



CENON

Polar Express News

Edition 4705 - October November December 2024

Central Ontario District

Governor

Bonnie Sheer-Porteous

Immediate Past Governor

Ralph Brunton

Governor Elect

Larry Harper

Secretary/Treasurer

Brian Wick

Governors Advisory

Jim Lynge

Audit & Finance

Gord Holly

Membership & Engagement

Don Zynomirski

Growth

Olaf Krahmer

Conference/Convention

Barb Holly

Personal Growth

Jennifer Krizel

Peter Krizel

Leadership Development

Tony Edge

World Oratorical

Gabriella Van Hooydonk

Essay

Anna Hill

Marketing

Michelle Stokes

Junior World Golf

Dennis Kwasnicki

District Foundation

Sheril Thomson

Paul Thomson



From the Desk of
GOVERNOR
Bonnie Sheer-Porteous



Hello Fellow Optimists.

Once again, I would like to congratulate Ralph on his successful 2023/2024 Optimist year! Thank you, Ralph, for leaving our district healthy and for your positive reverence throughout the year.

I am truly humbled to have been selected as your successor and would like to take this opportunity to thank each person for their support in electing me to this position, and for having the confidence in me to lead the best district in all of Optimism...CENON!

The goals this year are to learn more, create fun and fellowship, increase retention and growth at all levels of the organization, and to communicate more with the entire membership.

There are a few incentives at the district level and at the OI level that will be shared at our upcoming conference on November 8 & 9th, 2024 at the Grantham Optimist Hall and the Staybridge Suites Hotel. I look forward to seeing everyone there and getting your input on the year to come.

We will be engaging in a brainstorming exercise in which all members are welcome to provide feedback on what you would like to see in the coming year and beyond in our District.

As well, we will be joined by our community project "Learn Niagara", participate in new breaks between activities, and have the opportunity to engage in the "Inner Armor" program, something new I am excited to share with the District.

.....continued on Page 2

"I know a man who gave up smoking, drinking, sex, and rich food. He was healthy right up to the day he killed himself." ~ Johnny Carson

Central Ontario District Team

Hospitality

Diane Laframboise

George Clarke

Sgt. At Arms

Ted Simmonds

Candidate Qualifications

Ralph Brunton

CCDHH

Ted Simmonds

Historian

Brenda McDonald

Parliamentarian

Alex Ansell

Achievement & Awards

Lauralee Reily

International Convention

Colleen Purcell

Webmaster

Brian Wick

Michelle Stokes

Communications

Michelle Stokes

Bulletin Editor

Al Wood

Junior Optimist Clubs (JOI)

Vicki Mains

Scholarships

Jim Lynge

Club Services

Adrian Maes

Lt. Governors

Zone 1 - Don Devreede

Zone 2 - Christine Smith

Zone 3 -

Zone 5 - Robert Gaby

Zone 6 - Alex Hilson

Zone 8 - Jan Wilson

Zone 10 - Terry Muir

Supply

Gillian Martin

Ansell s Awards

CENON

Polar Express News

There were a few hiccups with the first quarter planning through no fault of ours with plans falling through and we apologize that information was not available earlier than last week.

Please register NOW and join us for a fun-filled 2 days of exciting learning opportunities, fun and fellowship. The theme for Hospitality on Friday night is Disney and the Magic Kingdom of Optimism. Come dressed as your favorite Disney character!

This is a time of change in which I believe we truly need to find new ways to attract new members, use media and communication strategies to their fullest potential, and truly grow our membership by letting communities know that every town deserves an Optimist club.

I am looking forward to working with members, clubs and zones to impress upon everyone that the power of the creed and Optimism in everyday life is crucial, so that we can grow our organization to greater heights, and yes, to greater achievements for the future. Without you, this organization would not exist, and I want to celebrate you, your accomplishments and your zest for optimism.

Please save the dates of Feb 8 & 9, 2025 for the 2023-2024 awards at Rama; May 2 & 3, 2025 for the oratorical in Oakville; and of course, the convention – Winterlude to success in Ottawa from August 8 – 10, 2025.

Looking forward to seeing you in a few weeks!

