

North Carolina East Optimist News

Fellow Optimists,

First quarter has come and gone, and we had a great start. Lake Waccamaw always gets us going! Thank you so much for supporting the Boys and Girls Home. They are so appreciative of all we do. The tour of the campus, fellowship at Dale's Seafood, the visit by David Bowman, our Optimist International VP, the burial of the time capsule, and yes, even a little Bingo all helped us get going in the right direction.

Now, as we move into the second quarter, we really need to get to work. There are clubs that need to replace lost members, veteran members who need to get on board with our program, and there are those who need to share new ideas to make us stronger as Optimists. There is room for improvement in all areas, but we have some of the hardest working and most conscientious Optimists in our District!

Changes are being made to try and keep up with a fast-moving and changing world. So, we held our first ever conference call recently with our new administration and our Lt. Governors. This is new to me, but it was well received, and I appreciate the cooperation of all involved. This will become a monthly event, and I hope will help bind us together in purpose as well as answer any questions we might have as we progress through the year.

It's a trickle effect! Hard-working members drive their Club Presidents who drive our Lt. Governors, who in turn drive the Governor. The key is doing all we can do to



make our district one that we can all be proud of.

Both the Essay and the Oratorical Contests are in full swing already and will be the focus of our Third Quarter District Meeting in Goldsboro on May 8-9.

Let's continue to strengthen our clubs by recruiting members who want to make this world a better place for us all. "iMagine: Optimist Strong, working together to better serve our youth."

Sincerely,
Governor Russell Leake

LEADERSHIP DEVELOPMENT

Hello Fellow Optimists,

I hope everyone had a great holiday season and wish you a Happy and Blessed New Year! 2020 is swiftly moving ahead and we are already in the Second Quarter of the Optimist Year.

Governor Russell Leake recently conducted his first conference call with the Lt Governors. Discussion surrounded agenda items, entertainment, and leadership activities for future meetings and the annual conference. Please stay in touch with your Lt. Governor, let him or her know what your club is involved with and/or doing to serve youth. In addition, let them know if you have suggestions for the good of the NC East District. Together we can make a difference!

Plans have been made for an energizing second quarter district meeting to be held in Greenville, NC, and hopefully will yield a booming registration. I always look forward to this weekend as the Past Governor recognizes his/her leadership team and those recipients of 2018-2019 Awards.

I hope that all clubs are participating in the Achievement and Awards (A & A) Program and like the new reporting form. Kudos to Terry Corle for his efforts and to those clubs participating.

The Essay Contest is in full swing with the Oratorical Contest fast approaching at the club, zone, and dis-

trict level to be held at the third quarter district meeting.

So that leads me to ask – where are we in building new clubs to serve more youth and are we growing our clubs utilizing incentives available. If we are

to serve more young men and women, we must continue to grow our membership. Our legacy should be that we leave no areas unserved by Optimist Clubs.

Let's continue efforts to grow attendance at district meetings, build new clubs, increase members, and let us ALL--"iMAGINE: Optimist Strong, working together to better serve our youth."

Yours in Optimism,

Lou Anna

Lou Anna Hardee

2019-20 Leadership Development Chair And

Assistant Governor

hardee.louanna@gmail.com

(252) 341-3565



Candidate Qualifications

As Immediate Past Governor, my position this year is also Candidate Qualifications Chairperson. It is my responsibility to find a candidate or candidates for Governor-Elect. If you would consider that position, please let me know. Or if you know someone who would be great in that position but who does not want to come forward and boast, please let me know! The only official requirement is that the Governor-Elect should have served or currently be serving as Club President. Of course, we want a candidate who is enthusiastic, has leadership and organization skills, and has charisma to attract others to follow that lead. It goes without saying that the most

suitable candidate would have a love for youth and for all programs of Optimist International. If these qualities describe YOU, please give serious consideration to this leadership position. If you have any questions, I will be glad to try to answer them for you. I am...

Forever an Optimist!

Linda Shepherd

District Candidate Qualifications Chair 2019-2020



Communications Contest for the Deaf & Hard of Hearing

Jan and I are serving as chairs for the CCDHH again this year. We held this contest for several years at the Eastern North Carolina School for the Deaf in Wilson. The school had a new director last and did not allow the contest to be held there. We met with the school director and principal and had a nice visit. At the end of the meeting, the director said "We will let you know." We waited about a month with no word from the school so I called the principal. The answer again this year is no.

