

THE CANADIAN CHILDREN'S OPTIMIST FOUNDATION RESPONDS TO THE CALL



With the help of its numerous donators, the Optimist Club of University of Laval conducted the Physical Education Project this summer for a second year in a row. This project aims to promote a healthy lifestyle, well-being and physical activity. During the entire summer period, various physical activities were offered to youths lodging at the *Centre jeunesse de Québec – Institut universitaire (CJQ-IU)*. These activities were planned and led by Laval University students with a background in teaching physical education or kinesiology. A special focus was placed on discovering new sports and practicing outdoor activities.

The project lasted nine weeks (June 25 to August 21, 2014). The activities were offered to youths lodging in both CJQ-IU rehabilitation centres, that is, at the *Gouvernail in Beauport and l'Escale*, in Cap-Rouge. The project also served youths from the different group homes. In total, close to 100 youths benefited from the project and a dozen or so of these youths are of a different ethnic background. Youths are aged seven to nineteen. The regular activities offered on a weekly basis were: workout, weight training, multisport *l'Escale*, multisport *Gouvernail*, and swimming pool activities. Special activities called "outdoors activities" were also offered in the different CJQ-IU services.

Pierre-Luc Daigle
President of O.C of Laval University

Optimist Leadership Academy Class to be Selected

Optimist International is looking for "the best of the best" in leadership for selection to the 2015 Optimist International Leadership Academy. Highly successful Club and District leaders who demonstrate exceptional leadership skills will be selected to attend. During this one-day program, to be held the day after the International Convention in New Orleans, the selectees will participate in a series of exercises and workshops designed to allow them to share and learn successful leadership skills and practices.

Selection will be determined by demonstrated leadership skills and recommendations from the International President, International Vice Presidents, other Optimist leaders and Optimist International staff. Recommended candidates will be submitted to a special committee with Members from both the Candidate Qualifications committee and the Leadership Development Committee for final selection. Selectees will receive a free registration and a one-day per diem to attend the Academy.

Members of the Academy will be recognized on stage during the convention and receive a special lapel pin. Academy graduates will be a source for future Optimist International leadership roles and positions. If you are one of "the best of the best," or know someone who is, make sure a recommendation is forwarded to leadership@optimist.org.

If you were a Member of one of the first two Optimist Leadership Academy classes plan to attend the New Orleans Convention where a special gathering will be held to find out what affect the Academy has had on you. Details will be sent to each of you soon.

Canadian Children's Optimist Foundation

District

AMS&NW
Pacific Northwest
Dakota-Manitoba-Minnesota

District

AMS&NW
Central Ontario
Central Quebec

Representative Average

Doug Kirby
Peter Smith
Jo-Anne Pelzer

Representative

Doug Kirby
Tom & Carilyn McNaught
Claude Duhamel

Contribution Per Member

\$38.13
\$23.67
\$21.30

Total Contributions

\$33,871.90
\$21,747.86
\$21,448.90



Canadian Children's
Optimist Foundation

