



OPTIMIST CLUB OF KEEGO HARBOR

JUNE 2006

Coming Attractions!

- WEDNESDAY, JUNE 14** – Program to be announced.
WEDNESDAY, JUNE 21 – Program to be announced.
WEDNESDAY, JUNE 28 – PROGRAM: Meet at Dan Peters' STUDIO 50's at 2705 Orchard Lake Road (across from The Lodge), Keego Harbor.
WEDNESDAY, JULY 5 – Program to be announced; Board meeting.
WEDNESDAY-SUNDAY, JULY 5-8 – International Optimist convention in Nashville.
WEDNESDAY, JULY 12 – Program to be announced.
WEDNESDAY, JULY 19 – Program to be announced.
WEDNESDAY, JULY 26 – Program to be announced.
WEDNESDAY, AUGUST 2 – Program to be announced; Board meeting.
SATURDAY, AUGUST 12 – BIG FISH FESTIVAL, 9 a.m.-6 p.m. JOHN LINEMEYER (248-682-1510) has details; We will have a concession stand.
MONDAY, AUGUST 14 – GINO'S CRUISE at his restaurant, 6 p.m. More than 130 classic cars on display. We will have a concession stand.
THURSDAY, SEPT. 7 – TEEING OFF *FORE!* KIDS: golf outing at Pontiac Country Club.

7 young people going to college aided by \$4,500 in scholarships

Scholarships totaling \$4,500 were awarded to seven graduating high school seniors to help them in their new academic adventure in college. They were formally announced and introduced at the annual Michigan Week breakfast May 19 at the Orchard Lake Country Club. They are:

Shawn Edwards, a graduate of Laker Academy; a \$250 scholarship to attend the International School of Design and Technology.

Sean Harrington, a graduate of West Bloomfield High School; a \$750 scholarship to attend Michigan State University.

Luke Mazur, a graduate of Orchard Lake St. Mary's Prep; a \$500 scholarship to attend Oakland University.

Kady Meabrod, a graduate of Laker Academy; a \$1,000 scholarship to attend the Michigan College of Beauty.

Laura Mishenko, a graduate of West Bloomfield High School; a \$500 scholarship to attend Oakland Community College.

Lauren Thomas, a graduate of West Bloomfield High School; a \$500 scholarship to attend Michigan State University.

Angela Oska, a graduate of West Bloomfield High School; a \$1,000 scholarship to attend either Wayne State University or Oakland University.

In the next newsletter, we will provide biographical information about each of our awardees. They are special people, and we wish them well!



The OPTIMIST CLUB OF KEEGO HARBOR (Optimist International, Michigan District No. 17, Zone 13, Club 227) serves the youth of Keego Harbor, Sylvan Lake and Orchard Lake. The club meets at 7:30 a.m. every Wednesday at the Ember's Deli, 3258 Orchard Lake Road (next door to the West Bloomfield Fire Dept.) Phone: (248) 683-3344. Club's mailing address: PO Box 535, Keego Harbor, MI 48320.

Our web site:
www.keegoharboroptimist.org

MICHIGAN DISTRICT GOVERNOR:
DON BROSE

MICHIGAN DISTRICT THEME:
"Illuminating Our Youth"

2005-2006 OFFICERS:
President ED SIMONS
1st Vice President GAYLE STURT
2nd Vice President BOB BURNS
Treasurer DON HORKEY
Secretary PAUL LIPSON

Directors
JERRY BOSLEY*
"BUZZ" BROWN
CHARLES COMPTON
VALERIE EDGINGTON*
BARB NORDEEN
DAN PETERS*
(* 2 year terms).

NEWSLETTER EDITOR:
DON HORKEY

HONOR ROLL NEW MEMBERS

2005-2006

KENDRA HEARN, Ph.D. (*sponsor*, JoAnn Andrees)
AMY HUGHES (*sponsor*, JoAnn Andrees)
TONY MARASCO (*sponsor*, JoAnn Andrees)
JOHN LINEMEYER (*sponsor*, Chuck Compton)
CHAD ENGELHARDT (*sponsor*, Ed Simons)
EARL LOWEN (*sponsor*, Sharon Gee)
EDDIE DELBRIDGE (*sponsor*, Ed Simons)

LET'S CELEBRATE!

ANNIVERSARIES DURING JUNE & JULY

BIRTHDAYS:

JULY 16 – STEVE PALMER

JULY 19 – CHUCK COMPTON

JULY 21 – DAN PETERS

JULY 24 – BARBARA NORDEEN

JULY 25 – BETTY CHOI



MEMBERSHIPS:

16 YEARS – SUSAN WEAVER (July 31, 1990).

10 YEARS – LARRY FIRMAN (July 10, 1996);
MARILYN TREUTER (July 10, 1996).

7 YEARS – DENNIS WATKINS (June 10,
1999).

1 YEAR – STEVE PALMER (June 30,
2005).

(If we missed your date, let Don Horkey know at
dhorkey@sbcglobal.net or call 743-453-7226.)

