



# MESSAGE FROM THE GOVERNOR

Greetings Optimist,

When you receive this, we will be in the midst of the final quarter of our Optimist year with a great deal of activity completed and with more to come. Our athletic clubs have completed their Spring softball and baseball programs and will be launching their fall programs very soon. Our essay contest for 2025 has been completed and our oratory contest has been elevated to the next level. In addition to all of that, we have our 4th Quarter meeting coming and an upcoming election of new officers for our leadership. In short, 2025 is “speeding by”.

Congratulations are due to the Laredo Club for their success in both of our scholarship programs, with District winners in the essay and the oratory contests.

My thanks and appreciation to a few key Optimists for their contributions over time as well. Thank you, Jack and Fay Hopkins for twenty-five years of service to the South Texas Optimist District. Both have served us well! Thanks also to Anne Reed, who for more than a decade, has provided us with the Voice, our newsletter that has kept our District going with great communications. Thank you, Jym Chenault and Nancy Mason for your

leadership in prior years and for your counsel and your ongoing generous support of our District.

As we continue to pursue our goals to be of service to the youth in our communities, let us be open to continuing to volunteer whenever and wherever asked. If you receive a call and a request from Shirley Bratton, she will likely be requesting your support and your willingness to volunteer. My advice is to just say yes!

Don't forget to confirm your plans to attend the South Texas District Convention on August 15 and 16 at the Y.O. Ranch Hilton in Kerrville, Texas. We'll have a complete program including an election of our new officers for 2025/2026, and dinner on Saturday (on our own) at the Kerrville Chili's restaurant.

Let's all strive to finish our 2024/2025 Optimist year strong and to transition to the upcoming year with enthusiasm and energy. Service in an Optimist Club, in the South Texas District or at Regional or International levels can provide your life with meaning and can be rewarding.

Doug Allen, Governor

### Optimist Corner

Check out the Book, Podcast, TedTalk (The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work) by Shawn Achor. The term "**Happiness Advantage**" was popularized by Shawn Achor in his book of the same name. Achor's research indicates that happiness is not merely a result of success; rather, it is a precursor to it. When individuals cultivate a positive mindset, they become more engaged, creative, and resilient, which enhances their overall performance in both personal and professional settings. This concept has been supported by research in psychology, neuroscience, and management studies.

Link: <https://www.shawnachor.com/books/happiness-advantage>

Discussing chapters of the Happiness Advantage book could make for great conversation with members and non-members and help fuel the flames of "Optimism" and enrich lives.

Enjoy! And keep fueling the flames of "**Optimism**" in your life!!!

V/r

Shirley Bratton, STXD Governor-Elect

### **Quick Notes for Club Officers**

We are in the final quarter of the 2024-2025 Optimist year. Just a few quick reminders:

- 1) If your club has not filed an officer elect report for the 2025-2026, please do so immediately. The positions required are president, foundation representative and secretary/treasurer/combination of those two.
- 2) Now is a great time to make sure the club roster is current with correct addresses, phone numbers, & emails for members.
- 3) Updated training for all club officers is available on Optimist Institute.
- 4) Between 1 October 2025 and 15 February 2026, the club must file a Form 990 with the IRS. Most clubs can do the e-postcard version.
- 5) A final dues statement for the 2024-2025 year will be emailed/stamp mailed after 15 July.

Yours in optimism,

Carol Hodges  
District Secretary/Treasurer

## District Foundation Update

Greetings Optimist! Well here we are once again at our fourth quarter meeting about to happen in the great town of Kerrville. The Y,O, is a great place to stay as you can go to Fredericksburg to visit the wineries coming or going from their front door. The Fredericksburg club will be hosting the hello party once again out on the deck of the hotel. Meal and drinks all to be included. Please join us for some great food and fellowship.

Our third quarter meeting was a great one in a great location as well. Attendance was at an all-time low and I do hope more plan to attend to support our outgoing Governor and welcome in our new 25-26 Governor. As we all know from being a Governor or any other officer in our organization, the new incoming officers need support and new faces to train for future officers. We have to find members to keep this district from becoming nonexistent. I know there is an answer to this problem. Please help! Your ideas are welcome.

On a note to how we did on raising funds for OIF at third quarter. We only raised \$730.00 to send to OIF. We have dropped to #18 on the leader board for donations received. We have 5 members who have donated to the Women's Philanthropy. Thank you! Going to have a few fund raising ideas at meeting to discuss. Please bring something for both auctions to help bring in more funds and making it more fun to outbid each other as we raise funds to send in to OIF.

Thank you all for what you do.