A youth in our district deserves to win that \$2,500 scholarship. We are having the contest at 205 East Walnut St. in Goldsboro in late April or early May. The applications are due to me by April 15th.

We have met with the supervisor of teachers that teach the deaf and hard of hearing in our local school district.. She was excited about the potential opportunity for the students. We have also met with a lo-

cal preacher, whose church caters to the hard of hearing. We are very optimistic about having a contest. As you know, it is open to all clubs in the NC East District. Please talk with your school district and find out the proper person to talk with and get them involved.

It would be great to have enough students participating to require having a preliminary contest.

If I can be of assistance, please let me know.

Bill Edgerton,
CCDHH District
Chair, 919-920-
8541 or

bedgerton4@nc.rr.com



District New Club Building



My job is to find areas that need a shot of Optimism in their lives. How can we find these areas without thinking of ways to improve the world for our youth? All sug-

gestions are welcome and will be considered. We need to find places that want to be helped, not just places where we start a club only to see it fade away as soon as we are gone. Adrian has promised to send us reinforcements, so let's take him up on

this. Time to get to work!

Russell Leake
District NCB Chair
2019-2020



District Membership

Greetings Fellow Optimists! Since we started our new year off to such a great start.

I was hoping to give you another good report. Unfortunately, our numbers have spiraled. We are currently minus 15 and ranked 15th Internationally. We must turn this around!

We have several clubs that are involved with spring sports. This is a great avenue to tap into for new members. All these kids have parents/grandparents who attend the games and many would probably be willing to support our organization if they only knew what we do. Talk it up ("Just Ask"). I think you'd be surprised at the results. Promote the program you are most proud of within your club.

Don't forget the recruiting incentives offered by Optimist International. The 30 for 30 and recruit a teacher. They can join their first year for \$30. Also, recruit a FOO (Friend of Optimist) for \$100. This is a great fund raiser. Your club gets \$40 back for each FOO you recruit.

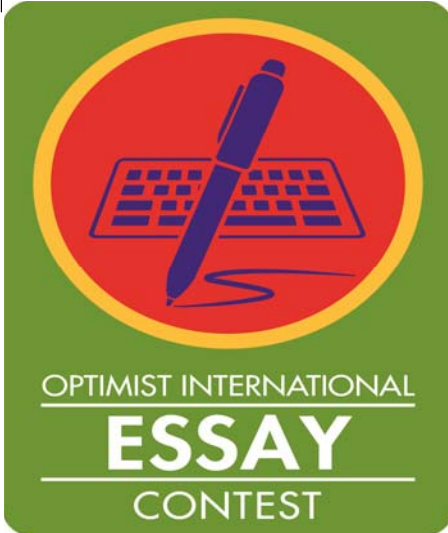
I'm optimistically hoping to give a better report for the next newsletter. We have a great organization and we are a necessary ingredient for its survival!

"Remember, membership is an honor and privilege.....so SHARE it"

Auston Pusey
Membership Chair



District Essay Contest



I hope all clubs have been successful in receiving some really good essays!

The deadline for contestants to submit essays is determined by the individual clubs. The deadline for Clubs to

submit their winning essay to the District Chair is February 28, 2020.

District entries are judged and submitted to the Optimist International Programs Department no later than April 15, 2020. District winners will be notified by a letter from Optimist International between April 15 and June 1, 2020.

Districts that would like their winners to be notified after their 3rd quarter District conference must submit a letter detailing this request to Optimist Inter-

national by March 1, 2020.

The Club level awards may be given in the form of a scholarship, savings bond or cash prize but are completely discretionary.

The essay winner on the District level will receive a plaque and a \$2,500 college scholarship.

Good luck to all participants and I look forward to reading your essays!

Carol Collier

District Essay Chair



District Convention

As of press time the District Convention location has not been finalized. The convention committee is investigating possibly Wilmington or Beaufort, both are in North Carolina. Room costs and meeting facilities are the primary considerations .

More information will be available at the Board meeting in Greenville February 22nd.

Jim Hart,

District Convention Chair 2019-2020



Marketing, Social Media & Webmaster

Hi NC East Optimists!

I've been struggling with what to write... then I searched how many clubs had a Facebook page in our area.

I was shocked...



Only about 10 clubs out of 36 in our District popped up in Facebook.

Every club needs to get a person to post your events and pictures - and how you are helping your local youth - on Facebook. That's how people out there will know what you are doing and how you are helping the community.

