

DINNER OPTIMIST CLUB
OF CALGARY

March 2022

GROWING
OPTIMISM



Suggested issue price is \$10, see page 45.

The Dinner Optimist Club of Calgary supports two JOI (Junior Optimist International) Clubs in Uganda --- Kupsya Tree Project and Karambi Garden Project.

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 Kupsya and Karambi JOI Clubs Members - like the one below with children learning to plant trees.



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Getting Started

Growing Optimism eBook is published by the Dinner Optimist Club of Calgary
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DESIGN & GRAPHICS

Club Members, family and friends.

CONTRIBUTING WRITERS

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 and Optimist International. 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

Cover: Unsplash.com --- chris-lejarazu-08wxrVv5rp8-unsplash

Message This eBook is published by the club members of the Dinner Optimist Club of Calgary. 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 KUPSYA and KARAMBI JOI PROJECTS. 100% of the money collected goes to programming, not Administration.

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

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.



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.

Tree Planting - Kupsya JOI Club in Uganda

I am going to update you on our March 2022 tree planting program.

Our kids have been given a contract of planting 2000 trees along the banks of the river in the area.

The type of trees we have been asked to plant are the eucalyptus trees.

The nursery bed has 1500 trees planted that will be transferred to the seed bed after 15th March and depending on how season shall have started.

That is how far we have gone.

We are waiting for rain so that we begin the work.

I am happy that we are part of the big work DOCC is doing. Conserving the environment is our pride.

Author: JOI Sponsor Salatier, Kampala, Uganda









Word Puzzle

The words below the Word Puzzle are in the Word Puzzle - have fun finding them. The Solution is on page PP

R F U L T R N C V L J U N G L E T D B
 K E V E R G R E E N W X E L H L R P I
 T F S P C M R V L W O Y X V R I I C F R
 G R O W T H G R D P O A Z Q X W E O O
 R A I N F O R E S T D V J E X R T R A
 T U N D R A B U Z X L X D H J T O E X
 Z A Q L Q T U O X N A A S W A M P S A
 S H A G R A S S L A N D S O F J Z T D
 I L L Y R T H K Y O D A Y A Y C S N E
 L U P O S F W C T E Z W A L K I N G C
 V M I C K V A O P Y N I X W P Y R T I
 I B N K B Q C A P B N Q B R U S H W D
 C E E K P H K S P R D J C G X S Z R U
 U R L J R Z A I K Q B R G R L M Y C I
 L J Q R D J H S D E N D R O L O G Y O
 T A Z A R B O R V J I N K V Y Z Y U U
 U C F E U P Z S T E P P E E R J N B S
 R K J L F X H G L A D E X V O M O Y J
 E W M J N H A M M O C K Y F L M Q U R

LUMBERJACK, GROVE, FOREST, OASIS, BRUSH,
 STEPPE, TUNDRA, WOODLAND, VELD, WALKING,
 GLADE, DENDROLOGY, GROWTH, TREETOP,
 RAINFOREST, JUNGLE, ALPINE, SWAMP,
 GRASSLAND, DECIDUIOUS, EVERGREEN, ARBOR,
 SILVICULTURE, BUSHWACK, HAMMOCK



Of What You Create

Stories You Write - Pictures You Take - The Videos You Shoot - The Drawings You Make start with an inspiration - often a word or an image.

A reader asked for a writing tool...

Here is a *Random Number Writing Prompter*.

Enjoy the umpteen ways to use it.

There are 64 numbers randomly placed on the grid... on the Next Page
And following that page are 64 words, one for each number in the grid.
32 words are associated with Optimism. 32 words are associated with Trees.

Instruction 1: Select a number from the grid, retrieve the word and write a ~50 word paragraph using the word as inspiration. If the word is associated with Optimism, write the paragraph about optimism. The same is correct for the word associated with trees.

Instruction 2: Select each number in the four corners of the grid from the grid. Use them to write a script and shoot a video incorporating the words.

