

North Carolina East Optimist News

MESSAGE FROM THE GOVERNOR

"ACHIEVEMENT"

Hello fellow Optimists. I hope that you have had a wonderful summer and look forward to the changing of the seasons. We are fast approaching the end of the Optimist year 2014-2015. I would like to thank and congratulate each Optimist on the achievements you and your club accomplished during this Optimist year.

As we finish this Optimist year let's not forget what the Optimist Creed means to us individually. The first sentence of the Optimist Creed goes like this: PROMISE YOURSELF----- To be so strong that nothing can disturb your peace of mind. This first

sentence in the Optimist Creed sends a powerful message. Be strong, endure, and triumphant in each and every thing that we do. Let us live by the Creed and practice the advice that it gives us.




ACHIEVEMENTS in life generally come only to those who set goals for themselves. We attain that which we set our sights on. As Optimists let's set our goals high for ourselves, our clubs, and our District and then ATTAIN our goals. The higher the goal the greater the satisfaction is in attaining those goals.

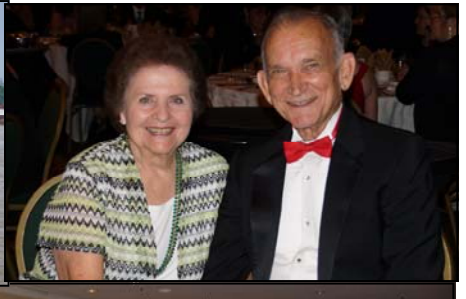
<p>Maybe it is time we looked up to see where we are going. Yes, there are goals in life just as there paydays and congratulations. Let us set our sights on helping every child that we can. Our children are our future and they need our guidance and support to become good citizens. Keep up your optimism, for it can be a powerful tool to use.</p>	<p>Thank you for all you have done this year as Optimists and may next year be even more successful for you, your club, and the North Carolina East Optimist District</p> <p>James Lamm, Governor 2014-2015</p>
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Optimist International Convention

New Orleans, Louisiana

<p>WHO AM I? I AM AN OPTIMIST! WHO AM I? I AM AN OPTIMIST!</p> <p>Sixteen North Carolina East District Optimists traveled to New Orleans for the 97th International Convention. This was the ten year anniversary of optimists having been in New Orleans for the 87th Optimist convention and then.....HURRICANE KATRINA.</p> <p>WOW! What a great time was had by all...great training, great entertainment, great food, great fellowship with optimists across the United States, Canada and the Caribbean, great speakers and a fantastic Optimist International President, Ken Garner motivating each of us in attendance with his enthusiasm, excitement and asking each of us "WHO AM I?" "WE ARE OPTIMISTS"!</p> <p>Yes, we are optimists. We are members of the "GREATEST" service organization for youth in our nation. We Bring Out The Best In Youth. Let us continue our service for youth in communities and be reminded of the legacy we desire to leave for future generations.</p> <p>17 from North Carolina East attended the convention. Gov. Elect, Allan Ludlum, Past OI VP Sandy</p>	<p>Cyphers, Billy and Jan Edgerton, Joyce and Russell Leake, Wayne Sidelinger, Dan and Barbara Durham, Carey and Ellen Foster, Betty Mosley, Barbara Timmons and Ronnie McLamb, Errol Warren and Melissa Skinner, Linda and John Shepherd.</p> <p>16 gathered at Thomas Bistro on Friday night for the annual NCE District Dinner.</p> <p>Allan Ludlum was recognized on stage as Governor Elect for NCE. Wayne Sidelinger was recognized for receiving PGI Level 10.</p> <p>The 98th Optimist International Convention will be in Quebec City, Canada, June 30th-July 1st. Obtain your passports and join with fellow North Carolina East Optimist members as we meet in Canada with many other optimists to learn, share and grow.</p> <div style="display: flex; align-items: center;"> <div data-bbox="824 1577 1052 1730" style="flex: 1;"> <p>Sandy Cyphers, N.C. East O.I. Ambassador</p> </div> <div data-bbox="1149 1297 1528 1703" style="flex: 1;">  </div> </div>
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New Orleans



North Carolina East District

Proposed Zone/Club Alignment

Zone	New	Club #	Club Name	Membership
2	1	43002	Duplin	29
1	1	46475	Wilmington	15
1	1	43077	Wilmington Cape Fear	95
1	1	43430	Wilmington Supper	20
1	1	43490	Wilmington Winter Park	67
		Total Zone Membership		226
2	2	43139	Elizabethtown	34
2	2	43508	Greater Spring Lake	16
2	2	43245	Laurinburg	66
2	2	43472	Whiteville	40
		Total Membership		156
4	3	43511	Wilson Bennett	24
3	3	43505	Carteret	11
4	3	43514	Elm City	22
3	3	43195	Goldsboro	49
4	3	43480	Wilson Evening	24
4	3	43060	Wilson Breakfast	28
4	3	43190	Wilson Golden Circle	40
		Total Membership		198

4	4	43129	Chowan--Edenton	19
3	4	43210	Greenville	20
5	4	43360	Roanoke Rapids	34
5	4	43055	Rocky Mount Breakfast	9
5	4	43375	Rocky Mount Evening	32
4	4	43435	Tarboro	9
3	4	43461	Washington	33
			Total Membership	156

6	5	43502	Chapel Hill	15
5	5	43215	Henderson	49
6	5	43003	Northern Wake	20
6	5	43516	Orange County	20
5	5	43380	Roxboro	21
6	5	43000	Wake Forest	25
			Total Membership	150

6	6	43185	Garner	57
6	6	43355	Raleigh	55
6	6	43126	Raleigh Dinner	12
6	6	43330	Raleigh North	10
6	6	43005	South Johnston	40
6	6	43479	Southern Wake	9
			Total Membership	183

Red lettering constitutes a change of Zones

New Club Building

NCB

VERSES

NCB

****NEW CLUB BUILDING****

****NO CLUBS BUILT****

Which side of the tract do you want to be on?

We've heard it said many, many times "IT TAKES A VILLAGE TO RAISE A CHILD".

Believe it or not it takes a district to find a community, build a club and keep it striving, growing and in existence.

We are in the 10th month of the 2015 year and to this date we (YOU and I) have failed to find that special community/communities that need an Optimist Club. The community/communities with adult optimists that could "MAKE A DIFFERENCE" in the lives of youth. These communities are so close, yet so hard for us as optimists to make the effort, to take the initiative to seek out, locate, search and find.

The District New Club Building Chairman cannot do it by them self. They need a village of other optimists assisting in all aspects of the process.

