



C E N O N

Polar Express News

Edition 4707 - April May June 2025

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
2024-2025



Hello Fellow Optimists,

I can hardly believe we are already half way through the 2024/2025 Optimist year!

Congratulations to all the clubs that completed their training before the March 31, 2025 deadline and a big thank you to all those who helped one another complete their training.

Reminder that the SS optimism cruise continues and it is not too late to sign-up.

The 3rd quarter conference is fast approaching in Oakville May 2 and 3, 2025. Reminder also that we are having a JOI meeting in the morning at the Optimist club of Oakville clubhouse. JOI members will have time for fellowship, district elections, lunch and also a community project making Mother's Day cards for a local long-term care facility.

The highlight of the 3rd quarter conference is always the oratorical contest which will be attended by Optimists, contestants and their family members and the JOI from around the district. Our community project this quarte is the Oakville YMCA mental health programs and the Laugh Day Camps.

see page 2.....

Elections Canada



Monday April 28 - It doesn't matter who you favour, what DOES matter is your VOTE!

www.elections.ca

Central Ontario District Tear

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

C E N O N

Polar Express News

.....from page 1

As we head into the second half of the year, we are reminded of the importance to build membership. If every club brought in 2 members, we would increase the membership in our district by 6.5 %!

I am excited that we are looking forward to building a Young Adult Optimist Club. If you know any young adult between the ages of 18 to 26, we would love to have them join or virtual club. We are looking for people interested in meeting new people, participating in local community events and that share a common bond, including JOI members that have graduated.

A friendly reminder that the early bird cut off to sign up for the international convention in St. Louis is May 1, 2025.

Congratulations to the CAVE JOI club that recently celebrated their charter party and we are looking forward to the formation of another JOI club in Port Colbourne.

As we come into the Spring and summer season a number of clubs are busy with a multitude of activities which can be showcased in this newsletter! So, take lots of photos and also put them together for your club scrap book!

The convention is also fast approaching August 8 – 10, 2025 in Ottawa and details will be coming out shortly.

I want to express my sincere thanks to all those who have made this year such a success to date and I look forward to continuing to work together to spread Optimism within our communities and hopefully build some clubs in new communities!

Thank you for all the clubs and zones that have invited me to join in their activities. I look forward to continuing to visit and help with events across our district. Drop me a line!

Governor Bonnie



3rd Quarter District Conference May 2 - 3, 2025

**Sandman Hotel Oakville
3451 S. Service Rd., W.
Oakville, ON L6L 0C3
(at the QEW/Burloak Dr. Interchange)**



FRIDAY, May 2, 2025

7:00 p.m. Executive Committee, in-person – Voting by District Executive & Lt. Governors, reports by committee members that will need approval by executive
9:00 p.m. Hospitality Room

SATURDAY, May 3, 2025

8:00 a.m. Registration Desk Open – Lobby of Sandman
9:00 a.m. Welcome, Land Acknowledgement, Introductions, and Ice Breaker
9:20 a.m. Board of Directors Meeting
10:45 a.m. Break – Led by Optimist Iris – Aging with Grace
11:00 a.m. "Am I Understanding" – Presentation (Guest Speaker)
11:45 p.m. Lunch, Guest speaker from Community service project.
12:45 p.m. Break and reset
1:00 p.m. Oratorical Contest, Essay Winner and Awards

Lunch Menu

Chef's soup of the day
Mixed greens with house vinaigrette
Assorted sandwiches on artisan breads and assorted wraps:
Chef's selection of ham, turkey, roast beef, tuna, egg salad, chicken salad, vegetarian
Freshly baked jumbo cookies
100% Arabica coffee, regular and herbal tea



Optimist INTERNATIONAL

Central Ontario District



Friday night May 2 - join your fellow members in the hospitality, meet new people, great conversations and enjoy a beverage.





Meet You in St Louis

With the holidays over, now is the time to plan your summer vacation.

Your starting point is the

107th Optimist International Convention June 29 - July 2, 2025

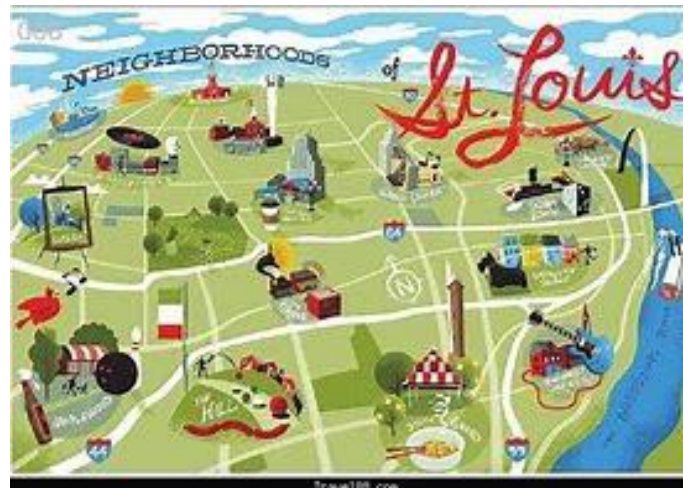
Registration opened February 1, 2025

The Convention is in St Louis, MO not only home to Optimist International Headquarters but a city brimming with **free, world-class attractions**.

