

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 50 years of service to Youth & North Topeka!

President Ernie Douglas rang the bell and called the first meeting of 2019 to order at 6:45 AM. Lloyd Becker gave the invocation. Then we recited the Pledge of Allegiance.

BIRTHDAYS: Celebrating a birthday this week: Marvin Smith, January 13th. Marvin was not in attendance so the Sunrise choir did not get to test their voices to start 2019.

ANNOUNCEMENTS:

Anybody interested in celebrating a 5th Tuesday event? This quarter of the Optimist year, January is the month that has five(5) Tuesdays. In the past we have celebrated a 5th Tuesday with a evening social event. January 29th is Kansas Day! Lets celebrate the state's 1861 admission to the union!

Tri-District Centennial 2nd Quarter Conference, February 15 & 16 at the Adams Mark Hotel, Kansas City, MO. See attached for more detailed information.

“Who Wants to be a Sunrise Optimist Club President?” More fun and rewarding than “Who Wants to be a Millionaire?” Contact any Past President of current Officers.

PROGRAM, January 8:

Rachel Wilson, Family Nurse Practitioner, WHOLEhealth Primary Care Clinic in Meriden.

What is Direct Primary Care(DPC)? It is a fairly new concept in health care. Insurance is not

billed, Medicare and Medicaid not accepted, no co-pays. It is membership based with an initial sign-up fee of \$100, and then a monthly fee of \$69 for adults age 19-99.

What do you get? Unlimited monthly visits, house calls, procedures/injections, in-house labs, discount medications at local pharmacies. The time is spent directly on and with you. Direct access via phone calls, text and email. No hidden fees. Cash price savings for necessary referrals, lab work and medications.

WHOLEhealth Direct Primary Care is located at 100 E. Main St, Meriden, 785-484-0100, www.whole-health.org

Rachel Wilson grew up on a family farm in Indiana, went to Kansas State University. Rachel is married with 4 children and her husband farms. Her father lives in an apartment above the clinic.

Looking Ahead:

January 15: Doug Ashcraft, Seaman USD#345 Security Officer

January 22: Kristen O'Shea, Strengths Coaching Leadership

Drawings this week:

Weekly: Gary Slimmer

Progressive: #91 Craig Wright

SUNRISE OPTIMIST

NORTH TOPEKA
 Meetings: Every
 Tuesday 6:45 AM
 720 NW 50th St, Topeka

President's Quote: “Those who say it can not be done, should not interrupt those doing it.” – Chinese Proverb

Closed with the
OPTIMIST CREED



**Tri-District Optimists (West Missouri, East Missouri and Kansas)
Second Quarter Conference
February 15-16, 2019**

To: Lt. Governors, Board of Directors, Optimist Members and Guests of the West Missouri, East Missouri and Kansas Districts

RE: Official Call to the Second Quarter Conference
Adam's Mark Hotel
9103 East 39th Street
Kansas City, MO 64133
(816) 737-0200
<https://reservations.travelclick.com/97508?groupID=2091426>

Hotel Room Rate: \$82.00 Hotel Cut Off Date: January 15, 2019
Lt. Governors: You are responsible for making your own hotel reservations.

Conference Registrations: Advanced Registration Cut-off Date: February 8, 2019
Advanced Registration: \$70.00, Member, Spouse or Guest
On-Site Registration: \$80.00, Member, Spouse or Guest
(includes meetings and meals on Saturday – breakfast, lunch, and dinner)

We welcome you to the Second Quarter Conference of the 2018 – 2019 “Promise Yourself” Optimist year. As a Lt. Governor, Club President, or member of the district board of directors, you are responsible for representing the views of the clubs and members serving under your leadership. All attendees are invited to attend these meetings as well as the general sessions. We will begin on Friday evening, February 15 at 8:00 pm, with each district conducting their Executive Board Meeting. On Saturday morning, each district will hold their Board Meeting and General Session. Then all three districts will come together to participate in sessions on leadership, growth, history, and bringing out the best in kids, our communities, and ourselves. The three districts are planning a great weekend of celebration and Optimism! There will be something for everyone!

We are honored to have our International President, Rebecca Butler Mona and husband Mike, joining us for the weekend. We look forward to her comments as we move forward into the next century of Optimism. The Hall of Optimism will provide activity tables on current and upcoming events, and projects to help you this year and the future.

Several JOI Clubs will be gathering for their own conference this weekend. Please contact West Missouri's Joanna Doyel should you have any questions regarding this JOI conference.

The hospitality room will be in the capable hands of the Adrian Optimist Club. They will provide plenty of food and fun over the weekend. Please support them as it does take an immense amount of effort, planning and funds to keep the hospitality room available for you. Thank you, Adrian Optimist Club!

We're bringing the FUN back to district conferences. Come join in! Friday night following the Executive Committee meetings will be Human Foosball; and following dinner on Saturday evening we'll enjoy the "Ratucky Derby" with both events benefiting the Optimist International Foundation.

We will be participating in a group project of preparing blankets for the kids at Children's Mercy Hospital in Kansas City. Watch for details sent your way via email and social media.

Be sure to bring your kids along! The hotel has an indoor waterpark – Coco Keys – where they can enjoy the waterpark for \$10 for the entire weekend!

NOTICE TO PREVIOUS RECIPIENTS OF AN OFFICIAL WEST MISSOURI STETSON: In celebrating this Centennial year and that four of the original Optimist Clubs were from the Missouri and Kansas Districts, this weekend is recognized as an official event and you are required to bring your hat. Failure to do so will result in your contribution to OIF, per West Missouri policy.

We are looking forward to a fast-paced year and will be providing you with the tools and information to take back to your club to grow and help the kids in your community.

We're off and running... See you in Kansas City!



Larry Lynch, Governor
West Missouri



Mary Hatfield, Governor
East Missouri



Kris Kirkes, Governor
Kansas



**Tri-District East Missouri, West Missouri & Kansas Centennial 2nd Quarter Conference
February 15 & 16, 2019**

**Adams Mark Hotel and Conference Center, Kansas City Missouri
Registration Form**

Registration is **\$70.00 per person** and Due by **Friday February 8, 2019**. Late registration is **\$85.00** per person.
 Refunds will be made according to West Missouri District Policy, published in the District Directory or on-line.
 Late registration may not be refunded if meal is guaranteed.

Club Name: _____ **Club Number:** _____ **Zone:** _____

Registrants Name (Please Print)	East Mo.	West Mo.	Kansas		Guest	Member	President	Sec/Treas	Lt. Governor	1st Timer	Past Governor	Past OI Pres.	Saturday Bkfast	Saturday Lunch	Saturday Dinner	
Total People Attending:																
Total Amount Enclosed:																

Special Dietary Needs Must Be ordered In Advance Name: _____ **Need:** _____

Make Checks Payable to: West Missouri Optimist Mail Registration to: **Gene Shelton**
Contact Info: Gene Shelton 816-536-1415, geneo1961@gmail.com **605 NE Sunview Dr.**
Blue Springs, Mo. 64014