

North Carolina East Optimist Bulletin

Greetings fellow Optimists! It seems like ages since we have been together! I trust you are all enjoying the beautiful spring and have survived the crazy weather that got us to this point.

I am especially looking forward to our meeting in Cary! You will remember that our first meeting was focused on our "Why". What is our purpose and why we do the work we do. We then spent time at our 2nd quarter meeting talking about those special projects that we support and the impact we are making as Optimists. This meeting will be focused on Fun!

A survey conducted by the National Sleep Foundation in 2020 found that people who reported better sleep quality also reported higher levels of overall well-being and happiness. This statistic highlights the importance of rest and relaxation in enjoying life

and having fun.

"Even though you are growing up, you should never stop having fun" - Nina Dobrev

"When you are not having fun, you're sort of missing the point" - Abraham

According to a survey by the American Psychological Association, stress levels in the US are at an all-time high, with more than 60% of adults reporting they feel stressed about work, money and other issues. The



Ray Cockrell, Governor 2022-2023

study suggests that having fun and enjoying life can lead to a more fulfilling and meaningful existence.

“We’re so busy watching out for what’s just ahead of us that we don’t take time to enjoy where we are” – Bill Watterson

“It’s more fun when you’re not the only one having it” – the Oaqui

“Make a commitment to having fun. See your best friends and make time for your hobbies and passions” – Robert Holden

According to a study published in the Journal of Happiness Studies, people who engage in leisure activities report higher levels of life satisfaction and happiness. This research underscores the importance of having fun and enjoying leisure time.

You get the point! We must let go occasionally and enjoy life! Share your Optimist spirit and let others in on the fun we have in Optimist.

As of this week we are net -1 in membership. Amazingly, that puts us #9 In Optimist International. We have been as high as net +5 and we can get back there. We can do this! We can easily grow our membership and share the great experience that Optimism provides. Share your fun!

I look forward to seeing everyone in Cary. Take care and be safe!

With Optimist Spirit,

Ray

Communications Contest for the Deaf & Hard of Hearing

CCDHH Oratorical Contest we have 3 contestants so far this year to enter the contest. I have some great teachers that are working hard with these students and encouraging them. The District contest will be held on May 20th at 10 am at Goldsboro Optimist Club building. The address is 205 East Walnut Street

Goldsboro Downtown. If you wish to join us please let me 919-920-9190. Thank you for All You do For The Kids.

Gary Pender



OPTIMIST INTERNATIONAL

F O U N D A T I O N

Foundation I want to encourage everyone if you haven't joined the Dime a Day , President Club, Women's Philanthropy or just made a donation to the OI Foundation this year **PLEASE** do. Our District receives \$10,000 dollars a year in Scholarships from OI Foundation so that we as Optimist can make a difference in a child's life.

If you would like for me to come speak to your club please let me know. Thank all who have supported the Foundation this year. I ask that you go back to

your clubs and up the foundation .

Sent from Mail for Windows

Gary Pender

District Foundation Rep



Governor Elect 2022-2023

Fellow Optimist. The 2022-2023 Optimist year is fast coming to an end, in fact only five months remaining of this Optimist year. Where does the time go? You know it isn't too late to bring in that new member you've talked about. Or inviting that person to your club meeting or project. To really get ambitious about sharing Optimism, why not help getting a new club or a project started that your club has never done before?

As Optimist we need to go out and listen to people in our communities.

I say listen because too often we talk too much. We assume we know what people need. We try to tell them how their needs can be met. But if we listen first we will learn so much more.

Let's reach out to our communities and find out how Optimist can be of service to our communities.

As my mother used to say "Don't talk unless you can improve the silence."

Simple put - do more listening than talking, you may

learn something.

Before closing, as Governor-elect I'm looking for Optimist men and women to complete my Optimist Leadership

Team for our district. There is no greater satisfaction after serving your community than serving the members of your district. Give me a call or email with your questions.

Terry S. Corle, Sr.

Governor-Elect 2023 - 2024

Email: governornceast@gmail.com

Phone: 703 727-3951



District Essay Contest



OPTIMIST INTERNATIONAL
ESSAY
CONTEST



Who is an Every Day Hero that Brings
Out the Optimism in You?

NC East District Essay Winner

This year's Essay Contest Topic was "Who is an Everyday Hero that Brings out the Optimism in You."

There were 11 Essays submitted by the following clubs:

Elm City, Golden Circle, Goldsboro, Henderson, Northern Wake, Rocky Mount Evening,

Raleigh, Roanoke Rapids, Wake Forest, Wilmington and Wilmington - Cape Fear.

Our 3 judges were Ms. Merry Simmons, Mr. Geoffrey Schiefer,



and Ms. Jessica Langman. Ms. Simmons is a published writer living in Wilson who enjoys writing historical romance novels. Mr. Schiefer, is Administrator of Business with Wilson Christian Academy, and Ms. Langman is a secondary education teacher at Wilson Christian Academy.

All of the essays were so inspiring and interesting! It is refreshing to know that young people still look for role models in their lives and appreciate them.

This year's winner is from the Wilmington - Cape Fear Club. His name is Caleb Lanson Ward. Caleb is an 18-year-old student at Ashley High School in Wilmington where he plays baseball and football. His future

plans are to attend UNC at Charlotte and to major in mechanical engineering. Congratulations Caleb!

Angela Iwanuik

District Essay committee Chair

2022-2023

Next page is the winning Essay by Caleb Lanson Ward, Ashley High School, Wilmington, sponsored by Cape Fear Optimist Club Wilmington, NC



Angela Iwanuik

252-289-5050

Email: ncangel49@aol.com

Who is an Everyday Hero that Brings Out the Optimism in You?

