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Mark your calenders

July 9 - Board Meeting @ 6pm; club meeting at 7pm. Program: Smantha Brady, Bardstown/NC Chamber of Commerce, will be our guest speaker.

July 22 - Noon meeting Program: Developing our community projects and fund raisers for 2019-20.

Birthdays

July 2 - Lellan Barlow Jr.

July 18 - Coach Roe Williams

Anniversaries

July 6 - Lellan Barlow Jr.

July 17 - Elyse Paulus-Mount & Rich Mount

(if you don't see your name listed, contact Treasurer Ken to update your records.)

6 positive ways to become an Optimist

By: Jeff Hayward

Reprinted from
ActiveBeat.com

Are you glass half-empty or a glass half-full type of person? It comes down to how you see life in general - and this can affect your everyday decisions, as well as have an impact on your health.

According to various sources, having a sunny disposition without letting too much bother you can help you recover from illnesses faster, as well as help you avoid getting them in the first place. However, how does one become an optimist? It's not easy, but let's explore six ways...

1. Write Down Negative Thoughts

According to Psychology Today, recording your negative thoughts is one way of clearing them out of your head. The source suggests writing the thought in one column, then trying to back it up with evidence in a column next to it, with another column containing evidence against the thought.

It doesn't sound that easy, and it may not be. The source notes you'll probably have a much easier time backing up the negative thought at first, but over time you'll be able to find more ways to refute the negative thought with more ease.

2. Hang Out With Positive People

If you have friends that are readily backing up your dark view of life, you'll probably never break out of the cycle of negative thoughts and pessimism. "You are the sum of the people you spend time with," notes an article from Fast Company.

Being around "upbeat" people can give you inspiration and make you more excited about the possibilities of life. Optimistic people tend to energize you, while pessimists tend to be draining to be around, notes the source.

3. Embrace Emotions

As WikiHow points out, being an optimist doesn't mean you have to walk around being annoyingly happy all the time. You can still take time to reflect on unpleasant situations and accept that you will have unpleasant emotions occasionally - they're part of life. "Trying to repress a certain type of emotion can cause severe emotional distress," it adds.

The source suggests instead of ignoring negative emotions, to be "mindful" when they happen. As noted earlier, writing down your negative experiences and immediate responses to them can help you examine them later and decide whether that's the type of approach you want to take.

Ask yourself - was it an external factor that made you upset, or were you already dealing with a bad mood?

4. Use Your Brain's Natural 'Gardening' System

Another article from Fast Company says your brain is like a "garden" - if you don't use certain synaptic connections, your brain will destroy them. What this basically means is that if you don't think positive thoughts, your brain will be trained not to have them. This "pruning" process is how your brain gets rid of unused connections to make way for new learning, it adds.

The thoughts you have on a regular basis get "watered and oxygenated" like flowers, so you should be mindful of what you're being mindful about, adds the source. "To take advantage of your brain's natural gardening system, simply think about the things that are important to you," it suggests.

5. Don't See Optimism as a Weakness

If you're a pessimist, you are probably also a critical thinker that questions many aspects of life, and that's not such a bad thing. WikiHow reminds you that "true optimism is different from blind optimism," the latter being a belief that

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OUR CLUB IN ACTION ...



At left, club president Richard Blair presented an Optimist mug to Larry Hardin, a retired DEA agent, who spoke at our June 10 about his new book about his experiences. Larry is a Nelson County native. Our Zone 4 Lt. Governor, Ellen Thompson, also visited with us last month.



Optimist International President Rebeccan Butler Mona (second from left) posed for photos with her husband, Mike, and club members Becky and Ken Distler during the President's Ball at OI's Centennial Convention in Louisville. The theme for the dance was the 1920s.

Optimist

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nothing bad will ever happen.

Blind optimism can be dangerous because it can distort your confidence, or leave you very disappointed if something doesn't go your way. Meanwhile, "True optimism doesn't just ignore challenges or pretend that negative

feelings and experiences don't exist. It acknowledges those challenges and then says, 'I can work through those!'" adds the source.

6. Don't Compare Yourself to Others

It's easy to look at others or see what they've achieved and feel like you're unable to achieve anything yourself. "Comparison can ruin your self-esteem and prevent you from living the

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.

June 2019

1. Apparel: A list was passed around for anyone who wishes to place an order.
2. District meeting at Rough River: Need at least 2 more volunteers for the lunch. Also need items donated for the Hospitality Room, such as chips, pretzels, drinks, brownies, other snacks.
3. Pancake Fundraiser: Will be open from 8:00 AM - 11:00 AM at Bardstown Baptist Church
4. Budget Revisions: tabled until next board meeting
5. Arts & Crafts Fair Oct. 12 & 13: A motion was made by Harold Brussell and seconded by Ronda Taylor to approve the \$325 registration fee.
6. Flags for Patriots: Reminder to display flags on June 14, Flag Day
7. District Meeting Sign-ups: Need at least 2 more volunteers. Ken will get the laptop to Richard for registration.
8. 4-H Camps: No requests have been received as of meeting date.

Called Board meeting : June 15, 2019:

9. Ken Distler told board that our boy golfer, age bracket 14-15, won the District Golf Tournament and qualified to play in the Optimist International Golf Championships held in Florida. Since the girl winner in the older age bracket didn't qualify to play in Florida, the District chose to pay Carter Zutterman, our boy golfer, \$500 toward the fees (approximately \$1500) and expenses to go to Florida. Deadline for him to go was June 21st. After a lengthy discussion, a motion was made and approved to provide an additional \$500 to help with his expenses.

life you want," notes Womanitely.com.

Just because someone else appears to be more successful than you, doesn't mean you don't deserve to be happy and have a positive outlook, it adds. "Even billionaires have bad days, and have many problems to fix," it adds. Approach difficult tasks with a more positive mindset and they won't seem as hard, notes the source.

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.