

# Central Macomb Optimist Club

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November 2016

Shine on . . .



What a start for our new Optimist Year! CMOC has hit the ground, running! Julie Gola, you are a great hostess and you did an awesome job arranging and acting as MC at the Installation Dinner.

Thanks to many members (and potential members) for stepping up to the plate in the past few weeks. The successful Halloween Night was chaired by one of our newer members, Lynn Artes with the help of Sam Henderson. Our very 1<sup>st</sup> Trivia Fundraiser, on November 18 is also being planned by newer member Ginger Anderson (let's fill the tables). Elaine L. has updated our directory before the 1<sup>st</sup> month of this OPTIMIST year has ended, printed them and distributed copies. The Christmas Party and Auction (stay tuned for details) are in the able hands of "Optimistic Elves" Kathe S. and Teresa. Dot Hardy, thank you for updating and maintaining our website The club has been blessed this year with a Board of Directors full of ideas, all designed to help kids! Thank you to Pat RM for leaving CMOC strong in membership and financially stable. Thank you for always answering my questions and sharing ideas.

I would like to welcome our "newest CMOC member", Michelle Soresi, installed by Immediate Past President Pat and myself at our installation Dinner in October. Michelle has already begun her OPTIMIST "career" by volunteering for Healthy Halloween!

You are all "stars" to the youth we serve! Let's keep shining.

*Shine on*

*Sue*

President Central Macomb Optimist Club  
2016 - 2017

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**President**  
Sue Kardasz

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**Internal VP**  
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**External VP**  
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**Treasurer**  
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**Directors (2015-17)**  
Julie Gola  
Kathy Kirby  
Elaine Robb

**Directors (2016-17)**  
Dave Fries  
Dan Kardasz  
Kathe Searle

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**Immediate Past  
President**  
Pat Rabaut Miller

## 2016-17 CMOC Awards

Immediate Past President Pat presented awards to fellow Optimists during this year's Installation and Awards Dinner. Recipients were Ginger Anderson, Debbie Doran, Bill Konrad, Pat Losinski, Mary Zambelli. Each of these members went 'Above and Beyond' any expectations as volunteers through their contributions of leadership, time, membership growth and donations.



Additionally special recognition was awarded to Teresa Edwards, our "Optimist of the Year" for her continued support of nearly every event our club offers. Her time and dedication to our Club's membership growth, helped our club achieve the level of 'Distinguished Optimist Club'. In addition, Al Vergilio and his

company, Carlin O'Brien Batson, were awarded our Corporate Optimist of the Year recognition for his generosity to our club and the charities that we support.

Photos below of Al receiving his Corporate Optimist of the Year plaque.



## Trivia Night Fundraiser – Not a *Trivial* Matter

Help make CMOC's 1<sup>st</sup> Trivia Night a successful fundraiser on Friday **November 18, 2016**. Our very own "QUIZARD" and his able assistants will be there to MC and manage the evening of friendly completion and questions. Spaghetti Dinner (put together by Rose and Bill Merecki) CMOC members will be served at 6pm with competition beginning at 7pm. Never played before—there will be a "practice round" so no worries.

Where: Fraser Lions Club—35440 Utica Rd, Fraser (between 14-15 Mile)

Tickets: \$25.00 per person, Cash Bar

Tickets available at CMOC Meetings, NOW Event and from Ginger Anderson at 586-258-6006 or [garalyanderson@yahoo.com](mailto:garalyanderson@yahoo.com)

Be there! Everyone will be placed on a Team of 10 or you may get your own team together!

## Happy Healthy Halloween

Happy Healthy Halloween at the Macomb Y was a super night of fun for the “Halloween” kids on Friday night, October 21. Thank you to Lynn Artes, Debbie D, Sam H and a whole host of CMOC members who donated their time that evening manning games, stuffing bags, passing out treat bags and cleaning up. Our “purple” cinch bags were distributed to each child attending the evening of “spooktacular fun”. Thanks to our “treat donors”-Michele, Debbie D, Lynn, Al and Sue, Kathy K and Sue and Dan! CMOC purchased 250 nylon bags, sponsored the “Bounce House” and provided each child with a dental care kit.