Everyday heroes are all around us. They hide in plain sight, and I have found one living right here in my home. The everyday hero in my life that encourages me to be optimistic is my dad. My dad brings out the best in people wherever he serves, because he sees people for who they are and who they can be. From leading our church, to leading our family, being a husband, a father, a son, and a brother... he brings his best to every relationship. He sees the potential in everyone to be the person God made them to be. Every relational interaction is an opportunity to learn from them and help them to become a better version of themselves. That's what optimism is all about. Seeing people for who they are and all that they could be moving forward.

Some of my earliest memories as a child are of my dad leading our family to give our lives away in the way we serve others. In one example, dad signed our family up to help hundreds of strangers move into their college dorm on a Saturday morning for the UNCW move-in day. Some might see this as a terrible idea for a Saturday, but my dad saw it as a way to be a blessing and have fun serving others. Around Wilmington everyone knows when college move-in day is and they avoid the college area all together. Not my dad and therefore, not our family. We jump right into the chaos knowing that some families are excited for their college freshman to start this new adventure, while others dread leaving their child for the first time. It can be hectic trying to find dorms and making sure your baby is safe and sound as you drive away. The last thing a parent should be worried about is having to unload the car and carry their child's things up four flights of stairs. They should be cherishing the last moments and enjoying the experience. That's where we come in; as the families drive up we are the smiling face they see. My dad is the face of encouragement and voice of calm, "we're glad

you're here! Welcome to UNCW! Hey mom and dad, it's gonna be alright." Dad uses moments like this to teach us to be a beacon of optimism and comfort for these families. They don't have to see this as a sad weekend where they leave their child at some strange school, but they can be sure that their child is going to a wonderful school with an amazing community that sees them and is rooting for them to be successful..

My dad also leads us to see the opportunities in the midst of hurricanes to encourage others. Natural disasters are a unique opportunity to serve our community. Hurricanes bring wind, rain, and a mess to clean up afterwards. It is uncertain time full of unknowns that every family has to deal with. Families all around our town put on their gloves and grab their rakes to begin the clean-up process. Dad gathers the family and we also grab the gloves and the rakes, but we leave our house and go and serve people in the aftermath of the storm. Maybe they have trees down and need limbs cut or maybe their yard is too big or their health doesn't allow them to get out and start the cleaning process. Sometimes it's just to join people in the work making a big job a little easier. Optimistic people infuse optimism in others. As we went from yard to yard helping people, they asked us how they could help the next house. It's so much fun to watch people get it and move out of their own way to see how to serve those around them.

Whether it's a hurricane or college move-in, my dad has led me to look for any and every opportunity to be an everyday hero where I live. All I need to do is look and see those that need help. Optimism is seeing people and using their situation, good or bad, to make every day and every moment a little bit better. Being an optimistic person is a lifestyle that helps you view all of life as an adventure. That's something that has rubbed off on me. Dad has taught me to look at every situation with confidence and excitement that I can make a difference in anyone's life even if it's the smallest bit, its worth it. People are worth it.

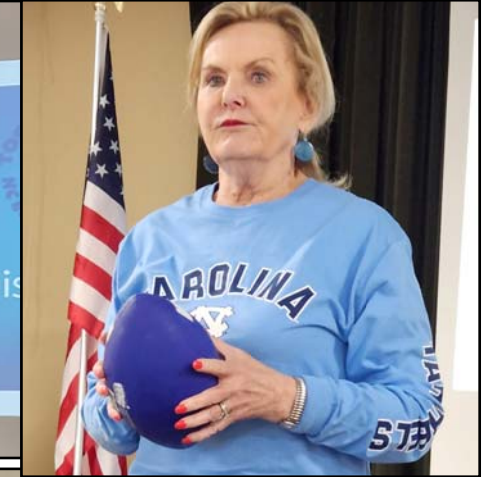
Random photos from 2nd District Board Meeting



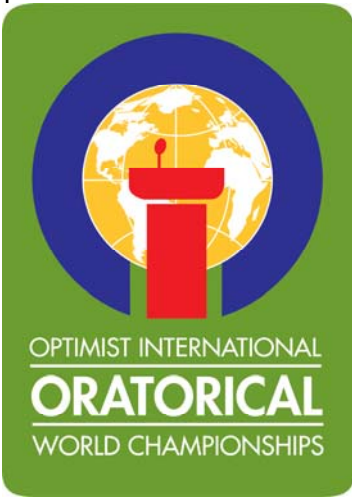
Optimist Internatiol President



Optimist International Vice President



District Oratorical Contest



During the past few months, several students living in the NC East District have been hard at work, preparing and perfecting their speeches for Optimist International's 2023 Oratorical Contest.

Unfortunately, only five clubs in our district provided the opportunity

this year for students to compete for scholarships based on their ability to address the topic "Discovering the Optimism within Me." In Zone 3, contests were conducted by the Goldsboro Optimist Club, the Elm City Optimist Club, and the Golden Circle Optimist Club. Local contests were held in Zone 4 by the Blackbird Optimist Club of Rocky Mount and the Roanoke Rapids Optimist Club.

The district contest will take place on Saturday morning, May 13, during our 3rd quarter conference being held at the Homewood Suites in Cary. Student speakers will be judged by a highly qualified panel of judges with tremendous experience

and expertise in the art of public speaking.

Three scholarships will be awarded that day in the amount of \$2500, \$1500, and \$1000 respectively for 1st, 2nd, and 3rd place. In addition, the top winner from our district will advance to World Regional Competition to be held at St. Louis University in July.

