



UPDATE FROM THE GOVERNOR

Greetings Optimists!

What is your challenge for today? For me it's recognizing that my home Optimist Club of Manchaca is in the midst of Registration for baseball and softball for the Spring 2025 season. Somehow, with temperatures in the 30s, that does not quite register with me! However, that is only a momentary challenge.

Our greatest collective challenge as Optimists is our membership numbers. We need more of "us" if we are to be successful in our mission of serving youth! While some clubs have healthy membership numbers, many continue but struggle with limited membership numbers. I would like to congratulate two clubs in our District that appear to be bringing in new members: first, the South Austin Club and second, the Baytown Club. Both have increased their numbers this year.

We will focus (again) on membership at our upcoming 2nd Quarter District Meeting at the Hilton Garden Inn Live Oak/San Antonio. In honor of that meeting, I will be sponsoring a personal "contest" within the District. For the Club that brings the greatest number of first-time District Meeting attendees to join us for that meeting, I'll be awarding the winning Club \$250. To win that award, the first-time attendees will need to ensure that their first-timers register,

pay for and attend the entirety of our Saturday, March 1 meeting, including both the luncheon and dinner meals. Remember, we have a contest underway right now that can result in awards for your club for increasing membership – the SS Optimism tour. Contact me if you have any questions, since your clubs must register for this in order to be eligible.

There is good reason to invite additional members to that meeting because our Optimist International President, Jan Ord Graves will be in attendance! As a second reason, we'll be discussing how we might make use of our Internet tools to launch membership drives so that we will have MORE OF US. Let us take this opportunity to working on behalf of our clubs so that they may accomplish more for youth in our community!

We have one additional item to note in this quarter – our Optimist International Scholarship Contests. Both contests focus on equipping our youth with great communication skills as they prepare for their college years. The Essay Contest and Scholarship AND the Oratory Contest are both well-recognized and time-tested.

Happy New Year and let's have an outstanding three Optimist Quarters and a great 2025!!

Preserve Optimism,
Governor Doug Allen

The Power of Optimism: Fuel for a Brighter Future

Optimism is more than just a sunny disposition—it's a mindset that shapes how we perceive challenges, navigate life, and create opportunities. In a world often clouded with uncertainty, embracing optimism can serve as a powerful antidote, empowering individuals to rise above obstacles and pave a brighter path forward.

What is Optimism?

At its core, optimism is the belief that good things will happen and that challenges can be overcome. It doesn't ignore reality or sugarcoat difficulties; rather, it focuses on possibilities and solutions, fostering resilience and growth. Optimism is not naive positivity but a conscious choice to lean into hope and action even in the face of adversity.

The Science Behind Optimism

Research in psychology has consistently linked optimism to improved mental and physical health. Optimists tend to have:

Better stress management: They view challenges as opportunities for growth rather than insurmountable barriers.

Stronger immune systems: Studies have found that optimistic individuals are less susceptible to illnesses.

Enhanced resilience: They recover more quickly from setbacks, using failures as stepping stones for success.

Greater longevity: Optimists often lead longer, healthier lives, supported by their positive outlook.

Optimism in Action

1. In Personal Growth

Optimism fosters a growth mindset, encouraging individuals to see failures as learning opportunities. Instead of dwelling on what went wrong, optimists ask, "What can I do better next time?" This proactive approach enables continuous improvement.

2. In Relationships

Optimism enhances connections by promoting empathy, gratitude, and constructive communication. An optimistic outlook can defuse conflicts and strengthen bonds, as it focuses on finding common ground and solutions.

3. In Leadership

Optimistic leaders inspire teams by focusing on possibilities rather than problems. They encourage innovation, foster collaboration, and maintain morale even during challenging times. Their positive vision becomes a driving force for collective success.

Cultivating Optimism

If optimism doesn't come naturally to you, don't worry—it can be cultivated. Here are some practical tips to develop an optimistic mindset:

Practice gratitude: Reflect on what you're thankful for daily. Gratitude shifts your focus from what's lacking to what's abundant.

Reframe challenges: Instead of viewing setbacks as failures, see them as opportunities to learn and grow.

Surround yourself with positivity: Spend time with people who uplift and inspire you. Positive environments nurture optimistic thinking.

Set realistic goals: Break your goals into achievable steps and celebrate small victories along the way.

Focus on solutions: When faced with problems, concentrate on what you can control and take action to resolve them.

Why Optimism Matters

In a world where negativity often takes center stage, optimism is a beacon of light. It fuels hope, strengthens resilience, and enables us to envision and work toward a better future. Optimism isn't about ignoring challenges—it's about facing them with courage, creativity, and determination. By choosing optimism, we not only transform our own lives but also inspire those around us to embrace possibility and progress. After all, every great achievement starts with a belief in what's possible.

So, let's dare to dream, hope, and act. Because with optimism, even the toughest journeys can lead to beautiful destinations.

Let's have an "Optimistic" Optimist Year!!!

