



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

the OPTIMIST

AMS & NW DISTRICT



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

MEETING DATE/LOCATION: June 23 at 6:30 pm at the Pit Stop

CONDUCTED BY: President Eric Christian

PRAYER & PLEDGE: Pres. Eric
SERGEANT AT ARMS: Rachel Huotari
SECRET GREETER: Lane Little
SECRET GREETER REPORT: all shook

GUESTS: Ben (Rachel Huotari) Kim Santini (Dirk Larsen) Shelby Kuenning Tanner Bleskin, Peggy and Dan Bleskin

MEETING NOTES: "IF EVERYONE DOES A LITTLE, A LOT GETS DONE"

P.R./ MEMBERSHIP: Uptown's 60th Birthday on July 16. Hospitality Room at 5-6:30pm, dinner at 7pm, music and dancing after. All the events at the Holiday Inn. There is a block of rooms available. Shane Neuman - Chairman. Committee Heads are Roger Lesofski (location/hospitality/rooms), Rachel Huotari (calling tree/registration) and Bob Pancich (event agenda). Look for info from these Committee Heads and be ready to pitch in. Ike Kaufman is working on the photo end of the project. Committee for decorations, Sara Robbin and Mary Gregory. Dinner will be prime rib and salmon. **WATCH YOUR EMAILS!!** Need pictures and stories. Please RSVP - yes or no - whether you're attending. Shane reported that the Calling Tree is still working away.

Kayla and Gerardo Manan were married this past week

Gerardo Manan was inducted into the Club

Roger Lesofski spoke on Junior Golf. Competitors came from all over the State. Great competition. One young lady will be going to Orlando.

Jeff Barnhart picked up 15 bikes from Walmart for repair. A bike will be going to the Relay for Life for donation

CCC GOLF TOURNAMENT: John Sullivan reported that August 20, Saturday. Tee time 8am. 2 person scramble. First job is hole sponsors and prizes. Dinner at the Do Bar after. Check website for any and all forms

CASCADE OF TALENT: See Pres. Eric to get on a committee now. This is a project that takes all year to get going

STRIPING: Fellow Optimists: Here's the striping schedule for Sunday, 6/26/16:

Need: 6-7 Optimists About: 5 hours

• 7 AM Twilite Center, 207 Smelter Ave. NE (next to 2 J's)(meet by Driver's License) Remark selected areas

• then Jerry Noble Tire Factory, 1420 10th Ave North, Remark all

• then Flawless Auto, 1111 38th Street No, Remark all

• then Bison Ford 500 10th Ave So Remark selected areas

• then Fairfield Inn, 1000 9th Ave So; Remark main parking lot

Please let me know ASAP that you will work. Yours in Optimism, Bob

CCC FAMILIES: Stacey Murray

PROGRAM: Tanner Bleskin from Health and Nutrition. Obesity, Diabetes, Cancer, Dementia and Heart disease are all on the rise according to WHO and the CDC. The food we eat is being sprayed with chemicals. The air we breath is full of different toxins. The water we drink is processed to clean out the impurities. The health care products we use daily are full of chemicals. Keeping our cortisol levels low helps bring the human growth hormones in balance and keeps us healthy. Muscle burns fat. A good thing to remember when you go on that next diet. Exercise and a healthy diet are the best way to maintain or lose weight. The answers are easy - drink water to keep your tissues flowing. Eat organics as much as possible. Supplements are good. Exercise daily. Isogenix is something to research. Keep stress to a minimum. Make these changes for a healthy lifestyle.

JOKE OF THE WEEK: Bob Pancich

Don Joyner is our Optimist of the Week. He has been a member since 1973. Was President from 2010-11 right after he retired. He has moved to Florida with Patsy. Between them they have 8 children, 8 grandchildren and 2 $\frac{7}{8}$ great grands. He is a retired OB/Gyn. Patsy is a retired family practitioner. They are loving Florida. Doc is up in Montana for graduations and the 60th Birthday. He did go to the International meeting in New Orleans. He is still a member of Uptown and belongs to his local Club in Florida.

UPCOMING:

June 25 - Relay for Life, Memorial Stadium, contact him at 868-0154 or jjcinqmars@msn.com to either join the MANG team or to start your own. Noon to midnight "World Hope Tour" is the theme this year. Downtown Optimists will also be out there.

July 14 - Voyager Night at the Park

July 16 - 60th Uptown Birthday, Cocktails at 6 pm, dinner at 7 pm, Holiday Inn.

July 30 - Annual Sidewalk Sale Downtown. We will have a table. Will need volunteers to run it

August 6 - Float Trip

August 18-20 - 4th Quarter District Meeting, Medicine Hat, theme Fancy Hawaiian. Let's get a great turn out. Club repays you for the cost of meeting.

August 20 - CCC Golf Tournament

September 15 - Harvest Hops, Big Brothers/Big Sisters, The Sting, The Clintons playing outdoor concert. Raffle, possible silent auction

SIDE POT: Josh Cinq-Mars

Officers & Board Members:

PRESIDENT: Eric Christian / 1ST VP: Travis Harp / 2ND VP: Lane Little

SECRETARY: Rachel Huotari / TREASURER: Jodi Merry

BOARD MEMBERS: Eric Christian, Travis Harp, Lane Little, John Huotari, Rachel Huotari, Jodi Merry, Stacey Murray, Ike Kaufman, Greg Franczyk, Ev Hall, Denny Hanenburg and Dallas Lopez

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 1st United Methodist. Teenagers and Uptown are all welcome

All newsletter info approved by President Eric Christian