



CENON CENTRAL

Edition 4704 - July August September 2024

Central Ontario District Team

Governor

Ralph Brunten

Immediate Past Governor

Al Fourney

Governor Elect

Bonnie Sheer –Porteous

Secretary/Treasurer

Michelle Stokes

Governors Advisor

Tony Edge

CCOF & Childhood Wellness

Denise Nacev

Membership & Engagement

Diane Laframboise

Growth

Tony Edge

Conference/Convention

Gabriella Van Hooydonk

Finance

Brian Wick

Leadership Development

Anne Donkers

World Oratorical

Marijka Coffa

Essay

Susan Montgomery

Marketing

Vicki Mains

Junior World Golf

Dennis Kwasnicki



From the Desk of

GOVERNOR RALPH E. BRUNTON

2023-2024



Hello Optimists,

Where has the time gone as we enter the last quarter of the 2023-2024 year. So far it has been a wonderful year for the District as all clubs have been busy raising money and running events. As I have travelled the District I have been very impressed by what all the clubs are doing and the members should be very proud.

I just returned from the International Convention in Niagara Falls. We had great representation from the district with 34 members attending as we all found it knowledgeable and also was lots of fun.

I want to thank all the members with the hard work they have put into the year so far but much more work needs to be done to make it a fantastic year. We are sitting at +28 members and in 7th place in Optimist International and I feel we can make it to the #3 spot before September 30th.

At the moment if we had 28 more members we would be #3. We are working on 2 more clubs so that will really help us but the other Districts are doing the same, adding members. All I ask if each club for the next 3 months just add a member and be +1 we could still reach my goal of +100.

Even if you don't meet during the summer it shouldn't stop you from recruiting. Talk to people you meet on how proud you are at being and Optimist and that they should join you and your fellow members to help make a difference in the community and themselves.

Let us show that we are the #1 district in the #1 region. Lets all pull together and make this happen by the end of this year.

cont'd on page 2....

Central Ontario District Team

Hospitality

Jennifer Krizel

Peter Krizel

Sgt. At Arms

Ted Simmonds

Candidate Qualifications

Al Fourney

CCDHH

Ted Simmonds

Historian

Brenda McDonald

Parliamentarian

Alex Ansell

Achievement & Awards

Lauralee Reily

International Convention

Michelle Stokes

Webmaster

Brian Wick

Michelle Stokes

Communications

Christine Smith

Bulletin Editor

Al Wood

Junior Optimist Clubs (JOI)

Jody Caperchione

Programs/Projects

Jane Morson

Scholarships

Jim Lynge

Lt. Governors

Zone 1 - Don Devreede

Zone 2 - Don Zynomirski

Zone 3 - Ken Williams

Zone 5 - Mac Rumble

Zone 6 - Olaf Krahmer

Zone 8 - Jim McGrorey

Zone 10 - Larry Harper

Supply

Gillian Martin
Ansell s Awards

CENON CENTRAL

....from page 1

The one thing that must be done by September 30th is that all club bylaws must be updated, then looked at once a year. It is so important that bylaws are updated and followed as the citizens expect us to be in compliance with all the rules of a non profit organization. Its not a hard thing to do but needs to be done. If any questions please contact your Lt. Governor or myself as we will be pleased help you entering the bylaws online in Optimist Leaders.

Don't forget to register for the District Convention in Morrisburg as it is only a month away. Deadline for rooms is July 16th. We need numbers on who we expect to be there so please register early. It's going to be a fun time as Lady Gaga is the theme as we.....

"Go Gaga for Optimism"

I would like the members to come up with an original crazy outfit to wear at the Gala. Crazier the better. I can introduce you to a popular game - GAGA Ball - which will be available all weekend.

The draw for the Raptors table will be drawn during the Gala so there is still time to sponsor new members to get your name put in the bin for the draw.

In closing I want to thank all clubs and members for the work and support you have given me this year. I am very proud to be the Governor of this wonderful District and it is your hard work and fellowship that has made this a very successful and fulfilling year for me. I am looking forward to finishing the year on a high note so let us all make it happen.

And as we close out the year, this is my last chance to recognize club members with the Governors Certificate. Be sure to send in to Diane Laframboise, the Membership Engagement chair, your clubs nominations for the Governors Award of Achievement.

***Thanks so much,
Governor Ralph***

"GO GAGA FOR OPTIMISIM" - at the 'Governor's Gala', Governor Ralph is requesting members dress in their wildest outfits. Be creative!!!!

