



**DINNER OPTIMIST CLUB
OF CALGARY**

**December
2021**

**GROWING
OPTIMISM**



Suggested issue price is \$10, see page 41.

The Dinner Optimist Club of Calgary is supporting the Uganda Karambi JOI Project ((JOI is Junior Optimist International))

You will learn more about the Dinner Optimist Club of Calgary and some of its members throughout this eBook.

Also, you can read the reports and scan the pictures sent from the Karambi JOI Club Members - like the one below with children learning to plant trees.



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The opinions expressed within any published article, report or submission reflect those of the author, and should not be considered to reflect those of Dinner Optimist Club of Calgary, Optimist International, and Opal Publishing. The information contained in this eBook is believed to be accurate but is not warranted to be so.

COVER PHOTO CREDIT

Designrr Template - software used to make the eBook

Message This eBook is published by the club members of the Dinner Optimist Club of Calgary with the assistance of Opal Publishing and Designrr. The contributions are from Dinner Optimist Club of Calgary members, Optimist International members, and or close family and friends of Optimist International. The eBook includes donation links split between the club for fundraising activities and support of the UGANDA KARAMBI JOI PROJECT. 100% of the money collected goes to programming, not Administration.

Dinner Optimist Club of Calgary (DOCC) is proudly serving the Calgary area since 1994! Bringing out the best in youth, in our communities, and in ourselves with support of Optimist International - <https://www.optimist.org>

Mission Statement

By providing hope and positive vision, Optimists bring out the best in youth, our communities and ourselves.

Purposes

- to develop optimism as a philosophy of life utilizing the tenants of The Optimist Creed;
- to promote an active interest in good government and civic affairs;
- to inspire respect for the law;
- to promote patriotism and work for international accord and friendship among all people;
- to aid and encourage the development of youth, in the belief that giving of oneself and service to others will advance the well-being of humankind, community life and the world.

The **Optimist Creed** is on the next page.



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 need 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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Getting Started

Walking Among the Trees

Of the sketches you make - of the stories you write - of the pictures you take, if you feel up to sharing them... check out how to submit your sketches, stories, and pictures on the inside Back Cover.

With the trees near you - whether a single tree - a grove - a forest - learn to recognize the native conifers and deciduous trees and the habitats in which they prefer to grow. Look to see where a non-native tree was planted and survives near you. Which trees are growing on mountain slopes, along rivers, in the local park, or in your own backyard?

Knowing the native conifers and deciduous trees adds a lot to your outdoor experiences. Learning to recognize them isn't hard. Often local government departments make available tree identification book. In addition, visit your local bookstore or online to find guide books.

Then with a notebook and pen/pencil in your backpack visit the trees and sketch them - touch them - write about them. You can take pictures to write and draw the trees when you get home. If you take a hand lens with you, you can magnify different aspects of the tree - the bark - the leaves/needles.

If traveling into the outdoors seems a little scary - check out the local outdoor recreation center for a course on walking with nature and identifying trees. Maybe your local university or college has a course. Also, there are outdoor clubs that may offer a walking adventure.

Grandfather Tree

On my latest walk around Cochrane, Alberta, I set out to find the 300-year-old Grandfather Tree — the **white spruce**.

The white spruce is the northernmost tree species in North America. The Grandfather tree is found in a grove on a hill that goes down to the creek. The trees are holding the soil to prevent erosion. Its roots reach the creek for a drink of water and to anchor the soil.

After reading about the tree I found out a few things about the spruce tree:

- _ The First Nations used this wood for canoe frames and paddles.
- _ The saplings were bent into snowshoe frames and bows.
- _ The resin was used for gum chewing.
- _ This tree was used for food, the young male catkins can be eaten raw and
- _ The immature female cones have a center that is sweet and syrupy.
- _ The young shoot tips can be made into a Vitamin C enriched tea.

Unfortunately, in the photos, you'll notice soil erosion - a result of people climbing around and on the tree - which may eventually kill the tree.

Denise, Canada



Celebration Tree

In our yard, here in the foothills of Alberta, west of Millarville, AB., bordering Kananaskis we have a spruce tree planted in a cement collar. The tree is about 35 years old.

I don't know what kind of spruce tree it is; possibly a Colorado Blue Spruce? It is not a particularly attractive tree. I realized when I asked it to pose for a picture that it leans slightly to the west and is lacking branches on its eastern side. BUT, it is a beautiful tree and its true beauty comes from its origin.

