



PRESIDENT - Dave Cochrane

### Greetings

The month of November brings us two days that we celebrate in our Country, Veterans Day and Thanksgiving Day. Both of these days give us pause to celebrate Gratitude. Gratitude by definition is the quality of being thankful; readiness to show appreciation for and to return kindness.

We are grateful to all of those Veterans who served their Country, those who died and those who are living.

We are grateful for all that we have been given in the quality of life we have in this Country. As Optimists we thank God every week for all our blessings before our meal. "We should certainly count our blessings, but we should also make our blessings count." (Neal A. Maxwell) Participating in the Optimist club is one way of contributing.

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There is a story of identical twins. One was a hope-filled optimist. "Everything is coming up roses!" he would say. The other twin was a sad and hopeless pessimist. He thought that Murphy, as in Murphy's Law, was an optimist. The worried parents of the boys brought them to the local psychologist.

He suggested to the parents a plan to balance the twins' personalities. "On their next birthday, put them in separate rooms to open their gifts. Give the pessimist the best toys you can afford, and give the optimist a box of manure." The parents followed these instructions and carefully observed the results.

When they peeked in on the pessimist, they heard him audibly complaining, "I don't like the color of this computer. I'll bet this calculator will break . . . I don't like the game . . . I know someone who's got a bigger toy car than this . . ."

Tiptoeing across the corridor, the parents peeked in and saw their little optimist gleefully throwing the manure up in the air. He was giggling. "You can't fool me! Where there's this much manure, there's got to be a pony!"

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Enjoy every day of November. "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein. (1879-1955)

Dave Cochrane



**Karry Johnson, 11/7**

### Nov. Optimist Anniversaries

*Jan Amys, 7 years*



**SPEAKER CHAIR**  
*Jasmin Burt*

**PRIZE SPONSOR**  
*Scott Sommer*



### PROGRAMS FOR November

#### **November 2**

*Venessa Osborne*

WITC Educational Technology Center Technician

*"Are you Linked In?"*

#### **November 9 - Speaker TBD**

#### **November 16**

*Danna Livingston*

Sex trafficking & Juvenile Conference

#### **November 23rd - Business Meeting**

#### **November 30th**

*Pamela Hegstrom*

Douglas County Humane Society



### Keep in your Thoughts/Prayers



*Congratulations to:*  
*Elizabeth (Amys) Gilbertson*



Assistant Editor *Judy Carlson*

*In Loving Memory of*  
*Merrill Thompson & Bill Downs, Jr.*

## SUPERIOR OPTIMIST CLUB - Board of Director Meeting - October 19, 2016 Draft

Attended by: Dave C., Kaye T., Carolyn N-K., Jan J., Marge C. Scott S.

- I. **Review of September Minutes:** Motion to approve by Kaye, seconded by Marge. Motion carried.
- II. **Correspondence/Announcements** - No new correspondence
- III. **Old Business**
  - A. **Youth Optimists**
    1. Club Member Mentoring - It is important for different Club Members to communicate with the Youth each week.
    2. It was suggested that the Youth Optimists continue to come from SHS for the school year, but contact be made with the Boys and Girls Club to find Youth for the summer months. More "lunch" sponsors will need to be found to accommodate Youth 12 months a year.
  - B. **Meeting schedule** - Previously suggested to be the months of Oct/Jan/Mar/May/July/Aug. and President Dave C. has requested they be scheduled every month.
- IV. **New Business**
  - A. **Funding Requests** - No new requests at this time. It was suggested that Club Members reach out to organizations or people that we feel would meet our criteria and need our help. Carolyn suggested Mrs. Hockenbrock's second grade class as an example. We would ask the organization to write a proposal to explain how our financial support would be used.
  - B. **Merger with Kiwanis** - It was suggested by Kim to invite them to one of our lunch/meetings. But a merger would be hard at this time.
  - C. **Committee Reports**
    1. *Finance:* Colleen reported that we have approximately \$4000 to spend, however, the Youth Optimist Award had not been figured in at that time.
  - D. **Service Projects and Events**
    1. *Spooktacular:* Approximately \$58 was made. It was talked about a change in our location for more business. But it was important to get our name out there at such an event.
    2. *Pancake Breakfast:* Dave Minor had suggested we change our Dragon Boat Pancake Breakfast to a different event, such as "Breakfast with Santa." It was discussed that 2 other groups presently do this event. A suggestion was made to host a breakfast to coincide with the Spooktacular. Perhaps have youth or adults in costumes. An example would be "Breakfast with Darth Vader" or coordinate it with the Library event. More discussion is needed.
- V. **Thanksgiving Card 2016** - Kim will make a collage of pictures from the past year.