Bonnie

Governor CENON District

"I am sick and tired of being sick and tired." ~ Fannie Lou Hamer

"If you think research is expensive, try disease!" ~ Mary Laske

"I'm saving my sick days for when I'm feeling better." ~ Salma Hayek

"There is a what-the-hell moment in life when you feel you have been pre-punished for every sin you'll ever commit." ~ Robert Breaul

First Quarter Conference 2024

Friday Nov 8 – Saturday Nov 9, 2024

Grantham Optimist Youth Centre, 188 Linwell Rd, St. Catharines

[Conference Registration \(cenon.org\):](http://cenon.org)

\$25.00 Registration

\$20.00 Luncheon available until end of day Nov 1st only – *NO EXCEPTIONS*

Hotel Information:

Hotel Staybridge Suites

327 Ontario Street, St. Catharines, ON L2R 5L3

Book Your Room before OCT 24th : Room rate \$225.00 breakfast included

Use the booking link or

Call 905-688-2324 BOOKING CODE: CNO

All meetings are at the Grantham Optimist Youth Centre

Below is the agenda for Saturday. The complete weekend agenda is now on the CENON website.....cenon.org

8:00 a.m. – 9:00 a.m. Registration Desk Open – Lobby at Grantham hall

9:00 a.m. – 9:45 a.m. Welcome, Land Acknowledgment, Review of coming year, incentives, goals, OI programs and presentations - Governor Bonnie

9:45 a.m. – 10:15 a.m. Ask the Expert – Round tables – LG's, Presidents, S/T, Essay, Membership, Growth. JOI, PDP/PGI, CCOF

10:15 a.m. – 11:00 a.m. Brainstorming Session – Governor Bonnie and Past Governor Tony Edge

11:00 a.m. – 11:15 a.m. BREAK - led by Optimist Iris - aging with grace

11:15 a.m. – 12:00 p.m. Inner Armor Presentation – Living out Loud workshop – Morgan Cooper

12:00 p.m. – 1:00 p.m. Luncheon - Guest speaker from Community Service Project – Learn Niagara

1:15 p.m. – 4:00 p.m. Board of Directors Meeting

Voting by District Executive, Lt. Governors, & Presidents (or designates submitted in writing by 4pm Friday) reports by committee members that will need approval by executive to be brought before the board of directors, and budget.

4:00 p.m. – 5:30 p.m. Past Governors meeting

Safe Travels Home



Renew a Subscription to Your Optimist Institute Account for Members

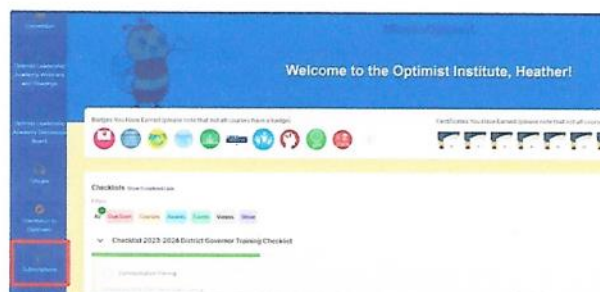
This should only be done if your current subscription plan for the Optimist Institute (former LMS) has expired.

When you get to the Optimist Institute site (www.OptimistInstitute.org), click Login (in the top right corner).



Enter your username (which is your email address) and password. Click Login.

Once you are logged in, look at the blue menu bar on the left of your screen. Scroll down and click Subscriptions.



Scroll down and click the "Click Here to Subscribe" button in the section labeled Optimist Club Member Registration.

 <p>OPTIMIST CLUB MEMBER REGISTRATION</p> <p>\$0.00 per Year</p> <p>All Optimist Club Members, including Vice Presidents, Governors, Lieutenant Governors, Club Officers, and District Officers, should register for the Optimist Institute using this subscription plan.</p> <p>You will need to renew your subscription annually with the updated passcode.</p> <p>YOU MUST HAVE A PASSCODE TO REGISTER FOR THIS LICENSE! Please reach out to your Club President or Lt. Governor for the Passcode.</p> <p>Click Here to Subscribe</p>	 <p>COLLEGE OPTIMIST CLUB MEMBER REGISTRATION</p> <p>\$0.00 per Year</p> <p>All Optimist Club Members, including Vice Presidents, Governors, Lieutenant Governors, Club Officers, and District Officers, should register for the Optimist Institute using this subscription plan.</p> <p>You will need to renew your subscription annually with the updated passcode.</p> <p>YOU MUST HAVE A PASSCODE TO REGISTER FOR THIS LICENSE! Please reach out to your Club President or Lt. Governor for the Passcode.</p> <p>Click Here to Subscribe</p>	 <p>FRIEND OF OPTIMIST REGISTRATION</p> <p>\$25.00 per Year</p> <p>Friends of Optimist should register for the Optimist Institute using this subscription plan.</p> <p>For \$25.00 USD, you will have access to the Optimist Institute for one year!</p> <p>You must have your member number and a passcode in order to register as a Friend of Optimist for the Optimist Institute. If you do not know your member number or the passcode, please reach out to the Club President of your Club.</p> <p>Click Here to Subscribe</p>
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To access the renewal form, enter this year's Passcode, then click Get Access.

