult Advisor Debbie Schumaker (far left) and Katie Huck EMO JOI Chair (far right)



Michael "Mikey-B" Boles
Optimist International Vice
President
Middle America Region



Liz Christman
Optimist International
Leadership Development
Director



Carroll Metzger
EMO Membership
Engagement Chair -- CARE
Program



Joe Hatfield
EMO Junior Golf Chair



Jean Naeger
EMO Governor Elect



LIVE at Poppy's Parlor

CLUB FUNDRAISERS

**S
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Twin City Area Optimist Club

BUNCO

DATE: Fri. March 15, 2024

Doors open at 6:00 p.m.

Bunco starts at 7:00 p.m.



**Contact: Carol Schanz
314-222-4344**

**Registration Fee:
\$20**

**(In advance/
non-refundable)**

Location:

H W Herrell Distributing Company
1002 White Street, Imperial, MO

**Bring your
own beverage**

**Bring a
snack/dessert
to share**

**50/50
Drawing**

**Invite a
friend**

**Contact Carol Schanz 636 222 4344 if
you would like to be put on a wait list.**

T



**Mark your
calendar for
August 10, 2024.
Rock n Roll Bingo
fundraiser. Details
coming soon.**

JOI Club

No February report submitted.

*Debbie Schumaker
JOI Adult Advisor*



As the Title Sponsor for the Leader Publication's Celebrating Women Event on March 8, 2024, this half page ad will appear in the paper.

OPTIMIST INTERNATIONAL
FESTUS - CRYSTAL CITY (TCA) MO

Twin City Area Optimist Club

Bringing out the best in youth

New members welcome!
We are an all-women's club!

- Dictionaries for Third Graders
- Oratorical and Essay Contests
- Art Contest
- Youth Appreciation
- Junior Optimist Club
- Respect For Law
- Head Start Christmas

- Brenden's Friday Backpacks
- Aunt Rose Project
- Second Hand Heroes
- Atlas Youth Outreach
- Nurses For Newborns
- Coats For Kids

We are always looking for annual sponsors to help finance our support to the community!

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

SAVE THE DATES



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

- March 5 - Board Meeting, Poppy's Parlor
- March 8 - Leader's Celebrating Women Event - TCA Optimist Club Title Sponsor
- March 14 - NOW meeting - Co-Chairs Marsha Greenstreet and Mary Hatfield
- March 15 - Bunco refer to flyer for details

Paul Williams
January 25, 1943 - February 21, 2024



Please keep Judy Williams and family in your thoughts and prayers as they mourn the loss of their beloved Paul. Paul may not have been a TCA Optimist member, but we know he helped out the club in many ways as he was "voluntold". Click link to view Paul's obituary [Obituary information for Paul David Williams \(vinyardfuneralhomes.com\)](http://vinyardfuneralhomes.com)



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

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

Board of
Directors
2023-2024

President
Peggy Scott
314 420 0897

President Elect
Debbie
Hogenmiller

Past President
Carroll
Metzger

Secretary
Ruth Ann
Adams

Secretary Elect
Kathy Todd

Treasurer
Janet Mace

Treasurer Elect

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.

Becky Francis

Board
Members

2022-2024
Cathy Elliott
Katie Huck
Patty Meyer

2023-2025
Amy Baum
Beth Watts
Kirstie Zych



Visit our website

Keep current with club activities,
like us on Facebook, and
visit our website.



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

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