



Grand Strand Optimist Informer

VOLUME 5, ISSUE 8 2015

JULY



POINTS OF INTEREST

- New Members
- Events
- More

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President's Musings— Tom Wesley



Hello to all from the hot and humid depths of the South Carolina coast. I think there is a new definition for humid now.

We have been having some great speakers for some time now and for those who haven't been making us a priority, I hope you will start.

I have thrown out a challenge that if we add enough members to be plus 15 that I will let the club members shave my head....again. Of course there is a slight charge in order to take a swipe. 10 years ago we raised \$1500 on my 'haircut'. Barry Heller has thrown out a new idea of some kind of Mohawk or something. If we get to plus 15 we can find a deal on my hair. We are already plus 3, so only 12 to go.

We need you all to come join us. If you are out of the habit then we will do our best to help you with a new habit of coming to most meetings. More people equals more kids getting help.

Bring a friend and bring a smile. See you soon.

Be A Good Listener

In our time-starved society, attentiveness and listening skills can fall to the wayside. In order to make those with whom you communicate feel important, brush up on your listening skills. Make sure to give the speaker—your boss, friend, colleague, child—your undivided attention. Regardless of how great you are at multi-tasking, treating an individual as a "task" is not a good idea. Eye contact, nodding in agreement, asking leading questions and using your face to provide feedback all contribute to a positive communication experience that will foster the growth of the relationship.

Bobbei Ruswinckel

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<https://www.facebook.com/pages/Grand-Strand-Optimist-Club/551250221567815>



**Newsletter Editor -
Sandi Brown**

Newsletter Editor: Sandi Brown: Please e-mail any information you want included in the **August** edition of The Grand Strand Optimist Informer to: sandibrownmb@gmail.com or telephone: 919-604-0595. Remember the **deadline is the 15th** of each month.

1. Every Thursday 12:30 –1:30 PM Optimist Meeting at Pine Lakes Country Club
2. Board of Directors Meeting; Date to be held the 3rd Tuesday of the month 5:30PM, Building 200 at Horry -Georgetown Tech, 743 Hemlock St, Myrtle Beach .

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i> Mtg Pine Lakes CC 12:30-1:30 pm	<i>3</i>	<i>4</i> Independence Day
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i> Mtg Pine Lakes CC 12:30-1:30pm	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i> Mtg Pine Lakes CC 12:30-1:30pm	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i> Board Mtg HGTC 5:30pm	<i>22</i>	<i>23</i> Mtg Pine Lakes CC 12:30- 1:30pm	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i> Mtg Pine Lakes CC 12:30-1:30pm Lakes CC	<i>31</i>	

2014-2015

Optimist Club Officers and Board Members

President	Tom Wesley	tomwesley@sc.rr.com	222-4173
Past President	Tracey Palmer	Tracey.palmer@wynvr.com	445-5904
President Elect	Julie Golden	julie.golden@hgtc.edu	457-2605
Director	Mike Duff	michael.duff@raymondjames.com	455-5985
Secretary	Judy Cox	gsocsecmb@gmail.com	650-4276
Treasurer	Barbara Thomas	bht805@aol.com	997-4263
Director	Phil Cox	rvspc@yahoo.com	650-4276
Director	Joel Mousaw	jtmousaw@gmail.com	910-280-0490
Director	Karen Terwilliger	karenbterwilliger@yahoo.com	903-4047
Director	Julie Golden	julie.golden@hgtc.edu	457-2605
Director	Bobbei Ruswinckel	ruswinckel@gmail.com	267-0744
Director	George Cox	coxlawfirmmb@aol.com	497-7000

**Get to know
your Officers
and Board**



Tom Wesley
President



Tracey
Rae
Palmer
Past
President



Mike Duff
Director



Judy Cox
Secretary



George Cox
Director



Bobbei
Ruswinckel
Director



Barbara
Thomas
Treasurer



Julie
Golden
President



Karen
Terwilliger
Director



Phil Cox
Director



Joel Mousaw
Director

Upcoming Events

Optimist Cookbook Fundraiser— proceeds go to Jason's House. Please contact Tom Wesley 222-4173 or tomwesley@sc.rr.com . **Only \$10 ! Please contact friends and neighbors and let's get these books sold!**

Board of Directors Meeting - Tuesday July 21, 2015 at 5:30 pm, Building 200 at Horry -Georgetown Tech, 743 Hemlock St, Myrtle Beach .

The Optimist Creed begins "promise yourself to be so strong that nothing can disturb your peace of mind." As a member of the Grand Strand Optimist Club, I can tell you, my peace of mind has been disturbed on many occasions.

When I heard of the struggles of cancer-stricken children and their families.....my peace of mind was disturbed.

When I heard of children suspected of having suffered sexual abuse..... my peace of mind was disturbed.

When I heard of a child dragging her worldly possessions, a plastic bag of rags, up the driveway of her new foster home.....my peace of mind was disturbed.

When I heard of the murder of nine individuals at the Emanuel African Methodist Episcopal Church in Charleston, SC on June 17.....my peace of mind was disturbed.