Each Regional winner will receive a \$5000 scholarship and the opportunity to compete at the International level where scholarships of \$15,000, \$10,000, and \$5,000 will be awarded to 1st, 2nd, and 3rd place World Champions!

How grateful we are to Optimist International for making these scholarships available to deserving young people.

Your contributions to the OI Foundation help to make this possible!

Linda Shepherd,
2023 Oratorical
Contest Chair



LEADERSHIP DEVELOPMENT

LEADERSHIP DEVELOPMENT

A leader: Someone that inspires passion and motivation in followers. Someone with a vision and the path to realizing it. Ensures support and tools to achieve their goals.

Ask yourself if this is you. Our district needs leaders and needs members like you to accept leadership positions. Volunteer to be a district leader. You'll be glad you did and so will our members.

IT'S THAT, TIME AGAIN!



TIME TO SUBMIT YOUR CLUB ROSTER OF NEW OFFICERS IN YOUR RESPECTIVE CLUBS TO OPTIMIST INTERNATIONAL. **DEADLINE MAY 20TH!!!!** **GIT R DONE!** This is important to our district and to Optimist International. Make sure this is done within your club prior to the deadline.

Remember: As a leader "Success starts with you"

and the way to get started as a leader is to quit talking and begin doing.

SAVE THE DATES!!!!!!

UPCOMING LEADERSHIP WEBINARS!

Webinars are held the 3rd Monday of each month at 8:00pm Eastern Standard Time.

Go to leadership@optimist.org for information.

Monday: May 15th Seminar - PGI & PDP WHAT'S IN IT FOR ME?

Monday: August 21th Seminar - GROWING YOUR MEMBERSHIP. RETENTION THROUGH IMPROVING MEMBER EXPERIENCE.

REMEMBER A DRAWING FOR \$100 WILL BE PRESENTED AT THE SUMMER CONVENTION TO AN OPTIMIST THAT HAS COMPLETED ANY LEADERSHIP WEBINAR. YOUR NAME GOES IN FOR EVERY WEBINAR YOU ATTEND

District Leadership Development Chairman

Sandy Cyphers

A FUN TIME FOR ALL

DOWN AT THE BEACH!

WHERE: PINE KNOLL SHORES

WHEN: September 7th-10th

A new location, great training for the upcoming new optimist year, great fellowship with fellow N.C East Optimists, recognition dinner for the district's past governors, recognition breakfast for the mature optimists (OLD TIMERS), sunbathing if you have time, (no nude bathing on the beach), the DUCKIE RACE (BRING YOUR MONEY TO PARTICIPATE) and the

fun list of activities continues on and on down at the "BEACH."

Don't miss out on the fun with fellow N.C. East Optimists.

Sandy Cyphers

N.C. East District Convention Chairman



Marketing, Social Media & Webmaster

Hi Optimist NC East -

We keep trying to communicate with you in three different ways:

Facebook North Carolina East District, Optimist International

Emails through Constant Contact

Our website www.optimistnceast.org

Our last email campaign shows that there are 537 active email addresses, only 206 people actually opened and read the email, and 11 people clicked on the registration form. The 91 bounces are for email networks that don't like emails from us. We are black listed or there is a bad email address with a typo. So, if you are not receiving any emails from our leadership team - as in the Governor, etc. please contact me and let me know. We can try a few work arounds - or you can try to 'white list' our emails from communications@optimistnceast.org.

Sometimes it's best - if as a President or Secretary - to forward our emails from the District to your club members directly. They will be more likely to open and read if they come from you.

On Facebook - we have 488 Followers. This is a report that we receive weekly.

Wake Forest and Henderson are very active clubs and WIN for the most activities and posts.

Please post your activities to Facebook and share them to our page. It's fun to see what other clubs are doing!

Thank you for helping the youth in our District!



Gail Craft ,District Chair.



Your Page Insights Summary for North Carolina East District, Optimist International

March 23 - April 19

717 Post Reach +38%	225 Post Engagements +230%	2 New Page Likes +0%
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Trends compare the current and previous 28-day periods.

[View More Insights](#)

Gail J



Hotel discount

Sent Email • Sent Apr 16, 2023 at 6:18pm EDT

537 sends • 206 (46%) opens • 11 (2%) clicks • 91 (17%) bounces • 0 (0%) unsubscribes



Cape Fear sets new record with 16 attending the 2nd Board Meeting at Lake Wacamaw



Seating left to right: Donnie Pridgen, Billy Sebrell, Barbara Arnold, Neill Anders.

Standing: Jeff Wood, Roger Lauter, Valerie Lauter, Auston Pusey, Alice Pusey, Sue Anders, Viola Jones, Bennie Bass, Rebbie Crews, Earl Jones, Doris Garrett and Robert Padgett. Absent Curtis Keith.

Ist Timers: Barbara Arnold, Neill Anders, Roger Lauter, Valerie Lauter, Sue Anders, Viola Jones, Earl Jones, Doris Garrett, and Robert Padgett.

Dinner photos from 2nd Board Meeting



Childhood Health & Wellness



OPTIMIST INTERNATIONAL
CHILDHOOD
HEALTH & WELLNESS

NC East District
Childhood Health and
Wellness

The good news from the World Health Organization is that the Covid-19 pandemic is no longer an emergency. The number of infections has decreased worldwide. At the same time they have warned us of the

emergence of two new variants that could cause a major covid-19 wave. Variant XRB-1.16, also known as Arcturus, is one of two variants that are affecting 1 in 10 people across the country. The CDC has more information about these variants and their symptoms. North Carolina still has active cases of covid-19, so keep taking precautions to avoid getting sick.



