

NORTH PERIMETER OPTIMIST CLUB

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

NEXT MEETING:

**<<<TUESDAY, FEBRUARY 13th, 2018 at The Benson Center, 6500 Vernon Woods Dr., Sandy Springs, GA
Meeting Time: 7:30 AM>>>**

NEXT WEEK'S SPEAKER:

TREVOR RAMOS...Athletic Director Sandy Springs Parks & Recreation....Jake Duffy

UPCOMING SPEAKERS & EVENTS & PROGRAMS

**FEBRUARY 16TH:Board of Director's Meeting...J.Christophers
FEBRUARY 16-18....Winter Conference Chattanooga, TN.
FEBRUARY 22ND:.... Special Olympics at Hammond Park
FEBRUARY 27TH.....Sabrina Henry..Career Development Director Mary Hall
Freedom House.....Bill Comer
MARCH 6TH:.....Melody Harclerode...Sandy Springs Conservancy
....Bill Comer
MARCH 10TH:.....Club Oratorical Contest at Holy Innocents'**

ANNOUNCEMENTS & NOTICES, ETC.

****We need volunteers for the Special Olympics to be held at Hammond Park on Thursday, February 22nd from 9:00 am to 12:00 noon.**

**LAST WEEK'S ATTENDANCE: 10 Members,
GUESTS: No guests this week**

UPCOMING BIRTHDAYS & ANNIVERSARIES

February 10th...Emily Williams

February 11th...Charlie Romano

February 20th...Caroline Duffy

February 22nd..Patricia Kapphahn

February 24th.. Jim & Victoria Godfrey

February 26th..Bill & Clarice Comer

LAST WEEK

LAST WEEK'S SPEAKER: RAY MOCK told us a little about the history of Chastain Park. Chastain park is the largest city park in Atlanta and the North Fulton Golf course is the busiest golf course in the state. The golf course was designed by world famous golf amateur golfer and golf course designer Chandler Egan. In 1900, the land was sold to Fulton County with plans to build an almshouse for the poor. In 1909, the North Fulton Alms House opened, providing separate housing for whites and blacks. The housing was designed in a Neoclassical style by architectural firm, Morgan and Dillon. At the start of the Great Depression, the Almshouse Cemetery was constructed. There is a gravesite which was discovered near Lake Forest but not on the golf course. A variety of wild life exists in and near the park including falcons, coyotes, fox, and owls.

#1 TICKET: BILL COMER Wins Again!

#2 TICKET: JAKE DUFFY Hit the big splash

10 Secret Morning Habits of Highly Organized People

"Arise! Awake! And stop not until the goal is reached." ~ Swami Vivekananda

Do you consider yourself organized? If so, can you identify with any of the following ten morning habits of the orderly?

Here are those habits:

1. They Achieve a Small Win

Navy Admiral William H. McRaven, SEAL officer and author of [Make Your Bed: Little Things That Can Change Your Life](#), gave the 2014 commencement address at the University of Texas. He gave the following advice:

“If you want to change the world, start off by making your bed. If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task, and another, and another. *By the end of the day, that one task completed will have turned into many tasks completed.*”

2. They Have a Simple, Effective Routine

Founder and president of Supreme Organization, Jodie Watson, says “Your routine should be the bare-bones basics that you need to complete to keep life running smoothly before you rush out the door. If you have other must-do tasks ... think about how you can simplify or spread them out differently based on your schedule.”

Set a simple morning routine and stick with it. Doing so will help ensure that you have the energy to make it through the day.

3. They Forget the Cell Phone

It’s super-tempting to reach over and start tapping and swiping away. But this isn’t a good idea, as it’s so easy to fall into a black hole of email, news headlines, notifications, and text messages.

“I recommend not keeping your cell phone in your bedroom when you go to sleep,” says Fay Wolf, author of *New Order: A Decluttering Handbook For Creative Folks*. Wolf makes it a habit of sitting up in bed and practicing deep breathing for at least 30 seconds. **“Every time I follow that principle I’m happier, and it’s an amazing alternative to picking up the phone,”** she adds.

4. They Do a Few Things They Love

The attitude with which you approach the morning may just carry with you throughout the day; so try to perk yourself up during these wee hours by doing a few things you like.

Wolf says “I give myself permission to do the things I want to do – like meditation, yoga, or music – in very small amounts of time in the morning, for five to 10 minutes.”

5. They Habitualize Must-Dos

Casey Osmundson, the founder of [PrettyOrganized.com](#), says “It’s the same theory for the rest of your routine: The more you practice completing a task, the less you’ll have to consciously think about each step. What once seemed like a challenge will soon feel like second nature.”

Making habits out of small chores (prepping breakfast, brushing teeth, cleaning up, etc.) commits them to muscle memory. You do them without thinking – and **this conserves vital cognitive energy.**

6. They Identify Key Targets

Laura Vanderkam, the author of What the Most Successful People Do Before Breakfast, says “Organized people think through their days. At the beginning of the day, they ask, ‘What do I need to do to make this a good day? *If nothing else happens, what three things would make me feel like the day was a success?*’”

After figuring out what three things need to happen, put them on your calendar and resolve to finish them regardless of what happens.

7. They Declutter Their Workspace

Working in an unorganized space can lead to unnecessary stress and wasted time. Prevent this by taking a few minutes at the beginning of each morning (or evening) to do a bit of decluttering.

Personal organizer Rebekah Saltzman says, “All this accumulation does is hold us back from getting the things in life that we need and want. We simply don’t have the mental and physical space for the things we want and need.”

8. They’re Smart With How They Use E-mail

If you’re an office worker, you know that there are the typical “click, scroll, close” emails – and there are the “URGENT!” emails. It goes without saying, but the latter should be responded to quickly.

When you first get to the office and fire up the e-mail server, scan through the subject lines and look for the important stuff. If a response is needed, respond. If not, breeze through it and move on.

9. They Have Their Food Prepped

Planning out what you’re going to eat for breakfast or lunch the night before frees up some extra time to do something else. Wolf says “I personally am now in the process of starting food prep ... and it’s revolutionary and helpful to know what you’re going to eat each day.”

If you’re not a chef, **keep things simple!** Get a loaf of bread, deli meats, cheese, veggies, and fruit. Make a sandwich the night before, and toss the sandwich, fruit, and veggies into a to-go box. You’ve got your meal for the next day.

10. They Eat The Frog

It was Mark Twain who said, “Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.” In other words, **do something that you don’t want to do first thing in the morning – whether or not you have the energy.**

Here are some ideas: work out, clean the dishes, take out the garbage, clean the sink, organize the closet, or tackle something you’ve been procrastinating on. Doing something hard early on has a way of powering you through the day!

2017-2018 Officers & Directors

President: Jake Duffy
Vice-President: Tony Clarke
Vice-President: Ed May
President Elect:
Treasurer: Sam Adolphine

Secretary: John Gould
Sergeant-At-Arms:
Ex-Officio: Gwen Gable
Georgia District Governor: Mary Still
Zone 5 Lt. Governor: Charlie Romano

**1 Year Directors (2017-2018):
Sarah Moore, Fred Nemeth, Bill Comer**
2 Year Directors (2017-2019):

Bob Zehnder, Mark Cady, Steve Croft

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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

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.***