

THE GEO OPTIPINION



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May 2011

A MONTHLY BULLETIN OF THE GARDENA EVENING OPTIMIST CLUB
ZONE 2 – PACIFIC SOUTHWEST DISTRICT OF OPTIMIST INTERNATIONAL

President's Message —

I hope everyone had a happy Easter with their families. Now that April is over, let's explore the happenings for May. Casino Night Fundraiser Chair, Emory Tamashiro, has been busy planning for our Fundraiser on May 21st at JCI. The event is



open to anyone 21 years and up, who wants to have a good time playing poker, blackjack and craps, and to enter for a chance to win some great prizes. Any help and sponsorship is greatly appreciated. As always, the help from the membership is what makes these fundraisers successful, and these fundraisers are how we help to "Bring out the best in kids." If you'd like to help, even for a little while, please contact Emory (<mailto:info@gardenaoptimist.org>).

On April 19th, we had Joshua Thomas from Home Instead Senior Care give us some very helpful information on in-home care at our dinner meeting. He shared with us what to look for when it's that time to help a loved one in that situation, where to go to look for help, the different types of in-home care available, and other benefits of using in-home care services like Home Instead's. Thank you, Josh, for coming out to Happa Restaurant to inform our members of the quality services that your company provides.

May 3rd is the monthly member meeting. It will be at Happa Restaurant at 7pm. Have dinner with us and engage in great conversation with your fellow members.

May 10th is the Board of Directors meeting. As a reminder, if you would like to suggest an idea, event, or anything to the club, come to our monthly BOD

meetings. We meet at JCI from 7-8pm on the second floor. I'd love to hear your suggestions. If you can't make the board meeting, send me an email (<mailto:erictakaki@gmail.com>).

On May 17th, we will recognize Explorer Scouts from our community at the Respect for Law Dinner Banquet. This year the dinner will be held at Seafood Port Restaurant located on Hawthorne Blvd. near Torrance Blvd. Los Angeles Deputy Chief of Police, Terry Hara, will be our guest speaker. Come join us for dinner and to support these honorees for the outstanding work they do to make our community better.

Mother's Day is just around the corner. Check out Skyhouse Mall's link on our homepage to purchase your gifts online. With just two extra clicks on the computer, you can donate to GEO without spending any extra money. Shopping online is a convenient and fast way to find that perfect gift for Mom and when you use the Skyhouse Mall link, a portion of your purchase will benefit GEO.

Yours in Optimism,
Eric

Save these Dates:

May 3, 7:00 p.m.-Member Meeting at Happa's

May 10, 7:00 p.m.-Board Meeting at JCI

May 14-15 – PSWD 3RD Quarterly Meeting at Optimist Youth Home in Highland Park

May 17, 7:00 p.m.-Respect For Law Banquet at Seafood Port Chinese Restaurant in Torrance

May 21, 5:30-10:30 p.m.-Casino Night at JCI

CHECK CLUB CALENDAR AT
<http://www.gardenaoptimist.org/calendar.htm>

Casino Night 2011

Casino Night 2011 is just a few short weeks away. All members are encouraged to attend and enjoy a fantastic night as we fundraise for our sponsored youth projects and scholarship awards. The club will only be able to have a successful event with the help of all our members.

Opportunities for sponsorships are available at various levels. Donations of in kind items for use in the event are welcomed.

If you know of any poker players and casino game players, make sure they register to be part of this year's Casino Night. Registration forms for players and sponsors can be found at the club website

www.gardenaoptimist.org

Invite your friends and family for an evening of fundraising and 'fun' raising as we make a difference in our local community.

Emory Tamashiro
Casino Night Chair

IN MEMORIAM

It is with great sadness that the Evening Optimist Club of Gardena announces the passing of George Kobayashi. George was instrumental in the formation of the Optimist Basketball League and served as our President in 1973-1974. He was honored last year along with other charter members of the club. Services were previously held on April 2nd. Condolences can be sent to his wife, Kiyomi.



So What Makes Us Happy?

There is an ever-growing body of knowledge about the nature and causes of happiness.

For one thing, it's clear that happiness is a feeling, not a circumstance. Happiness is more than just fun or pleasure. It's a more durable sense of well-being.