In September of 1984 I began a 10 year posting as Principal at a Calgary Public Elementary School in Calgary. I did not realize it at the time, but I was beginning the best 10 years of my 34 year teaching career. Wonderful, truly wonderful students, great staff members to work with and a community in which I was blessed to work.

One of those 'unforgettable' kids was Jason B. He was in 6th grade in my first year. Unfortunately, I got to spend only one year with Jason and the rest of those sixth grade boys as they moved on to Junior High School the following year. I think it was during the Victoria Day long weekend in either 1986 or the following year, 1987, when Calgary had one of its 'trademark' (late) Spring snow events.

After the storm had past Jason and his friend, another terrific kid from his class (6th grade), Jerry K., went out riding a motorcycle on the streets close to their homes. Understandably the conditions were treacherous and I am not privy to the accident details but Jason was killed instantly. Jerry suffered life threatening injuries to which he succumbed two weeks later.

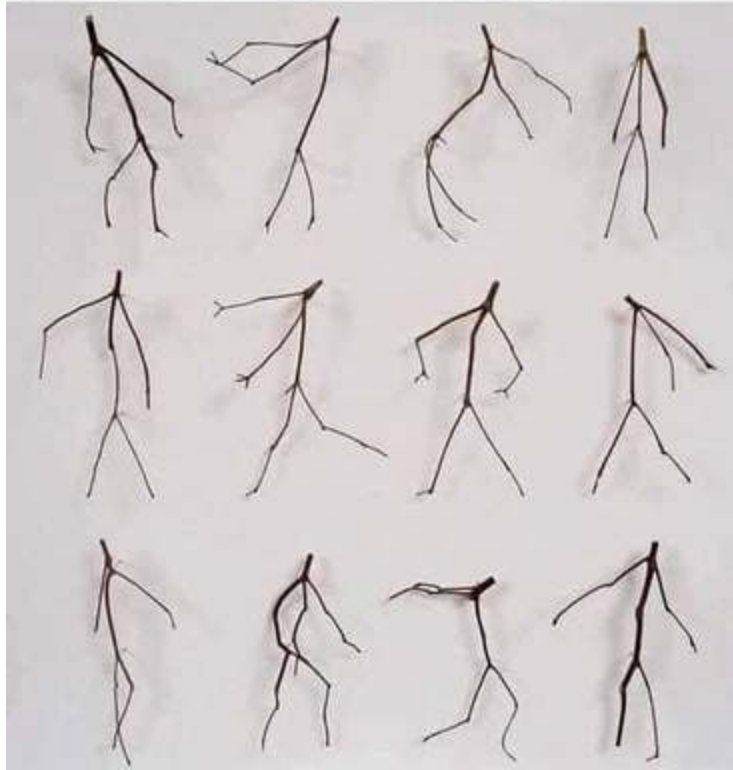
I attended the Celebration of Life service held for Jason and came home with a seedling spruce (next page). That seedling now lives in our yard. So I hope that you will be able to appreciate, along with me, how cherished & beautiful this tree is & how privileged I am to look at it every day and remember a truly terrific kid from my past.

Don, Canada



A Twig Activity

What a lovely mind collected these. They called it nature dancing.



The stick picture on this page found its way into my Inbox thanks to a friend. I was amused - impressed - and thought what a wonderful challenge it would be to create a stick dance activity. And, so it begins.

As you walk the paths near and under trees observe the twigs on the ground. Look for stick persons dancing... Take pictures where you find them and create a collage/video when you get home. Alternatively, collect the dancing stick persons and bring them home to photograph the collage or video them. Remember, to take the twigs back to nature (preferably where you found them) with a thank you!

To emphasize the dance you propose and name, use at least five stick persons in the collage or video. Send your submission to dinneroptimistyc2@gmail.com

Hummingbird Nest, Fir Tree

In today's world if I said to you "mighty" would you think of the words big or tall? The mighty redwoods in California and the towering cedars in British Columbia would be prime examples of trees with giant stature, mighty and strong.

Easily growing more than 30 meters in the air, decades-old, these mighty trees providing shelter for a multitude of animals, protect the soil from erosion, and return nutrients into the earth.