Row #	A	B	C	D	E	F	G	H
1	2	52	59	42	45	60	23	38
2	30	1	25	47	5	46	48	53
3	54	40	24	49	29	3	64	32
4	26	4	11	56	12	55	31	41
5	44	27	14	62	17	57	61	6
6	34	21	7	50	37	63	51	28
7	13	18	22	15	16	8	43	9
8	39	20	58	35	33	19	38	10

Example of Instruction 1: I selected #7 - the associated word is "positive"

Given my life decision to live as a grey digital nomad, I help walk the dog of a friend over the course of a day. During the mornings especially, I find it to be a wonderful and **positive** experience. During the walk, I fill me, myself and I with **optimism**.

Example of Instruction 2: The four corner numbers are 2, 36, 39, and 10.
The words are

_____,
_____,
_____, and

Enjoy writing the script and shooting the video))smiles

Create an Instruction For You:

Here are the 64 words by assigned random number:

Optimism		Optimism			Trees		Trees
1	uplift	17	fair	growing	48	agroforestry	64
2	upbeat	18	encouraging	woodland	47	alpine	63
3	soothing	19	decisive	treeline	46	arbor	62
4	rosy	20	confident	Winter	45	arid	61
5	reassuring	21	comforting	windbreak	44	Autumn	60
6	promising	22	chipper	tundra	43	bark	59
7	positive	23	cheerful	treetop	42	barren	58
8	optimistically	24	can-do	tree	41	blowdown	57
9	optimistic	25	bright	timber	40	brush	56
10	optimist	26	assured	terrestrial	39	canopy	55
11	optimism	27	alive	Summer	38	clearing	54
12	hopeful	28	like	silviculture	37	countryside	53
13	heartfelt	29	sure	Spring	36	deciduous	52
14	heartening	30	tender-minded	jungle	35	dendrology	51
15	good	31	enthusiasm	growth	34	evergreen	50
16	favorable	32	character	rainforest	33	Fall	49

You can create your own random number table.

Here is the link used to create the Random Number Grid.

You can reshuffle the words by numbers.

Instead, you can identify your words!

You can create a Random Number Grid for 16 numbers (4 by 4).

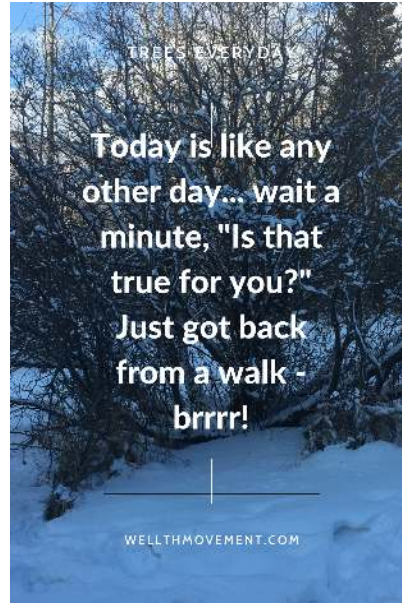
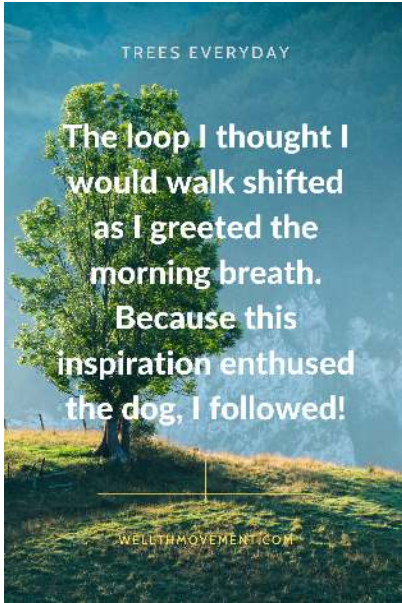
Identify 16 words and assign a number.

Pick the four numbers that make up the middle square.

