

Rich - O - Gram

Optimist Club of Richfield, MN Dakotas-Manitoba-Minnesota District Club Number 35125

May 3, 2017
In Today's Spotlight



Adam
Saitek

2nd Harvest

In The Weeks Ahead:

Program:

Today - Adam Saitek

May 10 - Club Business

May 17 - Don Anderson - Trains

May 24 - Cordelia Pierson - MN Environ

Breakfast Supplier:

Today - Tom Eklo

May 10 - Pat Dale

May 17 - Stephanie Mockobee

May 24 - Mike Fogarty



We were privileged to hear from **Teagan McCarty**, a 5th grade student at Richfield STEM School, who along with her team is headed to the International Tournament in LaCrosse, WI in June. They made their winning way through Regional & State in order to compete in the International. The theme for their problem solving at International is "Bio-Security". It requires a rigorous 12 page written packet and a skit to demonstrate their idea. Her mom is attending as a chaperone. We wish them well!

Our speaker last week was **Fritz Herring**, who talked to us about how to overcome stress. In his own way of keeping folks laughing, he told us that **laughing** is a key way to eliminate stress. A 2nd way is to **eliminate worry**, and his 3rd recommendation was to listen to **good music**. Fritz is a master at all three of his ideas, which makes for an interesting presentation.



Great to see member **Dr. Jay Clark** with us. It takes a cancellation from an early morning patient to free him up.

Our best wishes for speedy recovery to John Ashland.

Deanna Whalen advised that we are contracted to run the hot dog stand at Cub Foods on 60th and Nicollet on Memorial Day and the 4th of July. We earn \$150. per day & Cub picks up all expenses.

Flag program Door Hanger delivery this Saturday, May 6. Start at 8AM with coffee/rolls at Bjostad's at 7016 Harriet (across from front door of Richfield High) Then out to deliver our routes! Bring all the helpers you can! We'll go out in pairs.