We need to use social media to get the word out. We need to get more young people involved - and I mean in the range of 40 and 50 years old. Everyone needs to find their replacement - otherwise when we pass on - there will be no one to take our place.

Facebook is also a digital scrapbook. All awards, pictures and events are posted there and recorded for-

ever seriously...). There's no need to keep a paper scrapbook anymore. Has anyone ever gone back and looked at one? Think about it.



Gail Craft District Chair.

Times have changed and we all need to keep up. If your club does not have a Facebook page - please have one created. If you need help setting one up and getting trained on how to use it - please call me.

Also, if you need a press release written for your local paper - please send me the info and I'll create it for you.

I'm here to help you. And, we're all here to help kids!

Gail

Personal Growth & Involvement

Need a passport to help you fulfill your Personal Growth and Involvement objectives? I will have some available at our district meeting. This is an easy program to be involved in as many of us meet the objectives with little effort. If each club would set aside five minutes within your time and ask officers to sign off on members' passports I think we would all be pleasantly surprised at just how many objectives would be met. No one wants to sign off? Call me at 252-373-5406 and I will come to a meeting and sign off as district chair or present a program on the value of our PGI program. Pick up extra pass-

ports at our district meeting. See you there...

Sara Robbins



Sara Robbins, District Chair

Club Fitness

All Optimist Clubs make a difference in the lives of the children they serve in their communities. Are your plans for serving more kids working? Is your Club functioning in the most effective way? Do you know where you are, and the steps you need to take for your goals to become a reality? Club Fitness is the answer.

Take the first step and complete the Club Fitness Scorecard to determine areas needing improvement. Could membership be a problem? Is leadership lacking? Are finances difficult? These issues and more contribute to the health of your Club, and the health of your Club forms the foundation for a successful year.

Sustaining the service from your members to the children in your community is a major part of the equation. The size of your Club matters. It's important to keep membership at the forefront – to continually assess the loss and gain of members. Recruitment programs are vitally important. New

members bring fresh ideas, talents, and leadership strengths to the group. Leaders who repeat their jobs can become stagnant. Clubs that fail to bring in new members can experience burnout, putting their youth programs and the very existence of their Clubs at risk.

Use the Club Fitness Scorecard as your guide to assess where you are now and where you need to be. Annual membership recruitment programs, such as NOW (New Optimists Welcome), and annual retention programs, such as "C.A.R.E" and "Renew, Refresh, and Revitalize," can be your keys to success and longevity.

Be sure to contact your District Club Fitness Committee for more help. Your Club will become stronger. Your Club will be able to serve more young people for years to come. And isn't that what we're all about? Angela Iwaniuk



How many Members in the Club?	10 = 4, 10 - 19 = 1, 20 or more = 0	_____
When was the last time a new Member was added?	>3 YRS = 3, < 2 YRS = 1, < 1 YR = 0	_____
When was the last time a Member was dropped?	>3 YRS = 3, < 2 YRS = 1, < 1 YRS = 0	_____
How many consecutive years has the current President been president?	>2 YRS = 3, 2 YRS = 1, <1 YR = 0	_____
What percentage of the members attend the regular meetings?	< 25% = 3, 25% - 40% = 1, >40% = 0	_____
Does the Club have an annual membership recruitment event?	No = 4, Yes = 0	_____
Does the Club do at least three youth/community programs each year?	No = 1, Yes = 0	_____
Does the Club have annual fundraisers to meet the needs of the service programs?	No = 1, Yes = 0	_____
Does the Club pay their Optimist International and District dues on schedule?	No = 1, Yes = 0	_____
Does your Club have a monthly communication out to your membership?	No = 1, Ys = 0	_____
Did your Club reach Honor Status last year?	No=1, Yes =0	_____
Score Results:	Total Score	_____
0 to 4 Club may be fit (but still room to improve)		

A&A Club Winners 3rd Quarter 2018-2019



No 1, Golden Circle, Linda Hawley; No. 2, Goldsboro Dawn Clark; No. 3, Greenville, LouAnna Hardee; No. 4, Cape Fear, Ray Cockrell; No. 5, Roanoke Rapids, Dan Durham.

Not pictured are No 11, Blackbird; No. 12, South Johnston; and No. 13, North Raleigh



No. 6, Northern Wake, Ed Taylor; No. 7, Rocky Mount Evening, Donald Wicker; No. 8, Henderson, Jerry Delbridge; No. 9, Washington, Pamela Franks; No.10, Chapel Hill, Stan Pickett.