NEXT BOARD MEETING: November 16, 2016 at VIP at 1 PM.



### October Jr. Optimists - Sidney Thimm & Jonathon Chicka



Sidney Thimm and Jonathon Chicka were the October Youth Optimists. Both are Juniors at SHS.

Jonathon is involved in cross-country, archery, the Spartan Spin newspaper. He is also involved in Boy Scout Troop 213. His father works at the Metropolitan Institute Council and his mother is the involvement coordinator at Four Corners. He has one brother at SMS. He plans to attend college and major in Mechanical Engineering. He hopes someday to work at Cirrus Aircraft in the design department.

Sidney Thimm is involved in the Interact Club, Student Council, volleyball and soccer. Her father is a Douglas County Circuit Court Judge and her mother is a birthing center nurse. She has two sisters, Kearra, who is a senior at SHS and Kenlyn who is in 4th grade.

Sidney and Jonathon will be eligible to apply for the Youth Optimist scholarship and service award.

## *Reflections: by Jasmin Burt*

"Taking time to do nothing often brings everything into perspective" Doe Zantamata

Before I get started, I want to express that I'm sure many husbands and fathers out there lead the same crazy busy lives that we do.

Why is it that we find it difficult to make time for ourselves? Do we feel we don't deserve it? Or, maybe it's the guilt of not being a mom 100% of the time. Either way, I know I'm not the only one out there who finds this difficult. As parents, we are pulled in so many directions that keeping it all straight is a challenge in itself.

The month of October brought many things. I found myself in the Upper Peninsula of Michigan a couple of weeks ago. It was a journey I couldn't wait to take, but yet I stressed about. Why do we do that to ourselves? I worried about the money, the time I'd be away from the family and my job, and the added responsibilities my husband was about to take on. It was beautiful, to say the least. Connecting with old friends was just what I needed. Hearing the waves crash against the shore in the mornings allowed me to think and not think. I don't remember the last time I sat and listened to the sounds of nature and smelled the fresh air. I left feeling so relaxed that I wondered why I find it so difficult to make time for myself. My kids were fine. My husband was fine. And, I was fine. Possibly better than fine.

It's been a couple of weeks, and I'm back to life as usual. I find myself overbooked at work and trying to keep sports schedules straight. In the mix of all this I lost a family member. I once heard someone say that we often find ourselves giving so much to others that we forget to give to ourselves. Again, I ask why is that? Life is too short to not make a little time for yourself.

A friend asked me this afternoon if I wanted to go with her to the Passport "Ladies Day Out" Shop Hop. Without a doubt, in my mind, I said absolutely. I could, for a minute, hear the waves crashing on the shore of Lake Superior again. Ladies make that time for yourselves. You will be and feel like a better person. I know I do.

"Make yourself a priority once in a while. It's not selfish. It's necessary." sun-gazing.com



### **2015- 2016 YOUTH OPTIMIST AWARD WINNER - KEARRA THIMM**

Kearra Thimm was the winner of the 2015-2016 Youth Optimist Award. She received a \$250 scholarship and a \$750 service award. For her service award, Kearra chose the SHS Athletic Dept. Kearra has chosen this money be set aside for education of prevention of ACL injuries. Trainer, Mike Gogolin, accepted this award. He stated that this will greatly benefit SHS and the athletes.

With the addition of the new turf fields at the High School, ACL injuries may increase. Kearra tore her ACL during her junior year playing soccer, and hopes that with the help of this program, it may prevent an athlete from having this season ending injury.

Mike Gogolin briefly outlined the program, stating that certain stretching exercises and the importance of wearing the right shoes will be part of his education program.

With the help of Kearra's donation, this prevention program can reach coaches, athletes and parents.



# Optimist Creed

## Promise Yourself

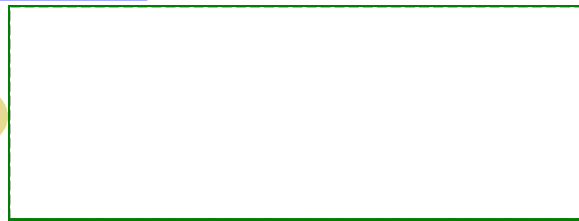
- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to 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.

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Our website: [www.superioroptimist.org](http://www.superioroptimist.org)

**CHECK US OUT**



*The Superior Optimist Club fosters positive fellowship and community awareness to inspire and support youth.*

## Mission Statement

Superior Optimist Club  
P.O. Box 1143  
Superior, WI 54880

