



## Inside this issue

- President’s Article ..... 1
- Upcoming Programs ..... 1
- Our Mission, Vision, Values ..... 2
- Editor’s Thoughts ..... 2
- Our Website..... 2
- Our Board of Directors ..... 3
- Quotes to Ponder ..... 3
- Our Voices of Optimism Book ..... 3
- Leadership Lessons  
  Learned Seminars ..... 4
- Our Book Discussion Groups ..... 4
- Our Civic Education  
  & Engagement Committee ..... 5
- Our Character Education  
  & Development Committee ..... 5
- Membership ..... 6
- My Why ..... 6
- Welcome New Members ..... 6
- Youth Programs ..... 7
- Member Caryn Sullivan’s Book ... 7
- Member Don Craighead Passing .. 7
- Suburban Ramsey Emergency  
  Coalition Update ..... 7
- February 12 – A Special Day..... 8
- One Word That Will  
  Change Your Live ..... 9
- The Optimist Creed ..... 10
- Reflections on the second promise  
  of the Optimist Creed ..... 10

## Happy New Year

Welcome to 2021. Each New Year offers us the opportunity to dream, to plan, to establish new goals, and make resolutions for improvement. We can be optimistic about the New Year or we can be pessimistic. The research indicates that we live longer, live happier and have less stress if we are positive rather than negative.



Terry Gorman, President

Optimists look at the New Year as opportunities. 2021 presents an opportunity to continue to grow and expand our services. We welcome those individuals who identify with our mission, values, and vision. We are the largest club in our three-state District and have become a highly respected and exemplary Optimist Club with Optimist International. Our purpose is to practice and exhibit positive thinking and to fulfill our mission of services to our members, youth, and community.

Each and every member of our group is important. Your interest in and commitment to invest your time in our Optimist group is greatly appreciated. We value your membership and wish you the very best for a year of good health, jobs, business success and fulfillment, and the development of new opportunities.

Yours in optimism, *Terry*

### Upcoming Programs

#### February 12 Dr. Booker Hodges

Dr. Hodges is Minnesota’s Assistant Commissioner of Public Safety where he oversees and is responsible for over 1400 employees and a budget over 200 million dollars. He oversees the Minnesota State Patrol, The Bureau of Criminal Apprehension, and Minnesota Alcohol and Gambling Enforcement.

**Theme: “Unconscious Bias and Leadership Lessons Learned in a Career of Law Enforcement”**

#### March 12 Michael Gregory

Mike is a specialist in conflict resolution and a high energy, entertaining, and impactful speaker. A member of the National Speakers Association, Mike is the author of 12 books – his latest **The Collaboration Effect** is designed for leaders to be more productive, collaborative, and overcome conflicts with others in work, home and life.

**Theme: “Collaboration During Turbulent Times”**

### Roseville Area Optimist Club

700 Rosedale Tower  
1700 Highway 36 West  
Roseville, MN 55113-4015

[www.rosevilleareaoptimistclub.com](http://www.rosevilleareaoptimistclub.com)

## Our Mission

To bring out the best in our youth, our community, and ourselves by providing hope and positive vision.

## Our Vision

Optimists will be recognized as the premier volunteer organization that values all children and helps develop their full potential. Our vision also includes to grow in size, service and stature.

## Our Values

### Optimism

We believe in the power of optimism and positive thinking, the purposes of Optimists International and the Optimist Creed.

### Youth

We believe that the future of our communities and our society are in the hands of today's youth.

### Community

We believe in community service and the positive impact that civic and volunteer organizations bring to our community.

### Personal and Leadership Development

We believe in lifelong learning and are each challenged to continue to increase our knowledge and skills and to foster positive attitudes.

### Every Member is Important

We believe that each and every member is important to our organization and that one person can make a significant difference.

### Professional Relationships

We believe in the value and impact of developing positive professional relationships and the positive synergy and results that come from positive thinking people meeting with other positive thinking people.

### Excellence and Quality in the Delivery Our Programs and Services

We believe that service is the reason for our being and strive to deliver quality programs and services in a highly professional manner.

### Fiscal Responsibility

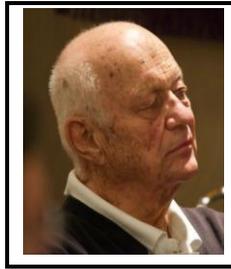
We believe that fiscal responsibility and the prudent stewardship of our financial resources is key to our credibility and stability.