V/r

Shirley Bratton STXD District Governor-Elect



Club Pride Report

- Under each club's page on the Optimist Leader website is a section labeled Reports and in that section is a form titled *Club Pride Report*.
- It is important that all clubs complete the report by the end of the day on the 30th September as the information contained in it is used in a variety of ways by the Board and Staff.
- These include grant program investments, foundation funding, budgeting for programs, informed decision making, showcasing new & unique projects, and shaping the future of Optimist international.
- The Community Action Committee is looking at the form with the intent of making it more user-friendly. Would it be better to make it more general or more specific? Both options have pluses and minuses. We would certainly appreciate hearing from you and may conduct a survey/poll in the future to get input.
- Meanwhile, please familiarize yourself with the form. And realize that it does not need to be completed at the last minute. Each section has the option of data being entered and saved as projects are completed. It might be a clever idea to tie it in with another item such as when invoices are being prepared for club dues or submitting the Achievements & Awards form to the district. It could certainly be reviewed at club board meetings. One important thing is to hit the **Save** button only. Leave the **Submit** button alone until ready to file the final report at the end of the Optimist Year.
- Thanks for reading/listening.
- Carol Hodges and Your OI Community Action Committee

Childhood Health & Wellness Program

Happy 2025! I hope each club had a great first quarter doing great things for the South Texas District (STXD) Optimist International Club youth. Looking forward to our STXD District Clubs applying for Optimist International Foundation Childhood Health & Wellness Grants in 2024-2025 to aid in projects and services your club is doing.

Childhood Health & Wellness will include four focus areas (not limited to the examples below):

- **Healthy Lifestyles** (Child Obesity, Healthy Eating, Physical Fitness, Happy Heart Advice, March of Dimes)
- **Chronic Diseases** (Childhood Cancer, Juvenile Diabetes, HIV, Multiple Sclerosis, Muscular Dystrophy, Sickle Cell Anemia)
- **Mental Health** (Depression, Bullying, Abuse)
- **Disabilities – Physical, Intellectual & Developmental** (Autism, Special Olympics)

Information on Optimist International Childhood Health & Wellness programs, grants, and grant application directions, and due date can be found at www.optimist.org/member/health-and-wellness.cfm

See you Feb 28-1 Mar, 2025 in San Antonio, TX for the next district meeting! Don't forget to bring a story board to showcase events/activities your club/zone has done for show & tell at the meeting. A picture is worth 1000 words.

V/r

Shirley Bratton, STXD Childhood Health & Wellness, Chairperson

Leadership Development

Laredo District Meeting was few in attendance but we had a good discussion on topics for clubs. I want to point out a few.

Question- How do you want your club to be known?

Optimist-Friend of Youth, A group to be available to help children, As a contribution to the community, As a help to the Hematology/Oncology unit at BAMC, Best Optimist in the District

What is your clubs answer?

Question- How do you hold a NOW program or Membership Drive?

Wine and Cheese tasting, Contest with Chamber of Commerce, Valentine dinner, Golf tournament, every member bring a non-member when having a special speaker, special party.

Now how do YOU hold a NOW program?

Question- What is your clubs best service project?

Welcome Stranger Program (this is a good one), Give out coats and shoes, Christmas parties, Boysville fishing derby, Foodbank, Feeding families at Thanksgiving and Christmas, T-Ball.

I know you all have great projects, keep them going!

Question-What is your clubs best fundraiser?

Fish/Oyster fry with other service organizations, Pie sales, Garage sale, Casino night with Fire Department, Bingo, Fall festival, Tamale sale, Raffles.

Everyone needs new ideas so I hope this will help some. Every club in our district does good work to help in the community in so many different ways. Keep up the good work and let Optimism be known in your town.

See you all here in San Antonio.

Nancy Mason, 210 241-0279, ndm1955@aol.com

DISTRICT FOUNDATION

Happy New Year and here we go into 2024-2025 with a bang. The beginning of this report is great as we are now sitting in the rankings of unrestricted donations in 3rd place. With all the great funds raised at the first district meeting from the auction and donations for the raffle as well as the donations from the hard work from Nancy Mason.

Please consider being a Dime-A-Day, Presidents Club, or Women's Philanthropy Council donor. We hope to see new faces at our next district meeting as we try to make this organization continue to grow.

Thank you for all you do.

Jym Chenault, District Foundation Representative

South Texas District Second Quarter Meeting
February 28—March 1, 2025
Hilton Garden Inn, San Antonio, TX

The Second District meeting will be held in the festive city
of San Antonio on February 28—March 1.

The District conference is going to be a weekend filled with fun and fellowship!

Don't delay, submit in your registration form today!

Friday, February 28:

6:30 p.m. Hello Party—Location to be announced

Saturday, March 1:

8:00 - 9:00 a.m. Registration

9:00 a.m. General Session:
Welcome, Introductions, Announcements, Secretary/
Treasurer Report, Governor Elect Comments, Lt.
Governor Reports, and New Business Items: Zone
Realignment and District Dues Discussion

10:30 - 10:45 a.m. Break

10:45 a.m. Guest Speaker:
Optimist International President Jan Ord Graves
and
Discussion on:
Membership Growth, Optimist International Face-
book Membership, Presentation on Facebook Use &
Group Discussion. Campaigns, and Optimist
International Resources

12:00 - 1:15 p.m. Lunch with Table Topics

1:15 - 2:00 p.m. Reports and Brainstorming session on Potential
Membership Sources and Resources.

6:30 p.m. Dinner and Live Auction

Sunday, March 2:

Checkout/Breakfast on your own

South Texas District
Optimist International
Carol Hodges, Secretary/Treasurer
61 Lebrun Court
Galveston, TX 77551-1565

ON THE WORLD WIDE WEB

Optimist International:
<http://www.optimist.org>
South Texas District:
<http://www.stxd.org>



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.**

Purposes of the Optimist Club

- ◆ To develop optimism as a philosophy of life;
- ◆ To promote an active interest in good government and civic affairs;
- ◆ To inspire respect for the law;
- ◆ To promote patriotism and work for international accord and friendship among all people;
- ◆ To aid and encourage the development of youth, in the belief that the giving of one's self in service to others will advance the well-being of man, his community and world.