The North Carolina East is the "BEST!!!!!!!!!!!!!!!!!!!!!!!" We are a family of optimists...We are friends, We are a friend of 'YOUTH". We can do it! We have done it before...we can do it again.

We can begin now to make the right side of the tracts a reality for the district. Work with me and fellow optimists to BUILD A CLUB IN THE DISTRICT!

Bring that new birth of a new club onto the right side of the tract.

Sandy Cyphers



BOYS & GIRLS HOMES
of North Carolina



Hello Optimist

Your Optimist cottage is doing great with 7 boys at this time in the cottage. A lot of the boys have been busy this summer working either

on the farm or on the grounds around the cottages. The Flemington Academy which is the charter

school on campus is in its third year and the staff at the school are doing an awesome job. I am very proud to serve as your chair person for the NC East District year 2014-2015. It is very rewarding to me and I thank you for allowing me to serve you. But most of all I want to say THANK YOU for your support, donations and love for the children of the Boys and Girls Homes.

Gary Pender

B&G Home Chair



NCEast District Convention

Beach Cove Resort

N. Myrtle Beach, SC

Lets get excited.

We are looking forward to another District Convention at North Myrtle Beach SC this year.

We will be at the Beach Cove Resort, North Myrtle beach where the guest rooms and the meeting rooms are all under one roof. After listening to members, we visited 8 different hotels trying to find a new location that would be more accommodating to all of our functions.



Be assured that Governor Jimmy will see that we are entertained. Gov. Elect Al Ludlum will have training.

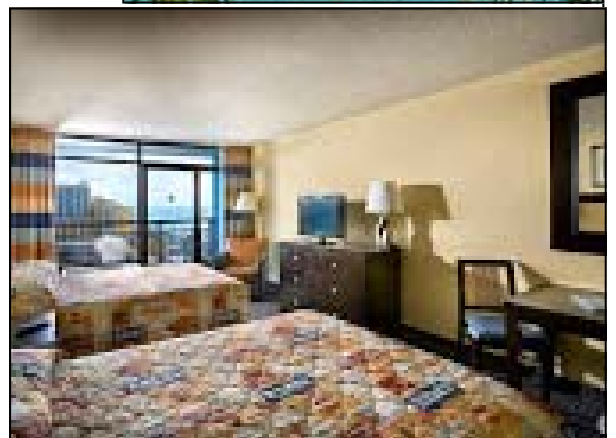
Go to the NC East Optimist web site to review the LOW prices and all of the amenities available at the



Beach Cove Resort.



Doug Lamm
District Convention
Chairman



District Oratorical Contest 2015



Yancey Hines, Oratorical Chair



1st Place, winner of \$2500 scholarship, Meredith Ellington, Henderson, Gov. Jimmy Lamm, Oratorical chair, Yancey Hines.



From Left: Emonee Glover, Henderson; Walker Winslow, Greenville; Jenna Blackwell, Whiteville; Octavia McLean, Laurinburg; Mariah Sutton, Cape Fear



2nd Place, winner of \$1500 scholarship, Walker Winslow, Greenville.



From Left: Hope Farlow, Wake Forest; Meredith Ellington, Henderson; Grace Crane, Greenville; Olivia Exum, Golden Circle; Diana Chavez, Golden Circle; Emily Webster, Chapel Hill.



3rd Place, winner of \$1000 scholarship, Octavia Mclean, Laurinburg.

A&A Club Winners – Top Ten Clubs

2nd Quarter 2014-2015



From left: No. 1, Whiteville, David Heath; No.2, Cape Fear, Kathy Brennan; No. 3, Elm City, Linda Shepherd; No. 4, South Johnston, Jerry Medlin; No. 5, Chapel Hill, Bob Verne.



From left: No. 6, Garner, Jerry Medlin; No. 7, Greenville, Curtis Hardee; No. 8, Northern Wake, Barbara Timmons; No. 9, Roanoke Rapids, Carey Foster; No 10, Wake Forest, Bill Brown.

Top 3 Lt. Governors



1st Place, Lt. Gov. Zone 6 Dave Bast; 2nd Place, Lt. Gov. Zone 5, Jim Hart, accepting Angela Iwaniuk; 3rd Place, Zone 3 Lt. Gov. Gary Pender



Dan Durham, NCE District A&A Chair

A&A Club Winners 2nd Quarter 2014-2015

Top Club in Each Zone



Zone 1, Wilmington Cafe Fear, Kathy Brennan; Zone 2, Whiteville, David Heath; Zone 3, Greenville, Curtis Hardee; Zone 4, Elm City, Lina Shepherd; Zone 5, Roanoke Rapids, Carey Foster; Zone 6, South Johnston, Jerry Medlin.

District Essay Contest 2015



First Place

Optimism Should Be a Priority

“Once I knew the depth where no hope was, and darkness lay on the face of all things....But a little word from the fingers of another fell into my hand that clutched at emptiness, and my heart



leaped to the rapture of living....Can any one who has escaped such captivity, who has felt the thrill and glory of freedom, be a pes-

simist?” Helen Keller wrote this in *Optimism: An Essay*. Helen contacted an unknown illness at 19 months that robbed her hearing and sight. For years, she could only communicate through a few gestures; no one cared to teach or discipline her. Then Anne Sullivan, a teacher who was blind herself, heard about Helen. She tried tirelessly to teach the girl names of different things, but Helen could not grasp the concept. Finally, when Anne attempted to teach Helen “water” – as Anne wrote her own teacher Sophia Hopkins – “the light of understanding has shone upon my little pupil’s mind, and behold, all things are changed.” Thus began a 49 year friendship between Helen and Anne, two of my personal heroes. Through these women’s stories, one will understand why optimism should be a priority, starting with optimism’s definition, continuing through its physical benefits, and concluding with its metaphysical benefits.

What is optimism? *Roget’s Thesaurus* describes optimism as a “tendency to expect a favorable outcome or to dwell on hopeful aspects.” Optimism is seeking the hope that lies in every situation. The hope may be on the surface or buried underneath, but unless one seeks, it may never be perceived. Helen Keller defined optimism when she

wrote, “If I am Happy in spite of my deprivations, if my happiness is so deep that it is a faith, so thoughtful that it becomes a philosophy of life,...I am an op-



timist.” However, one can have too much optimism, as Helen also explained: “It is a mistake always to contemplate the good and ignore the evil because by making people neglectful it lets in disaster.... That is false optimism....A man must understand evil and be acquainted with sorrow before he can write himself an optimist and expect others to believe that he has reason for the faith that is in him.” German theologian Jurgen Moltmann echoed this in *Experiences of God*: “Genuine hope is not blind optimism. It is hope with open eyes, which sees the suffering and yet believes in the future.” Anne and Helen had optimism born from suffering.

