

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 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 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 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.

Rich - O - Gram

**Optimist Club of Richfield, Minnesota
Dakotas-Manitoba-Minnesota District
Club Number 35125
www.richfieldoptimists.org**

Meeting Date - Oct 24, 2018

In Today's Spotlight . .



**Najla
Ivbrahim**

Diabetes Prevention

**Meeting every Wednesday at 7:30 AM at
Richfield-Bloomington Honda Building
501 West Seventy-Seventh Street
Second Floor
Richfield, MN 55423**

2018-19 President - Deanna Wahlen

2018-19 Treasurer - David Kriesel-Koll

2018-19 First V.P. - Nelson Ward

2018-19 Optimist of the Year -

David Kriesel-Koll

In our 61st year of serving kids

Wahlen's Words of the Week

Life is better when you're laughing!

The end of the attack ads and delicious spaghetti and salad. What could be better ?

Celebrate with your friends after voting !

Richfield Optimist Club presents

Election Day November 6, 2018

Spaghetti Dinner

4 PM to 8 PM

Served at:
Oak Grove Lutheran Church
7045 Lyndale Ave. S.
Richfield, MN 55423



Adults: \$ 8.00 Children under 12: \$4.00

Looking ahead

Spotlight –

November 7 -
November 14 -
November 21 -

Breakfast -

Today - Pat Dale
November 7 - Tom Eklo
November 14 - Mike Fogarty
November 21 - ?

Cleanup -

Today - Dick Swanson
November 7 - Tom Rappe
November 14 - Mike Fogarty
November 21 - ?

Bread Pickup -

Today -
November 7 - Tom Eklo
November 14 - Bill Hannond
November 21 - Tom Eklo



Last week's Speaker Kathleen Westerhaus

She spoke to us about mental illness, with an emphasis on Memory – Short term, Long Term, and working memory.



A bi-polar person, she is writing a book about her experiences.

Tom Rappe reported he took cans to recycling and had a check for \$120. (240 lb @ .50/lb)

Tony Koval was back at club after surgery that he says went well. Glad you're getting better !

Doug Waller noted that he spent last week in Branson, MO with his wife.

John Sells is spending the next two weeks in Florida.

Don Anderson was in Chicago for continuing education and saw the Adler Planetarium

David Kreisel-Koll moved his mother from Pipestone, MN to a home in Mankato, MN

Linda and Mike Stevens were back from a trip to Kansas City & Dallas in their RV. After this honeymoon trip, the RV is headed for winter storage.