

HAPPY
MOTHER'S
Day!



Official Newsletter of the
Superior Optimist Club



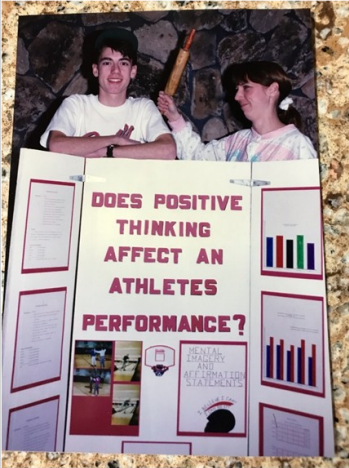
Sparks



May 2019

PRESIDENT - Brian Hakanson

PRESIDENT'S MESSAGE



Yep! That's me posing with my Mother behind the backdrop of my 10th grade Science Fair project. As you can see, it was on positive thinking and how it might affect a person's ability to perform certain physical skills such as shooting free throws, bowling, shooting a bow, etc. The experiment was done by having 10 students from my High School perform these skills without doing any positive thinking exercises, and then a week later, doing them again with the use of positive thinking.

These positive thinking exercises included reciting positive affirmation statements and visualizing themselves succeeding at their task. These exercises did not include my Mom threatening to hit them over the head with a rolling pin if they failed (that was a joke) J. The project included a research paper which contained a number of quotes from various sources. Most of my content came from three books, "**The Power of Positive Thinking**", by Norman Vincent Peale, and "**Psycho-Cybernetics**", (which means, "steering your mind to a productive, useful goal so you can reach the greatest port in the world, peace of mind."), by Maxwell Maltz, and "**Your Forces and How to Use Them**", by Christian D.

Larson. I'm not sure if any of you have heard of these prolific writers, however ALL of you have had your life influenced by one of them. Here are some quotes to think about...

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy." - Norman Vincent Peale

"You make mistakes, mistakes don't make you." - Maxwell Maltz

"What the mind can conceive and believe, and the heart desire, you can achieve." - Norman Vincent Peale

"Be so strong that nothing can disturb your peace of mind. Talk health, happiness, and prosperity to every person you meet. Make all your friends feel there is something special in them. Look at the sunny side of everything. Think only the best, be as enthusiastic about the success of others as you are about your own. Forget the mistakes of the past and press on to the greater achievements of the future. Give everyone a smile. Spend so much time improving yourself that you have no time left to criticize others. Be too big for worry and too noble for anger." -Christian D. Larson

Does that last quote sound familiar? That's right! Our creed is based off of a quote from Christian D. Larson, the author I studied when I was in 10th grade, and now here I am almost 30 years later with all of you as an "Optimist", reciting his quote every Wednesday at 1:00pm!

... as for the results of the science project, in every single case the student performed better after practicing positive thinking. It really works! But you already knew that. Happy May everyone!

SAVE THE DATE

Tuesday, May 14th
Meatball Dinner



Welcome to our
newest members

Jonathon Asp - February
Jennifer Howarth - March
Shelly Bergstrom - April



Funny Jokes for Mother's Day



Q: What kind of flowers are best for Mother's Day?

A: Mums.

Q: What color flowers do mama cats like to get on Mother's Day?

A: Purrrrrrrple flowers.

Q: How do you get the kids to be quiet on Mother's Day morning?

A: Say mums the word.

Q: How do you keep little cows quiet so their mommy can sleep late on Mother's Day?

A: Use the mooooooote button.

Q: What did the kittens give their mom for Mother's Day?

A: A subscription to Good Mousekeeping.

Q: What kind of candy do moms love for Mother's Day?

A: Her-she's Kisses.

Q: Why did the bean children give their mom a sweater for Mother's Day?

A: She was chili...



FUNNY THINGS KIDS SAY

Yesterday morning my daughter was fighting me for the remote. She's 4. She got it away from me so I opened my container of mini Oreo's and offered her one since there was only one left in the container. She took the container and I grabbed the remote back. She looked at me, shook her head and said, "Man, I didn't see that coming." I laughed so hard.

