



THE OPTIMIST CLUB OF UPTOWN GREAT FALLS  
P.O. Box 462 / Great Falls, Montana 59403

<http://www.uptownoptimistclub.com/default.asp>



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# the OPTIMIST

AMS & NW DISTRICT

**MEETING DATE/LOCATION:** March 19 at the Pit Stop at 6:30 pm

**CONDUCTED BY:** President John Huotari

PRAYER & PLEDGE: Bill Quast

SERGEANT AT ARMS: Dan Peterson

SECRET GREETER: Cody Hctor

SECRET GREETER REPORT: **all shook**

President's Toast: Brett Howell (Scott Latrey)

**GUESTS:** Dr. Mike Maturry Shyleana (Cody Hctor)

**BOARD MEMBERS IN ATTENDANCE:** 7

**NEW MEMBERS IN ATTENDANCE:** 2

## **MEETING NOTES:**

**DUES NEED TO BE IN AS SOON AS POSSIBLE. PLEASE CHECK YOUR EMAILS AND MAIL. THANK YOU**

Girl Scout cookies are available. See Jennifer or Becka Rutledge.

Hank Seeman has not had surgery yet. He's got some other medical issues to take care of first. Keep him in your thots and prayers

Matt Ott is getting checked out by the VA. He is having trouble standing up without passing out or having convulsions. Keep him in your thots and prayers.

Rhoda Bargas 8 yr old niece, Morgan, received a Make a Wish come true. She has gotten a match for a liver. She was med-a-vac'd from Great Falls to Denver to the Children's Hospital yesterday and is undergoing liver transport surgery. Please keep her and all of Rhoda's family in your thots and prayers.

Charter Party, Jennifer Rutledge reported that the kids are thankful, encouraged and excited. Thank you to all the speakers. The new bell is a huge hit!!!

**WINE & FOOD FESTIVAL:** Dallas Lopez reported that there are no new numbers yet

**P.R.:** John Gregory is working with Stacey Murray on thank you's for the cleansing of Kyler Strieb house. John is also working on publicizing the 501c3 status

**STRIPING:** Bob Pancich reported that notices are going out. Small bids are being worked on

**CCC GOLF TOURNAMENT:** July 25

**JUNIOR GOLF:** Dana Audet

**CASCADE OF TALENT:** Herb Waltermire reported that no new numbers are in yet

**CCC FAMILIES:** Stacey Murray reported that Erin England is now 9 months cancer free..... Kyler Strieb, the t-shirt sales by CMR and GFHS, netted \$9300

**PGI/BIKES -** Jeff Barnhardt reported that Dan Peterson will be receiving a new level award next week.....Lil Rustlers wrestling asked for some Easter things and bikes....Several other bikes are spoken for

**PROGRAM:** Dr. Mike Maturry, chiropractor, spoke on Sitting is the New Smoking. As our jobs change and become more technical, sitting is the position we're in for working most of the 8 hour day. This position is terribly hard on the spine, shoulders, hips, legs, neck. It is very important to get up and get moving. If that isn't as possible as it sounds, change positions to relieve the pressure. See these videos to get some ideas on exercises to help.

<https://www.youtube.com/watch?v=O33ogPH6NNE>

<https://www.youtube.com/watch?v=JJHgXKbK8Ss>

**JOKE OF THE WEEK:** Bob Pancich

**OPTIMIST OF THE WEEK:** Mary Gregory - not present

Upcoming - Ronnie Grina

Upcoming - Ev Hall

**UPCOMING:**

*March 28 - Presidential Roast for Butch Ingebrigtsen, Heritage Inn. 6pm for no host cocktails, 7pm dinner (broiled steak or red snapper), 8pm the roast followed by dancing. Dress code is business casual, tuxes are acceptable. Contact Shane Newman to RSVP, 868-1264 or 467-2703, leave a message*

*April 9 - Club Oratorical Contest, Holiday Inn*

*April 11 - STEEM Expo, GFHS, judges needed*

*May 15-16 - 3<sup>d</sup> Quarter District Convention, Holiday Inn, Great Falls. Octagon Club will run the Children's activities. Liz Drahos will run the Companion activities. Friday is a Western theme event. Jody Merry is Committee Chair. Saturday day will be the workshops and oratorical contest. Saturday will be the banquet. Lots of entertainment is lined up. Hospitality Suite. For the Silent Auction, items are needed*

*July 25 - CCC Golf Tournament*

*August 13-15 - District Convention, Calgary*

**BIRTHDAY CLUB:**

**SIDE POT:** Jennifer Rutledge

**Optimist gift:**



**Officers & Board Members:**

**PRESIDENT:** John Huotari/ **1ST VP:** Eric Christian / **2<sup>ND</sup> VP:** Travis Harp  
**SECRETARY:** Rachel Huotari / **TREASURER:** Herb Waltermire

**BOARD MEMBERS:** Sue Bridgeford, Herb Waltermire, Eric Christian, Travis Harp, John Huotari, Rachel Huotari, Stacey Murray, Shane Neuman, Loralie Schroedel, Ike Kaufman, Matt Ott and Denny Hanenburg

Board Meetings are the first Tuesday of each month at the Great Falls Transition Center 6:00 PM

Octagon Club meets Tuesday night at 6 pm at the 1<sup>st</sup> United Methodist. Teenagers and Uptown are all welcome

FOO Members: Bargas Brigade Randy Bogden James Carpenter Stephen Hagan  
Montana Federal Credit Union Smoot Honey Co., Inc State Farm Insurance  
Stewart Title True Brew Espresso Eugene Tynes, DDSPC  
Somerfeld & Sons Land & Livestock Advanced Agency Alliance

Loralie – mail newsletters to Hank Seeman, Gary Wallace and Mike Peet

\*\*\*\*\*I love to watch any kind of competition. I try to focus on the people that help the competitors succeed and improve. I find it fascinating as I watch their ministrations in so many forms. I see everything from a demonstration to cajoling, yelling to a pat on the back. All seem to have a place in the demeanor of the person giving the direction. Which, though, is a technique that seems to be most effective in the long run? I am going to choose the pat on the back, encouragement. Every act of correction, many call it constructive criticism, is tearing down. I believe there is nothing constructive about criticism. I do believe that honest evaluation with focus on the

positive yields better and longer lasting results. It was philosopher Johann Wolfgang von Goethe who said, "*Correction does much, but encouragement does more.*" A strong foundation is a result of effort performed in the absence of destruction. Encouragement is the nourishment of the spirit that makes manifest success and improvement.

Ev Hall ☺

[Csabasthoughts.blogspot.com](http://Csabasthoughts.blogspot.com)