How do optimists find strength when their peace of mind is disturbed?

The solution for me is to find strength in optimism.....by being hopeful and confidence about the future.....by looking for a successful outcome in all dire situations.....by hearing the laughter and excitement of the cancer stricken children who will be spending a week at the beach.....by raising funds for the Children's Recovery Center which offers forensic interviews, medical examinations and effective advocacy for sexually abused children.....by collecting clothing and school supplies for Fostering Hope to distribute to foster children.....by witnessing the grace and spirit of forgiveness of the families of the murder victims.....by seeing a nation awakened by the example of strength displayed during one of the Charleston community's darkest times**by promising myself to be so strong that nothing can disturb my peace of mind.**

Submitted by Barbara Thomas

THE PSYCHOLOGY OF OPTIMISM

What is Positive Psychology?

More than likely if you are reading this article, you are either an optimist or you live with one and found this newsletter laying around. Either way, my goal is to introduce you to a new field of psychology that emphasizes optimism. During the 1950s, American psychologist Carl Rogers founded the Humanistic perspective which centered around the conscious experiences of his clients, specifically on each person's unique potential for psychological growth and self-direction (Cain & Seeman, 2002). A few years later, Abraham Maslow added a theory of motivation that emphasized psychological growth and our potential to self-actualize (Kirschbaum, 2004). You may remember from past college business classes, if you didn't take general psychology, the name Maslow and his pyramid that identifies the hierarchy of needs (Kirschbaum, 2004). Fast forward to around the year 2000, when a new perspective called positive psychology emerged from the humanistic perspective (Sheldon, Kashdan & Steger, 2011). "This new perspective is a field of psychological research and theory focusing on the study of positive emotions and psychological states, positive individual traits, and the social institutions that foster those qualities in individuals and communities" (Sheldon, Kashdan & Steger, 2011). This approach was very new to the study of mental health where traditionally researchers emphasized psychological problems and disorders. Topics that are researched include personal happiness, creativity, resilience, character strengths, wisdom, and you guessed it, OPTIMISM (Sheldon, Kashdan & Steger, 2011). Now that we've established where positive psychology emerged from, next month I hope to share with you more on what is happening in this new and exciting field of psychology. Submitted by Julie Golden

Welcome New Members

94 Members

Timothy McGinnis (FOO) - Sponsored by Marino Garbin

Edward Piotrowski (FOO)-Sponsored by Marino Garbin

Marie Corsale - Sponsored by Bobbei Ruswinckel

Robert J. Ruggeri - Sponsored by Tom Wesley,

Jeff Leonard - Sponsored by Tom Wesley.

New Member Spotlight

Lorena Cuttright

Are you from this area? If not, where did you move from? How long have you lived here?

[Lorena Cuttright] Originally from Western Maryland, I moved to Myrtle Beach in 2005 after living 10 years on Hilton Head Island.

Tell us about your family: married, single, children, pets, etc...[Lorena Cuttright] I am very blessed with a wonderful, supportive husband that shares my running interests and also loves to travel! DINK – Dual Income No Kids. And sadly no pets anymore. However, this makes traveling much easier.

Where do you work and what is your title or your responsibilities at work? [Lorena Cuttright] I am the office administrator for Barry Heller Financial Advisor.

Favorite hobbies? [Lorena Cuttright] Marathon running, and international travel. Sometimes I am fortunate enough to combine both. I dabble as time permits with entertaining and gastronomy.

Your fondest memory is? [Lorena Cuttright] Oh I don't know, but one that sticks out at this moment has to be discovering Harrods' Tea Shop the day before Christmas while on my honeymoon. Needless to say it was ridiculously busy!!! (A little back note: At one time in my career, I seriously pondered opening my own tearoom.)

Who sponsored you in joining the GS Optimist Club? How do you know this member? [Lorena Cuttright] Barry Heller. Barry and I met as part of the Myrtle Beach running community. I have known Barry, Pam, and John for 10 plus years now.

What do you hope to gain from joining our club? [Lorena Cuttright] To meet more people in Myrtle Beach that share the same ideals and interests that I have. To know my community better.



Shannon Furtick

Are you from this area? If not, where did you move from?

I was born in Durham, NC and moved to Myrtle Beach when I was 16 years old. Even though I was born and raised in Durham I am huge Tar Heel fan!

Tell us about your family: how long you've been married, what his name is and the name and age of your sweet child. I have been married to my best friend Barrett Furtick for 3 years. We have an adorable son Gabriel Furtick who is 8 months old. We also have two dogs Maxx a yorkie and a lab, Dakota.

Where you work and what your title or responsibilities are at work?

I am the Membership Retention & Services Manager for the Myrtle Beach Area Chamber of Commerce. I am responsible for managing the chamber's services and customer service program for members, with the ultimate goal being membership retention and growth. I have been with the chamber for seven and half years.

Favorite hobbies?

I love spending time with my son and husband, going to the beach, and grilling out with family and friends.

Your fondest memory is?

