

**Optimist Conference: First Quarter  
Saturday, October 18-19, 2024**

**LOCATION: Fairfield Inn 6611 Plum Drive Urbandale, IA 50322  
THEME: "Kindle the Spark"**

**Friday, October 18, 2024 – Executive Committee Meetings**

5:00 PM Governor Assistants meet at the *Cozy Café, 8385 Birchwood Ct, Johnston*

7:00 PM Executive Committee Meeting at Fairfield Inn

*Hospitality room - immediately after the executive committee meeting ends.*

**Saturday, October 19, 2024**

**NOTE:** You or your club are invited to bring a basket or items to place on our silent auction tables. Proceeds go to the Iowa Optimist Foundation to support scholarships and grants.

**NOTE:** Past Governors Breakfast 7:30-8:30 – meet at the *Cozy Café, 8385 Birchwood Ct, Johnston,*

7:30 – 9:30 **Registration**

8:00 – 9:00 **Morning Social** – Rolls, juice, water provided

8:30 – 9:00 **First Timers** (Facilitator: Jane Schmidt) *For those new to a conference, learning about the ins and outs of our conferences and conventions while kindling a spark for bringing out the best in youth, our community, and ourselves.*

9:00 – 9:30 **Opening** (Facilitator: Governor Sue Wunsch)

9:30 – 10:15 Workshop #1

**"Helping Others Get Ahead"** (Facilitator: Brian Schmidt) – *Learning about the Getting Ahead in a Getting By World, a program to assist families on public assistance to find a way forward and out of poverty. Learn how an Optimist Club can apply concepts taught in this program to the needy population in their community. Optimist Clubs can make a difference. Learn about backpack programs, donations to schools, assistance with Bridges out of Poverty programs, and so much more.*

10:20 – 11:05 Workshop #2

**"What Optimist Success Looks Like"** (Facilitator: Mike Sullivan) *Join this session to hear what has been successful in Optimist Clubs in our District – NOW events, Avenue of Flags, Fly in Breakfasts, working with schools, working with teachers, and many more.*

11:05 – 11:40 **"Kindle the Spark"** (Facilitator: Governor Sue Wunsch)

11:40 – 12:00 **REGIONAL Meetings** (West-Zones 1,2,3/Central-Zones 4,5,6/East-Zones 7,8,9,10,13)

12:00 – 1:30 **LUNCH Buffet and 4<sup>th</sup> Quarter awards**

1:45 – 2:30 **Workshop #3**

**"The Mindful Optimist"** (Facilitator: Jane Schmidt) – *With so many people and youth facing mental health challenges, The Mindful Teen is a program that teaches students how to identify their stressors and how to deal with stress. This session will apply those same techniques to Optimists – identifying stressors and techniques for countering stress. It will also include how to apply these techniques to the youth with whom we work.*

2:40 – 3:10 **Workshop #4**

**"Kindling New Ideas: Why We Do the Things We Do"** (Facilitator: Sandi Schmidt) – *The purpose of this session is for you to rekindle your reason for which you are an Optimist. You will leave this session understanding your motivation for belonging to your club.*

3:10 – 4:00 **Business Meeting and Closing**

**Note:** *After the Conference, please join us at El Mariachi's in Johnston, for beverage & fellowship.  
(El Mariachi – 5825 Merle Hay Rd, Johnston, IA)*