

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 60 years of service to Youth & North Topeka!

The Tuesday morning meeting of the Sunrise Optimist Club was at the Optimist Event Center. President Tim McCoy called the meeting to order at 6:45 AM with 17 club members present. Cheryl Fink gave the invocation. Then we recited the Pledge of Allegiance.

BIRTHDAYS: No birthdays to celebrate this week with our rousing version of the classic birthday song.

ANNOUNCEMENTS:

Despite the cold and wet field conditions, football playoff games were completed. Teams are ready for championship games next weekend. Basketball games start on November 4.

Pancake Feed fundraiser is December 2. Christmas Trees, "Trees for Tots," ordered and sign-up via club's website.
 November 11, 3:30 pm: set up tree lot
 November 16: trees unloaded
 November 24, 1-7:00 pm, sales begin
 Nov 24-Dec 18 shifts are:
 M-F, 4-7:30 pm
 Sat: 10:00 am – 3 pm; 3-7:30 pm
 Sun: 1:00-6:00 pm

The Annual "Made from the Heart" Holiday Craft Fair is Saturday, November 4, at the Sunrise Optimist Event Center. Concessions will be available. Volunteers needed 3:00-8:00 pm on Friday, November 3rd to help vendors carry in their craft items.

Regarding Seaman school district purchase of Sports Complex, payment of

utilities needs to be clarified. USD 345 will solicit bids for softball diamond field lighting.

Optimist Board meeting: 5:45 pm, November 14.

Program: Cynthia Coufal, Certified Life Coach – The Teen Anxiety Maze
<https://www.betterregulatethannever.com/>

Teenagers and young adults struggle with anxiety that limits their ability to do something desirable. She helps teenagers find the mindsets that are creating anxiety and help them turn down the volume of their alert system. It's an opportunity to identify strengths, interests, values and skills using the YouMap Assessment. She provides assessment and coaching in 30 minute sessions either in person or via Zoom. There are fees for her service. Insurance doesn't cover costs. She has a podcast and has 166 free ones. She's from Sabetha and has been a school counselor for 25 years and a Special Ed teacher for 6 years.

Upcoming Events:

November 7: Meeting at Bradley's Corner Café, Walt Darling, Commander/American Legion Post 400

President's Quote: "The positive thinker sees the invisible, feels the intangible and achieves the impossible."

- Winston Churchill


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

Volunteers Needed



Christmas Tree Lot:

SET UP LOT
NOV 11, 3:30-5:30

VOLUNTEER OPPORTUNITIES:

- CHRISTMAS TREE LOT
- GOLF TOURNAMENT
- PANCAKE FEEDS
- COOKIE DOUGH/FROZEN PIZZAS
- SUMMER BALL CONCESSION STAND
- COMMUNITY CHRISTMAS
- COMMUNITY EASTER EGG HUNT

UNLOAD TREES/SET UP
NOV 16, TIME TBA

SALES BEGIN
BLACK FRIDAY
NOV 24, 1:00-7:30

SHIFTS AVAILABLE
NOV 24-DEC 18
MON-FRI, 4:00-7:30
SAT, 10:00-3:00 & 3:00-7:30
SUN, 1:00-6:00

QUESTIONS? CONTACT:
DENNIS REEDY 785-640-0834

SCAN TO REGISTER:



ALL OF THE FUNDRAISERS ARE MANNED BY VOLUNTEERS OR THROUGH COMMUNITY INVOLVEMENT. THE CHRISTMAS TREE LOT IS ONE OF THE LARGEST FUNDRAISERS THAT WE DO AND WE NEED HELP TO MAKE IT HAPPEN AS IT IS A TIME SENSITIVE ENDEAVOR.

TREES FOR TOTS



Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip Code: _____

Email: _____ Club/Team: _____

Signature: _____

DATES AVAILABLE:

NUMBER OF PEOPLE TO VOLUNTEER:

MAIL OR BRING REGISTRATION TO:

4013 NW Rochester
Topeka, KS 66617

CONTACT DENNIS REEDY WITH QUESTIONS:

Phone: 785-640-0834
Email: dreedy1981@gmail.com