OPTIMIST INTERNATIONAL
CHILDHOOD
CANCER CAMPAIGN

After more than twenty years of research, there is finally a vaccine for RSV (Respiratory Syncytial Virus) that affects young children and older adults. The vaccine developed by GSK, has been approved for adults over 60, and will soon be available in late June.

Pfizer has developed a pediatric version that is near regulatory decision by the CDC.

Test results from the end of grade tests gave a mixed result. There was improvement in some areas and some losses in others. The teachers and students are happy to be back in school with their friends. A more normal school year is anticipated, starting in the fall.

Need a reason to smile? Check out Wonder Connection and see Katie and a young scientist concoct some slime and Oobleck as she sits in her UNC hospital bed. Her comment was "You made my day." It may just make your day too. Wonder Connection is a project of the non-profit Social and Environmental Entrepreneurs (SEE) EIN-95-4116679. They bring joy to hospitalized kids and teens through hands on science activities at UNC Hospital and Ronald McDonald House of Chapel Hill. Check out their web site at www.wonderconnection.org. Another child's comment was, "Can you come back tomorrow? Actually, I don't want you to come back. I need you to come back." Katie and her crew of volunteers will return weekly.

Best wishes to all the Moms on Mother's Day. Stay well and Optimistic.

Trish Verne

Trish Verne, Child and
Wellness Chair



Trish Verne

District Co-Chair

Junior Optimist International



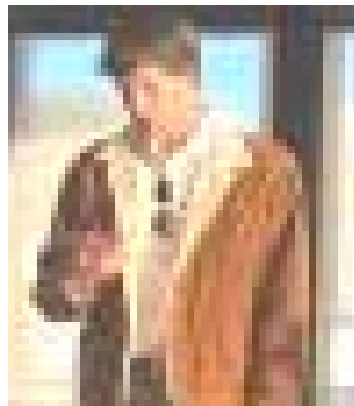
It's nearly time to swing into Summer and a great time to piece together a group for a new JOI Club!

Check with your grand-kids about some viable

persons in school or church and get started in making

the Summer months memorable! Nothing like a pool party or theme park trip to find a few (8) like-minded

young people and steer



them on to the path of Optimism! It's easier than you think. Help channel that youthful enthusiasm into something meaningful! Chartering fees are still dirt cheap....\$50 one time charge,

\$60 start-up fee and then membership dues are prorated (\$3.70 for Q3) to help facilitate new individual costs. As always, I can be available to help you get your group off and rung!

Stoler6@embarqmail.com

The photo is of JOI member William Grover reciting his Essay to the Club on March 20th, 2023



District Membership

Greetings fellow Optimists! Hopefully, I can write a little something different, so as not to appear so repetitive. I've served as membership so many times, it's just hard to come up with new material, but here goes.

Our District is still in good shape, as we are dead even for the year and ranked 9th. Our Region is ranked 2nd.

As most probably know you have talkers and doers. I feel like I'm a doer. At the risk of sounding like I'm bragging, I offer the following. As membership chair, I've tried different "tactics" to encourage you to recruit new members into your clubs. I don't normally bring attention to myself, but to date I've brought in 11 new members. I say this to let you know I'm not asking you to do anything I'm not willing to do. I feel

you need to lead by example.

I'm not a polished speaker, but I believe in what our organization stands for. So, with that said, are you a talker or doer? Do you truly believe in what our organization stands for?

That's my spill for this quarter. "Remember, membership is an honor and privilege.....so SHARE it"!