Given this description of optimism, what physical benefits does it provide? Recent studies reported by *Psychology Today* conclude optimism decreases stress and helps one have a healthier heart and sounder sleep.” It also increases motivation for personal well-being: exercising, eating right, and more.” Optimism may result in longevity, too, according to *WebMD*.” Helen Keller originally lived as a pessimist, hating life and not knowing her own worth, and she was destined for despair. Then Anne Sullivan stepped in into Helen's life and taught her things no one else could. Because of Anne, Helen acquired optimism, which enabled her to continue learning despite her handicaps and live a productive 88-year life.

In addition to physical benefits, what metaphysical benefits does optimism produce? First, opti-

mism gives meaning. It penetrates the darkness of the world to revitalize people with purpose to their lives. Without hope, darkness would overpower the world and life would be empty. Additionally, once a spark of hope ignites, it bursts to life contagiously, capturing the heart of those nearby and illumination their lives,. Ann Sullivan’s optimism spurred her to teach young, unruly Helen, and Helen caught the optimism, which enabled her to learn in ways impossible before and become an influential thinker. Helen wrote about some of optimism's metaphysical benefits: “Optimism is he faith that leads to achievements; nothing can be done without hope,” and, every optimist moves along with progress and hastens it, while every pessimist would keep the world at a stand-

still.” Helen demonstrated that optimism inspires action and accomplishment. Furthermore, this hope strengthens the world. As St . Paul wrote to the Christian church in Rome. “(W)e were saved in hope....But if we hope for that which we don’t see, we wait for it with patience” (Romans 8:24-25, WEB) Hope bolsters society into the future.

If one understand what optimism means and what physical metaphysical benefits it provides, one would agree that optimism should be a priority. Optimist International is founded on this principle with “bring out the best in kids” as the mission for its local clubs.” My heroes, Anne and Helen, exemplify this mission, and their optimism should be an inspiration for club members and everyone who loves children.

2nd place

Optimism Should Be a Priority

Optimism should be a priority. That is as obvious a statement as any I've heard. Optimism is necessary for living a healthy, happy lifestyle. What is Optimism? The Webster’s definition of optimism reads: ‘A feeling of belief that good things will happen in the future: a feeling or belief that what you hope for will happen.’ Optimism is hope that the outcome will work itself out for the best. Optimism is the whisper in the back of your mind during a daunting situation that, somehow, you’ll get out of it ok. Optimism is a light that shines through the darkest of circumstances. To make a long story short, optimism is a great thing to carry with you for the trials and tribulations that life presents.

Having an optimistic attitude, believe it or not, has several health benefits. Studies have shown that there is a correlation between an optimistic outlook on life and a person’s health and well-being. Optimism can even add years onto your life. According to he Mayo Clinic, “positive thinking” is conducive to an increased life span, better psychological and physical well-being, and even reduced risk of

death from cardiovascular disease. If people knew that positive thinking and optimism could make them live longer, there would definitely be a lot more optimistic people in the



world. Although aging is inevitable, possessing an optimistic attitude has been found to help ward off the sometimes debilitating motor conditions that often accompany aging, with statistics showing that elders who have a positive outlook on life can perform day-to-day tasks easier then their less positive counterparts (Searing). That’s right, not only does optimism benefit your outlook on life, but it also has numerous health benefits.

Still don’t think optimism is a necessity? What do Thomas Edison, Walt Disney and Abraham Lincoln have in common? In several instances, these men, who were, by all accounts some of the most successful in their respective fields, didn’t necessarily get what they wanted. In some cases they outright *failed*. Edison, the great inventor who innovated the

lightbulb, failed 1,000 times before successfully producing the first commercially impractical incandescent lightbulb (Beck). Walt Disney, the entertainment icon behind one of the biggest mass-media and entertainment titans in the world, the Walt Disney Company, was fired from a local newspaper for “lack of creativity” (Jones). I bet Mickey Mouse would have something to say about that. Even Abraham Lincoln, considered one of the greatest Presidents ever, encountered numerous failures, including losing his job, failing in business and losing several nominations for Congress and Vice president. In fact, he was defeated for the U. S. Senate just two years before being elected President (Morel). These men all could have quit, given up, and wallowed in their failures. They didn’t, and instead they became some of the most successful individuals in American history. When speaking of his failures, Thomas Edison said, “Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” (Thomas). In order to achieve success in any venture in life, you must persevere with the belief that success is ahead. That optimistic attitude will, at some point, provide a breakthrough, as proven time

and time again. Abraham Lincoln stated, "Most folks are a happy as they make their minds up to be. “ (Abraham). Walt Disney Explained, “If you can dream it. you can do it” Walt). So, you see, in order to be successful, you must have a dream, perseverance and an optimistic attitude. It truly is something that can change the course of anyone’s life.

Finally, when I think about the statement, “optimism should be a priority,” I can’t help but think of my own life and personal experiences. Even as a college-bound senior in high school, things haven't always been easy. I've had to take the most challenging classes available at my school. I balance an after-school schedule consisting of sports, community service, scholarship applications, college applications and so much more. It can be very successful, to say the least. However, I’ve always kept a positive attitude, and, so far, I’m very blessed and grateful to say that things have worked out just fine. Have these been some of the most stressful years of my life? Oh, absolutely. However, I’ve had so many wonderful experiences, made so many great memories and had to much fun to let the negatives and the stress ruin my optimistic outlook on life.

Third Place

“Optimism should Be a Priority”

Optimism should be a priority. Optimism is not something that people should only consider when life is good or when everything is going their way; optimism should be a priority. Optimism, as defined by Merriam-Webster, is a feeling or belief that good things will happen in the near future; a feeling or belief that what you hope for will happen. Optimism is not something that should only be used occasionally in day to day or even week to week situations. Optimism should be a mindset; it should be something that is utilized daily.

Optimism can be the start to an incredible journey and can be the beginning of a life changing experience. However, without optimism things don't

seem so promising and often times don't seem worth the risk. As Helen Keller said, “Be of good cheer. Do not think of today's failures, but of the success that may come



tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost.” Obstacles will come our way and failure is inevitable. However, it is the way in which we deal

with failure, respond, and pick ourselves up which matters. Optimism is what allows people to chase their dreams; optimism is what keeps people up at night thinking of the possibilities with which this beautiful life presents each and every one of us. Without optimism life is just a dreary walk in the park that isn't all that fun, constantly waiting for the rain to come or for other mishaps to come your way. Optimism presents every one of us with a chance to make something out of our lives, no matter where we find ourselves or however destitute a situation we may find ourselves in. Whereas a pessimist may look at an opportunity and be frightened by the potential failures, an optimist sees the potential success in a situation and sees what could be in one's life.