### Diversity

We believe in the positive value of diversity within our membership.

### Adapting to Change

We believe that our organization must continually adapt to the changing needs and wants of our members – but not to compromise our mission, purposes, vision, and values.



## Fellow Optimist Members:

### *“The Slight Edge”*

The study of ‘The Power of the Slight Edge’ is fascinating.

What takes highly talented and successful people to the very highest level of performance? Skills and luck are key factors to success but top performers have something special – ‘The Power of the Slight Edge.’

Many will attest that The Slight Edge is a mindset – a fine-tuned positive mental attitude. Jeff Olson in his book **The Slight Edge** says The Slight Edge is the secret ingredient, the philosophy, the attitude behind the action.

I strongly believe that our Optimist Group provides each of us the inspiration and recommended resources that can contribute significantly to the mindset of ‘The Slight Edge.’

As Charlie ‘Tremendous’ Jones, noted author and speaker has said, *“You are today where you’ll be in five years from now except for the people you meet and the books you read.”*

Best wishes for a healthy, fulfilling and high impact 2021.

*Don*

Don Salverda  
Past President  
Newsletter Editor

## Our WEBSITE – A valuable resource!

Thanks to Scott Plum for creating and maintaining our group’s website:

[RosevilleAreaOptimistClub.com](http://RosevilleAreaOptimistClub.com)

We have over 30 presentations of previous speakers.

Each presentation provides great information and is Inspirational!

## Quotes to Ponder

**“Ask not what the country can do for you – ask what you can do for your country. Ask not what America will do for you, but what together we can do for the freedom of man.”**

John Kennedy in his Inaugural Address in 1961

**“You will never be able to master every aspect of life. Instead, why not go after the few among the many: The few that will make the most difference. Always be in search of those few things that make the most difference.”**

Jim Rohn, Author – Motivational Speaker  
The Five Major Pieces to the Life Puzzle

**“To claim one’s place at the fire means to live one’s life on purpose. We believe that the second half of life offers us unique opportunities for growing whole, not old.”**

Richard Leider – Author  
Claiming Your Place At The Fire  
(Living the Second Half of Your Life On Purpose)

**“One of the most common characteristics of a person who is nearing the first half is that unquenchable desire to move from success to significance.”**

Half Time (Changing Your Game Plan from Success to Significance) by Bob Buford

**“Whatever you’re going through, there is wisdom from the stoics that can help. Organized along the lines of the Three Disciplines (perception, action, and will) and then divided into important themes within those disciplines, you’ll find that each month will stress a particular trait and each day will offer a new way to think or act.”**

The Daily Stoic (366 Meditations on Wisdom, Perseverance, and the Art of Living) by Ryan Holiday

**“For over twenty years my research has shown that the view you adopt for yourself profoundly affects the way you lead your life. The growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Everyone can change and grow through application and experience.”**

Mindset: The New Psychology of Success  
(How We Can Learn To Fulfill Our Potential)  
by Carol Dweck, Ph.D.

**“To maintain usefulness as a teacher, a leader must always continue to learn, become a voracious reader, seek information, knowledge and experience from every available medium.”**

Theodore Roosevelt On Leadership  
(Executive Lessons From the Bully Pulpit)  
James Strock – Author

**“Thriving in 24/7 is an attempt to provide some concrete answers to common dilemmas. It focuses on uncovering the new rules of the game as they affect our everyday lives, and on identifying the skills, talents, attitudes and understanding that will best prepare us to flourish in the years ahead.”**

Sally Helgesen, Author – Thriving in 24/7  
(Six Strategies For Taming the New World of Work)

**“What leaders want from their leaders are:**

- 1) **Purpose, direction, or meaning**
- 2) **Trust**
- 3) **A sense of we-can-do-it optimism**
- 4) **Results.”**

Managing People is Like Herding Cats  
By Dr. Warren Bennis, Author and Leadership Icon

**“Attitudes, because they are habits of thought, do not happen overnight. You will not change them with one attempt, so be patient and give yourself time to absorb enough new positive input to make the desired change.”**

Paul J. Meyer  
Founder of Success Motivation Institute  
Author – Unlocking Your Legacy

