



From the Editor - Nancy DeNiro

Always welcome the new day with a new spirit, a smile on your face, love in your heart and good thoughts in your mind. * Chinese (Optimist) New Year Quote

My thanks to everyone who sent in photos and articles for this newsletter. Enjoy the read!
Always Stay Optimistic!

Two Past President's Thoughts on New Year's Resolutions

Greetings, Tamarac Ladies!

Every year I think of what resolutions I might make for the next twelve months. I always have lots of ideas on how to improve myself!! That losing ten pounds keeps coming to mind. There is one way, however, that I have found that is "tried and true" when it comes to being a better person. It may sound a bit corny but if I really, I mean really try to live by the tenets of our **Optimist Creed** then I find that my life is truly better.

I am more patient, kind, understanding and open to others in my family, network of friends and even total strangers. I may not lose that 10 pounds or exercise more or clean out my closets. BUT, if I do my best to live the Optimist Creed then I can say confidently, to myself, "Happy New Year 2019"....because I know that it will be! **Abigail Nicholas, President 2016-17**

Happy New Year to all you wonderful Optimists!

How are you doing on all those New Year's Resolutions? Do you even make resolutions? Knowing that I don't have a good track record of keeping actual "resolutions", mine fall more into the category of reminding myself to keep working on all those things I've been trying to do right all year long (clean out closets, eat more vegetables, get more exercise...).

I get some inspiration from the portion of our **Optimist Creed** that says, "**Promise yourself...to forget the mistakes of the past and press on to the greater achievements of the future**". I've always thought that, if it were up to me, I would change the wording of that portion to say, "**...to learn from the mistakes of the past...**" But I believe the author of the Creed meant simply that it doesn't pay to dwell on the mistakes of the past, but rather, to keep trying to do better in the future.

Cindy Eley, President 2017-2018



December Speakers



December 6

Scott Henke

Computer Scams
& How to Avoid
Them



December 13

Don & Joyce
Thomson

Through My Lens:
Aspen Vistas



December 20

Debbie Walton &
Joan Stringfield

Assistance League of
Denver



December 27

Sharon Kissell

Lively Year End Music
on an Accoustic
Accordian

Dime-a-Day Campaign Starting in January Jeanette Thompson

Dime-A-Day Building a future where every kid counts. Can you spare a dime a day?

Individuals who donate \$36.50 or a dime a day are honored with a lapel pin.

Save approximately a week's worth of dimes by:

- bypassing the vending machine for an afternoon snack
- skipping the fries
- waiting to get coffee at the meetings

Save approximately a month's worth of dimes by:

- ordering plain coffee instead of a "grande cappuccino"
- sending a greeting card from a box rather than an individually purchased card
- making lunch at home once instead of eating out with friends

Save approximately a year's worth of dimes by:

- giving up one golf game
- catching a few movies on video instead of at the theater
- clipping grocery coupons for a month



Most of us could easily contribute a Dime-a-Day every year of our membership as Optimists. Optimists who donate \$36.50 are adding to the Foundation's ability to provide scholarships and sponsorships for our youth. **A current form is in this newsletter to print and send with a check to our Foundation Rep, Jeanette Thompson, 2863 S Paris Ct, Aurora 80014**

Recycling Opportunity by Pearl Meulemans

There are many things that we put in the trash or send to ARC that could be repurposed for the greater good. I collect these items from members and friends for charities. I then deliver to the appropriate groups. This is s 401 (c) 3, which means a tax deduction for you



Items include:

- ❖ Clothing: ALL sizes. "Clothes to Kids" have school ages from 5 to 19 years of age, so we are talking both children and adult sizes of clothes, shoes, new underwear and accessories.
- ❖ Computers, laptops, and small household appliances
- ❖ Jewelry: Not used any more, broken, just cleaning out the jewelry box. Items are fixed up if necessary. Volunteers do all of the work and pay for fix up costs. These item are the only ones sold, HOWEVER, 100%, of monies goes to Juvenile Diabetes Research Foundation (JDRF)
- ❖ Books and Magazines: Delivered to the USO at Denver International Airport. They also love games, puzzles and children's books.
- ❖ Cloth and Yarn: Goes to groups that make bags for people using a walker, dresses and other items. Yarn used for hats and scarves sent overseas to soldiers, and also a group that gives them out to the homeless in Denver metro area.

Any item you want to give a new home, give me (Pearl) a call or bring to a meeting. I have found a place for most everything.

Hold On To Your Hats....

The next 3 months are the busiest of the year for Tamarac Optimist Club's projects for kids. Read up on each project in your handbook, watch the weekly calendars for dates And times, and volunteer as much as you can for:

- Brain Bowl (fun, fun)
- *New Have You Filled Your Bucket Today?* book project (fun,fun)
- Dr. Seuss Books for Kindergarteners (fun, fun)
- Oratorical Contest (fun, fun)
- Tri-Star Basketball Tournament (fun, fun)



Looks like you could be in for a lot of fun in 2019!!