Auston Pusey

Membership Chair



NC East District Financial Report 10-01-22 to 3-31-23

Draft Budget/ North Carolina East District 2022 - 2023

Account Name	Budgeted	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	Actual	Difference
Receipts	Receipts	Receipts	Receipts	Receipts	Receipts	Receipts	
#100 Dues	\$ 11,744.00	\$ 2,945.00	\$ 2,697.00	\$ -	\$ -	\$ 5,642.00	\$ (6,102.00)
#105 Corporate Partners	\$ 1,000.00					\$ -	\$ (1,000.00)
#110 Allotment OI	\$ 734.00					\$ -	\$ (734.00)
#120 Dist Convention	\$ 7,000.00					\$ -	\$ (7,000.00)
#130 Dist Meetings	\$ 3,000.00	\$ 1,351.00	\$ 1,030.24			\$ 2,381.24	\$ (618.76)
#145 Jr. Golf	\$ 1,500.00					\$ -	\$ (1,500.00)
#150 Miscellaneous Duck	\$ 600.00					\$ -	\$ (600.00)
#160 Interest Earned	\$ -					\$ -	\$ -
#190 OI Foundation Auction	\$ 500.00					\$ -	\$ (500.00)
#191 Auction B & G Home	\$ 500.00		\$ 475.00			\$ 475.00	\$ (25.00)
#192 Fifty Fifty	\$ 400.00					\$ -	\$ (400.00)
#650 Transfer Prev Admin	\$ 6,474.28					\$ -	\$ (6,474.28)
#800 CCDHH	\$ -					\$ -	\$ -
Total Receipts	\$ 33,452.28	\$ 4,296.00	\$ 4,202.24	\$ -	\$ -	\$ 8,498.24	\$ (24,954.04)
Disbursements	Disbursements	Disbursements	Disbursements	Disbursements	Disbursements	Disbursements	Difference
#200 Governor	\$ 2,500.00	\$ 24.00	\$ -	\$ -	\$ -	\$ 24.00	\$ (2,476.00)
#210 Lt. Governors	\$ 1,800.00					\$ -	\$ (1,800.00)
#250 Secretary/Treasurer	\$ 600.00		\$ 129.54			\$ 129.54	\$ (470.46)
#255 Governor Elect	\$ 600.00	\$ 36.73				\$ 36.73	\$ (563.27)
#260 Immediate Past Gov.	\$ -					\$ -	\$ -
#261 Past Governor	\$ -					\$ -	\$ -
#262 B & G Home Chair	\$ -					\$ -	\$ -
#283 New Club Building	\$ 1,000.00					\$ -	\$ (1,000.00)
#265 Committee Chairs	\$ 4,600.00					\$ -	\$ (4,600.00)
#300 Clerical/Secretary	\$ 100.00		\$ 36.73			\$ 36.73	\$ (63.27)
#301 Postage	\$ 100.00	\$ 64.24				\$ 64.24	\$ (35.76)
#320 Office Supplies	\$ 100.00					\$ -	\$ (100.00)
#330 District Bulletin	\$ 500.00					\$ -	\$ (500.00)
#331 Web Page	\$ 200.00	\$ 191.88				\$ 191.88	\$ (8.12)
#340 District Directory	\$ -					\$ -	\$ -
#350 District Convention	\$ 6,000.00					\$ -	\$ (6,000.00)
#360 District Meetings	\$ 4,050.00	\$ 1,048.00	\$ 795.24			\$ 1,843.24	\$ (2,206.76)
#361 Lt Governor's Conf.	\$ 500.00					\$ -	\$ (500.00)
#370 Oratorical Contest	\$ 750.00					\$ -	\$ (750.00)
#371 CCDHH Contest	\$ 750.00					\$ -	\$ (750.00)
#380 Jr. Golf	\$ 1,500.00					\$ -	\$ (1,500.00)
#390 Essay Contest	\$ 750.00					\$ -	\$ (750.00)
#400 Badges & Pins Officers	\$ 300.00	\$ 298.42	\$ 15.79			\$ 314.21	\$ 14.21
#410 Awards Current Year	\$ 200.00					\$ -	\$ (200.00)
#411 Awards, Past Year	\$ 500.00	\$ 73.19				\$ 73.19	\$ (426.81)
#420 Audit/Bank Charges	\$ 50.00					\$ -	\$ (50.00)
#421 Audit Review 990	\$ 100.00					\$ -	\$ (100.00)
#430 Merchandise	\$ 500.00					\$ -	\$ (500.00)
#440 NCB Supplies	\$ 500.00					\$ -	\$ (500.00)
#441 Membership	\$ 500.00					\$ -	\$ (500.00)
#442 A & A	\$ -					\$ -	\$ -
#443 Personal Growth	\$ 250.00					\$ -	\$ (250.00)
#444 Childhood Health	\$ 500.00					\$ -	\$ (500.00)
#446 Leadership Develop	\$ 300.00					\$ -	\$ (300.00)
#447 OI Foundation	\$ 500.00					\$ -	\$ (500.00)
#448 Boys & Girls Home	\$ 500.00		\$ 475.00			\$ 475.00	\$ (25.00)
#450 Gifts (Guest)	\$ 200.00		\$ 246.98			\$ 246.98	\$ 46.98
#470 Miscellaneous	\$ 1,952.28	\$ 71.88	\$ 108.65			\$ 180.53	\$ (1,771.75)
#480 Previous Admin Exp	\$ -					\$ -	\$ -
#490 Next Admin Exp	\$ 200.00					\$ -	\$ (200.00)
Total Disbursements	\$ 33,452.28	\$ 1,808.34	\$ 1,807.93	\$ -	\$ -	\$ 3,616.27	\$ (29,836.01)
YTD Summary							
Total Receipts		\$ 4,296.00	\$ 4,202.24	\$ -	\$ -	\$ 8,498.24	
Total Disbursements		\$ 1,808.34	\$ 1,807.93	\$ -	\$ -	\$ 3,616.27	
Beginning Bank Balance	22196.73	22196.73	24684.39				
Receipts	4296	4296	4202.24				
Disbursements	1808.34	1808.34	1807.93				
Ending Bank Balance		24684.39	27078.7				

North Carolina East District

Optimist International

NCE District Meeting

Second Quarter

Boys & Girls Home, Lake Waccamaw

Saturday, February 11, 2023

Ray Cockrell brought meeting to order at 9 am.

Pledge of Allegiance

Played Canada's national anthem.

List of attendees Exhibit A.

It's Super Bowl Weekend. Attendees showed up in their favorite team jerseys.

Introduction of Boys and Girls Homes new President, Marc Murphy.

Marc Murphy - Welcome to Lake Waccamaw. He worked in the Optimist College in 1996. Remembers Bennie Bass from an Optimist meeting in Wilmington. He was 25 years old and was here for 10 years. Still moving his household from Asheville to here. God Bless you.

Ray Cockrell - when we talk about our favorite Team - we talk about the good ole days. We remember when we defeated that team, we get set in our ways, things are they have always been. We need to adopt a rookie mindset, something to prove, you must mentor the team. A rookie is hungry, with a fire in his belly to make his team better. Hungry over humble. WE need a Fire in our belly for Optimism!

Introduced

Bob McFadyen, our new OI President, and his wife Penny.

Donna Aker, our Regional VP.

Past Governors present:

Jimmy Lamm

Terry Corle

Sandy Cyphers

Wayne Sidelinger

Auston Pusey

Dan Durham

Carey Foster

Linda Shepherd

Angela Iwaniuk

Gary Pender

Recited The Optimist Creed

Minutes from 11/10/22

Motion to Accept the minutes:

First Angela Iwaniuk

Second Sandy Cyphers

Unanimous Aye

Financial Report

Terry Corle - need to approve the new budget. Changed \$500 to Treasurer, \$500 to Secretary, added \$600 to Immediate Past Governor to attend International Convention if present Governor cannot attend. This changed the miscellaneous amount.