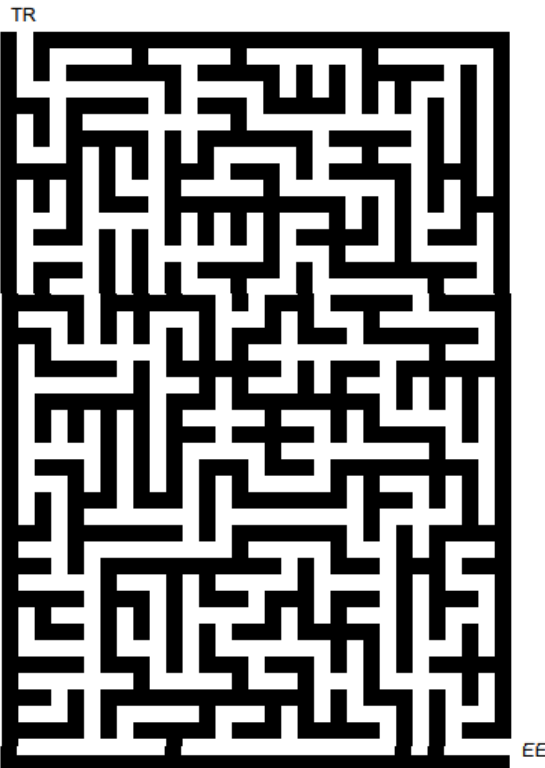
Draw a picture incorporating the meaning of the words.

Or... Assign a word to a picture and create a carousel of 4 images.

Of whatever you create - if applicable - share it with us. If we agree that it is a fit for the ebook/flip magazine we'll include it with a shout out to you (or your first name and last name first initial, and location --- see what we've done throughout this issue!).



Move from TR to EE.



Skoki Lodge - Bench

Over the centuries, the civilizations on earth have used trees, and the wood they have provided, to build everything from utensils to tools, from wagon wheels to ships, and from shelters to buildings.

Logs were once used to move the enormous blocks of stone used to build the worlds pyramids. Trees were hollowed into canoes, carved into totem poles, and milled into lumber. Explorers in the 1400's, built ships to explore the oceans, proving that the planet we inhabit was in fact round and not flat.

Wood was used to fire our ovens for cooking, ground into pulp for making paper, and fabricated into instruments. From a flute, to violin, to guitar, to might pipe organ. Wood was used in their making.

Rain forests can be found closer to the equator and, in our northern and southern hemisphere, pines and evergreens grew into large forests. Redwoods, and giant cedars thirty feet in diameter, can still be seen along the western costs of North America.

In this photograph, the stumps from two old mountain evergreens have now become a bench for the weary traveler, an opportunity for some shelter and shade from the alpine sun, and a bed for the hiker.

By using environmental re-planting, we can sustain these mountain woodlands, reforest areas where logging have removed these trees, and provide the building materials that sustain our families and our descendants for centuries to come.

Author: Tim, Canada



Never Too Young to Change the World - One with the Planet

Everett my grandson at the age of 2 has developed a compassion to be a joyful helper in many ways.

One way that stands out above the rest is his desire and interests in all things to help the environment. Everett learned by watching and observing his own parents do whatever is necessary to make our world a better place, with the simple act of composting and recycling it provided Everett with a sense of pride and routine at such a young age.

Separating cans, bottles, plastic, and cardboard helps Everett understand not only what all the items are but he actually understands he is separating to reuse the item and in turn helps the environment and the world as he knows it.

At dinnertime, Everett pulls his stool up to the kitchen counter to help mom put the scraps in the compost. Hands washed and down he gets.

Granddad takes Everett outside when the garbage truck arrives, to give him even a wider, broader sense of where all his efforts are going.

Saying Hi and goodbye to the gentleman that drives the big truck, until next time.