Check out convention location & **Book your room now** at Optimist International Rates

https://www.hilton.com/en/hotels/stlcugg-st-louis-union-station-hotel/?SEO_id=GMB-AMER-QQ-STLCUQQ&y_source=1_MTM3MjYxMy03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D

You do not want to miss this, **don't delay - plan now!** <https://explorestlouis.com/>



1764 – St. Louis founded by Pierre Laclède in Louisiana, New Spain.

1800 – St. Louis becomes part of French Louisiana.

1809—Town incorporated

1821—St. Louis becomes part of the new U.S. state of Missouri

St. Louis, Missouri



2025 Optimist International Convention Workshops

Technology

Artificial Intelligence-When Did it Start and Where is it Going?

Canva 101: Unleash Your Creativity

Using Artificial Intelligence to Benefit Your Club

Meeting, Conference, and Convention Planning

From Yawns to Yes! Creating Dynamic & Engaging Meetings

How to Plan District Conferences and Conventions

Retention and Growth

C.A.R.E. Facilitator Training: Redesigned

Navigating MemberSHIP Engagement

Removing the Barriers to the Ask

Leadership Skills

Choosing the Best of the Best: De-Mystifying How the Candidate Qualification Committee Works

Leadership Is a Relationship: Putting People First

Leadership for Women: Unlocking Your Full Potential

Optimist DREAM: District Resources for the Engagement and Achievement of Members

Stronger Together: Strategies for Effective Teambuilding

Fundraising

Let's put the FUN in FUNdraising

Responding to Community Needs and Natural Disasters

Beyond Borders: Effective Disaster Response for Service Clubs

Crisis Aid presents Monarch 4 Freedom: Purchase with a Purpose and Keeping Kids Safe Online: Internet Safety and the US Safe Program

A New Club Project: Working to End Period Poverty

Optimist International Scholarship Programs

OWLS: Collaborating with Your Community's Schools

Working with your local Ronald McDonald House Charities

Marketing

Marketing Committee Presents: Newsletter Best Practices, Marketing Tools, and External Marketing

Positivity in Leadership

The Power of Wonder

Leaving a Legacy: The Power of Planned Giving

Navigating Change with Confidence

The Value of Giving: Everyone Benefits from Generosity



Workshop will be first come, first served, so registration in advance will not be required. Dates and times will be announced soon.



Optimist Club of
Keswick, Ontario

The Junior Optimist Club of Keswick hosted a Teddy Bear Picnic for families to come join us for a pancake breakfast along with crafts and games. It was a free event which saw over 130 people join in on the fun. Our high school club members managed the kitchen cooking over 250 pancakes while our younger members helped the kids with crafts and games.



The Optimist Club of Keswick hosted their 20th School Chess Tournament with over 190 grade 1 to grade 8 students from 11 schools across our community. Awards were presented to the top 3 students in each grade and banners presented to the top Primary, Junior and Intermediate schools.





Optimist INTERNATIONAL

Optimist Club of
Keswick, Ontario

SEINE RIVER CRUISE



MAGICAL SEINE CRUISE
WITH THE OPTIMIST CLUB OF KESWICK

09 DAYS TOUR DEPARTURE DATE: 15-MAY-2026

INDUS TRAVEL

TORONTO
C\$ 4299

SINGLE SUPP.
C\$ 1899

EARLY BIRD: BOOK BEFORE 30 SEP 2025 & GET 200 CAD OFF PER PERSON

The Optimist Club of Keswick is hosting a fundraising adventure May 15, 2026. Come sail with Us along the Seine River from Paris to Normandy. Price includes airfare from Toronto but can be arranged from anywhere in North America. Full details available through the Indus Travel link or by emailing keswickoptimist@gmail.com.



Optimist INTERNATIONAL
Optimist Club of Keswick, Ontario
Jane Morson
P: 647-291-0798
E: keswickoptimist@gmail.com

In association with
turnkey TRAVEL

For more details contact
Nataliya Maksymova
P: 604-279-8794 ext. 828
E: nataliya@indus.travel
Work hrs: 08:30-5 pm PST



Our Junior Club and Optimist Club partner together at the Town of Georgina’s Annual Snowfest. While the Junior Club members handed out snow paint for the participants to get creative the Optimist Club members kept everyone warm with free coffee and hot chocolate.





Optimist INTERNATIONAL

Optimist Club of Stoney Creek

A busy 1st qtr included 3 very successful fundraiser events for the Optimist Club of Stoney Creek.

First, our annual Sno Golf tournament with 40 kids and adult golfers.

Then, what has become our annual Soup Fest with Optimist Jennifer Jantzi's award winning Won Ton soup.

Then, our annual Chili Cook Off with 15 delectable chilis to consume, with Club super friend Dan Brill taking the Silver Ladle Award

Finally, we enjoyed an evening of mind numbing quizzes.



