

February 2024

OPTIMIST NEWSLETTER



JANUARY RECAP



Nathan Harms, Executive Director, and Jamie Gehrin, Clinical Director at TREE House of Greater St Louis spoke on the benefits to clients with disabilities from therapeutic horsemanship. Trained professionals and volunteers provide tailored services to clients using assisted horse riding at their facilities. The emotional bonds between the clients and horses provide a basis for the physical and occupational therapy needed. <https://thstl.org/>

Debby Bartley, Minister of Pastoral Care at First St. Charles United Methodist Church, spoke on the Grief Share program offered at the church to those who are grieving after the death of a loved one. This is a 13 week program that deals with sadness, regret, and guilt felt by the individual. Debby also reminded us to not delay doing estate planning so we are ready for the unexpected death or incapacity of a loved one. <https://www.griefshare.org/>



President
Paul Hauser



Dear St Charles Optimist Club Members, The Spaghetti Dinner date is set for April 5, 2024 at Blanchette Memorial Hall; mark your calendar, and from Dale Westby, "Sell those tickets!" This is a good fundraiser for the club and getting funds for the Development of Youth is getting more and more difficult every day. Thank you for your support!!

Speaking of fund raisers and FUN associated with, please get a team together for the Golf Tournament on June 3, 2024 at St Peters Golf Course. If you're like me and enjoy golf, even though I am not so gifted, you can still enjoy a round with friends and be humbled by the experience. Ask your business or employer to be a sponsor!

We are booking speakers and programs for February 20th and the last 2 meetings in March. If you want to share a subject with the club, please request a speaker and let's get a date booked in the coming year.

*Wishing you all the Best,
President Paul*

FEBRUARY MEETINGS & EVENTS

- | | |
|-------------|---|
| February 6 | Noon Meeting
Hilda Andres—Foundry Art Centre |
| February 13 | Noon Meeting
Julie Seymore-Child Advocacy Center |
| February 20 | Noon and Board Meetings
Open |
| February 27 | Noon Meeting
Jake Brooks—SSM Health, St. Joseph |

2023-2024 BOARD OF DIRECTORS



OFFICERS:

PRESIDENT: PAUL HAUSER

SECRETARY: ELLEN PARKER

PRESIDENT-ELECT: RICK DALEEN

TREASURER: DAVE BORGMAYER

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DIRECTORS:

1 YEAR TERMS

MARK COOK

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2 YEAR TERMS

DON JAMISON

FRED McGINLEY

CHUCK RATERMANN

CLUB INFORMATION and SOCIAL MEDIA

Mailing Address: Optimist Club of St. Charles
P.O. Box 234
St. Charles, Missouri 63302

Club Website: <https://scoptimists.weebly.com/>

Like us on Facebook! "Optimist Club of St. Charles, MO" or the following link:
<https://www.facebook.com/Optimist-Club-of-St-Charles-MO-416164208567872/>

Meetings: Our weekly meetings are held on Tuesdays at 12:00 p.m. at Pio's Restaurant, 401 First Capitol Dr, St. Charles, MO 63301.
Board meetings are held on the third Tuesday of the month.
Visitors are welcome.