

May 5, 2021

**Rich - O - Gram**  
Optimist Club of Richfield, Minnesota  
Dakotas-Manitoba-Minnesota District  
Club Number 35125  
[www.richfieldoptimists.org](http://www.richfieldoptimists.org)

Hello fellow Richfield Optimists,

**WED May 5 - Zoom meeting at 8:00 AM**

**Our guest speaker will be : ?**

**Sign on for Zoom is: <https://us02web.zoom.us/j/81397978974>**

**( Or See e-mail From Mike Sandahl**

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**LAST WEEK** ..... We were treated to hearing from our old friend, **Frank White**. Many of us knew Frank from the many years he spent as our Richfield Recreation Manager – from 1978 until 2010.

Since leaving he has become an author, a member of the MN State High School League Board, and the spearhead of the MN Twins Community Fund, for 22 seasons! A couple of the programs of the fund are, **Fields for Kids**, in which they spend about \$75,000. per year to renovate ballfields. They also help to supply equipment so the kids have gear to play with.

Another program is **18 and under teams**, especially for kids of color and underrepresented kids

Frank wrote his 1<sup>st</sup> book, **They Played for The Love of The Game** and is working on his next called, **The Spirit of the Rondo Athlete**.

Always a proud Grandpa, for years he uplifted his grandson **Royce**, a gifted Basket Ball player. Now he has a granddaughter who is becoming a star athlete, to cheer on!

In a bow to Richfield, he is working to get **George Karnas** recognized to receive the Terry Ryan Award, for his many years of leadership in Richfield baseball.

The **brother of Tony Koval** has passed away due to cancer. Please keep Tony and his extended family in your thoughts and prayers.

See page two for a view of the beautiful trees in front of Richfield High School!



# 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.