Would that giant cedar be beneficial to the tiny hummingbird, one of the smallest birds residing in North America? Could those mighty trees bear branches too massive, and too high in the canopy, to be ill-suited for the tiny hummingbird?

While hiking the Eastern slopes of the Rocky Mountains, I did find the elusive nest of the tiny hummingbird. This tiny nest nestled in the delicate branches, only 1.5 meters off the ground, with the small fir tree no more than 2 meters tall was perfectly placed for this small bird. (see picture on the next page)

Yet, this small and insignificant fir tree does play a big role in providing shelter and support for a tiny nest in which the hummingbird lays its eggs and raises its young.

To the hummingbird, this small tree provides everything the mighty redwood or towering cedar can. Support for its nest, shelter from the elements, and high enough above the ground to avoid predators.

Everything and everyone has a role to play in today's world, the smallest child, the smallest animal, and the smallest trees.

Tim, Canada

Promise yourself to be so strong that nothing can disturb your peace of mind.



Trees Symbolize Life and Rest

During the spring and summer they bloom and grow new branches and leaves.

During the fall and winter they shed the leaves and go to rest.

This tree was dedicated to Bev's sister (Kim) who passed away at the young age of 42 from Cancer.

Like the tree, her memory comes and goes, grows and rests but is never forgotten. May she rest in peace and her memory always be with us.



Bev and Trent, Canada

Kupsya JOI Tree Planting Project - 2020

Let's visit Uganda where we find the **KUPSYA JOI TREE PLANTING PROJECT**

Kupsya Joi is the first junior club that was formed in Uganda.

Before we became members of KAMP Optimist Club, we belonged to Kusya JOI. I am write to say, Kupsya is the mother of KAMP Optimist Club.

The club started as a youth going students in 1990. It disintegrated in in 1996 when the ADF rebels invaded our area. It rejuvenated again in 1998 by the then young youth. That was my group and we made Brother our club patron who was the old member of the 1990 group.

We did not know Optimist International until 2004, that is when our group joined JOI sponsored by the Bloomfield Optimist Club of Michigan. As time went by, we grew up and most of us had finished certain levels of education, therefore could no longer fit in the junior group which we formed ourselves.

We then thought of beginning a senior club in the names of Kamp Optimist International in 2012/13. As we continue spreading the spirit of optimism, we have formed 13 junior clubs all under the mentorship of KAMP Optimist Club.

Salatier T., KAMP Optimist Club - Kupsya JOI





Karambi Secondary School JOI Garden Project - 2020

APPRECIATION

On behalf of Karambi JOI Club and on my own behalf, I take the honor to in the first place thank God for the gift of life he has given everyone and protection. For him we have lived amidst the hard times.

Having thanked our Mighty God, I and Karambi JOI members wish to extend our heartfelt appreciation towards the financial support we received from Dinner Optimist Club of Calgary towards the Karambi JOI demonstration garden project.

The funds have done a great job towards implementing the activities up to the harvesting level.

In a special way, we wish to also thank our dear friend, madam, Marilyn a member of Dinner Optimist Club of Calgary for her continued coordination. She has done her part very well, connecting us to the rest of the club members. We hope she will continue doing the same as we strive to justify the cause, our school motto. May she be blessed and may she keep the kind heart to always be enthusiastic about the success of other people and her own.

We wish also to extend our sincere gratitude to Kamp Optimist Club of Kasese Uganda for their continued mentorship. Kamp Optimist Club work with 12 junior clubs, Karambi JOI being among. This is not an easy job. They are working hard to ensure that they bring the best in our communities.

We also won't forget to appreciate the Karambi Secondary School administration for their parental support towards all the projects of the club. The school has offered the piece of land where we are farming. The administration has also given the club space where the poultry project is being handled. To us as a club, we really thank them so much and we are very optimistic that they will continue supporting these kids in ensuring that they bring out the best in them which is our major objective.



ACHIEVEMENTS

Ever since Karambi Joi Club started the demonstration garden project, many things have been achieved among which some have been listed;

- _ Team spirit, their success in all their activities is surely based on team work.
- _ Learned working hard towards achieving a common goal.
- _ Most members have and are mastering the skill of farming vegetables.
- _ The club has been recognized internationally, our article appeared in the torch magazine of 2019.



The project has expanded:

_ This time we were able to grow three types of vegetables, cabbages, onions and eggplants.