Winston Churchill once said, "For myself I am an optimist – it does not seem much use to be anything else." Why go throughout life looking at the negatives and constantly telling yourself that you can't do something when the potential to be great is right around the corner? It is useless to not be an optimist and to constantly survey live in such a negative manner. Thinking of the worst and believing that is all you will amount to will eventually become the case, if you let it. Life's biggest successes come after life's biggest chances, and how is one expected to take a big chance when all they can think about are the potential failures and losses that could befall them. Life may have its ups and its downs, however an optimist always looks on the bright side of life, seeing the beauty that life is and approaching it with a joy and daily vigor that is not present in pessimists

and those who are always feeling downtrodden and beaten. How is one expected to escape an unfavorable opportunity if they can't even see the potentially great opportunity right in front of their face? As Charlie Chaplin said, "You'll never find a rainbow if you're looking down."

Optimism should be a priority because without it our society would be nothing. Without optimism there would be no entrepreneurs starting up new businesses, there would be no innovations in technology, and there would be no scientific leaps that leave everyone stunned and wondering how we, as a society came to such an innovative and advanced discovery. Optimism led to the discovery of America and the settling of the west. Without the hopeful prospective for economic advances, neither of these territories would have been developed no would the world be how we know it to now be. Although some would say that pessimism is a proper and necessary tool for preparing one's self for the inevitable, it is not what drives the world forward and takes it to new heights. The world is transformed by the dreamers and the doers, not the people who are scared to take chances and hope for the best.

Although optimists may encounter failure and challenges throughout life, an optimistic attitude is what drives them on and is what turns their lives into a positive affair rather than a negative one. Optimism should be a priority, because without it, is life really worth pursuing?

4th place

Optimism Should Be a Priority

395 years ago, 102 people stepped off a boat and into a new land. They didn't know what was waiting for them, or how many would survive. But they believed that, however hard it might be, he hardships would be worth it. These 102 people were the passengers of the Mayflower's voyage to the

New Land – the first colonists, and the original source of the optimism for which American is well-known. Though the path ahead was filled with brambles and



dead ends, these positive newcomers had full faith that success was within reach.

America was built on optimism, and that optimism is still one of the most important virtues one can have in this day, because it embodies everything that our country was built on: hope, confidence, bravery and the belief that no dark day will last forever. And yet, America's optimism is wavering. As Helen Keller once said, "Optimism is the faith that lead to achievement. Nothing can be done without hope and confidence" and this is proving to be true. According to the United States Census Bureau website, only 41.2% of adults aged 18 to 24 participated in elections in 2012. As America's inhabitants lose their optimism, we lose our hope and confidence in our country and, with it, our motivation to be involved. Our society is slowly being pulled further and further to an apathetic, collectively pessimistic state. I cannot walk down the street or access the internet without seeing countless advertisements blaring shocking statistics on world hunger, the effects of the war, or the lack of quality education in this country. Even social media and television, while seemingly innocent on the outside, broadcasts messages that encourage dissatisfaction with body image or economic status. We are constantly asked to achieve society's perception of perfection, and, as this perfection continues to be exposed as impossible to achieve, we are setting ourselves up for failure. As a result, our dissatisfaction with our lives becomes even greater, and the pessimism continues in an unending, murderous cycle.

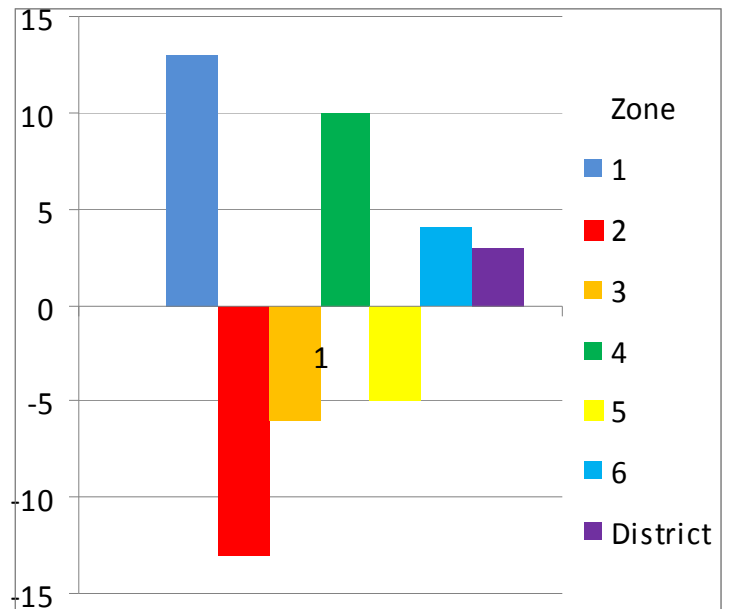
American society was not always pessimistic as it is today; in fact, when we first began, we were filled with the exact opposite sentiment. Our 33rd President of the United States, Harry S, Truman, truly summed up our foundational attitude when he said that America was not built on fear. America was

built on courage, on imagination and an unbeatable determination to do the job at hand. " In short, America was built on optimism. It is our opinion that has given us the ability to push ourselves to make unbelievable progress in these past 325 years, and it is our optimism that will help us continue to improve our lives and fulfill our dreams, should we make the choice to nourish and develop it instead of allowing pessimism to influence us.

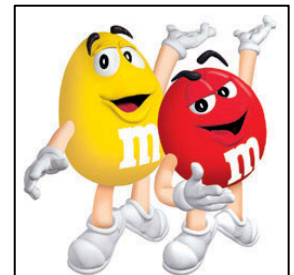
Optimism is one of the most important building blocks of the country or which we are so proud. It is the reason that our founding fathers didn't give up, though they faced starvation, war, and the threat of being ostracized and mocked by their former colleagues. It is the reason that we are standing today in the most powerful country on earth. And these are just a few of the many reasons that we must make optimism a priority if our lives again today. We must rebirth the original positive attitude that our founding fathers held so dear: the belief that anything is possible, and that, with enough work, we can make every single one of our dreams come true.. Th is optimism is one of the clearest reasons why America is the most powerful country on earth, and the country with the highest immigration rate. We have present-ed ourselves as a nation of hope; of confidence. We ae the nation of optimism. Without it our progress stops, and we lose everything we hold so dear. Without our optimism, we are nothing. We must bring optimism back, and make sure it become more of a priority than ever before. We must remind ourselves that anything is possible, that we are the inhabitants of the United States of America, and, as such, we have the freedom to make our lives anything we want them to be. Optimism got us this far, and, should we choose to return to it, will give us the tools we need in order to achieve more as a nation then ever before.

