

Rak Kan



Orange Coast
Optimist

April 2004

Message from the President

Recently I was flipping through the *Optimist Magazine* (official publication of Optimist International) and a title caught my eye: "Parenting Skills: Optimism, Humor and Faith in Your Child." Even though I had so many things to do, I stopped to read this article; after all, I wanted to see if I had any parenting skills . . . I was having one of those weeks. After reading this story I learned more about how being an Optimist can give our children the greatest gift of all, plus be good for our health!

As you may recall in a prior article (thanks, May, Robin, and Ann for saying you read what I write . . . even if you don't) I was convinced that being an OCO Optimist not only promoted pleasure and enthusiasm by being around the color of orange, but we could also have fun (life was too short), learn something new (not be boring), meet interesting people (OCO people are the MOST interesting), take risks by dreaming our dreams, but lastly . . . being an active OCO member was good for our health!

Chuck T. Falcon is the author of *Family Desk Reference to Psychology* and he writes in this story that three of the greatest gifts you can give your children are 1) optimism, 2) humor, and 3) faith in your child. He further states that **Optimistic** people succeed more often than more pessimistic people because they learn from their mistakes and failures and refuse to give up until they succeed. **Optimistic** people tend to stay motivated despite frustrations and failures while pessimistic people often give up and make their poor expectations come true. He believes that optimism helps avoid depression, anxiety, and anger and can give one the confidence to reach out, develop conversation skills, and improve one's social life. Even practicing being **optimistic** contributes to happiness and mental health and sets a good example for our children! A way to show and teach optimism is with **humor**. It is believed that children love laughter and silliness and humor creates fun, relieves frustrations and brings peace to conflicts. He prescribes setting aside time each day to spend with your child as you practice seeing the humor in the day's events. The last gift is **faith** in your children to help build a good self-concept and prevent problems (all parents want to do that!). He states it is important to notice and praise good behaviors as it teaches our children what behavior is wanted and appreciated – and don't forget the teenagers because they need regular thanks and praise for their talents, virtues, routine chores and helpful acts too!

Well, as we come to the close of another great basketball fall/winter program, it is a great feeling to know that this also means we have spent 20 weeks of providing our children with three of the greatest gifts we can give them: **Optimism, Humor, and Faith in them**. But by doing this, we too received in return these same virtues from our children, other parents, coaches, and OCO family!

Thank you for all of your support at the Casino Night Fundraiser – hats off to Head Duck **Glenn Tanaka** and his awesome Ducklings –it was a fun night as we raised funds for our programs. Also thanks for attending the recent Tinko, PeeWee, Midget, and Junior basketball awards banquets! But as we turn the corner we look forward to having some fun with our own children as we host the Easter Party on April 10 for the Orangewood and Olive Crest Children's Homes. Hope to see you there!

In Optimism,

Neddie Bokosky

Junior Optimist

With the heavy schedule of basketball practice and games, Casino Night and award banquets, our Junior Optimist Club has met only in January. **Stacey Yoshinaga** presented a seminar on understanding one's self and others with an entertaining and illustrative tool she uses at her job with Disney. It was a very enlightening experience for the JO's, the advisors, and Stacey.

The JO's contributed greatly to our Casino Night fundraiser. There were many putting together the balloons for "Pop-A-Balloon" and the others were helping out with the setup of the Silent Auction baskets.

I want to acknowledge **Whitney Harrison** who really helped out Silent Auction chairperson **Judi Kusumoto**. **Maddie Harrison, Sara Seto, Jonathon Lew** and **Tyler James** also helped putting together some last-minute baskets.

Our plans for the next couple of months include a JO dance and a broom ball event. Also in the works is a seminar for the 8th graders who will be entering high school this fall and a mixer for the next group of incoming JO's.

Vince Hamasaki
Advisor

Thanks to all who helped in supporting this year's OCO fundraiser - Casino Night! As I am sure you have heard, it was a great success!

Glenn Tanaka
Casino Night Head Duck

Octagons

Wow! the month of love has come to an end. Hope everyone got all the chocolate and roses they wanted. In February, we helped set up at Casino Night, a fun-filled night everyone enjoyed. It was chaired by **Scott Sakakura** and **Matt Sakurao**. We also helped with making candy roses that were given out at Casino Night. They were quite a challenge to make. Most Octagons were struggling but not our President, **Dean Otsuka**. He was the rose making champion. Our chocolate kiss candies were wrapped beautifully in cellophane paper all done in time for the big event.

