

Rich - O - Gram

Optimist Club of Richfield, MN Dakotas-Manitoba-Minnesota District Club Number 35125
Established - May 8, 1958 - Now in our 64th year of serving Richfield

THIS WEEK:

August 31, 2022

**\$5.00 per member
Coffee & Breakfast**

**Meeting at 7:30 AM at 401 West 70th street
School District Boardroom**

Speaker:

Last week we head from **Mitch Mohs**, owner of Prime Shape Fitness. He talked about the need for fitness in the “over 50” population. He urges a daily workout of 30 minutes and spoke of the part Nutrition plays in prime fitness. He says one must exercise correctly And consistently.

Club News: **Arnie Odefey** reported that **Ruth Swanson** is doing well and has discovered more stuff for the Optimists since Dick’s passing.

Doug Kleist is back from Switzerland. Trip was great!

Don Anderson met with the Prior Lake club to see what they are doing to promote membership.

Mike Sandahl said his son, daughter-in-law & grandkids are visiting From North Carolina.

Tony Koval is scheduled to learn his surgery schedule on Friday 8/26

Assignments for August 31 - Coffee/ John Bjostad Donuts/ Tom Tuttle

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, 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 a smile.

To give so much time to the improvement of yourself 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.