

NORTH PERIMETER OPTIMIST CLUB

"Optimists...Bringing Out the Best In Our Youth, The Community, and Ourselves"

NEXT WEEK'S MEETING:

<<<TUESDAY, AUGUST 22nd AT THE BENSON CENTER, 6500 VERNON WOODS DR, SANDY SPRINGS, GA

NEXT WEEK'S SPEAKER

TOM DEETS.. Managing Partner of Sharpshooters, USA. This is all about Guns!...You Don't want to miss it..Tony Clarke

UPCOMING SPEAKERS & EVENTS & PROGRAMS

AUG 25-27: Annual Optimist Convention at the Savannah Marriott

AUG 29: NO MEETING

SEP 5: NO MEETING

SEP 12: Ray Glier, Fourth and Goal Every Day....Bill Comer

SEP 19: Russ Thomas & Gwen Gable Show, featuring Russ & Gwen

SEP 24: Installation Banquet. Location TBA this coming Tuesday.

SEP 26: Rusty Paul, Mayor of Sandy Springs...Bill Comer

OCT 3: NO MEETING

**OCT 10TH: Trisha Thompson, Sandy Springs Council of Neighborhoods
....Bill Comer**

ANNOUNCEMENTS & NOTICES, ETC.

****SEPTEMBER: 1st 1st Friday Alternative, 12,19,26 (No meeting September 5th)**

****Our Sister Club in Rossville needs clothing for elementary children in their community. If you have used clothing or have access to some please let GWEN know. Also, if you want to plan a Saturday day trip to Rossville on September 9th, the club will be sponsoring a Fish Fry from 11 AM until 6 PM at the American Legion.**

LAST WEEK'S ATTENDANCE: 11 MEMBERS

GUESTS: No guest speaker this week

UPCOMING BIRTHDAYS & ANNIVERSARIES

8/25 Karen Romano

8/27 Wayne & Mary Drye

8/30 Ronnie Cavanagh

9/3 Bernie Sanders

9/4 Rick Leigh

9/6 Angela Mashburn

9/8 Dottie Prillaman

9/8 Jim Wolbrink

9/9 Karen Steanson

9/16 Ed May

9/18 Ben Carson

9/19 Joe Pyen

9/27 Phyz Lemmon

9/30 Beth Leigh

LAST WEEK

LAST WEEK'S SPEAKER: JAKE DUFFY, brought his computer and made a video presentation about our FaceBook page. He shared several different pictures and showed those who are not familiar with the format how to access our Facebook page. We have had many people who are not our club members view our postings.

#1 TICKET: JIM GODFREY

#2 TICKET: JAKE DUFFY

TEN HABITS OF INCREDIBLY HAPPY PEOPLE

"Remember that the happiest people are not those getting more, but those giving more." – H. Jackson Brown, Jr.

Happiness comes in waves, but people can also create their own happiness. Even when the daily grind feels like too much, there's always the people who are happy and positive. Learning how to deal with the things that life can throw in a healthy and constructive way can lead to happier people. But how do they do it?

Happy people aren't just that way by accident! People who somehow manage to stay more positive than others work hard at practicing the right kind of habits that help them deal with the world. If you find that you are longing to be a happier person, there's no need to fret. You, too, can practice the daily habits of a happy person.

10 Successful Habits Of Incredibly Happy People That Will Benefit You:

1. Take a day all for yourself because you deserve it.
2. Reach out to a friend and release your worries.
3. Make lists and finish them by organizing your time.
4. Do something kind for another person
5. Cut toxic people out of your life no matter how difficult it feels.
6. Make sure that you don't skip meals and that you eat healthy food.
7. Make sure your work area is clean and clutter-free.
8. Treat yourself because you deserve something nice too.
9. Think positively no matter what influences your thoughts.
10. In the end, remember to forgive yourself because no one is perfect.

2016-2017 Officers & Directors

President: Gwen Gable
Vice-President: Mark Cady
Vice-President: Ed May
President Elect: Jake Duffy
Treasurer: Marion Rivers
Secretary: Tony Clarke
Sergeant-At-Arms: Phyz Lemmon
Ex-Officio: Jake Duffy

Georgia District Governor: Rudy Corn
Zone 5 Lt. Governor: Kathy Forster
1 Year Directors (2016-2017):
Bill Harris, John Gould, Nick Prillaman
2 Year Directors (2016-2018):
Sarah Moore, Fred Nemeth, Bill Comer

A Weekly Publication of the Gateway District North Perimeter Optimist Club

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Club Meets Each Tuesday at 7:30 AM at The Benson Center, 6500 Vernon Woods Dr, Sandy Springs, GA 30328. Board Meeting the last Friday of each month at J.Christophers 7:00 AM

All Members Welcome!

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 for 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.*