February is Tri-Star Basketball Month! Joyce Laman



Tri-Star Basketball is coming! It is an O.I. project that the kids love - and we Optimist love to do it. It is a FUN and POSITIVE competition for boys and girls ages 8 – 13. For new members, 'Tri-Star' means '3 skill areas' – shooting, dribbling and passing.

The first step is each participating in our Club's own contest. Tamarac's competition will be **Sunday, Feb. 24, at Montclair Rec Center in Lowry, 729 Ulster Way, Denver.**

(Note: Eisenhower Rec was not available this year due to the tightening up of their basketball program. Montclair Rec Center was available to us on a Sunday, and is a much larger facility with many more children available to participate.)
This year there is no competition with any other Optimist Event!

We must be there starting at noon to set up our equipment.

Registration for the kids is at 12:30 pm and the competition starts at 1:00 pm.

We need lots of volunteers (20 +). Every skill station needs 2 or more people – and we need registration and scoring workers. New members, there will be lots of repeat volunteers and you will always be working alongside an experienced Club member. You DO NOT need to have any basketball skills. You will be keeping kids in lines, watching the foul lines, marking down scores, etc.

New members will find this rewarding to watch the kids having fun, getting a boost of confidence and getting excited to compete in the Regional competition. Our **East Metro Regional competition will be Sunday, March 10, at Denver North High School.**

Winners of all 4 Regional competitions get to compete in the **District finals on Sunday, March 31, on the floor of the Pepsi Center.** They all get free tickets to the game that night and parents, friends AND Optimists can get discounted tickets thanks to the sponsorship of the Denver Nuggets.



Sign-ups for the latter 2 additional competitions will be at a later date; **please sign up IN JANUARY for our Tamarac Tri-Star contest.**

If you cannot attend a meeting to sign up, email **Joyce Laman at joycelaman@comcast.net.**



Holiday Gift Project Co-Chairs Joy Criminger, Barb Althouse

A HUGE thank you to 41 Tamarac ladies who provided either pants, shirts or shoes for 17 Holm elementary students this year during our holiday project! The 5 families, referred to us by the school's social worker, were enthusiastically grateful for our gifts, plus a family game and \$50 King Soopers gift card (donated by the club) and they sincerely appreciated the sharing by our compassionate club members.

On December 15, twelve Tamarac ladies came together to make Christmas wishes come true.

Joy Criminger (not pictured), L-R top: Sherry Pearn, Sharon Young, Sally Evans, Shermalee Eikermann, Joyce Thomson, Jan White, Front: Denise Coriell, Hatty McGuire, Diane Young, Wilene Lampert, Barb Althouse had a delicious potluck breakfast at Barb's home and then made their holiday deliveries.

The committee of **Barb Althouse, Wilene Lampert** and **Joy Criminger** thank all for their support of this annual project.

To the right is one of the recipient families!



Diane & Sherry packing up to deliver some gifts.



Whose News Bits and Pieces

Holiday travels included: Tucson for **Jenny Spampinato**; Kansas City for **Nora Kantwerk** to see her 8 ½ pound grandson born on Dec. 18th. **Sherry Pearn** is having an extended stay in California while **Nancy DeNiro** dog sits for her pup. **Lois Jean Gallaway** is always on the move - - first spending a night in CO Springs, then off to Missouri for an anniversary party with in-laws, before flying to Bratislava, Slovakia on Dec. 30th for 10 days with son Scott and family. **Tricia Toney** and **Karen Gutjahr** accompanied the Youngs (John and me) to Indianapolis for pre-Christmas festivities.