A&A Top Clubs 3rd Quarter in Each Zone



Zone 1, Cape Fear, Billy Sebrell; Zone 2, no report; Zone 3, Golden Circle, Linda Hawley; Zone 4, Greenville, Pamela Franks; Zone 5, Northern Wake, Hilda Delbridge; Zone 6, South Johnston, Stan Pickett

Top 3 Lt. Governors



From left: No. 2, Zone 4 Lt. Governor, Pamela Franks; No 1, Zone 3 Lt. Governor Christy Webb (photo is Linda Hawley); No. 3, Zone 5 Lt. Governor Jerry Delbridge (photo is Linda Delbridge)



Shannon Simon, A&A Chair
2018-2019



Terry Corle District A&A Chair
2019-2020

THE OPTIMIST

International Junior Golf Championships



Don't know about Optimist Junior Golf??

You will find the answers to all of your questions at:

Optimist.org/golf

For info contact David Hodges, NC East Junior Golf Chairman 252.908.3034 dhodgesoptimist@gmail.com

THE OPTIMIST IS NOT JUST ABOUT GOLF



Hugh Cranford All Scholastic Team. (NCE's Blake Brantley is second from left)



IMPROMPTU TOGA PARTY Boys 14-15 (robes courtesy of Donald Trump sort of)



2019 International Champion Haley Quickel
Three- time NC East District Qualifier

Optimist
Junior
Golf



David Hodges, District Junior Golf Chair.

NC East District 2020 OPTIMIST Qualifier Schedule
April 1 Wedgewood Golf Course, Wilson, NC
April 4 and 5 Greenville CC, Greenville, NC
April 11 Belmont Lake GC, Rocky Mount, NC
May 16 and 17 The Emerald, New Bern, NC



How Can I Help?

Thank you for loving our children! We are so grateful for all that Optimists do to provide love and support for the children at B&GH.

For over 50 years Optimists have had a significant impact on the thousands of boys that have come through the Optimist Cottage at Boys and Girls Homes. Thank you for continuing to support that effort today. You are still making a difference for our children!



Optimist Cottage B&G Home Lake Waccamaw

Just as Optimist Clubs support the cottage, we have many Caring Angels just like you who continue to believe in our mission and the positive impact we are having on the lives of children. As I share this message of hope and gratitude across our state, I often get the question, "How can I help?" By becoming a Caring Angel, you can make a difference right now! You can be a voice for vulnerable, hurting children. Here is how:

Come visit and see our program first-hand. Come and learn about B&GH - then share our story

Schedule a program about B&GH with your Optimist Club and/or Church

Become a regular contributor - monthly, quarterly or annually

Make a memorial or honor gift

Start a memorial endowment

Donate goods and/or services (Visit my display for a list of needs)

Encourage your company to donate goods and/or services

Ask your place of employment about matching gift programs

Make B&GH a beneficiary in your Will

Consider transferring stock to B&GH

Anytime! Anywhere! That is when and where we will go to bring your clubs up to date on the positive work happening for children and your Optimist



Ray Cockrell, B&G Home

Cottage at B&GH. We will

do a formal presentation, an informal talk or just sit and chat with you and your club. To schedule a program, call Ray Cockrell (910/840-7107, ray.cockrell@bghnc.org) or Gary Pender (919/920-9190, gpender@nc.rr.com). We would love the opportunity!

I look forward to visiting with all of you at the beach. Stop by to see my display and say hello.

Yours in Optimism,

Ray

Childhood Health & Wellness

There is a lot of good news in the field of medical research. Much of the success has been achieved by the doctors and research scientists associated with our local hospitals. UNC and Emory University have collaborated with Quratherapeutics to develop the anti-viral therapy compound AZD5582. This compound activates latently HIV infected resting-CD4-T cells. In early research it changes the level of T cells in the blood with little or no toxicity. More research is needed before testing on humans can begin, but it is a major step forward in HIV treatments and cures. This research has taken over five years to get to this stage.

UNC researchers have developed a new technology to identify inflammation in the body. They have identified one type of white blood cells that rush to fight “invaders”. These cells trap bacteria and virus cells and kill them to prevent infections.

Many new tools use artificial intelligence [AI] for rapid cell analysis to lab test drugs that may inhibit or promote the healing process without testing on animals or humans, shortening the time needed to develop new drugs. Using the genetic editing tool CRISPR to sequence DNA, doctors are able to selectively edit the DNA of patients with Sickle cell disease. This disease affects the shape of red blood cells and their ability to carry oxygen. The crescent shape can cause severe pain from blocked blood vessels and low oxygen levels. Sickle Cell is a hereditary form of anemia that is most common among those of African descent.