As we were walking through the store, my 4.5 yr old daughter looks at me and asks, "Why do I always have to match my clothes and you don't?"

I was doing dishes one day and my very busy/strong willed 3 year old comes up to me and says..."Mama.... when I open my mouth. I talk." I had to do everything to keep from just dying laughing!

After being silly and goofy, asked 3-year-old son where he came from. He said with super straight face, "Target!"

After jokingly threatening my little 6-year-old boy with sticks and coal for Christmas, he told me "We'll, I can still use those for something." I love his optimism.

"Why do they call them waiters when we are the ones who wait?"



BOARD MEMBERS

Gary Dunning (2018-2020)
Jake Siproth (2018-2020)
Joe Stensland (2018-2020)
Joel Certa-Werner (2018-2020)
Rick Rockwood (2017-2019)

OFFICERS 2018-19

President - Brian Hakanson
Vice President - Open Seat
Treasurer - Kim Pearson
Secretary - Jan Jago
Past President (2017-2018)
Carolyn Nelson-Kavajecz

April Attendance Prize Winners:

4/3 - Kim Pearson
4/10 - Brian Hakanson
4/17 - Cari Matheson
4/24 - Barb Certa-Werner

***This month's Prize Sponsor
Kathy Drinkwine***



YOUTH OPTIMISTS

Brock Bergstrom & Elizabeth Evans

Brock Bergstrom and Elizabeth Evans were the Youth Optimists for the month of April. Both are Juniors at Superior High School.

Brock is involved in SHS football, the swim and dive team, band, percussion ensemble, Green Club and the Law Club. He is also involved in the high school musical, Shrek. Brock is the son of Shelly and Bill Bergstrom and he has two older sisters, Britta and Annika. Both of his sisters were also Youth Optimists during their junior year of high school. Brock plans on going to college to pursue degrees in Music and the Performing Arts, as well as a degree in Farming.

Elizabeth is involved in the Interact Club, National Honor Society, and the Chamber of Commerce Youth Leadership program. She also plays the piano and tennis. Elizabeth is raised by her mother and has two younger siblings. Elizabeth plans on going to college after high school. She would then like to attend Medical School to become a doctor.

Both students have the opportunity to win the Youth Optimist Scholarship and Service Award.

PROGRAMS FOR May - Speaker Chair, Kim Pearson

May 1

Chris Stenberg, CEO, Superior Douglas County Family YMCA
"Many great things happening at the YMCA"

May 8

Sarah Sobecki, Children's Outreach Supervisor, HDC
"Youth in our Community and HDC Impact!"

May 15

Andrea Crouse, Water Resources Coordinator, City of Superior
"Designing Communities in the Water Cycle"

May 22

Tianna Day, Mentor Superior Program Coordinator
"Community Impact"

May 22

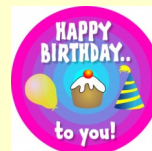
Dr. Charlie Glazman, Associate Dean
 Workforce Development and Advancement, WITC

Optimist Anniversaries

Margaret Ciccone
 30 Years

Hugo Salmi
 24 years

Thomas Strewler
 5 years



Hugo Salmi - 5/17

William Downs III - 5/21

Thoughts and Prayers

Jennifer Howarth & Family
 Leola Keskinen (Dick's wife)



Assistant Editor Judy Carlson
 In Loving Memory of Merrill Thompson & Bill Downs, Jr.

Optimist Creed

Promise Yourself

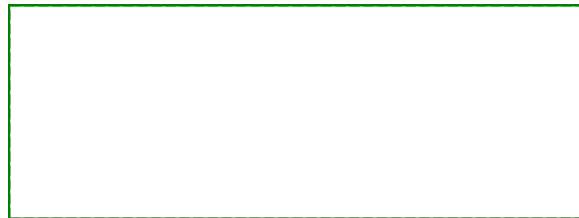
- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, 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.

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Our website: www.superioroptimist.org

CHECK US OUT



Spring

The Superior Optimist Club fosters positive fellowship and community awareness to inspire and support youth.

Mission Statement

Superior Optimist Club
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