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### Mark your calenders

**March 11** - Board Meeting at 6pm; club meeting at 7pm. Program: Essay winners will present their essays and overall winner will be announced.

**March 16** - Oratorical contest

**March 25** - Noon meeting. Guest speaker is Laura Arnold, NC Schools Foundation for Dual Credit.

**April 1** - Start of **Flags for Patriots** fundraising campaign.

**Birthdays**  
none

**Anniversaries**  
**8** - Becky & Ken Distler (50)  
**17** - Robert Cecil (35)

## President's Corner

# Benefits of being Optimists

I am going to do something different this month and reprint of an 2018 published article by Dr. Elizabeth Scott of [www.verywell-mind.com](http://www.verywell-mind.com) who writes about the benefits of optimism and the negatives of pessimism. I hope you enjoy.



### The Benefits of Optimism

#### Greater Achievement

Seligman analyzed the explanatory styles of sports teams and found that the more optimistic teams created more positive synergy and performed better than the pessimistic ones. Another study showed that pessimistic swimmers who were led to believe they'd done worse than they had were prone to future poor performance. Optimistic swimmers didn't have this vulnerability.

Research like this has led some companies to go out of their way to hire optimists -- a practice that seems to be paying off.

#### Persistence

Optimists don't give up as easily as pessimists, and they are more likely to achieve success because of it. Some optimistic businessmen, like Donald Trump, have been bankrupt (even multiple times), but have been able to persist and turn their failures into millions.

#### Less Stress

Optimists also tend to experience less stress than pessimists or realists. Because they believe in themselves and their abilities, they expect good things to happen. They see negative events as minor setbacks to be easily overcome and view positive events as evidence of fur-

ther good things to come. Believing in themselves, they also take more risks and create more positive events in their lives.

Additionally, research shows that optimists are more proactive with stress management, favoring approaches that reduce or eliminate stressors and their emotional consequences. Optimists work harder at stress management, so they're less stressed.

#### What This Means

Understandably, if you're an optimist, this bodes well for your future. Negative events are more likely to roll off of your back, but positive events affirm your belief in yourself, your ability to make good things happen now and in the future, and in the goodness of life.

In Optimism,  
President Richard

## Order your Centennial Coin

The Optimist International Foundation has launched the 100th Anniversary Commemorative Coin to celebrate OI's Centennial.

This keepsake coin will be a special addition to any Optimist's collection.

This high-quality memento will be a 1.5-inch bronze coin featuring our Centennial logo, resting in a blue velour box, available for a donation of \$100 (USD).

The proceeds from the 100th anniversary coin will be dedicated to help launch a new Optimist International effort: the Childhood Health & Wellness program.



# OUR CLUB IN ACTION ...



(left to right) Jorge Pis, Jim Roby, and Jason McClain pose for photos after being recognized for their service volunteering with area youth by receiving the Frank Schultz Service to Youth Award at our February 11 meeting.



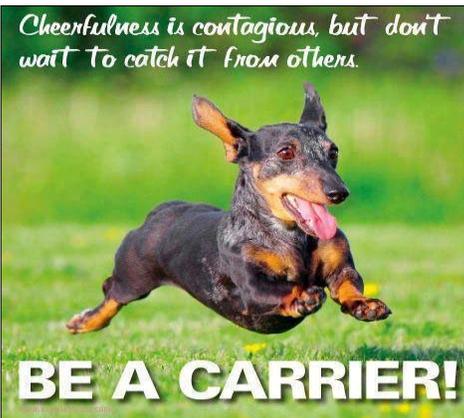
Daniel Jeffries, head of the City Parks and Recreation Department, poses with VP Ronda at our Feb. 25 meeting. Jeffries spoke to club members about the many program the department provides to city residents, particularly area youth.

## Board Minutes in a Minute

To improve communications with club members, "unofficial" minutes of the previous month's Board Meeting are published in the newsletter.

### February 2019

1. Optimist Apparel: First order is in, but need more orders to be able to purchase screen-printed items. Another order will be placed in April.
2. Oratorical Contest: One applicant so far. If only one applicant by February 15 deadline, that person can present his/her speech at our meeting.
3. Essay Competition: One applicant so far. Thanks to Ronda Taylor for handling this. She has issued another reminder to schools. 3D. Chess Competition: Did not take place per Harold - more info needed.
4. District Meeting: Noted that our banner was not there to represent us. Richard Blair was out sick and Coach Williams was there only for meeting. Noted that if members are interested in attending the Optimist International Convention, please reserve rooms thru the OI website, NOT Gault House.
5. Youth Appreciation Week: Would like to honor a student for public service from each school or youth group
6. Pancake Breakfast fundraisers: must be sponsored by a member of each church. Next is March 23 at First Christian and includes yard sale. Richard will be responsible for the Mother's Day event and John for Father's Day.
7. Pork Chop Fundraiser: Need more info from Sheriff Ramon Pineiro
8. June 10: "Law Day" at Noon meeting.



## 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, 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.