## Our Board of Directors

<b>President</b>	Terry Gorman	651-955-7072 <a href="mailto:Gorman1745@gmail.com">Gorman1745@gmail.com</a>
<b>Past President</b>	Don Salverda	651-484-1335 <a href="mailto:donsalverda@hotmail.com">donsalverda@hotmail.com</a>
<b>Secretary</b> (Acting)	Craig Waldron	612-961-7443 <a href="mailto:waldronco@gmail.com">waldronco@gmail.com</a>
<b>Treasurer</b>	Zola Burns	651-604-3145 <a href="mailto:zburns@gausman.com">zburns@gausman.com</a>
<b>Directors:</b>	Kevin Keenan	651-470-4489 <a href="mailto:Kevinkeenan00@gmail.com">Kevinkeenan00@gmail.com</a>
	Lynne Megan	651-489-2595 <a href="mailto:lmegan@TSE-Inc.org">lmegan@TSE-Inc.org</a>
	Karen Schaub	651-604-3502 <a href="mailto:Karen.schaub@isd623.org">Karen.schaub@isd623.org</a>
	Dave Bartholomay	612-868-7203 <a href="mailto:theleadershipgrowthgroup@gmail.com">theleadershipgrowthgroup@gmail.com</a>
	Patty Sagert	651-270-8618 <a href="mailto:pattysagert@rasmussen.edu">pattysagert@rasmussen.edu</a>
	David McKnight	612-990-6604 <a href="mailto:mcknightgroup@yahoo.com">mcknightgroup@yahoo.com</a>
<b>Honorary Director</b>	Mary Jo McGuire	651-331-1366 <a href="mailto:maryjo.mcguire@ramsey.mn.us">maryjo.mcguire@ramsey.mn.us</a>

## Our Voices of Optimism Book

In this book 69 members and guest speakers from our club contribute a story from their life experiences. Each story is relevant to readers of all ages to uplift and inspire.

The book makes an inspirational and valuable special gift.

One of our members provided 75 copies, one for each of his employees.

To obtain copies, go to our website at  
[www.rosevilleareaoptimistclub.com](http://www.rosevilleareaoptimistclub.com)

The price is \$15, includes mailing costs.

## Leadership Lessons Learned Seminars

Many of our Optimist members have exceptional backgrounds in leadership. A number have authored books and regularly provide speeches, seminars, and workshops to a variety of clients and audiences.

Recognizing the experiences, talents, and wisdom within our membership, the Roseville Area Optimist Club provides *for our members from our members – a series of **Leadership Lessons Learned Seminars***.

The sessions provide excellent opportunities to learn and challenge each other, to become better acquainted, and to make valuable connections.

The sessions are held from 2:00 – 3:30 PM the same day as our Optimist meetings. We are currently doing virtual (ZOOM) meetings.

### **Upcoming Leadership Lessons Learned Sessions:**

- |             |   |
|-------------|---|
| February 12 | <p><b><u>Patty Sagert</u></b><br/> Patty is the Campus Director of Rasmussen College, Lake Elmo Campus. She earned a Master of Arts Degree in Organizational Leadership with a focus on Servant Leadership. She has served in leadership roles on a number of boards of directors including TSE where she served as Chair.<br/> <b><u>Her Theme: “The Importance of Servant Leadership”</u></b></p>                   |
| March 12    | <p><b><u>Jo Emerson</u></b><br/> Jo is the Mayor of the City of White Bear Lake and a Past President of the League of Minnesota Cities. Growing up in a military family, Jo lived in a number of locations. She brings a variety of jobs and experiences to her current leadership responsibilities.<br/> <b><u>Her Theme: “The Importance of Civility, Trust, Risk and Other Leadership Lessons Learned”</u></b></p> |

## Our Book Discussion Groups

Our Optimist Club currently has three **Leadership and Personal Development Book Discussion Groups**. Each meets the week following our regular Optimist meeting – from 7:30 – 9:00 AM

**Group I** meets on Fridays - led by Dave Bartholomay

**Group II** meets on Thursdays – led by Kyle Bartholomay

**Group III** meets on Wednesdays – led by Kent Peterson

*If interested, contact Don Salverda at 651-484-1335 or [donsalverda@hotmail.com](mailto:donsalverda@hotmail.com).*

### Recent Books that have been reviewed and discussed:

- 1) **The Five Major Pieces to the Life Puzzle** (By Jim Rohn)
- 2) **The Power of Purpose** (By Richard Leider)
- 3) **Life’s Greatest Lessons** (By Hal Urban)
- 4) **MINDSET** (By Carol Dweck, Ph.D.)