Quiz Nite Winners

Norm and Rob Macdonald, Hal Barton, Bpb Macdonald and Quizmaster George Matheson





Optimist INTERNATIONAL

Optimist Club of Nepean, Ontario



As in past years, our Club helps to support the local Kiwanis Music Festival youth competition by sponsoring two of their music scholarships. By the letters received over the years from these young musicians, they are really grateful for the recognition and support.

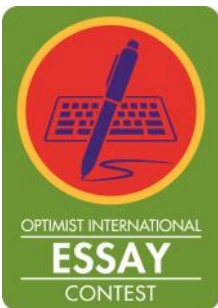


Our Club has supported junior golf in the Ottawa for many decades and has sponsored sending promising local young players to our Optimist District and International Championships in Florida.

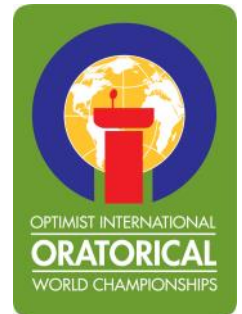
This year our program initiated by collaborating with the Ottawa Valley Golf Association (OVGA) in their junior development program with a financial contribution of \$4,000. For nearly the past twenty years we piggyback on the OVGA's first formal tournament of the 2025 season (*OVGA Optimist Junior Spring Classic* tournament) on the first weekend in May.

Our Club sends anywhere from 1 to 3 golfers to the District golf qualifier in June to compete for the chance to qualify and play in Florida in July. Two years ago, we sponsored 3 golfers and one last year by financially contributing to their travel/tournament fee expenses.

Our club will attend the OVGA Annual General Meeting on April 12th, represented by our President, Vice-President, and Treasurer at the Hylands Golf Club in Ottawa.



Our Club is also sponsoring a young person for the Zone Oratorical and Essay Contests this quarter.



Student: "Dr. Einstein, aren't these the same questions as last year's [physics] final exam?"
Dr. Einstein: "Yes, But this year the answers are different." ~ Albert Einstein

"Learn from yesterday, live for today, look to tomorrow, rest this afternoon." ~Charles M. Schulz, Charlie Brown's Little Book of Wisdom

Anyone who stops learning is old, whether this happens at 20 or at 80. Anyone who keeps on learning not only remains young, but becomes constantly more valuable, regardless of physical capacity. ~Henry Ford



Optimist
INTERNATIONAL

Optimist Club of
Dunnville, Ontario



Junior
Optimist
INTERNATIONAL



The Dunnville JOI Charter Party was held on Friday April 10. They have adopted the handle C.A.V.E. - Creative Achieving Volunteers Ever. Congratulations to the Dunnville JOI Club!

These young people were very visible and very busy cooking, serving and table service at the Zone 2 Breakfast meeting on April 12.

Attending the party was JOI International Director Shelby Laracy on the right.

Ads that actually appeared.....

Free Yorkshire Terrier: 8 years old. Hateful little dog.

Free puppies: 1/2 cocker spaniel, 1/2 sneaky neighbor's dog.

Free puppies: part German Shepherd, part stupid dog.

Snow Blower for sale...only used on snowy days.

Braille dictionary for sale. Must see to appreciate.

FOR SALE BY OWNER: Complete set of Encyclopedia Britannica. 45 volumes. Excellent condition. \$1,000.00 or best offer. No longer needed. Got married last weekend. Wife knows everything.



Optimist INTERNATIONAL

Central Ontario District

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



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

THE FUNNIES

Just a warning if you're buying a watch on Amazon. I learned the hard way that if it says you can swim with it, this only applies if you can already swim without it.

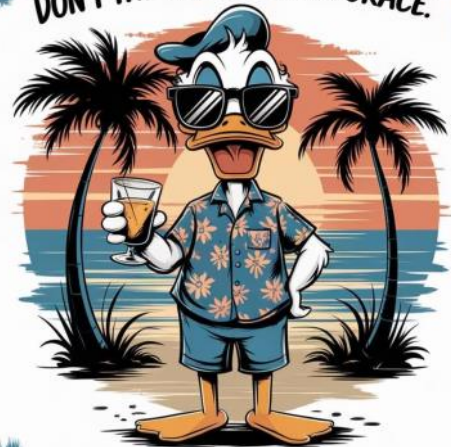
I always mean what I say...

Sometimes I don't mean to say it out loud.

Dear ghosts, if you can move stuff around and flicker lights then you can use a mop.



**YOUR TIME ON EARTH IS LIMITED,
DON'T TRY AND AGE WITH GRACE.**



**"AGE WITH MISCHIEF, AUDACITY,"
AND A DAMN GOOD STORY TO TELL.**

Yogi Berra said: "I never said most of the things I said."and also.....

- ◆ **When you come to a fork in the road, take it.**
- ◆ **You can observe a lot by just watching.**
- ◆ **It ain't over till it's over.**
- ◆ **It's like déjà vu all over again.**
- ◆ **No one goes there nowadays, it's too crowded.**
- ◆ **Baseball is 90% mental and the other half is physical.**

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.