



MESSAGE FROM THE GOVERNOR

Greetings, Optimists!

We had a great meeting a few weeks ago in Live Oak, Texas. Optimist International President Jan Oord Graves joined us provided a valuable presentation to help guide our clubs to growth, success and recognition! We continued our work to increase our membership, and to support our Optimist International Foundation and enjoyed recognizing the hard work of several of our clubs by presenting awards. Jym Chenault recognized the Lt. Governors who worked with him last year and was himself honored and recognized for the outstanding work that he did. We can be proud that we learned that Jym was also nominated as our Region's Vice President-Elect, a position that will be determined at our June Conference in St Louis, Missouri in June of this year.

Coming soon – on May 3rd, will be our Third Quarter District Meeting where we will see some great high school presenters compete in our District Oratorical Contest. The presenters we have been blessed to see in prior years have all been excellent, and I expect that we will see several very talented presenters this year, as well.

Our gathering during the 3rd Optimist Quarter will be in Sugar Land, Texas and will be held at the Best Western Plus at 14444 Southwest Freeway, Sugar Land, Texas 77478.

This will be our most affordable meeting of the year, with a no-cost pizza lunch, and very reasonable hotel rates! Who said that there is no such thing at a free lunch? If you need more incentive, I have held-over my challenge to all South Texas District

Clubs – IF you can bring the greatest number of first-time member-attendees to this meeting, who stay through the full meeting....I'll have a \$ 250 check for your club!

This Third Quarter is likely the peak of activity for all our clubs, featuring some of our strongest programs like the Oratorical and Essay contests, so come join us for celebrating all of the good work that our clubs do and participate in helping us determine who next year's Lt. Governors will be!

Please don't forget to your hard work to increase our membership as we move forward into the future! Remember, there are proven ways to use the Internet, and specifically, Facebook to promote Optimist Membership and to identify potential new members!

WANTED FOR OUR UPCOMING MEETING

As we plan for the 2025/2026 Optimist year, we do need some additional volunteer leaders. I need the specific positions of our core Lt. Governors. If you are a current Lt. Governor and wish to continue, or if you are ready to step up from your Club leadership, please contact Shirley Bratton, our Governor-Elect at (575) 442-2529.

One last item to note. We are working hard to move to full electronic communications and need to ensure that we have all of our members' email addresses in hand. Can we ask each of you reading this to ensure that your club has your existing email address?

Governor Doug Allen

On the Road to St. Louis -OI Convention

The time has come to make reservations for the 107th, 2025 International OI Convention if you have not already. The convention is June 29-July 3. Days of being there depends on what you want to participate in and what your job may be for the coming year. This year the convention is at the wonderful St. Louis Union Station Hilton Hotel. Early bird registration is \$299. Hotel rooms start at \$149 a night. If you have never been to convention, really try to go. Our own Jan Oord-Graves will be running the show so you know it will all be good. There will be a lot of activities to include training in all areas, workshops, trivia, general sessions, top notch speakers, town hall, business meeting and so much more. To register go to <https://www.optimist.org/convention> You can even volunteer at the convention in so many ways that will make things go smooth. If you are going or not going and would like to contribute to youth activities, please send donations to Convention Donation, c/o Optimist International, 4494 Lindell Blvd, St. Louis, MO 63108. Hopefully the South Texas District will be well represented this year.

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



Club Secretary/Treasurer Corner

Almost halfway through the current Optimist year! Hopefully your club submitted its Form 990 to the IRS by 15 February as this is crucial to maintaining your club's nonprofit status. And just a reminder that Texas requires a periodic update of the club's status with them as well – every 4 years. If you are not sure when your club last submitted to the state, check it out at <https://www.sos.state.tx.us>. It is a Form 802 – General Information (Periodic Report – nonprofit corporation).

Next up on responsibilities is the submission of the Officer Elect Report for the 2025-26 year that is due to OI by 20 May. Please be sure that emails are correct for incoming president, secretary &/or treasurer, and club foundation representative. Even if the same officers will be continuing to the offices please submit!

Which brings up the importance of periodically checking the club roster to be sure the correct addresses, emails, and phone numbers are listed for all members!

And do remember to pay dues to both OI and the district in a timely manner. For those who would prefer to pay club dues and possibly registrations for district meetings electronically, I am working on a way to make that happen for the district so stay tuned for an update!

And don't forget to do keep the Club Pride Report up to date. Just be sure to hit Save, not Submit until 30 September.

