

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

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

President Dennis Reedy called the meeting to order at 6:48 AM and gave the invocation.

We recited the Pledge of Allegiance.

Birthdays: No Sunrise Optimist member is celebrating a birthday this week.

January 31, 2017: Amy Bauer, Stormont Vail Health Community Outreach Specialist informed us of Healthwise! HealthWise is a membership and educational program offered by Stormont Vail Health for adults who want to stay current on health information and health resources. Membership is free. Some of the membership benefits are: HealthWise Clinic, located at 2252 SW 10th Avenue; Free Blood Pressure Clinics; Free Clinic Services, such as Insurance Consultation, Medication Clinic, Nutrition Clinic; a complimentary subscription to Healthy Times Magazine; other educational programs and outreach. Applications for membership were available at the meeting or you can sign up online at www.stormontvail.org/healthwise

February 4, 2017: Zone Roundtable in Paola. Mark your calendars and plan to go to learn more about the Kansas District, Optimist International and a meet and greet other Optimist members in other clubs in our zone. If interested in attending please contact Charlie Galligher at 785-

608-0215 or email: cgalligher@cox.net

February 4, 2017: Pancake Feed ticket distribution to coaches and players. Teams start playing at 8:30 AM and continue at 45 minute intervals until the last game starts at 1:00 PM at Logan Elementary, 1124 NW Lyman Road.

February 7, 2017: Philicia McKee, Keep America Beautiful.

February 18, 2017: Pancake Feed at Logan Elementary School 8am – 1pm. Note we've changed starting time to 8am. **Mark your calendars!** Plan on helping pick up on Friday and setting up on Saturday morning. We need workers. Contact Pete Foster, 785-383-7524 or Charlie Galligher, 785-608-0215.

April 22, 2017: 2nd Annual Trap Shoot 10:00 am – 2:00 pm at Shawnee County Hunter Education Facility & Shooting Range, east side of Shawnee State Fishing Lake. \$25 for 50 clays – Men's & Women's Divisions. \$15 for up to 50 clays – Novice Division. Raffle: 12 gauge shotgun. \$10/ticket – only 250 tickets printed! Plan to sell at least 1 book!

Drawings this week:

Tickets: Gary Scarlett

Progressive: #40, Cody Kelley

PRESIDENT'S QUOTE:

He who has health, has hope; and he who has hope, has everything.

Closed with the
OPTIMIST CREED.



SUNRISE OPTIMIST

NORTH TOPEKA

PRESENTS A

PANCAKE FEED

Featuring

All the pancakes you can eat!

Also serving: Sausage links, juice, coffee and milk.

TO BENEFIT THE

Boys Basketball Program

Price: \$5.00/each

Saturday, February 18, 2017

8:00AM – 1:00 PM

Logan Elementary School

1124 NW Lyman Road

Support Sunrise Optimist Basketball!

**Games at Logan Elementary School
every Saturday starting at 8:30 AM.**

**3rd & 4th Grade Boys
5th & 6th Grade Boys**