## Boy Scout Troop 209 in Action



Central Macomb Optimist Club is a proud sponsor and supporter of Boy Scout Troop 209 based in Macomb County. Trish Sellers, CMOC member, attended the troops' quarterly Court of Honor in October. The awards evening recognized rank advancements to include Eagle Scout and merit badges as well as other honors that the scouts achieve. During the recent Court of Honor the Chief Pontiac Trail awards were presented and three boys that attended Youth Leadership Training were recognized. CMOC is proud to work Boy Scout Troop 209. Congratulations.

## NOW Meeting-“New Optimists Welcome”

Have your friends asked you what an Optimist Club does? Do you have that friend or family member who always buys a ticket from you to support CMOC, comes to an Optimist event and tells you that you are doing “good” things in your community? Do you have a friend who is “looking for something to do”?

Then YOU need to invite them to our NOW meeting on Wednesday, November 16 at 7:00pm at Hamlin Pub (replaces our regular meeting). We will talk about almost all of our club events, explain what an OPTIMIST has to offer a community, answer questions, and make everyone feel welcome. Each knows who those persons are in our life or circle of friends that would like to support an Optimist Club. Invite them to see what CMOC is all about on November 16. One never knows until you ask. Every new Optimist allows a club to help 35 additional children in a year.

Please contact Elaine Lyon (791-8006) if you have a potential guest.

## 3-Digit Lottery Fundraiser

**It's just good "Horse Sense" to promote 3-Digit Lottery Tickets  
Sales are going on NOW through DECEMBER 25, 2016**

CMOC's 3-Digit Lottery Raffle tickets sales this year will be used to support "The Right-Step Foundation". The Right Step Foundation provides "hippotherapy" to a wide variety of children with physical and/or emotional needs. The barn and special horses are located in Chesterfield Township. Sue Vergilio, OTR and a member of CMOC, directs this therapeutic program.

Hippotherapy is a physical, occupational, or speech and language therapy treatment strategy that utilizes equine movement. Hippotherapy literally means "treatment with the help of the horse" from the Greek word, "hippos" meaning horse. Specially trained physical and occupational therapists use this treatment for clients with movement dysfunction. In Hippotherapy, the horse influences the client rather than the client controlling the horse. The client is positioned on the horse and actively responds to his movement. The therapist directs the movement of the horse, analyzes the client's responses and adjusts the treatment accordingly. This strategy is used as part of an integrated treatment program to achieve functional outcomes (such as a simple everyday of sitting straight, maybe even just in a wheel chair).

Why the horse --you ask--The horse's walk provides sensory input through movement, which is variable, rhythmic, and repetitive. The resultant movement responses in the patient are similar to human movement patterns of the pelvis while walking. The variability of the horse's gait enables the therapist to grade the degree of sensory input to the patient, and then utilize this movement in combination with other treatment strategies to achieve desired results. Patients respond enthusiastically to this enjoyable experience in a natural setting.

The sitting and standing balance and strength of children is challenged when placed on the horse. Children are provided with a safe and successful environment to work on these skills. Concentration and attention span increases...all this happening while being on a horse. These events carry over into the child's everyday life skills.

It brings a smile to my face to know that every time a 3 Digit Raffle Ticket is sold by our members through December ...children will be helped by Central Macomb Optimist Club's winning ways.

Please contact Kathy Vatalaro (586-293-7901) for tickets. Carry a handful of tickets with you at all times, ask family and friends. They make great "small gifts" for Christmas --for the mailman or the "hard to buy for" person in your life. Don't forget to pick up some for yourself too.

## Did you know?



Did you know that we have our own Facebook page? If you are on Facebook, consider "Liking" us. We post information about the CMOC events and activities. Here is our link ... or simply look up Central Macomb Optimist Club: <http://www.centralmacomboptimist.org>

Also, we have our own Web Page too! Here is the link:

<http://www.centralmacomboptimist.org>. Encourage for family and friends to take a look at our club through these pages to get our name out to our communities. Our WEBMASTER is our very own DOT HARDY.



## Mark Your Calendars!

We hope that all of our members can participate in at least one of our events including:

- **Nov 2:** Meeting, Hamlin Pub
- **Nov 10:** Beanie Swaddle
- **Nov 12:** First Quarter District Meeting
- **Nov 16:** NOW Meeting (replacing our regular meeting)
- **Nov 18:** Trivia Night at Fraser Lions Club Fundraiser
- **Nov 19:** Santa Parade
- **Dec 2:** Christmas Party and Auction Fundraiser