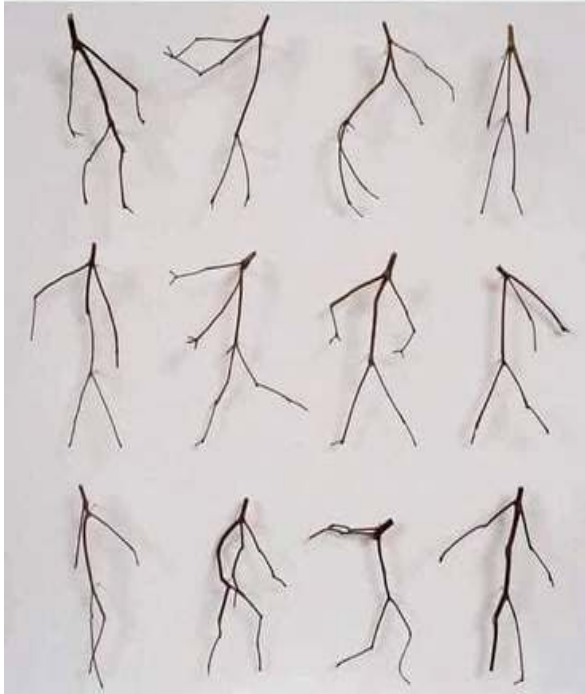
Children can imagine, dream about doing something good, having a sense pride and accomplishment at such a young age. Let's imagine, create and dream like children .

Author: Denise with Everett, Canada



Dancing Twigs

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 dinneroptimistyc@gmail.com



Creator:

Betty, Canada

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 dinneroptimisttyc2@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.





Dublin's Bench-Eating Tree

In 1800, construction began on the elegant building on Dublin's North Side that would house the Honourable Society of King's Inns where, to this day, many of Ireland's barristers receive their training.

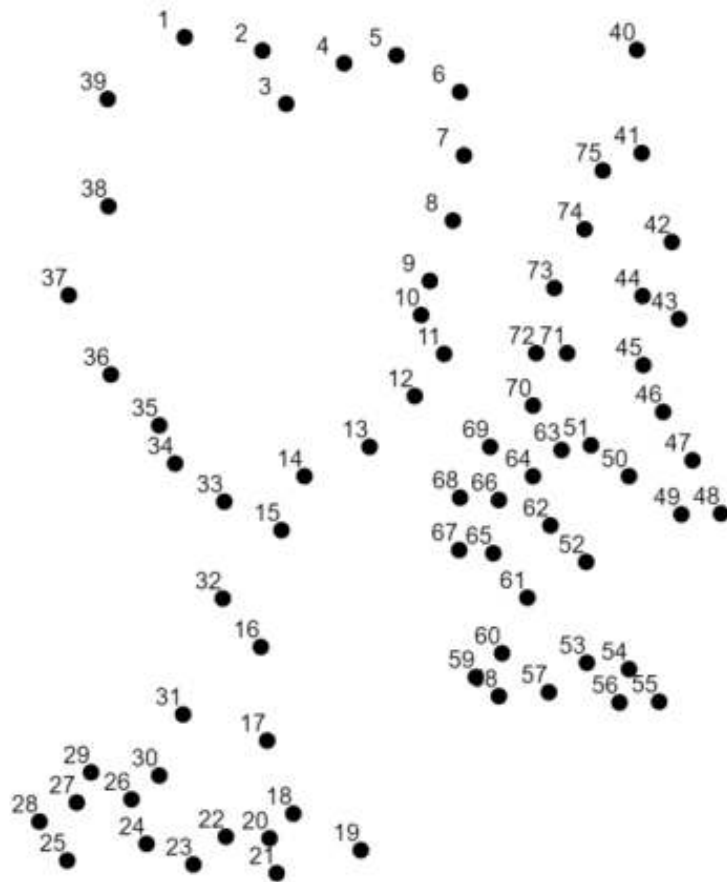
A fine Regency-style stone building requires appropriate landscaping. Among the features that were added to the grounds along Constitution Hill were a number of London plane trees (similar to an American sycamore), and several cast iron park benches where people could sit and admire the view.

Ah, but the landscape architects of two centuries ago probably did not anticipate how one of those trees and one of those benches would become inseparable from each other. In fact, they've become a much-photographed tourist attraction known as "the Hungry Tree."

As the tree's trunk grew and expanded, it began to envelope the bench. The age of the tree is estimated at between 80 and 120 years, and the girth of its trunk is about 3.5 meters, but in the decade I've going coming back and forth to Dublin, there's been a notable incursion as, year-by-year, the tree swallows up the bench.