The Passcode is 2425member.

Optimist Club Member Registration

Passcode is Required

Passcode:

[Get Access](#)

© 2014 Optimist International

Input your Club Number(s) and Member Number.

The first Club number and Member number are required. Only fill in the amount of Club numbers for which you are a member. Please leave the remaining Club numbers blank.

Account Information

Club Number *	<input type="text"/>
Member Number *	<input type="text"/>
Second Club Number	<input type="text"/>
Third Club Number	<input type="text"/>
Fourth Club Number	<input type="text"/>
Fifth Club Number	<input type="text"/>
Sixth Club Number	<input type="text"/>

Click the button that reads "Click Here to Subscribe".

[Click Here to Subscribe](#)



Questions about renewing your Optimist Institute Account?

Email: institute@optimist.org



Optimist INTERNATIONAL

Optimist Club of Newmarket

Summer 2024

Annual Kids Cops Canadian Tire
Fairy Lake Fish Out

108 Health Promotion BBQ

Newmarket Cooperative Homes
BBQ

Annual Poker Ride for Kids with
Cancer – Southlake Foundation
Fundraiser



WOW!



Q1 2024

75th Anniversary – Nov 8th

Improv Night Fundraiser

Festival of One Act Plays Youth
Group support

School Backpack Donations

Breakfast with Santa

Newmarket Santa Claus Parade



We are Busy Bees!



Optimist INTERNATIONAL

Optimist Club of Orangeville

Kay Cee Gardens Park in Orangeville

The Town of Orangeville owns the park but it has seen several additions and improvements under the stewardship of the Optimist Club of Orangeville.

Previously added were a covered bridge, covered stage pergola, pathway pergola and a gazebo.

Optimist Dennis Cox has been the force behind the many improvements and the pathway was recently christened the "Dennis Cox Trail".



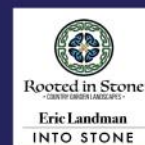
And now the latest....the Optimists used to have a wooden canoe in this location, but it deteriorated over time, and as it's a nice focal point in the park, the club discussed the possibility of an art installation by a local artisan. After some discussion, the result was stone as the medium. The club then met with local "dry stone wallers" who presented us with this idea. They began in June. The club members will add benches and lighting next spring.



The Optimist Stone Circle of Friendship

Phase One: This permanent dry stone installation, underway in Kay Cee Gardens, is spearheaded by the Optimist Club of Orangeville in collaboration with the Town of Orangeville, executed by two masterful wallers, Eric Landman of *Into Stone*, and Simon Ackles-Dold of *Rooted in Stone*. The base foundation was excavated and prepped by Whispering Pines and Devonleigh Homes. Stonecrop Sedum has been added to the top as beautiful lush greenery.

Phase Two: Next spring we will add lighting within the structure. Wooden benches will be created by Optimist Club members and incorporated within. And a bronze plaque will be placed.



"It's good sportsmanship to not pick up lost golf balls while they are still rolling." ~ Mark Twain



Optimist Club of Orangeville - more than just busy....they are super busy!

And in the same park, the Orangeville Optimist have their annual Christmas in the Park, running for over 30 years.

It runs from December 1 to December 31.

To get the full picture of this major project, please check out:

<https://www.orangevilleoptimists.ca/christmas-in-the-park>

And

<https://www.orangevilleoptimists.ca/citpsponsorship>



They Play golf



And they support local business



"There's a lot of things blamed on me that never happened. But then, there's a lot of things that I did that I never got caught at." ~ Johnny Cash



Optimist INTERNATIONAL

Optimist Club of Ancaster Township



The Optimist Club of Ancaster



presents:

CATCH the ACE



Community Fundraiser Raffle: Weekly Draw and Progressive Jackpot

Play on-line at ancastercta.com or in person at Marshall Memorial Hall Mondays from 7:00pm-8:30pm weekly until the Ace of Spades is "caught"!



Optimist INTERNATIONAL

Optimist Club of Uxbridge, Ontario

The Optimist Club of Uxbridge will be holding their 17th annual Fantasy of Lights. Drive through the path of light displays at the beautiful Fantasy of Lights at [Elgin Park in Uxbridge](#).

Join us any night from Dec 7th to Jan 4th between 6pm and 9:30pm. We are even open on Christmas Eve and Christmas Day.



