

# HIGHLIGHTS

## Newsletter of the Sunrise Optimist Club

Check us out on the internet: [www.sunriseoptimist.org](http://www.sunriseoptimist.org)

**Christmas to me is a gift from above. A gift of Salvation born of God's Love-**  
Helen Steiner Rice.

Meeting called to order by **Karen Ireland**.

**Kieth Bodine** gave the invocation.  
**Chuck Sodergren** led us in the flag salute.

**Kit Kelley** won the progressive pot,  
**Dennis Richter** won the weekly drawing.  
**Sydney Hayes and Ed Thornburg** had birthdays.

Thanks to **Linda and Bruce Lanning** for preparing breakfast for us all year. We presented them a gift of sincere appreciation.

The Children's Christmas party last Saturday was a huge success. Over 75 kids attended- some from the Topeka Rescue Mission. Thanks to **Heather Williams** for taking pictures and donating the proceeds to the club.

**Nathan Yeoman** was a guest of his dad, Frank.

Thanks to **Lloyd Becker and Kieth Bodine** for heading up the Christmas tree sales. Also thanks to all who helped with the project. **Wes Sturgeon** set the record by working nine different shifts!

We continue to need sponsors for the basketball leagues that start in January. To sponsor a team it costs \$75. Contact Mike Stock.

**The program-- Tina Boles and Pam Banks of the Boys and Girls Club on technology awareness.**

**Future programs:**  
**December 28- Terry Morrow, technology Director of the Seaman district.**

**Jan. 4<sup>th</sup>- A representative from the Topeka Zoo.**

**Jan 11<sup>th</sup>- Justin Hottman, Shawnee County Sheriff's animal control and Student of the month**

**Christmas Gift Ideas-**  
Eight Gifts You Can Give at No Cost:

- 1) The Gift of **Listening**~ but you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just Listen.
- 2) The Gift of **Affection**~ Be generous with appropriate hugs, kisses, pats on the back and hand-holding. Let these small actions demonstrate the love you have for family and friends.
- 3) The Gift of **Laughter**~ Clip cartoons. Share articles and funny stories. Your gift will say, "I Love to Laugh with You."
- 4) The Gift of a **Written Note**~ It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime and may even change a life.
- 5) The Gift of a **Compliment**~ A simple and sincere, "You look great in red", "You did a super job", or "That was a wonderful meal" can make someone's day.
- 6) The Gift of a **Favor**~ Every day, go out of your way to do something kind.
- 7) The Gift of **Solitude**~ There are times when we want nothing better than to be left alone. Be sensitive to those times, and give the gift of solitude to others.
- 8) The Gift of **Cheerful Disposition**~ The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say "Hello" or "Thank You" with a smile!

The best place to get these gifts is at our weekly Sunrise Optimist meetings!

Closed with the Creed



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