The Pan-Cancer Analysis of the Whole Genomes Consortium has analyzed the whole genetic code of 2,658 cancers. This study provides an almost complete picture of all cancers. This will help treat each patient’s unique cancer, and/or develop ways of finding cancer earlier. The Consortium has worked over a decade to figure out what 99% of what is happening in a cancer’s growth. It is massively complex,

with thousands of different combinations of mutations that make cancer cells grow. Scientists know there are four or five mutations that drive a cancer’s development. Sometimes those changes happen



years before a cancer is found. Identifying these patterns will help unlock patterns to make earlier diagnosis possible. The Consortium is made up of teams of scientists working in 37 different countries over the past ten years. UNC has developed a genetic data base of every cancer diagnosed.

More progress: Cancer death rates have dropped to the lowest rates in 26 years. Last year there was a 2.2% drop, the biggest rate drop yet.

Good news for peanut allergy patients. The FDA has approved a new drug for children allergic to peanuts. Over one million children in the U.S. live with this life threatening condition. Palforzia isn’t a cure, but may help reduce the more severe effects of an anaphylactic reaction to accidental exposure peanuts.

On January 31st, Chanel WTVD-TV station featured a local cancer survivor as he rang the “End of Treatment Bell” at the UNC Pediatric Hematology/Oncology clinic celebrating the successful end of his treatment. This bell was donated by the Optimist Club of Chapel Hill. After his infusion port was removed, Benji Paulakanis celebrated with his family and classmates the completion of his final cancer treatment. Benji was diagnosed 3 years ago with 2

rare forms of leukemia. He is now cancer-free and can enjoy swimming and his trampoline again. Soon Benji will be back at St. Thomas More School in Chapel Hill.

Here are some suggestions on how you and your club can contribute to the health and wellness of children in your area:

Support your local Ronald McDonald House with donations and meals.

Support the Mile of Hope weekend program spon-

sored by the Raleigh Optimist Club. This year it is scheduled for the weekend of May 9-10.

Consider donations to the pediatric clinics at your local hospital.

Help a local family which is in the throes of dealing with a seriously ill child.

Trish Verne



District Oratorical Contest

Social media consumes so much time in the lives of our young people today! If they aren't texting they're tweeting, snap chatting or whatever else it is that I don't have a clue about. The one thing they are not doing enough of is talking. Sharing how they feel by actually speaking words with compassion, anger, joy, sadness, or whatever emotion they experiencing at the moment is becoming a obsolete. Being expressive, using body language, having control of their own voices – are they becoming a lost art? I hope and pray not! Please encourage the kids in your areas to participate in the Oratorical Contest

this year. They might be the ones to keep an almost lost art going.

Maybe social media is a misnomer! Maybe it should be called antisocial media!

Joyce Leake



Joyce Leake District Oratorical Chair 2019-2020

Junior Optimist International

Greetings again Optimists! As we roll into our 2nd quarter of the 2020 year, and Spring is just around the corner, it's time to make plans to enjoy the out of doors!

No better way than to take some kids fishing, biking or simply to a local park where they can learn



about Nature. And those same kids can be the foundation for an Optimist JOI club! Maybe it's in school, at church, on your grandchild's youth soccer team or just in the neighborhood. There is common ground

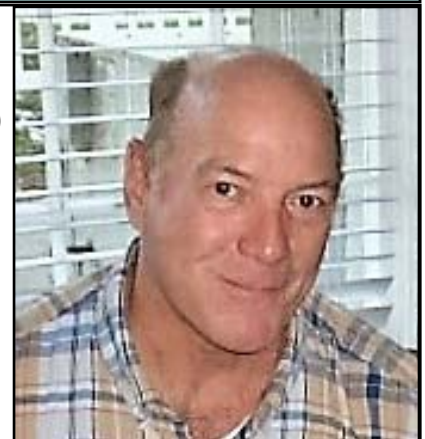
all around! The cost is nominal, (\$10 per member annual dues) but the return on your investment will pay dividends for years to come!

Drop me an email

stoer6@embarqmail.com)

or ring me up (252-904-8602) and I'll help you get started.