For a second year, Simons will lead us

ED SIMONS will be Our Club's leader for a second straight year beginning Oct. 1. He will become the first person to serve consecutive terms as president in the club's 33-year history.

Serving with him for a second year will be Secretary PAUL LIPSON and Treasurer DON HORKEY.

Before the end of September, the club will have to elect a 1st Vice President, a 2nd Vice President and three directors to the Board.

The installation banquet will take place at the beginning of the new Optimist year Oct. 1.

Name Scholarship Fund in honor of JoAnn Andrees

JoANN ANDREES may be gone, but she won't be forgotten. The Club voted unanimously to name Our Club's scholarship fund in her honor. Henceforth, it'll be known as the Dr. JoAnn Andrees Keego Harbor Optimist Club Scholarship Fund.

JoAnn has accepted the post as superintendent of schools in West Haven, Conn. She's been on the job, so to speak, since January, traveling back and forth to handle budget negotiations for the fall school year.

A member since 1995, JoAnn was a willing and active member of the club's projects and activities along with her duties as principal at Abbott Middle School, principal of West Bloomfield High and an assistant superintendent of the WB school district. She chaired the annual scholarship committee for many years, coordinating the effort to determine the recipients of Our Club's scholarship assistance.

She was honored with a Community Leadership Award during the recent Michigan Week breakfast and again June 8 at a farewell reception at Gino's.

■ **DUES DUTY** – Treasurer DON HORKEY says it's your duty to pay your dues. Third Quarter is nearly over, and the fourth (and final quarter in this Optimist Year) will soon be here. It's easy: just write a check!

■ **SUMMER CAMP** – Our Club voted \$600 in support of the Roosevelt School summer camp, continuing traditional support we have given to the kids for many years.

■ **PARADE** – Our Club also approved \$100 to the city of Keego Harbor in support of the annual Memorial Day parade. From all reports, the parade, under hot and brilliant sunny skies, was a success. President ED SIMONS represented us.

■ **ASK GAYLE'S HORSE** – The FBI could have saved itself hundreds of man hours and millions of dollars in expense in digging up the Hidden Dreams horse farm

in Milford searching for the remains of Jimmy Hoffa, who disappeared 30 years ago. All they had to do was ask GAYLE STURT's horse, who has been a boarder at the farm for 31 years. Where was Mr. Ed when his country needed him?

■ **VAL, THE COACH** – VAL EDGINGTON can add another title to her resume. Beginning this fall, she is the new head coach of the Cranbrook girls varsity hockey team. Go, Cranes!

■ **CONDOLENCES** – Our sympathy goes out to CHUCK LOUDERMILK on the loss recently of his dear wife, Martha. He was president of Our Club in 1977-78.



OPTIMIST
INTERNATIONAL

Friend of Youth

KEEGO HARBOR OPTIMIST CLUB

Friends of Youth

FOR THE YEAR 2006

Thank you to the following individuals and businesses who have made a commitment as a Friend of Youth through their sponsorship of the programs and activities of Our Club for the benefit of the youth of our community for 2006.

Ashok Gupta, M.D.
Bagley & Langan, PLLC
Billy J. Stallard
Carl's Golfland
Coach's Olympia Grill
Complete Insurance
DZI Maintenance
Ember's Deli
Embroidery & Stuff and Ice Tribal
Productions
Greg J. Slagon
Karagosian Jewelers
Keego Energy

Keego Hardware
Linear Contemporary Furniture
Mary Donnelly Public House
NationalCity Bank
Pixley Funeral Home
Roosevelt School PCG
Sylvan Market
The Jacket Club
The Lodge
The Paint Can
Uptowne Blossoms by Nicholas
Visions of Sylvan Lake
Worldwide Cabinets

REALIZING OUR MISSION *** Our Club is a major \$500 sponsor of the annual **Skate Night** in October in cooperation with the Keego Harbor Police Dept. Hundreds of youths enjoy an afternoon of safe fun on bikes, skateboards, etc. *** More than 100 youngsters use their creativity in **decorating pumpkins for Halloween** *** Our Club donates \$200 in support of **Abbott Middle Schools' musical production** in March; we also pledge to support through attendance *** We contribute \$200 to the **West Bloomfield Youth Coalition** in support of their programs partnering youths and parents *** A dozen members of the Abbott Middle School orchestra **displayed their considerable talents** at our breakfast meeting *** We contribute **\$100 to each of three families** to make their holidays a bit brighter and merrier *** More than **500 youths** who attend Roosevelt School or are members of a number of Cub Scout or Girl Scout troops, or who play in the Lakeland Girls Hockey League or are represented by the Roosevelt Student Council had a **family day of fun bowling and raised dollars** for their respective club treasuries by participating in Our Club's annual "Bowling for Kids" *** **About 100 students** at Abbott Middle School participated in the Oratorical Contest; the dozen finalists did a grand job of telling us why "The Future is Bright because..." *** **More than 200 kids** enjoyed the annual Easter Egg Roll *** Some **15 outstanding students** from area schools were lauded on Student Appreciation Day *** Our Club awarded **seven graduating seniors scholarships totaling \$4,500** to help them in their entry into college; they were honored at the annual "Michigan Week" breakfast *** We contributed \$135 in support of **Elizabeth Magee's MSU extension project** of making back packs *** We supported the annual **Keego Harbor Memorial Day Parade** with a \$100 donation; the parade attracted thousands of spectators *** We gave \$100 to Abbott seventh grade Boy Scout, **Tommy Van den Ende**, to help him reach his goal of raising the funds necessary to attend the Boy Scout Jamboree in London, England, in July 2007 ***