Yours in optimism,
Carol Hodges

2024/2025 Oratorical Contest

This year's Oratorical Contest presents a new and outstanding opportunity for our South Texas District! Each Club and each Zone can pass along their top two winners to the next level, so there is "double" the opportunity than in previous years. Since the District Contest will take place at our District Meeting in Sugar Land, TX on May 3rd, please work to schedule your Club and/or Zone contest as soon as possible! IF your winners are unable to participate in person in Sugar Land, we are working to provide an opportunity to participate via Zoom. While that may not be ideal, it may provide participants with an opportunity to participate.

Finally, don't forget that there are more details about the Oratorical Contest available at: www.stxd.org or Optimist International at www.optimist.org.

Submitted on behalf of Judy Karonika, District Oratorical Chair

What is Hope?

Hope: The Beacon That Guides Us Forward

Hope is a powerful and transformative emotion that serves as a beacon in the darkness of uncertainty. It is a belief in the possibility of a better future, a light that illuminates the path when all seems lost. From the smallest personal struggles to global challenges, hope is a force that has the power to inspire action, comfort the weary, and ignite resilience in even the most difficult circumstances.

The Psychological Impact of Hope

Hope is a cornerstone of mental health. Research has shown that hope plays a crucial role in coping with stress, anxiety, and depression. People who are hopeful tend to have better physical health, engage in more adaptive coping strategies, and are generally more satisfied with their lives. Hope acts as an antidote to despair, encouraging individuals to keep moving forward even when the journey is tough.

The Ripple Effect of Hope

Hope is contagious. When one person remains hopeful and optimistic, it can inspire others to do the same. In communities, workplaces, and families, hope can create a collective sense of purpose and belonging. It fosters unity, encourages collaboration, and strengthens the bonds that connect us all. Moreover, hope is often a lifeline for those going through tough times. A word of encouragement, a gesture of kindness, or even just the shared belief that better days lie ahead can provide the strength needed to carry on. In this way, hope doesn't just uplift the individual—it has a ripple effect that spreads to others, creating a cycle of support and positivity that can transform lives and communities.

Conclusion

Hope is a gift that all humans carry, and it is one of the most enduring qualities we possess. It is both a light that guides us through the darkest times and a fuel that powers our pursuit of a better future. As we navigate the complexities of life, hope remains a constant companion, reminding us that no matter the obstacles, there is always potential for change, growth, and renewal. In a world that can often feel overwhelming and uncertain, hope is the thread that holds us together, reminding us that we can create a future that is brighter than today.

Shirley Bratton STXD District Governor-Elect

Childhood Health & Wellness Program

Happy Spring! I hope each club has sprung forward and doing great things in the South Texas District (STXD). 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 to bring out the best in youth. Next grant submission deadline: August 22, 2025.

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

We want to see your story! Please bring a story board to showcase your club/zone events/activities at the next STXD meeting.

A picture is worth 1000 words. See you May 2-3, 2025 in Sugar Land, TX at the district meeting!

Shirley Bratton, STXD Childhood Health & Wellness, Chairperson



Optimist Club of San Antonio deliver goodies & funds to Ronald McDonald House Charities San Antonio

OIF Challenge

Greetings fellow optimists and hope all is well with you. We had a very productive meeting for our second quarter, and I was very pleased with our fund raising on behalf of the foundation.

Now, a challenge for the 3rd quarter: with a no charge lunch and a significantly less costly hotel, let's double up on our donations by providing live and/or silent auction items and being prepared to bid as well. We may even get some competition from the guests for the oratorical contest!

Remember funds raised for the foundation go toward the scholarships our essay and oratorical winners receive and also cover the grants several of our clubs have received for projects.

And congratulations to Nancy Mason for being recognized as a Distinguished OIF Representative for last year!

Jym Chenault , District Foundation Representative

South Texas District Third Quarter Meeting May 2-3, 2025

Best Western Plus, Sugar Land, TX

The Third District meeting will take place in the “sweetest city in Texas” -
Sugar Land, TX on May 2 & 3.

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

Don't delay, submit your registration form today!

Friday, May 2:

6:00 p.m. Hello Party

Saturday, May 3:

8:30 a.m. Business Meeting

- Call to Order
- Invocation
- Pledge of Allegiance
- Welcome-Introductions-Announcements
- Secretary/Treasurer Report
- Lt. Governor Reports

10:00 a.m. General Session and Lt. Governor Appointments

Noon 1:15 p.m. Lunch with Live Auction

1:30 p.m. Conclusion of Silent Auction

2:00 p.m. District Oratorical Contest

Dinner on your own

Sunday, May 4:

Breakfast on your own and Checkout

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.