Motion to approve:

First Jimmy Lamm

Second Sandy Cyphers

Unanimous Aye

Gary Pender this is approved by Executive Board. Budget Approved.

Ray Cockrell – Recap of last District Meeting:

Who we are

Value System

Broke down the Creed

Why are we doing this?

Focus of this District Meeting:

Who do we support?

Childhood Health & Wellness

B&G Homes

OI Foundation

Showed video of Ashley from Johns Hopkins children's center.

<https://www.facebook.com/watch/?v=2293301994124543>

How can we help – call Trish Verne and she'll come out and talk to your club.

Collect tabs for Ronald McDonald House.

Paige – our JOI club collects tabs.

Ray the more people that collect tabs– the more difference we can make.

Knit hats. Kids need hats/toboggans while in hospital. It's cold.

Gary Pender - Kisses for Cancer

Walmart – ask for donations. We collect \$1200-\$1600 for one day. We do two hour shifts. All proceeds go to one family for travel expenses. We put the picture of the child on our t-shirts. Please talk to your club. Make a difference in a child's life. His granddaughter had cancer in both of her eyes. Ended up losing her left eye. Gary lost his left eye in a construction accident. That bonded the two of them.

Ray Cockrell– hold the football when speaking. Everyone follows the ball in a football game. You are the center of attention.

Jimmy Lamm - he coached football for five years.

The owner of Parkers BBQ started the Bennet Optimist Club to help families with cancer. This year we helped a child in Pikeville with cancer in one of his eyes. Gave them \$800 to help with their expenses. Pickup a brochure to see what our club is about.

Ray Cockrell– That is the importance of sharing ideas. Another club may say, I can do that and make it work.

Gary Pender – OI Foundation

So many ways that they are helping youth. Last year gave \$244,500

For a complete list please visit the OI Foundation website.

For \$250 you can be in the President's Club, you get a pin and are invited to the luncheon at the Convention.

Women's Philanthropy -\$100 and you get a pin. The pin is different every year.

You can donate in honor of NC East District or to honor a Military Veteran.

Christian D. Larsen is \$1000

Dime a Day is \$36.50

Our District gets \$10K per year for the Oratorical, Essay and CCDH scholarships.

We need to support and donate to help the future of children.

President Bob- OIF is our charity. 8% of our District donates right now to the OI Foundation. If we increase by 2% that would be fantastic goal. If all 732 members -we could raise \$26K.

Ray Cockrell– Billy Edgerton loved OIF dearly. Alter Call.

B&G Homes – the kids will stop by later.

Jimmy Lamm – he taught for 50 years in public school and also worked in a deaf school in Wilson. Back then the deaf kids were put in public school and they were abused. The Deaf school in Wilson

only has 43 kids this year. One child was burned by his parents to cure him of his deafness... He was taken from the parents' home.

We need to increase by 10% to B&G Homes. Ray we appreciate what you all are doing here.

Ray Cockrell - These kids have all been pulled out of their homes. They have a home here. Three meals a day. Sheets on their bed. They are still in survival mode. Trauma is their lives. We are making a difference in the kids' lives at the Optimist Cottage.

Angela Iwaniuk- The Civitan Club makes goodie bags for their Cottage.

Ray Cockrell - Valentines stuff is on the table in the back. Go make a Valentine to one of our kids. Show them how much they are loved.

Team Cupid -are the winners of last nights Trivia contest. Congrats. (ed note: boo hiss).

Break - 12 minutes. We need to get a picture of the Cape Fear Club.

Introduced the kids from the Optimist Cottage. (They were shy and giggling).

It's a co-ed cottage with siblings.

Ray Cockrell - Life Lesson - Part of the struggle of a Butterfly is when it comes from a caterpillar. The struggle makes it beautiful as it breaks out of its cocoon.

Gary Pender- a kid arrived at the B&G home. She was 13-14 years old. Wrote book of her life. Getting her PHD now. Gave them love, a home and God. It's an amazing place. Mr. Ray and staff are loving and dedicated to these Homes. Go back to your clubs and support the B&G Homes. They need our help and they need it now.

Awards - patches for OIF. Gave list to Wayne. \$3800 for the Foundation.

Ray Cockrell Please don't post any pix of the kids on social media. Their parents do not know where they are. It's a security issue.

Ray Cockrell - Budget - approve Q1 financial report on page 11 of the District Bulletin.

Motion to accept:

First: Angela Iwaniuk

Second: Paige Bivens

Unanimous Aye

Wayne Sidelinger has Optimist Creed cards and decals.

Angela Iwaniuk - Essay Contest

Title: Who is our everyday hero? Who brings out the Optimism in you?

Paige Bivens- a student made a flyer for Wake Forest High School.

Angela - Wilson has five clubs and contacted all the schools.

Partnered with the Carolina Cancer of NC & SC.

Encourage the kids to enter the contests.

Deadline is 2/28.

March - we have three judges, writers and an English Teacher. Top winners will find out in April. In May the winner will read their Essay at our District meeting. They will get the \$2,500 and a plaque.

Linda Shepherd - Oratorical Contest

Our third quarter meeting will be at Homewood Suites in Cary - May 12 & 13.

District Oratorical Scholarship winner will go to International Convention.

Contacted all the Principals, Guidance Counselors in Wilson. Public, Private, Home Schoolers and Charter Schools.

All entries go to Linda. Will split up by Zones to all clubs.

The Lt. Governor sets the Zone contests. Then the winners go to the District contest.

Auston Pusey - Membership

NC East has 32 Clubs - 732 members.

We are rated #12 as a District

Right now Membership is even (with adds & drops) - in a few weeks we'll have more.

If all Past Governors bring in one new member this year we'll be up in membership.