_ The number of members in the club has continued to increase, what a big achievement!

_ We have been able to have a better harvest this time and this is basically because of the funds we received.

_ On a good note we have a customer who will buy the vegetables on wholesale given the good quality we have. We will have great sales this time around

CHALLENGES

Having registered a number of achievements as indicated above, we however have the following challenges which when, if looked into, the project will be sustained well.

_ Inadequate land, we appreciate the school for having offered some space for farming but it is not enough. We hope that if we get enough space, the kids can do better work than it is now.

_ Long draught, sometimes we experience this challenge and it impacts negatively on the growth of the crops. We however try to water the crops using watering cans.

_ Lazy members, much as most of the members try to exhibit hard work, some members betray others by acting lazily. We however try to talk to them and always positive towards change of character.

_ Walking long distances, some of our members stay very far from the school and so it becomes difficult for them to move at school with our poor transport means in villages.

_ Inadequate farm tools, we still lack some tools and we hope once this challenge is handled, then the activities can smoothly move hence achieving our main objectives.

_ Insufficient funds, as a junior club, the funds are not there and sometimes members rely on their parents if there will be need for anything that requires money. We however do not put it as a big challenge for it is not our major focus.



FUTURE PROSPECTS

As a growing club of the youth, the sustainability of the club is our major focus.

_ We will encourage the youth to empress the spirit of optimism ever.

_ We intend to emphasize on club building by ensuring new members join the club.

_ Want to expand our garden by purchasing one plot of around \$1000 to supplement on the space we have already which has been offered by the school.

_ We want to enroll the project to other junior clubs. Members are very committed to helping the other junior clubs learn the skill of farming vegetables.

_ We want to name it nutrition garden project when it goes to other clubs.

_ We want to also expand the poultry keeping project so that our increasing members will have a wide range of activities simultaneously. Members plan to open up a bank account for proper keeping of their funds from the projects and accountability.

Compiled by THEMBO SALATIER

President MITHABO EXPEDITO

Drawing Trees

There are many websites where you can download silhouettes of trees.

Search Google with the term *Tree Silhouettes*

From the Desk of the eBook Editor
Stephen Hobbs

I drew my own - the grey background drawings you see on the pages that follow.

Then, I went to my computer coloring panel and created greyscale versions of the pictures that you can color and add more details. I simply started! You can too!

I remain open to learning and sharing my drawings. And, I look forward to adding your sketches/drawings of trees and leaves for others to color and return for inclusion in the Ebook/magazine.

Yes - I'm issuing a challenge.

Send your drawings to dinneroptimistyc2@gmail.com

Of importance:

We will our best to include every drawing you send us. However, if your submission can not be included, we will let you know so you can take the appropriate action.











Story You Can Read

In the story that follows are puzzles --- thinking points --- suggested images for which you can draw drawings --- and whatever else you can find.

You can read the story out loud - punctuate it with pauses via ",", "...", and/or at end of lines. Practice helps - then, let the fun begin!

OR

Listen to the recording via the video below to guide you in one way to read the story. Alternatively, you can play the video as is.

In this video, the author reads the Story on the pages that follow



See the Discussion Guide at the End of the Story!

With No Trace Impact -

Do You Build a Forest Branch House or Not?

They are five friends for years,
they would be forever,
they were young to the Earth's presence

They grew up close
2+2+1 from three families,
"Adventure" was a shared middle name

Their favorite day was Saturday
the pleasure of the day before them
with blessings from the elders who knew

With lunches and water in backpacks
off they went to their forest,
a forest they thought was grown for them

Gathering at the forest gate
two mature Spruce welcome them
they stood below the arching branches
ready for the magic of the day

All present, greetings made with the two Spruce,
they began the walk, lead by the one assigned
the task by the schedule they had created
after their second visit a year ago

Location was chosen by the lead, and no more
then 10 minutes in a Direction that called to this person
unless a murmur arose from among them

The selection was evolving with each visit,
knowing each location was different
their involvement was guided by the Elf Fay

This day, the Trek was towards the River
at the Fringe of the Aspen Spruce Grove,
a meeting place of yesteryear as they were told
by the Elders of their families

On the outer edges of this grove
in sight of the river flowing through the woods,
this was the place for lunch
and all agreed

The activity upon arrival was a simple celebration of words
before the packs were placed on the ground
for welcoming of the wild Kin
and celebrating the trees and plants about them