## Our Civic Education & Engagement Committee

One of the country's challenges is that of providing civic education and engagement to our communities. Former Senator Dave Durenberger has said:

*"I've long advocated for more intensive civic education from grade school through college that would reclaim the original purpose of public education, which was the responsibility of citizenship."*

The February 2020 Editorial of the Minneapolis Star/Tribune was titled "Strengthening Civics Education" states:

*"Most surveys show the nation's students have minimal knowledge about basic civics and their own local governments." "And that's why efforts to strengthen civics education in Minnesota deserves support."*

Our Optimist Club has formed a special interest committee to raise awareness of the need and to brainstorm possible potential projects or programs for our community.

Mike Ericson, charter member of our group, a retired city administrator and former President of the Minnesota City/County Administrators, is Chair of the committee. Serving with Mike are Assistant Chairs: Craig Waldron, also a former president of the City/County Administrators, Dave Bartholomay, Mayor of the City of Circle Pines and Pat Antonen, City Administrator of the City of Circle Pines.

The group meets monthly. If interested, contact Mike at 651-704-0397 or [maericson@yahoo.com](mailto:maericson@yahoo.com)

## Our Character Education & Development Committee

Another of our country's major challenges is the development of character in our youth and to model character by our adults. Honesty, integrity, trustworthiness, morals, and our virtues of character are the 'Bed Rocks' of our country, healthy communities, and our future.

- 1) Former President Teddy Roosevelt said, ***"To educate a person in mind and not in morals is to educate a menace to society."***
- 2) Dr. Thomas Lickona, a national leader in the character education movement in his book Character Matters, says ***"For most of our nation's history, character education was at the center of the school's mission."***
- 3) John McCain, former U.S. Senator, wrote a book titled Character is Destiny
- 4) Our October speaker Matt Bostrom, Ph.D., a former Ramsey County Sheriff, in his recent Research concludes ***"Hire For Character – Train for Competence."***

The topic presents a challenging opportunity to spark action leading to advancing character education in the community and our schools.

To address this need and opportunity, our Optimist Group has formed a Character Education and Development Committee. We have held two committee meetings to-date with over 20 members attending each session.

If you are interested in the topic and possible participation in our committee, contact Terry Gorman, President, or Don Salverda, Past President.

## Membership

Membership is the lifeblood of our Optimist group.  
We welcome guests to learn about our Optimist Club.

### Who we are and what we do:

- 1) We're **part of an international organization** whose mission is to provide hope and positive vision by bringing out the best in youth, our communities, and ourselves.
- 2) We hold **monthly meetings** that are informative, relevant, and inspiring, featuring **high quality speakers**.
- 3) We make **new connections** and develop **new friends** who share our optimism, positive thinking, mission, and values.
- 4) We provide the **opportunity to participate** in a variety of programs and projects that further our mission.

## My Why

[Kyle Bartholomay](#) Investment Consultant, US Bank

*“As our youngest member and an eager learner – I soak up the wisdom provided by our speakers and book discussion participants like a sponge. I intend to be an Optimist member for many years.”*

[Jim Collins](#) Owner, Professional Micro Clean LLC

*“As a small business owner – I appreciate the connections I’m making with other business owners and entrepreneurs. Our speakers are outstanding as are our Leadership Lessons Learned Seminars and Book Discussion Groups.”*

[Patty Sagert](#) Lake Elmo Campus Director, Rasmussen College

*“I’m a member for several reasons: First, the opportunity to present an idea that results in a project. An example: Leading recent ‘Parades of Optimism’ tours through long term care facilities facing parking lots; Second, having high quality speakers for my own professional development. Also, so I can preview potential speakers for our college; and Third, the new friendships I’m making.”*

[Julianna Hass](#) Retired HR Regional Manager, FedEx Corporation

*“My WHY is simple. I like the inspiration the speakers provide and I like the members I meet.”*

[Curt Stockford](#) Retired Residential Remodeler  
Former District Governor – Lions International  
Charter Member – Roseville Area Optimists

*“I value the service projects we offer in the community. As a longtime Lions International member, I like the collaboration opportunities to work with other community organizations. The depth and breadth of our speakers will certainly enlighten all of us.”*

## Welcome New Members

### [Amy Peterson](#)

Amy is the Director of Community Development for the City of River Falls, Wisconsin.

### [Travis Suttan](#)

Travis is a Director of Camping and Properties, Northern Star Scouting, Boy Scouts of America.

### [Jim Rathburn](#)

Jim is Owner and President of Meeting The Mission – Consulting Services For Non-Profits.