The average age of an Optimist is 70 years old.

We brought in the parents of the kids who were playing baseball.

Auston gave out 'Ask' pins.

Sarah Robinson - New Club Building. Sarah is not here.

Terry Corle - New Club Building

We are in the Mid-Atlantic District with six Districts. Three clubs are being built. Need one more club for the NC East. People in the District know how to build clubs. Need to start building. Identify an area, old members can start/ask to be in new club.

15 members x 35 = helping that many kids. (525)

Ray Cockrell - Our District Goal is +5 in Membership

Donna Acker is the #2 VP at OI.

Sandy Cyphers - in contact with Surf City/Topsail Island. Trying to get a club together.

Sam Toler - JOI Clubs

Wake Forest has the only JOI club in room.

Ask our grandkids, kids at church, kids in the neighborhood. Only need 8 to form a club.

Can be a cell phone club, cyber club, sports team.

Fishing, baseball, music, Scouts - reach out.

Sandy Cyphers- Leadership Development

Go on OI website to webinars. Sandy gets a list of who attends them.

Challenging Presidents - get members involved in Leadership webinars. Every club that attends webinar - placed in drawing for \$200.

Talk to your members & do these webinars. They are important for you as a leader and an Optimist.

Terry Corle- I have 43 years as an Optimist. He learns something every time he goes there. He encourages everyone to go on the website.

Honor Clubs need to take classes. All four jobs in the club - President, Secretary, Treasurer and OIF Rep.

President Bob - webinars are 45 minutes. Next one is this Monday.

Gail Craft - Marketing & Communications

Showed Powerpoint of 533 active emails, # of bounces, # of unsubscribes and suspended accounts.

Went over website, Facebook page, Constant Contact communications.

Asked President's to forward emails from Ray - to get around blocked or suspended accounts.

Lt Governor Reports:

Zone 1 - Bennie Bass

Four Clubs

Winterpark ran out of trees in 10 days.

April 15 & 16th Ball Tournament for Childhood Cancer

<p>Cape Fear out of trees in 14 days.</p> <p>Pancake Breakfast for B&G Homes</p> <p>B&G Homes - cleaned up ballfield- lot of hard work</p> <p>Zone 3 - Angela Iwaniuk</p> <p>Wilson, Elm City & Goldsboro</p> <p>In April hosting Oratorical Contest</p> <p>Elm City \$800 for child/family with cancer</p> <p>Christmas Party - Speaker had Autistic Son and they were able to see him</p> <p>Elm city will host 4th Quarter meeting for Zone 4/4 holding a Bunko Fundraiser.</p> <p>Golden Circle - Bella's Hats</p> <p>Ride-a-long Bears for police transport - have given 1500 so far to Wilson county</p> <p>40 goodie bags to Middlesex Children's Home</p> <p>Selling Raffle Tix for quilt rack</p> <p>All working on Essay & Oratorical Contests.</p> <p>Zone 4 - Russel Leake subbing for Joyce (who is much better looking...)</p> <p>Eight Clubs</p> <p>Only 4 responded</p> <p>Jim Hart passed away on Thursday</p> <p>Washington - soccer club, prices are going up. They sponsor the community and help 150-300 kids play.</p> <p>Rocky mount - Essay & Oratorical contests, youth appreciation banquet - 36 students receive awards & certificates.</p> <p>Roanoke Rapids - city wide cleanup went well., Elementary School kids given anti-trash program.</p> <p>Betty Jo Moseley- Excited for First Easter Egg Hunt with tickets inside. 20 prizes, Easter Bunny money. Concession stand.</p>	<p>Zone 6 - JG Baker</p> <p>Update on Leukemia - was given 6 months - now on 7th month and still going!</p> <p>East Wake - one new member, feeds the kids real food at B&G Club in Zebulon every month</p> <p>Garner - Tree lot, Rents event space, Annual Golf Tournament, float in Christmas Parade.</p> <p>Benson - feeding over 50 families per month, pot luck during meetings</p> <p>Raleigh - Two new members, 50 members average, \$9k in tree sales, 78 acre farm, rent out event space with 40 different people who rent, asphalt was donated, Received \$10K for Medieval Festival, Big Easter Egg Hunt & Blood Connection was there, Fishing Program had 21 kids. Last year caught over 3,000 fish.</p> <p>S.T. Wooten donated the gravel.</p> <p>Wake Forest - handed out 240 backpacks, collects and delivers snacks and clothing to all the local schools.</p> <p>Donna Aker, VP - She's #2 VP because of the great Governors. Appreciate your hospitality.</p> <p>I'm an Optimist - are YOU? Work on projects together to help kids.</p> <p>I do a lot of driving on I-95. Some drivers bob & weave or jack rabbit on the Highway, and some poke along not going anywhere fast? As an Optimist sometimes we are in between, excited or slowed down. Meet & invite people to join us. Enjoy the scenery and the people. "Just Invite!"</p> <p>Donna only wears Optimist shirts. All of you should visit other clubs and go to International Convention.</p> <p>Ray Cockrell- International President is here with us - it's uncommon to meet and spend time with them. Ray went to St Louis and met with them. Bob has a</p>
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positive nature. He exudes Optimism.
Very honored that the International President is here - Mr. Bob McFadyen.

President Bob McFadyen - Thank you for your invitation. Your hospitality is wonderful. This is my opportunity to thank everyone for being an Optimist. You make a difference in the lives of children.

How may receive our emails - maybe half that are sent. Then, 2/3 read it.

52,000 members - 40% no email

30,000 - only 50% open it.

When asked to be President - OI is losing contact with our members only 3-5% attend their District Convention. Only 1% attend the International Convention.