For this greeting, a tall Spruce
showing age of many years stood before them,
hand in hand they circled the Spruce with smiles

Who led the walk spoke the group's greeting
in simple terms learned from Tsae's grandfather
who's days in the forests were many

With this greeting nearing its end
they listened for the message in return,
a gust of wind more distinct than a breeze
moved through the forest canopy

The forest whispered evidence of an additional voice this day,
one the group had not witnessed before
and the shivers grew looks

The Spruce waved its branches as did the other Spruce and Aspen
Elohw shared today was a festive day
with greetings from the wind and forest
in celebration of their presence

Htron shared the closing greetings
now complete, the others placed their packs
by the Spruce they called Presence
a way for them to root hello

They gathered in the hexagon
starting their new conversation
of what might happen today
in the presence of the forest
and the Elders who knew,
the Elf Fey who knew

They used an approach
agreed upon after their visits
a year gone by,
an approach they confirmed
at their winter meeting

Conversations began respecting each contribution
Tsae asked a question of weather
because of the wind gust earlier
with fluffy clouds building in the west

Tsew shared all was okay for the day, for she checked
before they left their homes as was her task
for this day in the forest of Spruce and Aspen

Htuos shared today was for exploration
in the nooks and crannies of the forest
close to the Elder Spruce
for guidance back together

Htron agreed with both
acknowledging the day
it was as it can be, with discovery
of the stories to share at lunch

Elohw could explore
with visits to the others
to ensure their well-being
and to encourage their curiosity

He was the oldest by 234 days

He could assign the connective walk
to another because he was the guardian of the day.
However, today he held that trust

The incentive to return
were the cookies Elohw brought
they were too good to keep till lunch

They dispersed within site of the Elder Spruce
in a direction that called to each.
They had confirmed to each other,
the Whistle Song would bring them back

Elohw walked the amoeba trail among them
Htuos looked into the branches from tree to tree
Tsew weaved in view of the creek among the trees
Tsae smelt from tree to tree close to the bark
Htron knelt to see the ground covering at the Aspens this time

As was their custom
Elohw blew once on his whistle
all returned within a few minutes
to fine cookies awaiting
pulling water bottles
they moved together

Quiet fell over the group as they sat
with the cookies in the middle, three for each,
thanks given to Elohw's grandmama
whose Forest time was limited now,
she enjoyed their stories upon their return

With fingers licked, finding the crumbs on the clothes,
all was cleaned up
Tsew closed the lid
returning the container to Elohw
who said, "Who has a story?"

So it began
their stories
from the forest,
where they had visited
on this day of gratitude and presence

Having shared their stories
with laughter filling the gaps.
Each was getting better
at sharing stories for their friends,
each agreeing to keep one for home

Htron asked "What happens now?"
Opportunities were many
Htuos spoke with strength
about answering the questions assigned
for their first visit to the forest this summer

Tsae and Tsew smiling and agreeing
slapping their hands on thighs
wiggled in anticipation,
Htron offering an okay,
Elohw acknowledging the earlier spring meeting

At that meeting, they gathered
at Htron's home to share learnings
from their studies
because something they learned elsewhere
guided their forest visits

Two important important questions
were offered at that spring meeting
when Htuos asked:

Do you plant a tree where a tree is not?

How do you ensure No Trace impact on Forest visits?

Both questions were assigned
the first to Tsae and Tsew
the second to Htron and Htuos
with Elohw given the choice
thereafter, to guide the conversation

Today's forest visit
was the first of the summer
and they had agreed to answer these two questions.
Now it was a time to share their insights

Elohw asked all to consider
the second question first!

Each pair gathered to remember their words,
then Htron and Htuos began to share...

What is your answer to the second question?



The video on the this page is a **Discussion Guide** - to guide your use of the story!

Additional resources are available on the **DinnerOptimistYYC** website at

<https://dinneroptimistyyc.com/growing-optimism-2021>



Also, you can ask the author of the story questions via the club email:

dinneroptimistyc2@gmail.com



Your Article - Poem -- Video - Audio - Media Contribution

Write a Story about a Tree or Trees 300 Words (add pictures)

Write a Story about a Leaf or Leaves 500 words (add pictures)

Write a Story about a Leaf/Leaves and/or a Tree/Trees 1500 words (add pictures)

Shoot a Story Video - 2-7 minutes - How to videos are welcomed!