Admission is free but donations are accepted.

Touted by Readersdigest.ca in 2021 as being in the top 10 drive through light displays in all of Canada.

www.uxbridgeoptimistclub/fantasyoflights

WELCOME TO
**SS OPTIMISM
2024-2025
CRUISE**

optimist.org



**SPECIAL PORT OF
CALL : ST. LOUIS,
INTERNATIONAL
CONVENTION**

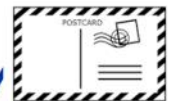
We will dock for shore excursions, fun, education and entertainment!

<https://www.optimist.org/Member/convention.cfm>



ABOUT US

Set sail on a thrilling 365-day international adventure aboard the SS Optimism, captained by the one and only President Jan, with the dynamic Growth and Membership Engagement Committees as your Cruise Directors! Get ready for fun, excitement, and unexpected surprises as we chart our course to vibrant ports of call, growing our membership every step of the way. Whether it's smooth sailing or uncharted waters, your Captain and Cruise Directors are here to ensure this journey is filled with optimism, support and plenty of smiles.



Your Itinerary

365-Day International Cruise

Ship: SS Optimism

October 1, 2024: Cruise Departs United States

1st Quarter: Port Canada | Draw for winner of 1st quarter

2nd Quarter: Port Caribbean | Draw for winner of 2nd quarter

3rd Quarter: Port Asia District | Draw for winner of 3rd quarter

4th Quarter: Port St. Louis, Optimist International Convention

Disembark: Draw for 4th quarter winner and disembark ship. Must file proper paperwork in order to qualify winnings.



Terms and Conditions

- Clubs must "Opt-in" to participate. Clubs remain enrolled in the incentive for the full Optimist year once they have opted in. The club can opt in to join the incentive cruise at any time.
- There will be a drawing at the end of each quarter port.
- Club's name is entered into drawing for every member past their NET October 1, 2024 roster.
 - Example: Club starts October 1 with 50 members. On December 31, the Club has 57 members. Club will have seven entries into the drawing for this quarter.
- Clubs' names can be drawn more than once. If Clubs are working hard to retain members and bring in new members, they should have more chances to win.
- Each Quarter starts new. The Club baseline remains at their October 1, 2024 roster. This should encourage Clubs to retain members.
- The following, 2nd, 3rd, 4th quarters, ports of call will be at the end of each quarter.
 - Example: Same club October 1 Roster was 50, March 31 roster is 53. Three entries into drawing.
- 1st Quarter: One drawing for \$250.00
- 2nd Quarter: Two drawings for \$250.00 each
- 3rd Quarter: Three drawings for \$250.00 each
- 4th Quarter: Four drawings for \$250.00 each

To Opt-In: <https://forms.office.com/r/hFR8hXT0qh>





CENON Growth Banner

CENON has developed and produced a new aid for Clubs to display information about Optimist Clubs and what they do.

The banner can be placed at all Club events and gives info to non-members attending. It sums up exactly what we do.

We have 3 Banners currently and they can be borrowed for Club events.

With the feedback we have received we believe that this is an excellent tool for attracting new members.

If you would like to join the Clubs that have ordered one for their own use, Contact Past Governor Brian Wick

bwick@brooklinsigns.com

A great investment for your Club !

"When we've got the puck, they can't score." ~ Paul Coffey

**"Everything that exists in your life, does so because of two things: something you did or something you didn't do."
~ Albert Einstein**



**Optimist
INTERNATIONAL**

Central Ontario District

**Benefits of an Optimist Club
in Your Community**

Mission, Vision and Purpose:

By providing hope and positive vision, Optimists bring out the best in youth, our communities, and ourselves.

Offer Free/Low-cost programs and sponsorship to youth.

Local Optimist Clubs support their local school programs and activities.

Junior Optimist Program provides youth leadership programs, public speaking, and essay competitions where youth can compete to win scholarship money.

Community events held by Optimist Clubs provide youth local volunteer opportunities to meet required community service hours.

Communities see the value in the support and involvement an Optimist Club provides.

We are looking for volunteers who have the desire to affect positive change in their community and youth.

Volunteers 18+ years can learn the benefits of joining as Optimist members to an existing club, or to start a new club in their community.