Do the children today - still need our services?

The Children need us today more than in the past.

People have forgotten the phrase - 'love thy neighbor'.

How many of you get satisfaction about of being an Optimist? (Whole room raised their hands)

Why does our membership continue to decline?

People don't want to volunteer anymore.

Pre-Covid - We had 10,000 new members every year

A National Website states that 46% of population volunteered formally...

86 million baby boomers are joiners

Younger generation - Teens and 20's only want to do projects

Gen X - 44-59, 70 million

Joining ages 70 and 20 year old's doesn't work. There's a disconnect.

We can recruit 45-65 year olds.

Bring a guest every time you come.

Why are we choosing to deprive the people we are about. To deprive them of the opportunity to be an Optimist. Don't pre-judge. They can say no.

Share what you do. Get an Optimist Business card
"Just invite" - and NOW MEMBERSHIP programs. Must be passionate about Optimism and bring a guest

Realize the impact we have in our communities.

We had a NOW event - partnered with a local school the neediest in our community.

Brought 8 guests to listen. 7 out of 8 joined that night. If dues are difficult - fund raise for your dues.

Partner a large Optimist club with a small club. Show benefits and how to grow a club.

Show focus and purpose.

Bob's mission is to focus on elementary schools. Develop relationship with the National school board. Each club should go in to see what help a local elementary school needs.

Everything we do through the club is through a member. Leadership info & incentives - Bob shared that he only wears two pins - president pin, 50 member pin - Bob is very proud of his pins.

He's asking to share your love and passion of this organization. If you don't we will not be around much longer.

If the members don't care - at the rate we are dying - we have approximately 10 years left as an organization.

We meet wonderful people. Please keep us going.

Gary Pender - At the Conventions they state: 'we're the best well-kept secret' for a civic organization there is...

President Bob: Our Taxi Driver asked what we were here for - we said Optimist Convention. He had no idea who we are...

Attended a Christmas event with the Rotary Club -

Their President got up to tell a story. If you invited somebody you are telling a story. Why did you join your club? Somebody asked you to join? (Most people in the room raised their hand).

The Rotary President's daughter received an award at a youth event. Parents of this club worked with the youth. He wanted to join this club. No one asked him to join. He had participated in an event that inspired him. 99% somebody asked you to join at an event.

There's only one reason Bob joined - cause a neighbor hounded him for three years. He's been an Optimist for 22 years now. If we share our passion and show people - they will see it.

Examples - Ask friends to volunteer for two hours at an Easter Egg hunt. Get them hooked. You are making a great day for children. At end of day ask them if they want to help children. People don't join because of ads.

Auston Pusey- I was forced twice to be a member. First they needed a body at a golf tournament. Then there wasn't a person to coach ball - joined to help kids who can't afford to pay.

Angela Iwaniuk- her neighbor hounded for her for 3 years. The Optimist Creed did it for her. Got out of Lions Club.

President Bob -

The Optimist Creed - was handed out in Nepal - asked to come to a meeting. They showed up.

We undersell ourselves. We have so much to offer.

In Sales, the rule is 100 calls - become 10 interviews - that become one sale.

Don't look back. Look forward.

Cause we can make a difference!

JG Baker - thank you to everybody for your cards and prayers. Ask members to help you.

Ray Cockrell gave President Bob, Penny and VP Donna gifts of appreciation.

President Bob - the International Convention is within driving distance. Think about attending. Making this convention different than anything in the past. All members are welcome July 2nd - 4th. On the 5th tours are available.

Sandy Cyphers- Speaker will be Amy Down's. Last person pulled out of 1995 Oklahoma Bombing...

President Bob - Speakers will be Optimistic Speakers from DC area, July 4th Fireworks. Fun event. Please give it serious consideration.

We recited the Optimist Creed.

Meeting ending at 2pm.

Exhibit A:

Ray and Kimberly Cockrell, Wilmington Optimist Club, Mason Cockrell - Guest

Respectively Submitted 4/9/23:

Gail Bardaxis-Craft

NC East District Secretary



North Carolina East 2022-2023 Officers

Governor	Ray Cockrell
Immediate Past Governor	Pamela Franks
Past Governor	Angela Iwaniuk
Governor Elect	Terry Corle
Secretary	Gail Craft
Treasurer	Wayne Sidelinger

Lt. Governors 2022-2023

Zone 1	Bennie Bass
Zone 2	TBA
Zone 3	Angela Iwaniuk
Zone 4	Joyce Leake
Zone 5	Jerry Delbridge
Zone 6	J. G. Baker

District Chairpersons 2022-2023

Achievement & Awards	TBA
Activities	Pamela Franks
Boys & Girls Homes	Jimmy Lamm
Boys & Girls Homes,	
Campus Contact	Ray Cockrell
Bulletin Editor	Wayne Sidelinger
Candidate Qualifications	Pamela Franks
CCDHH	Gary Pender

Childhood Health & , Wellness	Trish Verne
Club Fitness	Pamela Franks
District Convention,	Russell Leake (Sandy Cyphers)
Essay Contest	Angela Iwaniuk
Finance	Terry Corle
International Convention , Ambassador	TBA
JOI Youth Clubs	Sam Toler
Jr. World Golf	Derek Andeerson
Leadership Development	Sandy Cyphers
Marketing, Social Media, Web Master & ,	
Public Relations	Gail Craft
Membership	Auston Pusey
New Club Building	Sara Robbins
O. I. Foundation	Gary Pender
On-Site Registrars,	Linda Shepherd & Linda Watson
Oratorical Contest	Linda Shepherd
PGI	TBA
Sgt at Arms	John Shepherd



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.

NCE Bulletin

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