Annual District Convention

40TH ANNUAL CONVENTION – AUGUST 16-18, 2024

McIntosh Country Inn & Conference Centre
12495 Highway 2 East Morrisburg, Ontario K0C 1X0
Toll free 1 (888) 229-2850

Hotel Registration directly with hotel by calling 613-543-3788
\$149 per night, *block of rooms held until July 16th.*



HOW TO BOOK YOUR HOTEL ROOM

CALL NOW: *McIntosh Country Inn & Conference Centre*
12495 Highway 2 East Morrisburg, Ontario K0C 1X0
Toll free 1 (888) 229-2850
Local (613) 543-3788

NOTE: All rooms MUST be booked before July 16 for the group rate
After this date, the group room block is released to the general public and you will no longer have access to the special group rate. Check-in time is 3:00pm and Check-out time is 11:00am

1 Queen Bed – \$149.00/night
1 King Bed – \$/night

Group Name: Central Ontario Optimists
How to book: Phone the hotel (613) 543-3788

Convention Agenda Overview:

FRIDAY EVENING

- Registration open
- Past Governor's Dinner (by invitation) Orchard Restaurant
- District Executive Meeting
- Opening festival and Hospitality Suite.
- Networking, mingling, and antic.

SATURDAY MORNING

- Celebration of Past Governors Breakfast (all welcome)
- Breakfast Menu: Scrambled eggs, home fries, french toast, pancakes, bacon, sausage, ham, toast, cereal, fruit platter, coffee, tea and juice
- Workshops
- Past Governor's Committee Meeting – planning ahead and offering recommendations on policy updates. (by invitation)

SATURDAY LUNCHEON

- Lunch for all attendees (not included. Set menu in the Orchard Restaurant, or on your own away from the hotel)

SATURDAY AFTERNOON

- Training for Lieutenant Governor's, Presidents, Secretaries, and Treasurers
- Local tourism/fellowship:
- Poolside at McIntosh Country Inn
- Upper Canada Village
- Upper Canada Playhouse Matinee, 2:00 PM, "Leaving Marjorie Bliss, By John Spurway. *Three female residents of a senior home plan to escape to a better place until an attractive widower appears on the scene.* Tickets \$40.00 each. Call 613-543-3713 and say you are with the CENON Optimist group. (15 seats held until Aug 1st)
- Upper Canada Migratory Bird Sanctuary
- Long Sault Parkway
- Upper Canada Golf Course – 18 holes
- Morrisburg 9 hole golf course – walking distance
- Chrysler Park Marina Rentals – kayaks, canoes and paddle boards

SATURDAY EVENING FESTIVITIES

- Celebration Dinner
- Prime Rib Buffet includes: soup, salad, & bread bar; features prime rib peel and eat shrimp, turkey, dressing, mashed potatoes, scalloped potatoes, jalapeño shrimp, two vegetables, desserts of the day. Other daily items may be included such as pasta.
- Retreat to the Hospitality

SUNDAY MORNING

- 2023/24 Team Thank You Breakfast (by invitation) Orchard Restaurant
- District Board of Directors Meeting
- Annual General Meeting, Memorial Service, introduction of the 2024-2025 board & AGM

2024-2025 DISTRICT CONFERENCES

1st Qtr Conference

Friday November 8 - Saturday November 9, 2024

Ramada By Wyndham Jordan/Beacon Harbourside Resort

2793 Beacon Blvd., Jordan Station

Registration, agenda and booking details available soon.

Check: cenon.org



2nd Qtr Conference

February 8-9, 2025

Casino Rama Resort,
5899 Rama Rd., Orillia

3rd Qtr Conference

May 2-3, 2025

Sandman Hotel Oakville
3451 S. Service Rd., Oakville

District Conference and Annual Meeting

August 8-10, 2025

Ottawa Conference Centre/Courtyard Ottawa East,
200 Coventry Rd., Ottawa

Or

Hampton Inn by Hilton Ottawa
100 Coventry Rd., Ottawa



Medieval Knieval

I try to be a good person, but then someone pulls out in front of me doing ten below the speed limit and I gotta try again tomorrow.



July 10, 2024
Had a wonderful visit with the Niagara Falls Optimist Club.
Governor Ralph and Lt. Governor Don-Devreede attended their meeting and were shown their new clubhouse.

