

# HIGHLIGHTS

## Newsletter of the Sunrise Optimist Club

**Celebrating over 50 years of service to Youth & North Topeka!**

We met at the Helping Hands Humane Center, 5720 SW 21<sup>st</sup> street at 6:30 AM.

President Chanc Harris called the meeting to order.

Bob Uphaus and Ben Schreiner had birthdays.

If you know of a college student who is interested in joining our club, let them know that we have discount rates for full-time students.

**Program-**  
A tour of and discussion about the Helping Hands Humane shelter.

**Future Programs-**  
Next week, January 28<sup>th</sup>- Brendon Wyley, Gage Park zoo director.

February 4<sup>th</sup>- Kenny Kessler, Special Agent, US Fish and Wildlife Service.

Kansas District Governor, Dale Fox, has invited us to participate in a "Chili Cook-off" at the district Winter Conference in McPherson on Jan. 24<sup>th</sup> and 25<sup>th</sup>. There is a \$25 entry fee. To learn more about this contact Gary Slimmer.

Our Club Optimist International Oratory contests will be held as follows:

Girls March 4<sup>th</sup>

Boys March 11<sup>th</sup>

The topic this year is "How My Passions Impact the World."

Students must be under the age of 19.

Those who wish to enter should contact Gary Slimmer.

An AARP Smart Driver Course will be held at Pleasant Hill U.M. church

10AM-3PM on Wednesday Feb. 5<sup>th</sup> and Thursday Feb. 6<sup>th</sup>. Upon completion you could receive a discount on car insurance. Contact Gary Slimmer for details.

President's quote- "Faith is taking the first step even when you can't see the whole staircase."

Martin Luther King Jr.

The next Board Meeting will be on February 11<sup>th</sup>.

**INSTRUCTIONS FOR LIFE-** Give people more than they expect and do it cheerfully. Memorize your favorite poem. Don't believe all you hear, spend all you have or sleep all you want. If you say, "I love you," mean it. When you say, "I'm sorry," look the person in the eye. Never laugh at anyone's dreams. Love deeply and passionately. You might get hurt but it's the only way to live life completely. In disagreements, fight fairly. No name calling. Don't judge people by their relatives. Talk slow but think quick. Remember that great love and great achievements involve great risk. When you lose, don't lose the lesson. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions. Don't let a little dispute injure a great friendship. When you realize you've made a mistake, take immediate steps to correct it. Spend some time alone. Open your arms to change, but don't let go of your values. Remember that silence is sometimes the best answer. Read more books and watch less TV. Live a good, honorable life. Then when you get older and think back, you'll get to enjoy it a second time. Trust in God but lock your car. Share your knowledge. It's a way to achieve immortality. Be gentle with the earth. Pray -- there's immeasurable power in it. Approach love and cooking with reckless abandon.

Closed with the creed.

**SUNRISE OPTIMIST**  
  
**NORTH TOPEKA**  
Meetings: Every  
Tuesday 6:45 AM  
720 NW 50<sup>th</sup> St, Topeka