



From the editor: Promise yourself to be so strong that nothing can disturb your peace of mind. (not even pandemic, masks, zoom, or political emails, mail and texts!!)

We have a creative, forward thinking president, have had awesome programs, active committees, and plans to press on to greater achievements in the future!

Six Tips for Staying Optimistic During a Pandemic KVC Health Systems

1. **Challenge your negative thoughts.** We can't always choose what happens to us, but we can choose the way we respond to it. **Reframe the situation and see what possible positive outcomes there are.** For example, being "stuck at home with nothing to do" can be reframed as being "safe at home with an opportunity to connect with my family."
2. **Cultivate an attitude of gratitude.** Start or end your day with a gratitude practice. **Write down three things you are grateful for each day, or partner with a loved one and share them out loud.** Gratitude trains your brain to see the positive.
3. **Stay in the present moment.** It's easy to get caught in a spiral of anxious thoughts about the future. We all want to know when this will end. If you find yourself stuck in this negative pattern, **try this simple exercise to bring yourself back to the present moment.**
4. **Connect with positive people.** Social connection contributes to happiness and is strongly correlated with optimism. **Seek out the company of people that make you feel good and fuel your positive energy.** Likewise, limit interactions with those who leave you feeling drained or pessimistic.
5. **Pay it forward. Performing acts of random kindness for others is a great way to boost your happiness.** In addition, those you help and even those who simply witness your kind gestures will also benefit. Learn more about using kindness as a coping skill [here](#).
6. **Practice makes progress.** Of course, all new habits take time and continuous practice before they become automatic. **Make the choice to be more optimistic each day and enjoy the rewards of your improved outlook.**



Beda Collins 7/12
Abigail Nicholas 7/15
Nancy Stevens 7/18

Lois Malone 7/19
Janet White 7/19
Pearl Meulemans 7/24

June/July Meetings

June 18

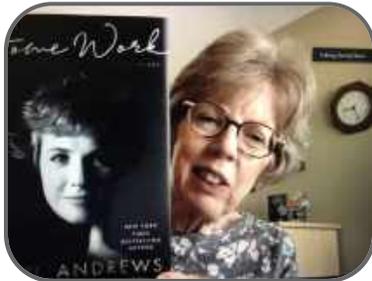
Member Book Reviews



Dee Carsten
Where Crawdads Sing- Delia Owens



Mary Gelb
The Whole Town's Talking Fannie Flagg



Bonnie West
Home Work Julie Andrews autobiography

Bonnie put in a plug for a book written by her son-in-law **Erik Schmidt**
Black Tulip

June 25

George Dennis



The Denver Historical Kittridge/Ginsberg Home

July 2

Steven Hick
Venturing Crew and the Outdoor Adventure Club



Crew 1893

- Crew 1893 formed in 2019 with help of Optimist Club and James Dockler.
- What is Venturing?
 - Coed scouting for 14-20 year olds
- Why the number 1893?
 - Any guesses?



July 9

Bonnie West
St Petersburg and the Faberge Museum



Members Keeping Busy During This Time....

Spotlighting Shermalee Eikermann - Shermalee has definitely kept busy during these 'shelter at home' months! Her hubby may weigh 300# before this is over!! Although I know she shares with family and friends!



Sourdough
Cinnamon rolls



Blackberry Rosemary Cornbread



Tuscan herb Bread



One of three raised gardens with parsley, many herbs, tomatoes, radishes, lettuce, cucumbers, squash beets, and more!



Rhubarb/raspberry pie

Editor's note: I wanna
live at her house.....
Just sayin!

Ad Hoc Committee For Project Review Meets

In this year of challenges and change, the ad hoc committee was formed to review TOC's projects for the coming year and possibly beyond. Some changes will be obvious, but several new ideas were floated among the committee. A final report will be presented to the membership in the weeks to come.

Pictured L-R: **Carolyn Bamford, Claire Young, Linda Williams, Joy Crimminger, Wilene Lampert, Nancy DeNiro** (behind camera)!



Members Fulfilling Need for Masks

Brent's Place sent a request for more masks, if possible. TOC ladies stepped up as shoppers and with sewing machines to fill this request. They requested 30 adult and 20 youth, but we sent them 54 adult and 28 youth. Shermalee will deliver them to Brent's.



Some masks were purchased from Old Navy and most were sewn. Ladies involved in this ongoing project are **Joyce Laman (pictured on right), Jan Dubrick (pictured on left), Jenny Spampinato, Shermalee Eikermann, Bonnie West, and Sandy Mac.**



Tamarac will be entertaining additional requests for masks..

Fun and Fundraising Committee Meets

The Fun and Fundraising Committee met at the home of Bonnie West on June 22.

Before discussing funding ideas, they discussed guessed what this coming year might look like. The Board has already decided not to buy books. They ended up settling on a goal of \$5,000 to use to support education and children however that may come about.

The ad hoc task force will meet in July to decide what projects/expenditures might be undertaken.



L-R: Wilene Lampert, Karen Gutjahr, Bonnie West, Nancy Kennedy, Joyce Laman, Nancy DeNiro. Not pictured is Abigail Nicholas.