Student Recognition Day honors 15 youngsters

Some 15 students from area schools were lauded and applauded during Our Club's annual Student Recognition Day **May 10**, held at Abbott

Middle School. SUSAN WEAVER chaired this event; PAUL LIPSON emceed it. One of our former scholarship winners, Lisa Birrell, a junior

biomedical major at Michigan, encouraged the kids to work hard in their studies because the rewards down the line are worth it.

The students who were recognized included:

From Roosevelt School (introduced by Principal STEVE PALMER) – Kristen Bussey, Bailey Cook and Riki Vestuto.

From Our Lady of Refuge School – Anthony Biallis, Mary Burdgick and Katie Fidelholtz.

From Abbott Middle School (introduced by Principal AMY HUGHES) – Brianne Ingweiller, Kelly Rothe and Robert Tristani.

From West Bloomfield High School (introduced by Principal BOB PYLES) – Jolene Calhoun, Sean Harrington and Angela Oska.

From West Bloomfield Laker Academy – Blaize Bailey and Bryan Buczkowski.

From St. Mary's Preparatory – Anthony Salem.

A MODEL OF INSPIRATION .

■ ■ Sherri Garmand, a native of Kansas, had the dream of being a role model for youth. But there was an obstacle: she was hard of hearing, growing up in a hearing community. "I felt left out," she told us at the **May 31** meeting. "I wanted to become a role model for others who are hard of hearing to encourage them to become involved in community service." Sherri has accomplished that, and more. She graduated from Gaulladet University in Washington, D. C., a liberal arts university for students who are deaf or hard of hearing. Presently, she is the director of "Pathways to the Future," a summer camp for kids ages 8-14 sponsored by the DEAF network in southeastern Michigan and headquartered in Sylvan Lake. The camp takes place at Oakland Community College in Waterford and encompasses numerous activities, such as field trips, hiking, etc.

TOMMY'S DREAM . . . William "Tommy" Van den Ende has a dream: he wants to attend the Boy Scout Jamboree in London, England, next summer. A seventh grader at Abbott Middle School, he will be the area's lone representative among 3,200 scouts from the U. S. at the jamboree, which will also celebrate the 100th anniversary of scouting. He's determined to raise half of the \$4,000 needed to cover various expenses through mowing

grass, collecting bottles, etc. After hearing his story at our **June 7** meeting, Our Club voted to help him with a \$100 donation.

MATTIE'S "SONGS" . . . Also at the **June 7** meeting, EDDIE DELBRIDGE related the amazing story of Mattie Stepanek, who died at the age of 14 from the effects of muscular dystrophy. Mattie gained national prominence on the Oprah Winfrey Show with his collection of poems, which he dubbed "Heart Songs," and of which three volumes have been published. Eddie shared some of Mattie's inspiring poetry.



HEY, GO TAKE A WALK!

Our member, DR. ASHOK GUPTA, an earnest advocate of the benefits of walking, shared with us something he learned at a recent meeting of the American Home Care Physicians, namely, that walking may help prevent Alzheimer's disease. Your Editor has come across other benefits of walking that Dr. Gupta didn't mention:

- Walking can add minutes to your life. This enables you at 85 years old to spend an additional five months in a nursing home at \$5,000 per month.
- My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the hell she is.
- One good reason to take up exercising is so that you could hear heavy breathing again.
- Joining a health club costs about hundreds of dollars a year. Apparently you have to go there to exercise early in the morning before your brain figures out what you're doing.
- Long walks are especially good if taken by people who annoy me.
- The advantage of exercising every day is that you die healthier.
- If you are going to try cross-country skiing, start with a small country.
- Exercise makes the ice jump right out of my glass.
- And last but not least: You could run this over to your friends, but why not just e-mail it to them!

SMALL STEPS TO HEALTH AND WELLNESS FOR JUNE & JULY

- Take a family walk after dinner.
- Wash the car by hand.
- Eat only half of your dessert.
- Take the dog for a long walk rather than a short one.
- Try grilling fruits and vegetables. Fabulous!
- Keep a pair of comfortable walking shoes in your car or at the office.
- When your kids jump in the pool, you jump in, too.
- Skip the sitcom rerun on TV and take a walk.
- If you drink whole milk, try 2% instead; gradually work your way down to skim.
- Don't skip meals.