



# KW Optimist Club-Opti-KW-ips

Helping over 5,100 Kids per year with our Heidelberg Optimist Camp.

## President's Message



Remember this old joke: Why did the little boy throw the clock out the window?

To see if time would fly.

I remember when I was younger I couldn't wait to get older. I wanted to be 16 so I could drive, to be 21 and be able to drink legally and so on.

As time flies, before you know it you are older and retired and do not have that energy that the younger you had many years ago.

My message is this: Be careful what you wish for, because time passes so quickly the older you get. Take the time to enjoy your family, your friends. Be thankful for all you have! There are so many in our community who struggle each and every day. Pause and smell the flowers.

I wish everyone a safe and healthy holiday. Hope you get to spend many hours with loved ones.

May 2025 and many more be healthy and prosperous. Many blessings from our house to yours. **Merry Christmas and Happy New Years**

### President Ralph

#### NOTE

December 10  
dinner meeting

**Christmas Dinner**

Hope to  
See everyone!



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KW Optimist Club Meetings

Dinner Meetings:  
2nd Tues of the month

Board Meetings:  
4th Tues of the month

519-885-1119

"Please leave a message if you want us to return your call"

Email

thekwoptimistclub@gmail.com

Location

Camp Heidelberg  
2001 Kressler Rd.  
Heidelberg, ON N2J 3Z4

Mailing Address

PO Box 42052 550 King  
Street North

# Next Dinner Meeting Christmas December 10, 2024

Social 6:30 Dinner 7:00PM

Food: Village Caterer, cost \$25.00 per person

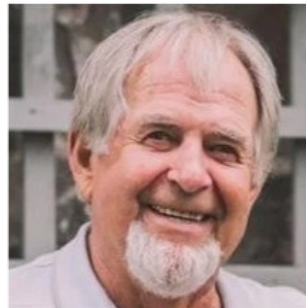
Entertainment - Gift Exchange draw (each couple, or single will bring a \$20 wrapped gift.)

### Ross Nyle Shantz

June 22, 1943—November 9, 2024

Past Optimist Ross will be truly missed by all.

Ross was a President 1972—1973 , Life member of the K-W Optimist Club.



Don't forget to get your  
2024—2025 Source Books from the Club

BINGO DATES BINGO DATES BINGO DATES



All dates are Thursday evenings  
Dec-12-2024

## BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

### Report from the Run for Cancer at the Club - October

Thank you KW Optimist Club for your help. We love the trails at Camp Heidelberg, and this year we will exceeded our fundraising goal. We will go over \$10,000!



#### Official name for the race - Wise Raven Trail Race

All races started at 8am, each loop is 2.5km  
Here's some stats for the race -



#### - for the 5km

Top male- 20:34min, Top Female- 31:33min

#### - 10km

Top Male- 48:18min, Top female - 58:44min

#### 25km

Top Male- 2hr:11min, Top Female - 2:11:43

(Optimist George Harper time 6days 2 hours - not finished yet! Hehehe)

#### - 50km

Top male- 3:47:07,(this is fast!) Top Female- 4:31:08

#### 6hr

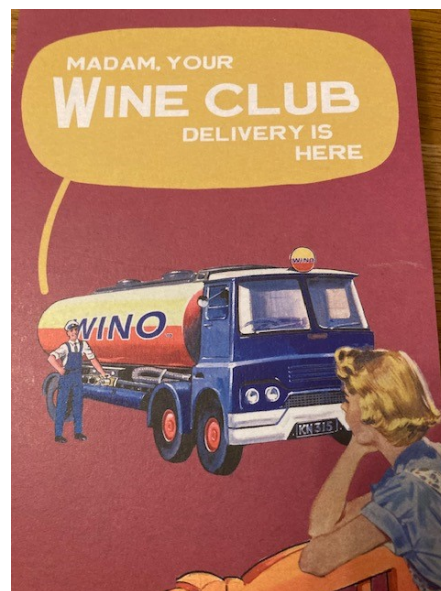
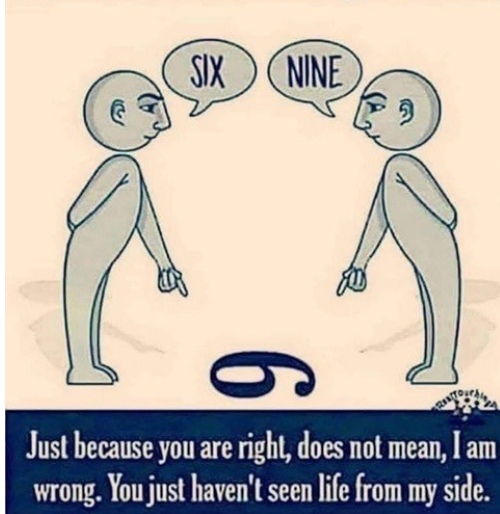
Top male- 52km, Top female - 39.5km



**Thanks again,  
See you  
next year  
Oct 18/25**



This is one of the realist things I've read...





## On The Funny Side

**INSIDE  
EVERY  
OLDER  
PERSON  
IS A  
YOUNGER  
PERSON  
WONDERING  
WHAT THE  
HELL  
HAPPENED.**

- Cora Harvey Armstrong



They're cute and look harmless but they are loud, incredibly expensive to keep, and absolutely untrainable! The other one is a kangaroo. I don't know anything about kangaroos...

### EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

[Merry Christmas from the KW Optimist Club.](#)  
[Have fun and please be safe... Happy 2025](#)

## 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.



[www.kwoptimist.org](http://www.kwoptimist.org)  
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***Come and Join Us Help Youth - Become a member Please***