### [Wayne Salverda](#)

Wayne is the Senior Director of Clinical Services at the National Cooperative RX.

## Youth Programs

- 1) **The Optimist International Essay Contest**  
2020-21 Topic is "Reaching Your Dreams by Choosing Optimism." Essays are due before Saturday, February 13<sup>th</sup>. The Club will select 1st, 2nd and 3rd place winners, awarding \$250, \$150 and \$100 scholarships, respectively. The Club winner will advance to the District contest to compete for a \$2,500 scholarship.
- 2) **The Optimist International Oratorical Contest**  
2020-21 Topic is "Healing the World With Optimism."
- 3) **The Optimist International Communication Contest for the Deaf and Hard of Hearing**  
2020-21 Topic is "Healing the World With Optimism."

### **For information**

Contact Karen Schaub at:  
[Karen.schaub@isd623.org](mailto:Karen.schaub@isd623.org)  
Or call Karen at: 651-604-3502

## Caryn Sullivan Book Available

Caryn Sullivan's presentation at our December Optimist Meeting "Bitter to Better" was well received by our members and guests.

Her award-winning book

### **Bitter to Better**

is available at:

<https://carynmsullivan.com/book/>

## Member Don Craighead's Passing

*Don Craighead passed away peacefully on December 18, 2020 at his home in North Oaks.*

*As CEO of DHC Enterprises, Don was a consultant to industry and education with special emphasis on automaton hardware sales. In 1964 he co-founded Power/Mation, a leading distributor of high-tech automation products.*

*Known as a 'Master Networker,' Don was involved with scores of organizations including Robotics Alley, The Positive Coaching Alliance, Airspace Minnesota, STEM, and the St. Paul Winter Carnival where he was a former West Wind. He received many honors and awards for his services including the St. Paul Chamber of Commerce Small Business Person of the Year.*

*Don was known for his positive attitude. His license plates read ATTI2DE. He will be greatly missed!*

## Suburban Ramsey Coalition Update

**Roseville Area Optimists continue to occupy a crucial seat in the Suburban Ramsey Emergency Coalition. The effects of the pandemic on our neighbors** continues in 2021. The needs remain great and will continue into the foreseeable future. In response the Coalition has extended its existence through 2021 or "as long as the needs exist" within our communities. The St. Paul and Minnesota Foundation has extended our fiscal agent partnership through 2021, and the Coalition has increased its fundraising goal by \$100,000 to \$250,000.

Many thanks to all those who made the Coalition successful in 2020. We raised \$163,035, distributed \$110,107 through 20 grants, all without a single dollar of administrative expense. We continue to receive, review, and award grants to the extent of our financial resources. We have developed a reputation for filling unfunded service gaps and for quick action on requests. We maintain close contact with Ramsey County through Commissioners Fretham and McGuire and with the Suburban Ramsey Family Collaborative to determine where our mission fits with governmental and other non-profit programs. We are currently reaching out to the Faith Community in our area to evaluate where our efforts intersect.

**Roseville Optimists** will continue to play a key role in the Coalition's ongoing efforts! Thank you!

<https://www.suburbanramseycoalition.org>

## February 12 A SPECIAL DAY

February 12 is our monthly Optimist meeting. February 12<sup>th</sup> is also a very special day because it's the birthdate of Abraham Lincoln, recognized by many as the United States greatest President, our most honored and revered President – in history. Lincoln has been written about often by many fine authors.

Two highly recommended Lincoln books are:

1) **Lincoln on Leadership (Executive Strategies For Tough Times)**

by Donald T. Phillips

This is the first book to examine Lincoln's diverse leadership abilities and how they can be applied to today's complex world.

Stephen Covey – Author of **The Seven Habits of Highly Effective People** has said, *"This is an absolutely fascinating, instructional, and inspiring look into the heart, mind, and style of a truly principled-centered leader."*

2) **Team of Rivals (The Political Genius of Abraham Lincoln)**

by Pulitzer Prize Winner Doris Kearns Goodwin

Ms. Goodwin has said *"After living with the subject of Abraham Lincoln for a decade, reading what he himself wrote and what hundreds of others have written about him, following the Arc of his ambition, and assessing the inevitable mixture of human foibles and strengths that make up his temperament, after watching him dealing with the terrible deprivation of his childhood, and the death of his children, and the horror that engulfed the entire nation, I find that after nearly two centuries, this uniquely American story of Abraham Lincoln has unequalled power to captivate the imagination and to inspire emotion."*

**Lincoln's Address at the  
Dedication of the Cemetery at Gettysburg  
November 19, 1863**

Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But, in a larger sense, we can not dedicate — we can not consecrate — we can not hallow — this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us — that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion — that we here highly resolve that these dead shall not have died in vain — that this nation, under God, shall have a new birth of freedom — and that government of the people, by the people, for the people, shall not perish from the earth.