Melissa Nishimura chaired the graffiti clean-up on February 28 and it was a huge success. We had so much fun painting walls and fences. Some were enormous, others were tiny, but we painted them all. We went to several locations and painted our hearts out. On behalf of the Octagons, we want to thank all the drivers for helping out at this event. I'm looking forward to a super year and wish to acknowledge the great jobs by our chairpersons this month. Upcoming events include the Samuari Parade, SOC pancake breakfast, and the OCO Easter party.

Can't wait to see you there!!!

Marci Asao
President-Elect



Casino Night greeters, Ann Joyce, Eileen Kato, Glenn Tanaka, May Auerbach, and Kimi Lee

OCO Easter Party

April 10, 2004

11 a.m. - 3 p.m.

Rancho Alamitos High School

There will be crafts, games, and lunch...
plus an Easter Egg Hunt!
Lots of fun for the entire family!

Hamburgers and hot dogs will be served.
Please bring the following,
according to your last name:

A - I - appetizer, chips, dip, etc.
J - R - salads, veggies, rice dish
S - Z - desserts

Please let us know by April 2
how many people will be coming
email allyamy@worldnet.att.net or call Stacey (714)963-9366

T-Ball and Baseball

The OCO T-Ball program is for 5- to 7-year-olds and will run from June 5 to July 3 on Saturdays at Northcutt Elementary School in Fountain Valley. Cost is \$35, which includes a T-shirt and hat.

The OCO Baseball program begins on June 6 through July 31 for children ages 8 until high school! More detailed information, registration forms, and medical releases are available on the OCO website www.ocoyouth.org or contact Mitch Okuda at wbms.surveys@verizon.net for more information.

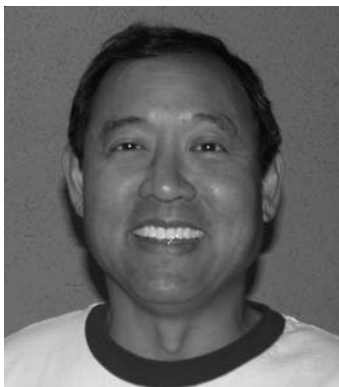
OCO Basketball Camp

The 2004 OCO Basketball Camp runs August 2 through August 6 and August 9 through August 13 at Rancho Alamitos High School. Cost is \$110 for OCO Members; \$125 for non-OCO members. Fee includes a shirt and ball. Deadline to register is June 30. The camp does fill up, so get your applications in now!

Orange Coast Optimists Recognized

Congratulations to the 2004 Tri-Star Winners:

Five-Year-Old	Eight-Year-Old - 8" Hoop	Ten-Year-Old - 10" Hoop	Twelve-Year-Old
Cory Igasaki 127	Evan Yamanaka 129	Julia Ngo 95	Brittney Kato 170
Jonathan Auerbach 113	Jarred Motani 110	Traci Mura 89	Noelani Vilorio 165
Micah Kaneshiro 112	Michael Rubin 107		Ashley Omura 163
		Ten-Year-Old - PWBU	Thirteen-Year-Old
Emily Austria 54	Caroline Austrai 110	Jason Velazquez 153	Andrew Quan 181
Kristin Sakoda 19	Amy Yoshinaga 100	Masa Ito 151	Tony Pham 173
Lauren Wong 19	Emily Nakamoto 95	Justin Kamiya 146	Andrew Sakakura 173
Chandler James 18			Michael Auerbach 172
Danica Tamura 18	Eight-Year-Old - 9" Hoop	Ten-Year-Old Midget Lower	
	Jeffrey Kamo 125	Justin Lee 165	Chelsea Nakano 167
Six-Year-Old	Ryan Omura 122	Michael Tomura 154	Mallory Romero 158
Michael Sun 138	Greg Lum 121	Matthew Duenes 141	Lani Okuda 155
Jonathan Klingsmann 135			
Koby Otsuka 132	Kara Shimasaki 144	Jennifer Quan 172	Fourteen-Year-Old
	Leigh Ann Kamifuji 135	Tess Soper 144	Matt Sakurao 173
Bayley Hagino 128	Kendall Ota 121	Samantha Sudoku 137	Kyle Chan 159
Karly Bokosky 112			Garrett James 153
Samantha Marquez 97	Nine-Year-Old - 9" Hoop	Eleven-Year-Old	
	Ryan Priddy 155	Cody Sakurao 172	Melissa Pliss 159
Seven-Year-Old Tinkos	Steven Hardy 143	Casey Nielsen 160	Erika Braesch 141
Matthew Yamada 159	Darren Kusumoto 140	JJ James 159	Melissa Koga 118
Matthew Iida 148			
Scott Arima 128	Nine-Year-Old - 10" Hoop	Kaitlyn Shimazaki 158	
	Blake Auerbach 165	Holly Kamo 157	
Seven-Year-Old - 8" Hoop	Brady Quon 152	Chelsea Howell 150	
Jordan Woo 106	Grant Nishida 149		
Cody Kawashima 105	Michael Chan 149	Twelve-Year-Old	
Connor Kubo 102		Spencer Lee 183	
	Danielle Nguyen 155	Jordan Hamamoto 179	
Jade Santos 105	Jasmine Santos 146	Austin Quon 175	
Kara Ito 91	Caitlin Hamada 140		
Kristy Omura 89			