Jym Chenault, District Foundation Rep, South Texas District

## Childhood Health & Wellness Program

Happy 4th Quarter! I hope each club had a great third quarter doing great things for the South Texas District (STXD) Optimist International Club youth. This is our last quarter of the Optimist Year 2024-2025. Let's finish the year strong! There is still one more opportunity to apply for a **Optimist International Foundation Childhood Health & Wellness Grants for 2024-2025** to aid in projects and services your club is providing. Next **Optimist International Foundation Childhood Health & Wellness Grants submission are due August 22, 2025.**

Childhood Health & Wellness will include four focus areas (not limited to the examples below):

- **Healthy Lifestyles** (Child Obesity, Healthy Eating, Physical Fitness, Happy Heart Advice, March of Dimes)
- **Chronic Diseases** (Childhood Cancer, Juvenile Diabetes, HIV, Multiple Sclerosis, Muscular Dystrophy, Sickle Cell Anemia)
- **Mental Health** (Depression, Bullying, Abuse)
- **Disabilities – Physical, Intellectual & Developmental** (Autism, Special Olympics)

### Some upcoming National Awareness Days for possible activities/events:

01 July - International Joke Day  
17 July - World Emoji Day  
12 August - International Youth Day  
19 August - World Humanitarian Day  
01 September - World Letter Writing Day  
05 September - National Food Bank Day  
12 September - Stand Up To Cancer

Information on Optimist International Childhood Health & Wellness programs, grants, and grant application directions can be found at [www.optimist.org/member/health-and-wellness.cfm](http://www.optimist.org/member/health-and-wellness.cfm)

Have fun!!! See you August 15-16, 2025 in Kerrville for the next district meeting!

Shirley Bratton, STXD Childhood Health & Wellness, Chairperson

### Leadership and Development

Only two months left in this Optimist year. There is still time for your club to become Honor club. I hope we have several on the track to achieving this goal. Just to give you a reminder of what you need to do.

As stated on the Honor Club tracking form. This criteria represents the basic level of service any Optimist club should strive to provide every year. The Honor club concept promotes service to children, service to community and service to ourselves through personal growth and development.

Here are the 9 steps to achieve Honor Club Status:

1. Complete 3 service projects. There are so many ways to do a service project. It can be elaborate or very simple but will achieve success.
2. Conduct a "NOW" program during the year. So many ways to have a NOW program in your area.
3. Grow your club by Net 3. Let's start the year with 20 members. Even if you lose some of the net 3, you need to be 23 members by the end of the year.
4. Your club has a CFR (Club Foundation Representative) and your club make an unrestricted donation to the OI Foundation.
5. All dues paid to District and International on time every quarter.
6. Recognize a club member or community member on an annual basis. Could be your Optimist of the year.
7. Two important reports turned in on time. COE (Club Officer Elect) form needed to be turned in by May 20. Club Pride report to turn in by September 30.
8. President, President-Elect or 2 other members to attend District Convention (August 15,16) and or other District Meetings during the year.
9. Submit tracking form to Lt. Governor beginning of each quarter.

I do hope at our banquet in February, we will have some Honor Club recipients. If your club is not, save this to start fresh October 1 and strive to be an Honor Club for 2025-2026.

Nancy Mason  
210 241-0279, ndm1955@aol.com

District Junior Golf Qualifiers held at Morris Williams Golf Course in Austin, TX on June 4th.



## **South Texas District Fourth Quarter Meeting August 15 & 16, 2025 Kerrville, TX**

The Fourth District meeting will take place in Kerrville the  
"Outdoor Capital of Texas" on August 15 & 16  
The District conference is going to be a weekend  
filled with fellowship and celebration !

**Submit your registration form today!**

### **Friday, August 15:**

6:30 p.m. Hello Party – Sponsor Fredericksburg Optimist Club

### **Saturday, August 16:**

8:30 a.m. Registration

9:00 a.m. Memorial Service

10:00 a.m. First General Session

10:30 a.m. Candidate Qualifications Meeting

10:30 a.m. Training for Presidents, Secretary Treasurer, CFR,  
and Lt. Governors

12:00 p.m. Lunch

12:45 p.m. OI Foundation Live Auction

2:00 p.m. Second General Session

6:30 p.m. Social Hour at Chili's

7:00 p.m. Governor's Banquet and Officer Installation at Chili's

### **Sunday, August 17:**

Breakfast on your own and checkout



South Texas District  
Optimist International  
Carol Hodges, Secretary/Treasurer  
61 Lebrun Court  
Galveston, TX 77551-1565

## **ON THE WORLD WIDE WEB**

Optimist International:  
<http://www.optimist.org>  
South Texas District:  
<http://www.stxd.org>

## **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 TO 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.



### **Purposes of the Optimist Club**

- ◆ To develop optimism as a philosophy of life;
- ◆ To promote an active interest in good government and civic affairs;
- ◆ To inspire respect for the law;
- ◆ To promote patriotism and work for international accord and friendship among all people;
- ◆ To aid and encourage the development of youth, in the belief that the giving of one's self in service to others will advance the well-being of man, his community and world.