



The Bird's I-View



Volume 3, Issue 4

Friend of Youth!

April 2018

Carolina Cardinals Optimist Club * PO Box 1013 * Kannapolis, North Carolina 28082 * 704-491-7979

STREET CLEANING TIME

April 14 - 28 has been designated as **Litter Sweep North Carolina** by the NCDOT.

It is part of the NCDOT's Biannual Cleanup Drive.

We received a poster from them to advertise this event throughout the communities in which we live.

This would be a great time for the Carolina Cardinal Optimist Club to do our cleanup of The Plaza. If we do, we get a certificate from the NCDOT for participating.

Since we are not having a meeting this month, this would be a great opportunity for us to still get together and see each other while doing one of our 4 cleanups for the 2018 year.

Please get in touch with Secretary, Bobbi Hague, and let her know what date is good for you so that she can order the supplies. Need to know by April 10th so we have time to place our order for supplies from NCDOT.

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For more information, you may go to the North Carolina Department of Transportation's website at: www.ncdot.gov/littersweep or you may call them at 800-331-5864.



LITTERSWEEP!

DISTRICT CONFERENCE

The 3rd Quarter District meeting will be near Hendersonville, NC at the **Mountain Inn & Suites in Flat Rock**. The address is **755 Upward Road** and we hope more people will be able to join us. The **Oratorical & Essay** winners will be presented at that time. See more info below.

The date is **April 28th**.

ESSAY WINNER

The local winner of our Optimist Club Essay Contest is **Abigail Nelson** from Hendersonville. She wins \$100. Unfortunately, she was not the finalist for the District, but we congratulate her on her local win.

CONGRATULATIONS!!

Monthly Meeting

(Please note day change)

Our next meeting will be on **Wednesday, May 2nd at 6:30pm** in the community room of IKEA. There will be **NO** April meeting because IKEA needs the space for their **Spring Break** activities. Take the grandkids and go over to **IKEA** and check out some of the great things they have planned that will include door prizes and discounts at their cafeteria.

CONTACT INFORMATION

For more info, contact:

President:

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Check us out on Facebook at:

www.Facebook.com/ccoc2016

Website: www.ccoc2016.org

ORATORICAL CONTEST

The District Oratorical contest will be held on **Saturday, April 28th** at **Kangua Conference Center** in Hendersonville, NC. **Address:** **130 Kanuga Chapel Drive** www.kanuga.org. Right now it is scheduled to be held after dinner (around 7pm).

We are trying to get it changed back to after lunch like it has been in the past. That way no one would have to worry about driving home so late at night or having to spend the night.

I will keep you posted as to what is finally decided.

Contact District Oratorical Chairperson, **Bobbi Hague at 980-202-1949**.



Elections will now be held in May since we are not having an April meeting. This will also give members time to bring their dues up to a current status. You must be up to date in the 2017-2018 year to be considered in good standing. This would entitle you to be able to run for an office and to vote. Just a reminder that our year runs from **Oct. 1st to Sept. 30th**.

Start thinking about what role you would like to play in the life of our Optimist Club. We will need the **President, Secretary and Treasurer**.

There will also be appointed positions. Historian/Photographer, Sergeant-at-Arms, JOI Club Advisor and Corresponding Secretary.

If you currently hold a position, please let the Board know if you are still interested in maintaining it, or would like to be considered for something else. We will be taking nominations through April 30th. Thanks.



Happy Birthdays for APRIL!

2 Bernard Parker
30 Bobbi Hague



Our partner school, **Briarwood Academy**, will be sponsoring a Carnival on Saturday, **April 7th** from **2pm to 7pm** at the site of the old Eastland Mall. It is located at the corner of Central Avenue & Albemarle Road and is called the **Open Air Market**. There will be rides, bounce houses, games, food and fun for the entire family. There will be talent competitions for prizes. Contact Coach Slade if you would like to be a vendor and set up a table. Good time to clean out the closets, attic, basement or garage and make some money.

Let's come out and support our school!

The Optimist Club had discussed having a booth and selling popcorn, snow cones and cotton candy, but we did not get buy in from enough people to pursue this. We are looking at selling these items during the races at Charlotte Motor Speedway in May, but again, we will need volunteers to man the booth. Think about it.

TO YOUR HEALTH

Japanese Water Therapy

According to Japanese tradition, water therapy can be used as a natural treatment for diabetes, gastritis, headache, asthma, bronchitis, arthritis, epilepsy, heart problems, tuberculosis, kidney and urine diseases, diarrhea, vomiting, constipation, hemorrhoids, eye diseases, ear nose and throat diseases, problems with the uterus, cancer and menstrual disorders.

The practice should be performed first thing in the morning.

1. Before brushing your teeth, drink 640 ml (4 glasses of 160 ml) of water. Ideally, the water shouldn't contain fluoride.
2. Brush and clean your mouth, but don't eat or drink anything for another 45 minutes.
3. Have your breakfast as normal
4. After breakfast, don't eat anything for 2 hours.

According to the original Japanese tradition, the water should be slightly warm, and not cold or room temperature. In the Far East, people usually don't drink cold water with their meals. Instead, warm tea is offered.

How Often You Should Drink Water on an Empty Stomach

According to the Japanese tradition, the practice of drinking water on an empty stomach should be done regularly and different time frames are predicted to treat, improve or control different conditions:

High blood pressure – 30 days
Diabetes – 30 days
Gastritis – 10 days

Constipation – 10 days
Tuberculosis – 90 days
Cancer – 180 days

People who suffer from arthritis should do the therapy for only three days in their first week, and then progress to a daily treatment.

It is suggested that if you initially struggle to drink such a large amount of fluids first thing in the morning, start with a smaller amount and then gradually increase to 4 glasses.

PS: I started 2 weeks ago and have noticed a big difference in my cravings for sweets and have lost a couple pounds. I have only gotten up to 2 glasses in the morning before eating, but I am working towards 4 glasses. It's worth a try. It can't hurt since our bodies need the hydration.