Sam Toler



Sam Toler, District JOI Chair

NORTH CAROLINA EAST DISTRICT
OPTIMIST INTERNATIONAL
1ST QUARTER DISTRICT MEETING

Lake Waccamaw

Executive Committee Meeting

Saturday, November 9, 2019

The following members of the Executive Committee were present:

Russell Leake	Governor
Angela Iwaniuk	Governor-Elect
Linda Shepherd	Immediate Past-Governor
Lou Anna Hardee	Assistant Governor
Kathy Brennan	Lt. Governor-Zone 1
Linda Isbell	Lt. Governor-Zone 3
Pamela Franks	Lt. Governor-Zone 4
Jerry Delbridge	Lt. Governor-Zone 5
Stan Pickett	Lt. Governor-Zone 6
Joyce Leake	District Secretary
Dan Durham	District Treasurer

Two members were not present:

Carey Foster,	Past Governor
Tommy Brigman,	Lt. Governor – Zone 2

Others in attendance were:

David Bowman,	Mid-Atlantic Region VP-
Jimmy Lamm,	Finance Chair

Governor Russell Leake called the meeting to order and led everyone in the Pledge of Allegiance to the

Flag. Gov. Russell gave the invocation and then welcomed David Bowman to our Executive meeting.

Angela Iwaniuk made a motion to accept Dan Durham as Treasurer. Her motion was seconded by Jerry Delbridge and the motion was approved.

Angela then passed out the minutes and financial reports from the 4th quarter. Pamela Franks made a motion to accept the 4th quarter minutes and Linda Shepherd seconded. All were in favor of this motion and the minutes were approved unanimously.

Lou Anna Hardee made a motion to accept the 4th quarter budget report and Pamela Franks seconded. All others approved, and the motion carried.

Jimmy Lamm began the discussion of the new budget. He mentioned that several line items that had not been used in several years had been deleted. He also stated that there are currently 876 members in our district, and the dues are based on this figure.

Lou Anna Hardee stressed the fact that funds are available for reimbursements for Lt. Governors. Angela Iwaniuk questioned a discrepancy between Line item 120 and Expense 350. After no further discussion, Jimmy Lamm made a motion to accept the new budget, and Pamela Franks seconded. All approved with the exception of Angela.

David Bowman added that the budget is simply a guideline and with executive board approval, can be changed.

The five Lt. Governors in attendance gave Zone Reports for each of their Zones.

It was suggested that all Lt. Governors print up notes of zone activities and email to us one week prior to the next district meeting.

David Bowman stated that having trouble getting up with club contacts is not a unique problem. It is important to do a club officer elect report each year so that OI can keep a check on the progress of individual clubs. If nothing is sent in, OI will use previous information which will likely be inaccurate.

Lou Anna wants time for monthly teleconferences to help keep up with club activities.

With no further business, the meeting was closed

with everyone standing and reciting our Optimist Creed.

Joyce Leake
District Secretary



Optimist International Foundation



Thank you to the Clubs and individuals that have already contributed the Foundation this year. We are currently in 4th place Internationally for total giving. While I am proud of our efforts to date, we

have a long way to go before we reach the goal OI Foundation Chair Bill Myers has declared as "Going for the Gold." Fortunately our District has a long history of giving from the heart.

The OI Foundation needs your support. Last year's funding for scholarships, grants, research and training totaled over \$1,600,000.

It is through your generosity that the expenses for these programs supported by the Foundation are met. There are so many ways to contribute to the Foundation and to name a few:

"Go for the Gold" by having your Club contribute \$365 (\$1.00 per day)

Contribute \$250.00 and become a member of the Presidents Club. Make a statement that you are dedicated to the future of Optimism

Become a Christian D. Larson Partner with your \$1,000 contribution. Or Clubs make a \$1,000 contribution in

recognition of someone in your Club who embodies the tenets of our Creed.

In support of the Foundation and because women bring a different perspective to their giving the Woman's Philanthropy Council was formed. The giving circle of the Women's Philanthropy Council begins with a minimum gift of \$100.

Last but not least, All of us can spare a "Dime a Day" and contribute \$36.50 to the Foundation

Club Foundation Representatives have additional information or please contact me if you have any questions.

"Helping Optimists Help Kids" is the mission as well as the vision of the OI Foundation. As we move forward in this Optimist year I would hope that you will consider making a donation to the OI Foundation. Please, your contribution will make a difference in a kid's life.

Optimistically yours,

Errol Warren
NC East District
OI Foundation
Representative



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.

NCE Bulletin

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