Let this be a lesson for Optimists: with patience and persistence – and the passage of enough time – you can accomplish what seems to be impossible. Bon appetite!

Author: Don, Ireland



Connecting the Dots

There are two trees here. Dots 1 through 39 and 40 through 75.

One is a _D_____ and the other is an _E_____.

The top of a tree is called _C_____.

The stem of the tree is called a _T_____.

Under the ground and sometimes exposed on the surface of the ground are the _R_____.

The hand drawn colored picture of the two picture trees is found on PP.

The Multi-Purpose Agroforestry Tree

Balanites aegyptiaca

(Desert date, Ng'oswet – Kalenjin, Kenya)

I reminisce as a child, I herded sheep and enjoyed diverse fruits from the forest. Now I can't find these plants anymore, they are disappearing fast.

Communities have strong evidence of their value, and they may be contributing even more than we know, one of these species is the Desert date.

Admittedly, scraggly trees like *Balanites* are easy to miss. Observers may see the dry bush in which they grow as mere unproductive scrub.

Nothing could be less true but it is a rich multipurpose agroforestry tree, a nitrogen fixer and integrates well with crops. It is a heavy seeder with both coppicing and pollarding qualities making it easier to replicate and regenerate.



Picture 1 and 2: The Desert Date Tree

Aegyptiaca tree is one of the most decadent oils for the skin. It is fast absorbing and packed with nutrients that improve the health of the skin and its appearance.

The world does not eat enough fruit and vegetables, while at the same time an estimated 25% of the world's land area is degraded. This issue is particularly acute in dry regions like the Sahel; an estimated 75% of land in Niger is degraded, according to a study of land degradation in seven African countries.

The challenge is complex, but there's good news: indigenous trees that are vital sources of nutrition and thrive in arid areas can help address both these crises.

The World Health Organization recommends a minimum of 400g of fruit and vegetables per day to prevent diseases such as heart disease, cancer, diabetes, obesity and deficiencies of micronutrients like Vitamin A and zinc.

This Desert Date's fruit is a source of iron and calcium when dried. Fresh, it has proportionally as much vitamin C as an orange.

New leaves are a nutrient-rich dry season vegetable. Extracts of the fruit and bark kill the hosts of Bilharzia and carriers of Guinea Worm.

The tree can be regenerated by Farmer-managed natural regeneration (FMNR), a method that nurtures living stumps. Seedlings and young trees need protection from fire and livestock. "Famine Food" – Food and Fodder Bank

Clearly there is nothing niche or rare about this tree. It is part of the major players in food systems from Kenya, Somalia to Senegal, in the Miombo biome across Southern Africa, and even in the Near East and South Asia.

This tree is so essential that in Senegal farmers are planting them as a key component for the Great Green Wall. Meanwhile, the sale of their products brings income. Governments and the international community have overlooked them, but this tree can help us achieve the UN Sustainable Development Goals by 2030

Indigenous food trees are intrinsic to SDG 2: Zero Hunger, which aims to end all forms of hunger and malnutrition, SDG13: Climate Action and SDG 15: Life on Land, which aims to reverse land degradation and halt biodiversity loss.

Long harvested from the “wild”, they now need to be brought onto farms as a nature-based solution for the intertwined crises of climate, malnutrition, and biodiversity and ecosystem collapse.

Let’s make sure trees aren’t forgotten and are recognized for their contribution to diets. It is also the start of the UN Decade on Ecosystem Restoration.

Indigenous trees, especially those that provide food and are loved by communities, should play a central role. Besides widely known pan-tropical trees like mango and papaya, a myriad of lesser-known indigenous trees makes a major contribution to diets.

At my organization, we have opted to refer to them as “food and fodder” bank. This tree is far more than “famine food”, a term often used by aid workers when they see displaced people collecting food from the wild, often leaves.

Tree leaves may be resorted to when vulnerable and hungry populations are on the move. But they are also a routine part of the diets of millions, leaves are cooked with onion as a stew.

Rural people with settled lives also harvest “wild” food where the natural vegetation has not been pauperized.

Communities in Uganda lamented that this nature’s supermarket is disappearing as trees are cleared for farming and charcoal.