Contact a member of a local club or:

Central Ontario Optimist Clubs
membership@cenon.org
www.cenon.org

www.optimist.org
**Bringing Out
The Best**



Optimist INTERNATIONAL

Optimist Club of Stoney Creek



Optimist INTERNATIONAL

Optimist Club of Hamilton, Ontario

INCH PARK REDEVELOPMENT

The Hamilton Challenger Baseball Association has teamed up with the City of Hamilton for a \$2.4 million remake of Inch Park. HCBA's share of this project is \$150,000 and the *Optimist Clubs of Stoney Creek and Hamilton* are proud to contribute \$5,000 each to help HCBA reach it's goal.

Left is HCBA President Mike Moore flanked on his right with City of Hamilton Ward 7 Councillor Esther Pauls and on his left Stoney Creek Optimist President Ian Carter.



The City of Hamilton has a history of investing in accessible amenities with the aim of making Inch Park inclusive for all users with a focus on Challenger Baseball members. Hamilton Challenger Baseball Association (HCBA) hosts sports and social activities at Inch Park for players with special needs.

HCBA hosts sports and social activities for players with special needs. Participation provides the opportunity to develop and improve endurance, coordination and skills at recreational or competitive levels of involvement.

Inch Park Development

INCH PARK has been the home field for Hamilton Challenger Baseball (HCBA) since 2007 City of Hamilton and HCBA are working together to make our park better!

An inclusive play space is planned for the north-west corner of Inch Park. This space is envisioned to be a "park within a park"; a carefully designed, high-quality play space with a focus on accessible amenities that will be a recreational destination both for local Hamilton residents and those travelling from farther afield in search of a fun, inclusive play experience.

TIMELINE

- April - June 2023 - Concept design and stakeholder consultation.
- July 2023 - Public Information Centre: Online survey to select the preferred play space design and vote on priorities for play equipment.
- July 23 2023 - Public Information Centre: Accessibility Fair held at the Inch Park Arena. The play space designs and play equipment options will be available for the public to view and provide feedback.
- August - September 2023 - Develop the selected concept design based on input gathered from the Public Information Centres and stakeholder consultation.
- October 2023 - Public Information Centre: The final design will be presented.
- November 2023 - July 2024 - Detailed design development, contract documents and public tender.
- August 2024 - June 2025 - Construction.





The Optimist Club of Halton Hills

The Optimist Club of Halton Hills completed their Annual Cross Country Run. Chaired for several years by incoming President Iris Kraemer, the run had over 580 participants this year despite having to reschedule one of the days due to weather and having two large schools not being able to participate. Halton Hills has run this event for over 30 years and always looks forward to seeing the kids cross the finish line.

CENON Club Milestones:

75th - Newmarket chartered November 8, 1949

50th - Fort Erie chartered May 28, 1975

25th - Bolton chartered September 8, 2000

The following clubs will also reach a milestone number:

70th - Grantham-St. Catharines chartered December 8, 1954

70th - Dunnville chartered December 16, 1954

40th - Caledon chartered November 19, 1984

40th - Aurora chartered June 12, 1985

20th - Battlefield Stoney Creek chartered December 4, 2004

10th - Haldimand chartered June 16, 2015





THE FUNNIES

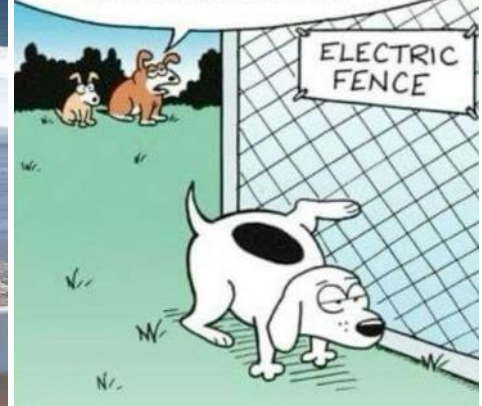


You see those vehicles taking an alternate route over there? We need to start construction over there too.



SOMETHING TOUCHED MY FOOT!
SOMETHING TOUCHED MY FOOT!

SON, WHAT YOU'RE ABOUT TO WITNESS IS KNOWN AS A TEACHING MOMENT..



"I can face anything, except the future, and certain parts of the past and present." ~ Ashleigh Brilliant

"I resent my barber when he charges the full cost after he cuts my hair, but he says he's charging me for finding it." ~ Tim Conway

"There's an old saying, 'Life begins at forty.' That's silly. Life begins every morning you wake up." ~ George Burn

"There may be said to be two classes of people in the world; those who constantly divide the people of the world into two classes and those who do not." ~ Robert Benchley

"I love the Olympics, because they enable people from all over the world to come together and--regardless of their political or cultural differences--accuse each other of cheating."
~ Dave Barry



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.