Create an Audio Story - 2-20 minutes

Other mediums are welcome. Suggest you check first to ensure “the medium” is compatible with the eBook publication.

Notices: Of what you submit make sure the proper attribution is made for your (co)creation. That is, no © infringement is possible. However, you can use (cc) material with appropriate attribution.

* You are responsible for attribution when using a third-party source. We will take you on your word that all copy/source is attributed to your creation and where necessary credit is given according to copyright requirements.

Additional Notes:

1.0]] We may edit your submission for simple grammar - usage - mechanics (like the correct use of it's and its, etc.)

2.0]] We will return comments if you are required to edit the submission.

3.0]] We reserve the right to decline your submission. We will provide a reason.

3.1]] You have an opportunity to resubmit, knowing 1.0, 2.0, and 3.0 remain in place.

4.0]] Include no personal identifiers like the full name (use abbreviations) nor the location of residence/work; that is, upon reading, watching, listening to your submission can another person track down the specific person or location highlighted in the story.

4.1]] You have the option to include your name (pen name) and/or affiliation for attribution purposes.

Your announcements must accompany your contribution and it's your responsibility to ensure the timing of the event and the publishing of the eBook are correct.

There are no paid advertisers. However, links to your websites are used as a way to say thank you for contributions.

Growing Optimism retains the right to exclude, edit or limit the number of placements of content submitted by a Contributor.

Deadline for contributions for the March 21st, 2022 eBook is **March 11, 2022 - Soon is better TU!**

Please use this email to correspond with us and to send your contributions:

dinneroptimistyc2@gmail.com

Sharing a Thank You!

Editorial Support for this issue are: Stephen Hobbs, Denise Dolph

Opal Publishing, Calgary, Alberta, Canada for the initial set-up support and structural guidance --- [Website](#)



Welcome to the Payment Page

The suggested price for this issue is \$10 Canadian with 50% used for Calgary and area projects, and 50% invested in the Ugandan JOI Clubs.

Use this PayPal Link:

If you prefer, you can send a electronic transfer to dinneroptimistyc2@gmail.com

Alternatively,

You can pay \$5 Canadian using this [PayPal link](#)

Or, you can pay \$15 Canadian using this [PayPal link](#)

The electronic transfer option mentioned above still applies!

Use this email: dinneroptimistyc@gmail.com

For the image creators... A Logo Request

Before You Leave!

Do you have a LOGO suggestion for the *Growing Optimism* eBook series.

It does not have to be in a final format.

Send a drawing or video of your idea for us to review.

When you are chosen, will make all arrangements for producing the logo with full attribution to you.

Use This Email to Send Your Logo Submission

Closing Thoughts from OI

An Optimist is... a volunteer joining a group of civic-minded men and women banded together in the modern tradition for progressive thought and action in community service. Community service is their byword, objective, and creed, recognizing that they must contribute something to the life of the community from which they and their families draw daily benefits. There is no greater opportunity for personal participation in community affairs and service than that to be found in an Optimist Organization. Each organization assures a position of strength and prestige through its affiliation with Optimist International, a federation of groups of like-minded Optimists throughout Canada, the United States, and the World.

An Optimist does... whatever needs doing in the community. If a need exists or if something will help the community, Optimists usually do something about it. Optimists joining together perform a wide variety of services to the Youth of their communities, thus our motto "Friend of Youth."

An Optimist Volunteer is... one, who develops Optimism as a philosophy of life, One, who promotes an active interest in good government and civic affairs, One, who inspires respect for the law, One, who promotes patriotism and works for the good of international accord and friendship among all peoples, One, who aids and encourages the development of our Youth, in the belief that the giving of oneself is the service to others, will enhance the well being of humankind, community life, and the world.



Watch the short
video on the
100 years of
Optimism:



IT'S ABOUT THE YOUTH, OPTIMISM, AND THE TREES...

We thank you for your financial support!

We thank you for reading the eBook!

We thank you for your contribution and/or future contributions!

Growing Optimism - whether reading this eBook or a daily decision for living your extraordinary life - is a significant factor in you being for the world and being with the planet.

We make it happen with you! You inspire us!

Thank you for all of us at the Dinner Optimist Club of Calgary...

December 21, 2021