



COWBELL

MEETS FIRST AND THIRD FRIDAYS NOON AT 4055 INTERNATIONAL PLAZA

Affiliated with OPTIMIST INTERNATIONAL, TEXHOMA DISTRICT,

ZONE 5, CLUB # 38170

VOLUME:LXXXV, #6, 2024-2025

March 10, 2025

MARCH

Friday, March 7, 2025 – NOON LUNCHEON, International Plaza, Program: **TCU Head Football Coach Sonny Dykes** *As Charlie Carminati would say: "This is a blockbuster program! Bring the popcorn!"* Way to go Jeff aka Program Chair.

Sunday, March 9, 2025 – Daylight Savings Time Begins (spring forward)

Friday, March 14, 2025 – NOON LUNCHEON, International Plaza, Program: **Presentation of TCC Scholarships**, Board meeting immediately following the luncheon

Monday, March 17, 2025 – ST. PATRICK'S DAY

Monday, March 17 – Friday, March 21, 2025 – FWISD SPRING BREAK

April



Friday, April 11, 2025 – NOON LUNCHEON Program: TBD

Friday, April 18, 2025 – GOOD FRIDAY

Sunday, April 20, 2025 – EASTER SUNDAY

Friday, April 25, 2025 – NOON LUNCHEON Program: TBD, Board meeting immediately following luncheon

PRESIDENT'S ARTICLE

By President Jimmy Henderson

Dear Optimist Club Members,

As we find ourselves halfway through the year, the vibrant season of spring is upon us, bringing with it a sense of renewal and growth. This time of year serves as a beautiful reminder that even with the coldest winters, new life always emerges. As your president, I'm encouraged by the progress we've made and the bright future that lies ahead for our club.

Let's take this season as an opportunity to refresh our spirits and continue pushing forward with optimism and enthusiasm. We've accomplished so much together, and there's still so much more we can achieve. Whether it's through projects, supporting local youth, or simply being there for each other, every small step we take makes a big difference. Keep your heads up and your hearts full of hope. Together, we'll continue to make a positive impact in our community.

Yours in optimism,

Jimmy Henderson

FORT WORTH CITY COUNCIL MEETING, FEBRUARY 25, 2025

City Councilwoman Elizabeth Beck presented OCFW member Tommy Janes with a Special Recognition for his "Lifelong Commitment to Serving Fort Worth's Youth". Elizabeth was made aware of Tommy's commitment to youth through his service as a teacher, principal, Optimist coach and sports director by two of Tommy's former students: Randall Moore, Elizabeth Beck's uncle, and Jimmy Edmondson. Former students, teachers who taught for Tommy when he was a principal, family members, friends and Optimists were in attendance for the presentation. One childhood friend drove in from Austin to attend; a former student drove from New Mexico and others came from various parts of the metroplex. Tommy was humbled and thrilled by the presentation and support from all and received a standing ovation. Well deserved.



Tommy with members of the Optimist Club of Fort Worth



The Tommy Janes Family



Tommy with Randall Moore & Jimmy Edmondson

OCFW NOON LUNCHEON, FRIDAY, FEBRUARY 28, 2025

Program: Essay Contest Winners

Jeff Norman, TexHoma District Zone 5 Lt. Governor, recently returned from the TexHoma district meeting in Duncan, Oklahoma. Our club, the Optimist Club of Fort Worth, was recognized as an Honor Club, the only Honor Club in the TexHoma District for 2023-2024 Optimist year. Jeff was recognized as the Outstanding Lt. Governor; Judi Janes received a certificate for serving as the secretary of an honor club; Ron Gamill received a certificate for serving as the treasurer of an honor club and Fred Antonini received a certificate for serving as president of an honor club. Each also received an Optimist lanyard.



JEFF NORMAN, JUDI JANES, RON GAMILL

Jeff Norman was chairman of the essay committee this year. Optimist International provides a specific topic each year along with contest rules and guidelines. At the club level, 1st, 2nd, and 3rd place winners are presented medallions. The OCFW also presents cash awards to the winners: 1st - \$700, 2nd - 500, and 3rd - \$250. The 1st place winner from each club progresses to the district competition where they compete for a \$2500 scholarship. The official topic this year is: "How Optimism Has Paved My Road to Success". Twenty essays were submitted with the majority coming from South Hills High School. Special thanks to judges Carson Meinen, Tracy Allen and Judi Janes and to chairman Jeff Norman.



Karen Hernandez -2nd

Sofia Muniz – 1st

Hannah Shipman – 2nd



*Back Row: Ms. Muniz (Parent), Annette Smith (SHHS teacher) Jeff Norman Ed Meinen (Paschal Liaison)
Front Row: Karen Janes Moser (SHHS Liaison), Karen Hernandez (SHHS), Sofia Muniz (SHHS), Hannah Shipman (Paschal)*

JUNIOR OPTIMIST CLUB SOCCER CHAMPIONSHIP

Saturday, March 8, 2025, Junior Optimist Club Soccer semi-finals and championship games were played at Diamond Hill/Jarvis High School on a beautiful spring-like day. Lots of great soccer play and players while parents, family members and friends filled the stands and lawn chairs. M. H. Moore ES won the championship. It was the first soccer championship in 18 seasons for the Moore coach, Jose Ramirez. Congratulations!



M.H. MOORE TEAM TROPHY

TOMMY JANES, STEVE McCOY, NANCE TEACHER, NICK RENTERIA'S WIFE

1ST AND 2ND PLACE TEAM PLAYERS

RECEIVE INDIVIDUAL TROPHIES

OCFW NOON LUNCHEON, FRIDAY, MARCH 7, 2025

Program: TCU HEAD FOOTBALL COACH SONNY DYKES

Program chair Jeff Norman brought another "blockbuster" program. TCU Head Football Coach Sonny Dykes joined us for lunch and brought us up to date on TCU football. Coach Dykes began his coaching career in Monihans HS and has now coached nearly thirty years in college football programs. College football players are extremely disciplined working out 4.5 – 5 hours a day, attending class and study hall. The transfer portal has brought a whole new dimension to college sports. Coach Dykes tries to build relationships with his players. He stated that 6% of the college players who go to the NFL will only play one game. Only 1.5% will actually have a career in the NFL. So, when a player is considering transferring, he will encourage the player to stay if he is close to graduation or encourage him to leave if all he really wants to do is play football! Real World Advice!

Several guests joined us including: Tom Sisolak, Lane Greener (guests of the Hunts), Alison Norman (Jeff's daughter), Mary Dale Headrick (Terry's sister-in-law), Bob Francis (guest of Tommy Janes), James Boudloche and Ethan Pitts (Paul's grandsons).

Note from Tommy Janes: One of Coach Dykes' coaching stops was as an assistant coach at Richardson J.J. Pearce High School. J.J. Pearce is the same school where our son Matt coached and taught for five years. Small world.



COACH SONNY DYKES



FROG DAD CHRIS GASCA



JAMES BOUDLOCHE PAUL BOUDLOCHE ETHAN PITTS

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 of your friends feel that there is something in them.

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

To think only of the best, 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.



Optimist
INTERNATIONAL

Optimist Club of Fort Worth
Texas

2024-2025

CLUB OFFICERS/BOARD OF DIRECTORS

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Judi Janes, Editor

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