# One Word That Will Change Your Life

A column by Circle Pines Mayor Dave Bartholomay for the Quad Community Press Newspaper (January 28, 2020)

Those who want to become a better person often make New Year's resolutions. But research shows that 80% of those resolutions will 'fail' by mid-February, leaving a person feeling like progress isn't really possible. Other research shows that only 8% of resolutions are successful! Sometimes that's because a person is reaching too far, expecting more discipline than they can deliver, or they may have other pressing needs to be met before they can tackle such a big change.

January 1<sup>st</sup> may seem like a good date to start something new, but how about February 8<sup>th</sup>, or on your birthday, or on any other day of the year? What's the fascination with a 'fresh start' on January 1 when anytime you try to improve yourself it's a good day!

So let's say you are like me and the large percentage of other folks for whom January resolutions have come and gone. Is there hope for us? Is there another day that gives us the opportunity to improve?

The answer is yes – today is that day.

One new idea that works for many is to skip the 'resolution' and instead focus on One Word for the year. Jon Gordon is the author of a tremendous book titled **One Word That Will Change Your Life**. He and his co-authors discovered a better way to become your best and to live a life of impact. Instead of creating endless goals and resolutions, they identify one word that would be their focus and driving force for the year. Anyone, anytime can discover their word for the year. Last year my word was 'grateful' and for 2020 my word is 'aware' as I continue trying to discern how I can best live a life of service.

I've found that making improvements to your life or your community isn't necessarily tied to a particular date or event. Rather, it is about taking small steps and building new habits that come together to make a bigger impact.

First, take a minute to pause your busy life so you can reflect on what it is that you want to accomplish. Can you list your goals and dreams? Can you identify what is holding you back from being the 'best' you can be? Can you think of how you would move beyond those obstacles...would you need to change a habit, start a new career, or find new and more positive, supportive friends?

Next, imagine your 'new self' that accomplishes more of the things on your list. Maybe you're eating a bit better, although still not perfect. Maybe you're walking or riding your bike a bit more often, starting to get into a rhythm. Maybe you've stopped yourself from making snide remarks. Start small – eat one healthier meal, take one walk, bite your tongue just a time or two when you've got nothing positive to add to the conversation. Expect that you will occasionally stumble, but don't let that define you or cause you to give up.

Finally, be alert for the small moments where you can do a good deed and take a positive step forward. Understand that optimism is not about living in a dreamy 'everything is positive' sort of world. Bad things happen to everyone. The key is to acknowledge the pain and then remind yourself that you're a good person, that better things are to come and that staying positive helps! So we start again trying to improve ourselves and our communities.

Each new day reminds us that a better life blossoms by taking time for reflection, striving to continuously improve, serving others, and living with optimism.

# The 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.

## “Reflections on the second promise of the Optimist Creed”

by Dave Bartholomay

**Promise yourself to talk health, happiness and prosperity to every person you meet.**

OK, I can sure see talking health, happiness and prosperity. That's part of being an Optimist – to focus on the positive. But 'to every person you meet?' That may sound a bit over the top for many of us. Do you think the assignment is to go out into the parking lot and accost total strangers? Walk up to them and ask them about their health and wish them happiness? This seems a bit much, even for Minnesota Nice.

But let's take another look at the promise. Let's think about your neighbor who comes to you complaining about the bad breaks of their life or how bad of a manager they have at work. Is it better to say 'yeah, I agree, there's a lot of bad bosses around these days.' Or should you give a positive response, something that can help them move from the bad to the good. To say 'Yeah, sometimes things are tough but you're a good person and I am sure this will turn around for you.'

As Optimists, we need to always carry a positive response and good outlook on life...to live and portray that we are all about good health, happiness and prosperity. And that we want the same for everyone. When people need a lift, they know they can count on us. As Optimists, we strive to keep ourselves positive and ready so that we can each be that beacon of hope for everyone we meet, whenever and wherever that may be.

The truth is that we don't know who we may run into that needs a bit of Optimism to make a real difference in their life. So as part of our Optimist Creed we promise....

***To talk health, happiness and prosperity to every person you meet.***