CLUB NAME	10% GOAL	1st QTR
WILMINGTON-CAPE FEAR, NC	8.2	15
WILMINGTON-SUPPER, NC	2	0
WILMINGTON, NC	1.6	-2
WILMINGTON-WINTER PARK, NC	6.7	0
Total for Zone 1	18.5	13
DUPLIN, NC	3.1	-9
ELIZABETHTOWN, NC	3.4	-1
LAURINBURG, NC	7.1	-5
WHITEVILLE, NC	3.8	2
GREATER SPRING LAKE, NC	1.6	0
Total for Zone 2	19	-13
GOLDSBORO, NC	4.4	5
GREENVILLE, NC	2.1	-2
WASHINGTON, NC	3.5	-2
CARTERET, NC	1.7	-7
Total for Zone 3	11.7	-6
WILSON-BFT, NC	2.9	-1
CHOWAN-EDENTON, NC	1.9	0
WILSON-GOLDEN CIRCLE, NC	3.6	10
TARBORO, NC	0.09	0
WILSON, NC	2.4	0
BENNETT-WILSON, NC	2.4	0
ELM CITY, NC	2.1	1
Total for Zone 4	15.39	10
ROCKY MOUNT-BFT, NC	1	-1
HENDERSON, NC	4.9	0
ROANOKE RAPIDS, NC	3.4	0
ROCKY MOUNT-EVENING, NC	3.7	-4
ROXBORO, NC	2.1	0
Total For Zone 5	15.1	-5
WAKE FOREST, NC	1.9	6
NORTHERN WAKE, NC	2.1	0
SOUTH JOHNSTON, NC	4.5	-5
RALEIGH-DINNER, NC	1.3	-1
GARNER, NC	5.2	5
RALEIGH-NORTH, NC	1	-1
RALEIGH, NC	5.4	2
SOUTHERN WAKE, NC	0.8	1
CHAPEL HILL, NC	1.2	2
ORANGE COUNTY, NC	2.5	-5
Total for Zone 6	25.9	4
	106	3
Total For District		

District Membership



At the end of the third quarter we still have three Zones with a positive net growth - Zone 1, Zone 4, and Zone 6.



We now have a total of six clubs who have reached or surpassed their goal of 10% growth
 Wilmington - Cape Fear - Plus 15 members

Goldsboro - Plus 5 members

Wilson Golden Circle - Plus 10 members

Wake Forest - Plus 6 members

Southern Wake - Plus 1 member

Chapel Hill - Plus 2 members

Three other clubs are very close to reaching their 10% growth goal - Whiteville, Elm City and Garner.

We would still like to see all clubs reach our goal of 10% growth.

10% growth. We still have time to make it happen!
Give the gift of OPTIMISM!

Make Sure You Get Your Share of "M&M's"

OI President Ken Garner reminded us to strive to increase our membership to 100,000 members by OI's 100 anniversary in 2017. He uses "M&M's" to explain the importance of growth in our individual clubs and in the entire organization. Let's all make sure we all get our share of "M&M's"!!

MORE MEMBERS - in each Club and around the world spreading Optimism

MORE MATES - friends for life

MORE MENTORS - to both give and receive not only in Optimism, but in business and life

MORE MARKETING - children, parents and the public become more aware of the good we all do

MORE MONEY - resources to not only fundraise, but also do bigger and better projects

MORE MOMENTUM - people want to be part of something that is doing well and going in a positive direction

MORE IMPACT - the more Optimism, the bigger affect we can have upon the world and those in it

MORE MEMORIES - How precious these are to each of us! I love visiting with Optimists throughout the organization and listening to them recount extreme-

ly humorous and heart-warming stories of experiences they had during their tenure. It always involves people...not computers, not social media, not even television, but real life experiences that are theirs personally and shared with other friends, family and MATES.

Let's continue generating M&M's as we move toward our goal of 100 by 100. And just as status report, we are in an excellent position to have a SIGNIFICANT GROWTH YEAR!

If each District is simply a net plus 25 Members from where we stood on July 31, 2015, we will be POSITIVE. If each Club is simply a net plus one Member from where they stood on July 31, 2015, we would be in INCREDIBLE shape.



LET'S MAKE HISTORY as we continue to Bring Out the Best in Children, Our Communities and Ourselves.

Brenda Farmer

District Membership Chair
2014-2015



New Orleans





NC East District JOOI
Welcome to the NC East District
4th Quarter District Meeting
August 27-30, 2015

Congratulations to our districts new JOOI Club sponsored by our Wake Forest Optimist Club. This new club is located in Durham at the NC School of Math and Science. Thanks to the efforts of Bill Brown and Cathy Potter, they chartered June 22, 2015 with 13 members! This club makes their 4th JOOI Club! Now that is working with the children in their communities! Thank you for all you do for these children and youth!

There are several clubs in our district working on building JOOI clubs. Being a JOOI club member helps develop leadership skills and the **National Association of Secondary School Principals (NASSP)** has added ***JOOI to its National Advisory List of Contest and Activities, putting JOOI in the same ranks as National Honor Society and Student Councils.*** This designation makes JOOI a significant school activity and allows students to be excused from school to participate in JOOI activities when necessary.

JOOI members benefit in learning many new skills and volunteering in their own community. Leadership skills, community service and accredited service organizations are the key benefits for these youth. Volunteering has become the “thing to do” for kids everywhere and is a requirement of community service hours for graduation, plus it looks great on college applications now that JOOI has the approval of NASSP!

As a district, it only takes three JOOI clubs to form a JOOI CLUB DISTRICT! This would benefit our JOOI clubs as well as our District! Ask me how!

Is your club missing out on the benefits of working with JOOI members? Ask me how they can help your club and how you can get a JOOI club started in your area!

Would you like to learn more? Our OI website has great information and there is a separate JOOI website: <http://www.junioroptimists.com>.

(919) 426-5824 ***
junction72@yahoo.com

NC East District JOOI
Chair – 2014-2015



Barbara Timmons – District JOOI Chair



OI Pres. Ken Garner and family. OI convention New Orleans.