Tropical tree-sourced foods are sometimes clustered as “lost, underutilized or neglected” because they are overlooked by governments and development agencies.

But hundreds of millions depend upon them, and they have huge potential to contribute significantly to the availability of fruit and vegetables.

Fruit from the Balanites tree is the most frequently eaten fruit by women in Arid and semi-arid areas, Kenya, Uganda and Zambia daily. In fact, rural women across all agro-ecological zones in Zambia had eaten wild fruits more than twice as frequently as cultivated fruits in the previous seven days.

The leaves and pods are nutrient rich fodder for livestock especially during the dry season.



Picture 3 and 4: The fruit and a stew of Balanites cooked leaves

Given its usefulness and how much they show up in the research and in markets, it is baffling that so few policymakers and practitioners recognize the role of these trees. It suffices to note that, owing to its usefulness, global nutrition bodies and national policies should document and acknowledge the role it plays, and also given that they are resilient to drought and other stressors, it should be more prominent in restoration efforts going forward.

Animals play a major role in propagation of this species as the pods are edible thus the dormancy is easily broken as it goes through the alimentary canal.

Author: Festus K.

Green Planet Initiative 2050 Foundation “Accelerating Forest Landscape Restoration”



Planting a Tree

“Planting a Tree is an Optimist Act about the future”

<https://heartachetohealing.com/planting-a-tree-is-an-optimistic-act>

By following the Optimist Mission Statement, we can encourage youth to plant trees in their communities and beyond, which will establish roots of optimism in years to come.

Submission by: Marilyn, Canada



An Oak Tree in Austin, Texas



A Google source:

Texans view the Treaty Oak as a symbol of strength, fortitude and perseverance. Arborists believe the tree is over 500 years old and is alive and well today. The famous tree stands at the northeast corner of Baylor Street and 6th Street in Austin, Texas.

Linda, USA

A Story With a Question

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:

dinneroptimistyyc2@gmail.com

A Poem by Jean Kay -

Our Trees

Whether trees are carefully planted,
or squirrels plant seeds without care,
trees are important for our survival
providing oxygen in our air.

All a tree knows how to do
is to reach towards the light,
growing tall and branching out.
In their world that's what's right. W

We as humans need to stand tall
and always do what's right.
Doing what's best for our planet
so our futures will be alright.

Some areas have been stripped of trees
which changed the environment.
In order for all life to survive caring for trees
will be time well spent.

What type of tree is your favorite?
What trees grow where you abide?
Make time to really look at them
and thank them for what they provide.

We need our trees.

Author: Jean, Canada [R.I.P.]





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.

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* 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.

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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 June 21st, 2022
eBook is **June 11th, 2022 --- Look forward to what
you send US!****

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

dinneroptimistyc2@gmail.com



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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](#):

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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: dinneroptimistyc2@gmail.com

**MORE INFORMATION IS AVAILABLE
ON THE WEBSITE**

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:



Solutions



R	F	U	L	T	R	N	C	V	L	J	U	N	G	L	E	T	D	B
K	E	V	E	R	G	R	E	E	N	W	X	E	L	H	L	R	P	I
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G	R	O	W	T	H	G	R	D	P	O	A	Z	Q	X	W	E	O	
R	A	I	N	F	O	R	E	S	T	D	V	J	E	X	R	T	R	A
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Z	A	Q	L	Q	T	U	O	X	N	A	A	S	W	A	M	P	S	A
S	H	A	G	R	A	S	S	L	A	N	D	S	O	F	J	Z	T	D
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C	E	E	K	P	H	K	S	P	R	D	J	C	G	X	S	Z	R	U
U	R	L	J	R	Z	A	I	K	Q	B	R	G	R	L	M	Y	C	I
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T	A	Z	A	R	B	O	R	V	J	I	N	K	V	Y	Z	Y	U	U
U	C	F	E	U	P	Z	S	T	E	P	P	E	E	R	J	N	B	S
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GROWING OPTIMISM

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7	9	6	5	1	8	2	4	3	9	5	6	7	2	3	4	8	1

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...

March 21, 2022