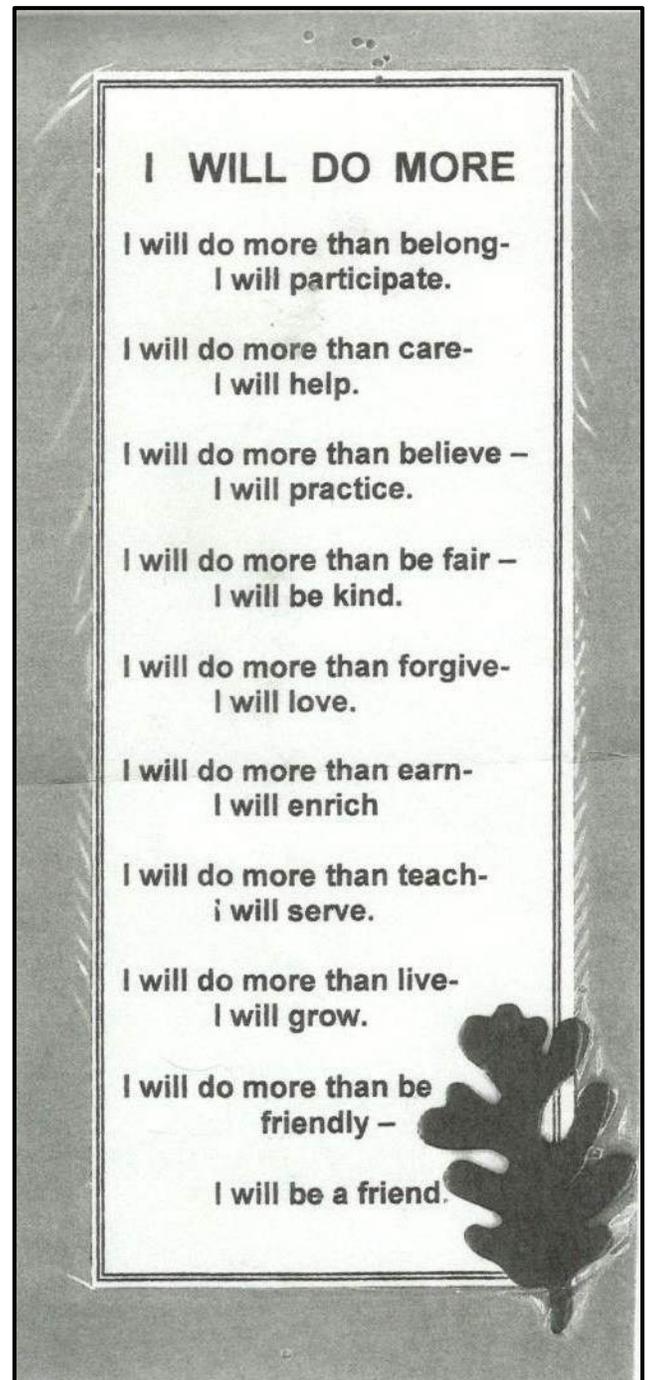
Kathy Sullivan and **Carol West** hosted their Kansas relatives for an extended time after I-70 was closed by the Dec. 27 storm. And **Jeanette Thompson** got a special grandma thrill when her grandchild got to be the baby Jesus in a live nativity on Christmas eve. Grandma **Barb Althouse** is going to be grandma again in the spring or summer!

Nadou Lawson and **Linda Williams** were without heat when their building experienced a furnace failure on Dec. 23rd. Several electric heaters got them through till repair parts arrived from California.

You can submit updates for 'Whose News' by sending them to **Claire Young**.

More Things to "Promise Yourself" in 2019

Submitted by Joy Criminger



The Month After Christmas.....

(This was sent in last year by Kathy Sullivan and warrants a repeat!)

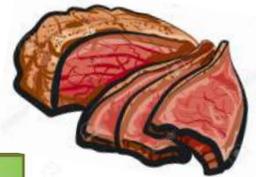
Twas the month after Christmas, and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste
At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).
I'd remember the marvellous meals I'd prepared;
The gravies and sauces and beef nicely rared.
The wine and the rum balls, the bread and the cheese,
And the way I'd never said "No thank you, please"
As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt
I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip
Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie - not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore-
But isn't that what January is for?
Unable to giggle, no longer a riot, but



**HAPPY NEW YEAR TO ALL, AND
TO ALL A GOOD DIET!**



OPTIMIST INTERNATIONAL
F O U N D A T I O N

Dime-A-Day

Optimist International and Optimist International Foundation coexist as two separate organizations that support each other. Optimist International Foundation is the fundraising arm of Optimist International, and works to develop funds to support the endeavors of Optimist International and its mission.

When Members and Clubs make a contribution to support Optimist International Foundation, they are, with that gift, supporting Optimist International itself and themselves as a Club as well.

With just one dime a day, you can become part of the movement of "Helping Optimists Help Kids" and become part of a large group of Foundation supporters who realize what a difference they make every day in the lives of children. Would you consider making a gift of just a dime a day to assist the charitable work of Optimist International?

The Dime-A-Day level is reached by a contribution of \$36.50 to the Foundation within one Optimist Year, and is recognized by the presentation of a pin.

Building a future where every kid counts
Can you spare a dime a day?

Sign me up! Please accept my \$ _____ donation. *(Enclose check, payable to Optimist International Foundation, referencing "Dime-A-Day" in the memo section.)*

Sign me up! Please accept my \$ _____ donation. Charge my MC Visa Discover American Express

Account # _____ Exp. ____/____ Signature: _____ Security Code _____

Sign me up! Please deduct \$3.05 per month from my checking account.

Checking account number: _____ *(Please include a copy of a voided check)*

Name _____ Email _____

Club Number _____ Member Number _____

Address _____

City _____ State _____ ZIP _____



Please return to: Optimist International Foundation • Dime-A-Day Campaign • P.O. Box 952126 • St. Louis, MO 63195