North Carolina East Delegation at OI Convention, New Orleans July 10-12, 2015

District Club Services

Hello Optimists,

With the end of the fourth quarter of 2014-2015 fast approaching, it is the time to take a serious look at where your club is relative to your established goals and achievements for the past year. Will your club qualify as a "***Distinguished Club***," an "***Honor Club***," or "***Bringing Out the Best Club***." I hope you made a resolution to be a "**Distinguished Club!**"

It is not **too late** for you to **achieve your goals!** You have about 30 days from the time you read this message to make a difference. There is still time to add members, build a new club, and achieve your goals as "*Friends of Youth*"—**what will you do to serve your community**. To assist you, I am sharing pertinent incentives again for your review/use:

2014-15 Presidential Incentives

A. QUARTERLY DISTRICT & REGION AWARDS-Top District in Each Region & the Top Region

- (1) 10 points per New Club Built (Adult or JOOI)
- (2) One point per New Adult Member added including Charter Members (does not include JOOI members)
- (3) 120 Day List-10 points each District that has two or less Clubs on the list at Quarter end. Bonus: 15 points for each District with no Clubs on the list at Quarter end.
- (4) Foundations-One Point for every \$200 of unrestricted funds donated to either the OIF or CCOF during the Quarter with a limit of five points.

B. BANNER AWARD PROGRAM

(1) Club level

- a. One new roll-up Creed banner per Adult Club Built
- b. One new roll-up Creed or Purposes banner for adding 15 New Adult Members (JOOI and Friends not included). Bonus: One additional new roll-up Creed or Purposes banner for adding another 15 New Adult Members (total of 30 New Adult Members).

(2) District level

- a. One new roll-up Creed or Purposes banner for having built three New Adult Clubs.

C. BUILDERS OF EXCELLENCE

New Clubs may be sponsored by two existing Clubs and up to **four** Builders of Excellence may be named.

D. 30 UNDER 30 PROGRAM

The 30 Under 30 Membership program will continue during the 2014-15 Optimist year. A New Member that is aged 30 or under may join Optimist for \$30 International dues and Registration fee for one year. When the year is over, the Member pays full International dues.

For those who attended the NC East Third Quarter Meeting in Wilson, learned that the role of Club Services was changing for the 2015-16 Optimist Year to **Club Fitness Advisor**. No--clubs will not be focusing on aerobics or weight lifting but better yet, focusing on the health and strength of their services as Optimists. More information will be forthcoming but I can share that the Recognition Program will remain the same for the upcoming

year.

Congratulations on your successes for the current year and I wish you the best for the upcoming year. Remember, serving youth today—grows Optimists for tomorrow!

Yours in Optimism,

Lou Anna

Lou Anna Hardee
Chair of Club Services,
2014-15



Elm City Optimist Club honored 6 members of the community with a reception and welcomed them to the club with FOO (Friends Of Optimist) memberships. They have all done outstanding work with and for the children in our area. Pictured L-R and B-F, Connie Jova, Vickie Cobb, Vonda Davis, Teresa Atkinson, Yulonda Strickland (filling in for husband Melvis who was in DC working), East District Optimist Governor Jimmy Lamm, Michael Doll Sr (filling in for Mack Thorne who recently had a stroke) Seated, Elm City Optimist Club President Linda Shepherd and First Lady Janice Lamm.

The ELM CITY OPTIMIST CLUB will be hosting the First Annual Elm City Optimist Club Kids Cancer 5K Run/ Fun Walk in Elm City, NC on October 24, 2015 in conjunction with the Elm City Fall Festival. This event will be a Fundraiser for childhood cancer. We are seeking Sponsorship from area businesses and individuals. We would love to help you promote your business in our effort to raise awareness and funds for this devastating childhood disease. Optimist International supports Childhood Cancer through Johns Hopkins Hospital. We also will be holding a Bone Marrow drive staffed by the National Bone Marrow Foundation. 100% of the proceeds goes to help children locally with treatment and for cancer research.

We have 5 sponsor opportunities for you to choose from, they are tax deductible. Please consider this offer to help. Thank you in advance.

Message from Governor Elect Allan Ludlum

As October 1st grows near I look forward to serving you as Governor of the North Carolina East District. We have a great team of men and women willing to serve the district to the best of their abilities. Please call upon the committee chairs, Lt. Governors and myself any time you need us to help with a project, a particular club need or question. I want to encourage each club to send its Essay Chair, Jr Golf Chair, New Club Building Chair, Membership Chair, OI Foundation Chair and Oratorical Chair, to the first district meeting. We will be having a Town Hall meeting session in each of these areas for training on Saturday August 29th in the afternoon at this convention.

I realize that it seems we stress membership and new club building, but for the next four years our International Presidents have each set a goal together to reach 100,000 members by the time Optimist International is 100 years old. So for the upcoming year the Mid-Atlantic Region and the NC East District will do its part to get closer to that goal. This year's team has done an excellent job staying on the plus side we need to continue the push to get out front and continue to add members to help get closer to that 100,000 members goal. It is about the kids: too many kids do not get the love they need at home, too many kids are on drugs, too many kids need a second chance, too many kids need a pat on the back, a scholarship, a positive day in their life, someone to say "I care." The more members we have, the more kids we can serve.

I look forward to seeing you in Myrtle Beach at the 4th quarter district convention. We have a full staff of Lt Governors to serve you this year and some of you will be in a new zone for the 2015-16 year. The new zones are out lined in the program guide at this convention. Lt Governor for Zone 1 & 2, Phil Best from the Wilmington club will pull double duty, for Zone 3, Brenda Farmer from the Wilson Golden Cir-

cle; Zone 4, Lou Anna Hardee from Greenville, Zone 5, Gary Pender from Goldsboro and Zone 6, Jerry Medlin from South Johnston. Lou Anna, Gary and Jerry have been Past Lt. Governors & Past Governors and know how to get the job done! Brenda & Phil will be our rookies this year, but not to worry they have some great help at their sides. I am about finished with my district incentives and will release them at our first district meeting. I will be asking input from the Lt Governors at this convention. If you have a suggestion, please see me.

Next on the list: District meetings.... 1st quarter, Nov 13 & 14, 2015 Lake Waccamaw, NC at Boy's & Girl's Homes. We had such a great turnout this year for the 2nd quarter meeting, I wanted to go back. We also will be moving the OI Foundation auction to this meeting, so start gathering up your items to bring. 2nd quarter we will be going back north, Rocky Mount, NC on March 4 & 5th, 2016. Past Governor Errol Warren and the Rocky Mount clubs will welcome us with open arms. We are looking into an event at the Dunn Center for Performing Arts on Friday night "Ray Live! - A Tribute to Ray Charles". Henry Edmonson from the Rocky Mount Evening club spoke highly of the shows here. Saturday at lunch Past Governor James Lamm will be recognizing his team. 3rd quarter May 6 & 7, 2016 back to RTP, NC at the Sheraton Hotel for Oratorical & Essay. This site has been a great place to have this competition. Thanks to Past Governor and Leadership Development chairperson 2015-16 Darrell Fulcher for helping secure this site. We are still working on our Friday night event. 4th quarter is still in the works we are looking at August 18th - 21st, 2016. Governor Elect Dianne Mallard from NC West & I will be talking about another joint North Carolina conference at

(Continued on page 23)

Myrtle Beach, SC.