Having my son, Gabriel.. He has changed my life in so many positive ways.

Who sponsored you in joining the GS Optimist Club? How do you know her?

Bobbei Seay Ruswinkel got me involved with the Grand Strand Optimist Club. Bobbei and I have been friends for many years.

What do you hope to gain from joining our club?

I look forward to workings with local children charities and helping the community.

Do you belong to any other clubs?

I don't belong to any other clubs but do a lot with my church, Precious Blood of Christ Catholic Church in Pawley's Island. I am the chair for Tastes at Pawley's annual food festival raising money for Father Pat's Lunch Kitchen providing meals to the hungry in our community.

Grand Strand Optimist Club
Board of Director Meeting Minutes
June 16, 2015

The meeting was called to order by President Tom Wesley at 5:50 PM on June 16, 2015 at the 200 building of Horry Georgetown Tech, 743 Hemlock St, Myrtle Beach, SC 29577.

Members Present: Tom Wesley Judy Cox Julie Golden Mike Duff
Tracey Palmer George Cox Barbara Thomas Phil Cox
Karen Terwilliger Bobbei Ruswinckel

Members Absent: Joel Mousaw

Guests: None

Agenda: President Tom Wesley went over the items on the agenda. After some discussion, the agenda was accepted.

Approval of Minutes: A motion was made by Tracey Palmer to approve the minutes of the March Board Meeting. Barbara Thomas seconded. The motion passed unanimously.

Financial Report: Treasurer Barbara Thomas went over the financials. Our total assets are \$21,504.04. Barbara also said that she sent a check for \$526.00 to the Endowment Fund and a check for \$500.00 to Optimist International.

Audit: Barbara reported that Susan is very close to finishing the audit and so far everything looks good.

Roster: Judy Cox reported that we have two new Friends of Optimist. They are Timothy McGinnis and Edward Piotrowski. Both of them work for WPDE News. They were sponsored by Marino Garbin. She then submitted three applications for consideration. They are: Marie Corsale (she works at Lil' Tokyo) sponsored by Bobbei Ruswinckel, Robert J. Ruggeri (retired) sponsored by Tom Wesley, and Jeff Leonard (works for Belton Food) who is also sponsored by Tom Wesley.

A motion was made by Tracey Palmer to accept the applications for membership. Barbara Thomas seconded. The motion passed unanimously.

There are now 94 members on our roster.

New Business:

Chamber of Commerce Membership: President Tom Wesley asked if we wanted to renew our membership to the Chamber. He then asked Bobbei to remind us of some of the benefits. She said that it was good branding for a nonprofit and helped to get our name out in the Community. Plus the Chamber holds different classes and socials that all our members can attend. She said that now that our Optimist Website is up and running she can upload the Chamber Calendar to our calendar and that way our members will know what is available. We can also get Member to Member discount cards for all our members. Barbara said that she did not know the exact cost of the membership because on the bill she received it said that 10% of the dues went to political lobbying and non-profits were prohibited from contributing to anything political so she would have to call the Chamber to find out the exact amount.

on how we got into this position in the first place. After further discussion the Board decided that we would have a committee in September review the Bylaws and have suggestions in place for the New Board to approve at the October Board Meeting. Tom said to let him know if anyone is interested in serving on this committee.

New Member Induction: Mike Duff said that he would have one on June 25th.

Banners: Members are asking about the various banners. The only banner that is displayed at the Thursday Meeting is the Creed. Tracey suggested that we put in next year's budget to buy something we can use to display the other banners.

Old Business:

Check In: Tom said that he has asked Shannon Furtick and Lorena Cutright to work on this for next year.

Miracle League: Tom Wesley said that he called them and explained to them that they have to send in a request for funds every year because our donations are not automatically renewed. They said that they would send in their request.

Speaker Committee: George Cox said that they will be meeting shortly to decide on speakers for the rest of the year.

Optimist Shirts: The Optimist Shirts are in and the cost is \$18.00 a shirt. They are for sale at the Thursday Meeting.

There being no further business to come before the Board, Phil Cox made a motion that the Board Meeting be adjourned. Mike Duff seconded. The motion passed unanimously.

We now accept American Express, Discover, Visa and MasterCard for membership and fundraisers. We can also use PayPal on our website.

The meeting adjourned at 7:15 pm.

The next Board Meeting will be held on Tuesday July 21, 2015 in Room 111, Bldg 200 at Horry Georgetown Tech, 743 Hemlock St in Myrtle Beach.

Respectfully submitted,

Judy Cox, Secretary

Business in Support of the Grand Strand Optimist Club

Your Card Could Be Here

Contact Sandi Brown - 919-604-0595 or sandibrownmb@gmail.com

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A Professional Corporation

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Attorney-at-Law

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Myrtle Beach, SC 29578
Phone 843-448-4156**

**Weekly Optimist Meeting
Thursday 12:30 to 1:30
Pine Lakes Country Club
5603 Granddaddy Drive**

Promise Yourself... For the Kids



Optimist Creed

Promise yourself...

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make all your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others

To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.