Our happiness depends not on what happens to us, but what happens in us. In other words, it's the way we choose to think about our lives. Abe Lincoln said, "People are generally about as happy as they're willing to be." A Buddhist proverb tells us that pain is inevitable, but suffering is optional.

So, what are the most common attributes of happy people? Well, it's not money, fame, or good looks. It's not even intelligence or talent. No, the two most important factors are gratitude and rewarding personal relationships.

The formula is simple: count your blessings and enjoy your family and friends.

Sadly, simple is not always easy.

People whose natural instincts produce a gloomy outlook and pessimism need to re-train their minds. It's one thing to say happiness is not getting what you want but wanting what you get; it's quite another to really be satisfied with what we have.

For many people, it takes discipline and practice to think positively.

Sometimes it's just a matter of changing one's perspective, choosing to see and appreciate the silver lining, the half-full glass. In other cases, what's required is refusing to dwell on pain, disappointment, or envy, and instead force one's mind toward good thoughts, including all the things we should be grateful for.

Interestingly, the ability to maintain a positive attitude is also important in forming and sustaining meaningful relationships – seeing and bringing out the best.

~Michael Josephson
Character Counts

EVENING OPTIMIST CLUB OF GARDENA

Respect for Law Banquet

RESPECT FOR LAW AWARDS

EXPLORER LT. JACOB SIMON

LOMITA SHERIFF'S STATION EXPLORER POST

EXPLORER SGT. ANDREW KIM

TORRANCE POLICE DEPARTMENT EXPLORER POST

HIGH SCHOOL SCHOLARSHIP AWARDS

MADISON KIMURA

TORRANCE HIGH SCHOOL

MELVA BARRIOS

GARDENA HIGH SCHOOL

HONORED GUEST SPEAKER:

DEPUTY CHIEF TERRY HARA

LOS ANGELES POLICE DEPARTMENT

**RESPECT
FOR LAW**

Tuesday, May 17, 2011, 7 p.m.

Seafood Port Chinese Restaurant

21180 Hawthorne Blvd.

Torrance, CA. 90503

RSVP to info@gardenaoptimist.org

Dinner \$20



GARDENA
EVENING OPTIMIST

Friend of Youth

Gardena Evening Optimist

2011 Casino Night and Texas Hold-em Poker Tournament

Saturday, May 21, 2011

JCI Nisei Veterans Hall
1964 W. 162nd St, Gardena



Blackjack
Food & Desserts

Poker
Beverages
Raffles

Craps
Music

Casino Night	\$40.00
Texas Hold-em Tournament	\$50.00
Casino Night & Poker Tournament	\$80.00

The Gardena Evening Optimist Club cordially invites you and your friends to join us for an evening of 'fun'draising'!

All proceeds from this event will benefit the community through the club's many youth service projects.

Your donation gets you chips for the tables, delicious food, entertainment and a chance to win some great raffle prizes!

Sponsor Opportunities Available:

Title Sponsor \$1000	Dinner Sponsor \$500
Drink Sponsor \$250	Table Sponsor \$100
Donations of any kind accepted	

Poker Tournament Registration 5:00p.m.
Poker and Casino Games start 5:30 p.m.
Evening Concludes 10:30 p.m.

Registration deadline May 14, 2011 45 Seats available for Poker Tournament

**For more information contact Emory Tamashiro (323) 722-4760 Ext 279
or Email us at info@GardenaOptimist.Org**

Please provide one Registration Form per Person:

Name _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

Email _____

- [] Casino Night \$40 per person [] Texas Hold-em Tournament \$50 per person
[] Casino Night and Poker Tournament \$80 per person

Please mail completed form and make your check payable to:

Gardena Evening Optimist
P.O. Box 2132
Gardena, CA 90247-0132

The Mayonnaise Jar and 2 Beers

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 Beers .

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous 'yes.'

The professor then produced two Beers from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things---your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else---the small stuff. 'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

'Pay attention to the things that are critical to your happiness.. Spend time with your children. Spend time with your parents. Visit with grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what The Beer represented. The professor smiled and said, 'I'm glad you asked.' The Beer just shows you that no matter how full your life may seem, there's always room for a couple of Beers with a friend.'



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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.

—Christian D. Larson

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P.O. BOX 2132
GARDENA, CA 90247



MAY 21, 2011