Rotarian of the Year

This year, our very own **Howard Kunihiro** was named "Rotarian of the Year." He is being honored at a special dinner on Saturday, April 3 by The Rotary Club of Garden Grove. The Rotary Club honors three individuals each year who exemplify the Rotary motto of "Service above Self."

Congratulations, Doc!



Optimist of the Year-2001-2003

by **Judy James**, Past OCO President

Many of you may not realize that we honor one member of our club as "Optimist of the Year"! This honor is presented at our Installation Banquet! Well, during my term as President...we sure had a lot of ups and downs. Shortly after my first year as President was over, we had the tragic loss of our dear friend **Linda Kimoto**. We were at such a great loss and during our grieving period we decided to cancel the

Installation Banquet for that first year. The "ups" that occurred during my term was the overwhelming support that all of you gave me and "OCO" during the bad times!! Well, after my first year, I had selected a member as my Optimist of the Year, but since we didn't have an installation banquet...that selection was put on a back burner...we had to wait an additional year to honor this person! My selection for "Optimist of the Year" for the 2001-2003 years was none other than **Mitch Okuda**! Mitch is someone who always steps up!! He always volunteers to help out and never thinks twice about it! He's someone you can depend on through thick and thin. Whenever I called out for help, the first person to respond to me was Mitch! His matter-of-fact personality tells you exactly what you get with Mitch . . . no lies, no deceit...just the plain truth! The dedication that he demonstrates in everything that he takes on is a reflection of his character! Mitch wasn't too sure about OCO when he first joined, but I know that he has embraced OCO into his life and OCO is very fortunate to have him as a member. Congratulations, again, Mitch, on your award!

OCO Visions Program

"I can make the world a better place by . . ."

"Visions," a program sponsored by OCO, provides an opportunity for students affiliated with OCO to use their creative talents by expressing themselves through their own original works. This year's theme was, "I can make the world a better place by . . ."

Awards were presented at the last General Meeting to the following winners:

Visual Arts Category:

First Place: Kara Ito
Second Place: Tia Tanaka
Second Place: Koby Otsuka
Third Place: Jarod Yoshihara

First Place: Jade Santos
Second Place: Masa Ito
Third Place: Blake Auerbach

First Place: Michelle Yamasaki
Second Place: Jordan Koga
Third Place: Justin Kamiya

Literature Category:

First Place: Amy Yoshinaga
Second Place: Emily Yoshinaga
Third Place: RJ Simmons

First Place: Noelani Vilorio
Second Place; Olivia Greenwood
Third Place: Jackie Tambara
Third Place: Riann Simmonds

First Place: Garrett Yamasaki
Second Place: Matthew Sakurao
Third Place: Kyle Chan

Check out the OCO Website: www.ocoyouth.org

Orange Coast Optimist is affiliated with Optimist International, a world-renowned organization. Optimist clubs throughout the world are dedicated to the scholastic, physical, moral, and civic development of the youths in every community.

Jabber from the Editor

There is so much "change" going on, at times it is overwhelming. In work, technology, people...all around us things keep changing. In my life, I often refer to this change as stress! I know that I just wish that the change would just slow down, since I have come to realize that it isn't going away.

I'm told that instead of behaving in ways that actually create stress for ourselves, we need to get better at adapting. If we can't change the situation, we can at least make big changes in the way we handle them.

Hope you have a better handle on life than I do!

Stacey Yoshinaga

Photographs provided by **Teddy Matsumoto**.

Interested in contributing to the *Rak Kan News*?
Please contact Stacey at AllyAmy@worldnet.att.net.



Orange Coast Optimist Club

Newsletter
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