Governor Ralph
2023-2024



"When you're in jail, a good friend will be trying to bail you out. A best friend will be in the cell next to you saying, 'Damn, that was fun.'" ~ Groucho Marx

"Just when I nearly had the answer, I forgot the question." ~ Ashleigh Brilliant

"A goal is not always meant to be reached, it often serves simply as something to aim at." ~ Bruce Lee

"After a good dinner one can forgive anybody, even one's own relations." ~ Oscar Wilde

I choked on a carrot this afternoon, and all I could think was 'I bet a donut wouldn't have done this to me'. ~Unknown

"It won't be easy, that is why I have always failed where others have succeeded." ~ Peter Sellers

"Society is like a stew. If you don't stir it up every once in a while then a layer of scum floats to the top." ~ Edward Abbey

The Optimist Club of Hamilton Celebrates 100 years of Service!



On behalf of the Optimist Club of Hamilton, we would like to thank everyone who came out and joined in on the festivities for our 100th Anniversary. We had a great time.

A big thank you to everyone that donated to the silent auction and helped out in running the event. We are truly grateful for all the support we received from CENON and all clubs.

We raised just under \$7,000 for the children and youth of Hamilton.

Cathy McGowan
President
Optimist Club of Hamilton
Helping children and youth since 1924



BASEBALL MANIA!!



The Stoney Creek Optimist Little League held two tournaments recently for area teams. The Canada Day Tournament from Friday June 28 to Monday July 1, Under 7 and Under 8 teams from Ancaster Diamondbacks (Boys and Girls), Oakville Whitecaps, Toronto High Park and Stoney Creek Jays competed. This was followed by the 2024 Little League District 1 Major District Championship tournament from Friday July 1 to Thursday July 11. This tournament featured teams from Ancaster, Dundas, Erindale, Toronto High Park and Stoney Creek.

U7



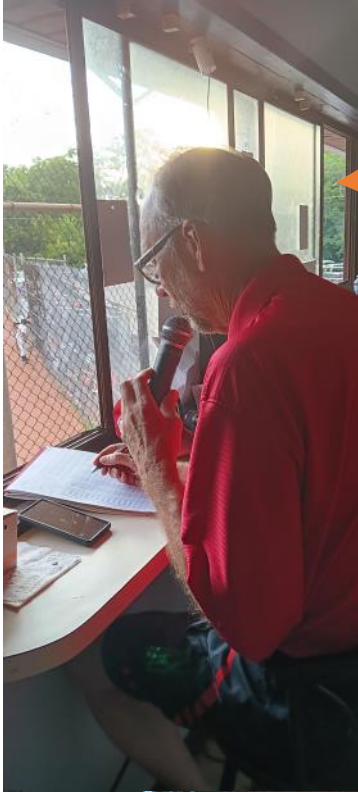
and

U8



**MAJOR DISTRICT 1
CHAMPIONSHIP**

**Optimist Broadcast Bob Macdonald
on the mike.**



**Hard to see, but this young pitcher
on the Ancaster Diamondbacks
threw a 65 mph fastball.**



**This was a fantastic tournament
won by the Ancaster D-Backs.**



Hey, want something to do next November?

The Optimist Club of Keswick is hosting a fundraiser and would like to invite members and their friends to join us for a Group Tour Douro Riverboat Cruise leaving Toronto November 6th, 2024. Contact the club for further details.



MAGICAL DOURO CRUISE

WITH OPTIMIST CLUB OF KESWICK

9 DAY TOUR

**CANADA | PORTO | CALDAS DE AREGOS | PINHAO | BARCA D ALVA |
POCINHO | REGUA | PORTO | CANADA**

Soak up the beauty of one of Europe's most impressive River landscapes as you sail through the Douro Valley, the world's oldest demarcated wine region!



DEPARTURE DATE:
NOVEMBER 6, 2024

TORONTO / STANDARD
MAIN DECK AFT
C\$ 3899

SINGLE
SUPP.
C\$ 699

For more details connect with
Optimist Club of Keswick
Jane Morson
Tel: 647-291-0798
Email: keswickoptimist@gmail.com



For reservation and booking contact:
Jennifer McPherson
TurnKey Travel
Tel: 289-238-8410
Email: jennifer@turnkeytravel.ca
TICO # 4316071



This \$2000 (estimated) coffee table is still in play....you all know the plan:

“For every new member you recruit this 2023-2024 year, you and your new member will get 1 ballot each for a chance to win”.

The table top is actually a piece of the basketball court from the Scotia Bank Centre when the Raptors won the NBA Championship in 2019.

The table is L48” x W29” x H18”.

A piece of basketball history.....

Don't miss out, your chance to win is just so easy!

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 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.