Please enjoy yourself at the district convention here at the Beach Cove resort in North Myrtle Beach, SC. My team and I each look forward to working with each of you and your clubs and having a great time doing so in 2015-16.

Who Am I...I Am An Optimist!

Right Here - Right Now!

Allan Ludlum

NCE Governor 2015-2016



Wake Forest Optimist donates benches to Wake Forest Elementary School

The buddy benches the club members purchased in honor of two term President, Cathy Potter, have been installed at Wake Forest Elementary School. There is a program designed around this concept and the teachers have been educated.



View from Hilton Hotel , Mississippi River



OI Foundation Awards Framed Print \$500 Donation



Goldsboro,, Raymond Clark



Whiteville, David Heath



Henderson, John Pecora



Wilson Evening, Doug Lamm,



Rocky Mount Evening, Ed Taylor



Chapel Hill, Trish Verne

OI Foundation

North Carolina East District is doing very well so far this year. We are thirteenth in total dollars given and seventh in dollars per member. Having said that, we really need for clubs and individuals that haven't made their contribution to the OI Foundation to do so at the district convention. Our goal for this year is \$22,000. We are currently at \$12, 847. The slogan of the Foundation is "Helping Optimist Help Kids". If there is any way I can help please don't hesitate to call on me.

Bill Edgerton

OI Foundation Chair



COMMUNICATION CONTEST
for the Deaf & Hard of Hearing

OPTIMIST INTERNATIONAL ©



Bill Edgerton, CCDHH and
OI Foundation Chair.



First Place Winner, Ashley
Bowzer-Mitchell, Eastern NC
School for the Deaf.

The Hall Sisters – Garner, NC



Valerie

Natalie

Lydia

Jessica

The Hall Sisters from Garner, NC entertained the Optimist members at the 3rd Quarterly Board meeting at Barton college Friday night May 22. They sang songs popular from the 40's to present day. Delighting the crowd with their rendition of *Sincerely*.

Optimist Junior Golf Tournament



2015 Golfers at pre play meeting. Rocky Mount Optimist sponsored 3 Golfers.



Boys 10-11 Div. 1st Place, Bryan Fang,
2nd Place Tyler Jones.



Boys 14-15 Div. 1st Place, Peter Fountain.



Girls 15-18 Div. 2nd Place Natalie Petersen.



Boys 16-18 Div. 1st Place Brian Chen.



Boys 14-15 Div. 2nd Place, Joseph Cook.



Girls 13-14 Div. 1st Place, Katharina Floyd.



Girls 10-12 Div. 1st Place, Edithe Lam.



Girls 15-18 Div. 1st Place, Catherine Ashworth.



Boys 16-18 Div. 2nd Place, Campbell Rand.



Boys 12-13 1st Place; Matias La Grutta, 2nd Place, Josh Lendach.



Girls 13-14 Div. Winner, Katharina Floyd points to 72 score.



David Hodges, Junior Golf Chair

Childhood Cancer Campaign



The Healing and Hope through Science program has changed its name to Wonder Connection. This program was featured at the April Zone 6 meeting. It was started

in 2006 by Katie Stoudemire and has expanded to include an assistant and dozens of volunteers. The program is funded through donations and grants and supported by the NC Botanical Gardens at UNC-Chapel Hill. They serve the children at UNC and Duke Hospitals. Their mission is to take science projects to the children in the hospital and to provide them with joy, increase their scientific knowledge, and inspire their futures. To be able to serve children with immunity issues, they are developing a "Wondersphere" that will enable these patients to view and explore science projects safely. Donations are still needed to complete this project. If your club can help, contact Katie at Katie@unc.edu. or www.wonderconnection.org for more information.

The Raleigh Club had a wonderful weekend at the beach for Mile of Hope. Please consider being a volunteer next year. This weekend is a special treat for the families and patients dealing with childhood cancer. Your donations help the Raleigh Club sponsor this event. Special thanks to Ed Moore and Gary Turner and all the volunteers for their efforts to make it wonderful weekend.

The Chapel Hill Club raised over \$1,000 during its April "Kisses for Childhood Cancer" fundraiser. Donations of surgery dolls, stuffed toys, blankets and caps were made to the UNC and Duke pediatric hematology/oncology clinics. Chapel Hill also hosted a watermelon party at Camp Kaleidoscope. Seed spit-

ting contests and delicious watermelon were enjoyed by all with prizes for everyone.

The Chapel Hill Ronald McDonald House expansion is making great progress and will open on October 9, 2015. The house will be able to serve twice the number of families and will have two kitchens. When signing up to serve meals, make note of which kitchen you will be using.

All three Ronald McDonald Houses in Durham, Chapel Hill, and at WakeMed in Raleigh need volunteers to help make meals, provide care packages, and to make donations. They need supplies of food for the Family Room, Backpack Buddies, premie baby kits, and comfort kits for caregivers. Check out the web sites for a detailed list at RMHDurham.org or rmd-chapelhill.org to see how you and your club can help.

The annual Duck Race for Childhood Cancer Research will be held Saturday August 29th at 4:30pm at the hotel's Lazy River. Tickets will be on sale prior to the race. Tickets are \$10 for one ticket or \$25 for three tickets. Prizes are \$100 for 1st place, \$50 for 2nd place, and \$25 for 3rd place. All the funds raised will be donated to the Leukemia vaccine research project at Johns Hopkins University. Come join the fun as we cheer on all the ducks!



Thanks to everyone for all your support for the Childhood Cancer Campaign. Your support makes a big difference in the lives of the children and their families.

Trish Verne,
District Chair Childhood Cancer Campaign



**NORTH CAROLINA EAST DISTRICT -
OPTIMIST INTERNATIONAL
THIRD QUARTER
BOARD OF DIRECTORS MEETING**

Barton College - Hardy Alumni Hall
Saturday, May 23, 2015

The following members of the Board of Directors were present:

James Lamm	Governor
Allan Ludlum	Governor-Elect & Past
Dist. Secretary/Treasurer	Angela Iwaniuk
Errol Warren	Immediate Past Gov.
Jerry Medlin	Past Governor
Tom Lamont	Lt. Governor Zone 1
Gary Pender	Lt. Governor Zone 3
Rickie Wester	Lt. Governor Zone 4
Jim Hart	Lt. Governor Zone 5
David Bast	Lt. Governor Zone 6

Clubs Represented:

Cape Fear	Chapel Hill
Elm City	Goldsboro
Greenville	Henderson
Northern Wake	Raleigh
Raleigh Dinner	Roanoke Rapids
Rocky Mt. Breakfast	Rocky Mt Evening
South Johnston	Wake Forest
Washington	Whiteville
Wilmington	Wilson Bennett

Wilson Golden Circle Wilson Evening

Governor James Lamm called the meeting to order at 8:30 am.

The pledge of allegiance & invocation was given by Billy Edgerton.

An official welcome to Barton College was given by Sheryl Neff, Barton College Staff member and member of The Wilson Evening Club.

Governor James Lamm welcomed everyone to the third quarter district meeting with a special welcome to all first timers.

The minutes for the 2nd Quarter meeting were presented by Angela Iwaniuk. A motion to accept was made by Jerry Medlin, South Johnston & Garner - Seconded by Doug Lamm - Wilson Evening & Wilson Bennett - Approved.

The 2nd Quarter Financial Report was presented by Angela Iwaniuk. A motion to accept was made by Allan Ludlum, Wilmington - Winter Park and seconded by Will Tyson, Wilson - Evening Club. Approved.

At 8:45 Yancey Hines, Oratorical Chairman outlined the directions for the Oratorical Contest which will begin at 10 a.m.

At 8:50 chairperson reports started.

Billy Edgerton, CCDH Chair, reported that the Communications Contest for the Deaf and Hard of Hearing was held at Eastern NC School For the Deaf on April 30th and the winner from the contest will be

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giving her speech after lunch today. Bill next updated the group on OI Foundation by reporting that our district is currently 9th overall in contributions. Bill gave out awards, prints and banner patches to several donors. He closed his report by giving an alter call for donations.

Trish Verne shared information regarding Childhood Cancer and had an alter call for new donations.

Gary Pender shared information regarding Boys & Girls Home and had an alter call for new donations.

Brenda Farmer gave her Membership Report Update. At the end of the second quarter we have 3 Zones with a positive net growth and four clubs that have reached the 10% membership growth goal. Brenda awarded \$10 Walmart gift cards to each Optimist who has brought in a new member in the second quarter. She also encouraged each club to consider taking advantage of the community impact bundle offered by OI to add 6 FOO members for only \$300 - this is a wonderful way to recognize people in our communities as well as increasing our membership.

Sandy Cyphers, Essay Chairperson, told the group that there were 15 clubs in the district which submitted Essays for the Essay Contest. The top three will be recognized after lunch today and the winner will receive a \$2500 scholarship from OI. Sandy also encouraged members to attend the upcoming International convention in New Orleans.

A short break was taken in the business session and the Oratorical Contest began at 10 am with 11 contestants who spoke on the topic "How my optimism will help me press on to the greater achievements of the future".

At 11:30 the Oratorical Judges moved to another room to calculate the results of the Oratorical Contest and to determine the winners and the Board's business meeting resumed.

Barbara Timmons gave a brief update on JOOI Clubs and told the group that there are four clubs currently working on building JOII clubs.

Wayne Sidelinger, Bulletin Chair, next recognized all clubs who have published newsletters and Facebook pages for their clubs.

David Hodges, Junior Golf Chair, informed the group that a prequalifer tournament was held on May 9th at Wedgewood Golf Course in Wilson, and the District Qualifier will be held at UNC Finley Golf Course in Chapel Hill on May 30th. The District will sponsor two winners to play in the International Jr. Golf Tournament in Palm Beach Gardens at the PGA National Resort & Spa in July.

Doug Lamm, Convention Chair, reminded the group that the NC East District Convention will be held August 27th - 30th at Beach Cove Resort in Myrtle Beach, SC. The Convention committee will meet after the Board meeting today to finalize the plans for the convention.

Next, Dan Durham, A & A Chair, recognized the top 10 clubs for the second quarter and the top club in each Zone, as well as the top Lt. Governors in the District.

Governor Jimmy Lamm shared the proposed Rezoning recommendations with everyone. Gary Pender, from Goldsboro made a motion to accept the Rezoning proposal and Errol Warren from Rocky Mount - Evening Club seconded the motion. There was a

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hand count for those who were opposed to the motion and 4 voted against it . Approved by majority vote.

There was a breakout by new Zones to elect Lt. Governors for 2015-2016. Those elected were:

Zone 1 - Phil Best - Zone 2 - Open - Zone 3 - Brenda Farmer - Zone 4 - Lou Anna Hardee - Zone 5 - Open and Zone 6 - Open

Allan Ludlum, Governor Elect addressed the group regarding the upcoming convention and his plans for the new Optimist year.

Governor, James Lamm thanked everyone for the wonderful attendance at the third quarter meeting and gave instructions on the flow into the lunch buffet. He told the group that after lunch we would recognize the Essay Contest Winner, Oratorical Contest Winners and the CCDH Contest Winner.

The meeting was closed with the Optimist Creed being recited by all members. The meeting adjourned at 12:05 pm and a luncheon followed, which was ca-

tered by Barton College. Directly after lunch the winner of the Essay Contest read the winning essay on "Optimism should be a priority". The top three winners were each presented plaques and the winner received a plaque as well as a \$2500 scholarship

Next, the winner of the CCDH Contest delivered her speech and it was interpreted by Tina Vaughn from Eastern NC School for the Deaf. The winner, Yuda Bell Gonzales also received a \$2500 scholarship.

In conclusion, Yancey Hines introduced the three judges for the Oratorical Contest and then recognized the three winners. The first place winner will also receive a \$2500 scholarship, 2nd place \$1500 scholarship and 3rd place \$1000 scholarship

Respectfully

submitted by:

Angela Iwaniuk

District Secretary-Treasurer



OIF \$500 donation award



Raleigh, Carlyle Teague



New Orleans

Children are the Light of the Future



*If we believe we can do it,
then we do it, we believe!*

THE OPTIMIST CREED

Promise Yourself



To be so strong that nothing can disturb your peace
of mind.

To talk health, happiness and prosperity to every
person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize
others.

To be too large for worry, too noble for anger, too strong for fear
and too happy to permit the presence of trouble.

Al Ludlum, **Web Master**

A note from the web master to ask ALL optimists. If you have an e-mail address please e-mail it to me at aludlum@nceast-optimist.org and if at any time anyone sees a problem with the web site links or wrong information to also email me about the corrections.

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