



Bee the Change

ISSUE

04

September

2026

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Optimist INTERNATIONAL

Dakotas – Manitoba –
Minnesota District

Mission of DMM Optimists

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

**"From the Hills" to our Communities —
Carry the Spirit of Optimism Forward**

BEE the Change!



***Together,
through
gratitude,
generosity,
teamwork,
and
Optimism, we
can make a
lasting
difference in
our
communities
and in the
lives of
youth.***

***Pictures of
some of the
people
attending the
DMM 2026
Convention***

A note from your DMM Governor...

Finish Strong — Keep Sharing Your Optimism!

Fellow DMM Optimists,

We are in the final stretch of our Optimist Year! As we approach the finish line, I encourage each of us to finish strong and continue living our mission of **Bringing Out the Best in Youth, Our Communities, and Ourselves**. While my year as Governor may be ending, our work certainly is not. **Let's continue to Share Our Optimism, Promote Growth, and BEE the Change** as we prepare to support Governor-Elect Carmen and carry that momentum into the next Optimist Year.



The 2026 DMM Convention “**In the Hills**” was a tremendous success! Thank you to everyone who made the trip to the beautiful Black Hills to spend a few days learning, laughing, celebrating, and enjoying fellowship with like-minded people who share a passion for service. I will carry those memories with me long after my term as Governor has ended. Thank you to everyone who attended, participated, volunteered, shared ideas, and helped make our convention such a meaningful celebration of DMM Optimism!

Growth Happens When We Share Our Optimism: You have all made my journey as DMM Governor a truly joyful and rewarding experience. Thank you for the countless ways you have strengthened your clubs, served your communities, supported our youth, and shared your optimism with others. Growth happens when we invite others to join us. It happens when we share our passion for Optimism and inspire others through kindness, service, fellowship, and leadership.

A huge THANK YOU to the St. Cloud Morning Optimist Club for the countless hours they have dedicated to new club building efforts in Hutchinson, Minnesota. If you know someone in the Hutchinson area, reach out and invite them to discover one of the best-kept secrets around —**OPTIMISM!** Thank you also to **Dan Stieger and the Prior Lake/Savage Optimist Club** for leading the charge to develop a new Young Adult Optimist Club. These efforts are how we plant the seeds for the future of our organization.

One Final Challenge: Finish Strong! Our district is “VERY” close to getting “Back in Balance.” My challenge to every DMM Optimist is simple: **Bring ONE more person into the DMM Optimist family!** For each new member sponsored by September 15, a club that is in net-positive standing will receive \$25. PLUS, the sponsoring member will receive one entry into a drawing for each new member they sponsor! Think about the people around you — friends, neighbors, coworkers, family members, and community volunteers. Who has a heart for helping others? Who would enjoy the fellowship of your club? Who simply needs to be asked?

As I reflect on this year, I am filled with gratitude. **Thank you** for your encouragement, your friendship, your service, and your commitment to making a difference. Most of all, **THANK YOU** for giving me the honor and privilege of serving as your DMM Governor.

With gratitude and optimism,

Kristi “Cricket” Palmer
DMM Governor, 2025–2026



Bee the Change DMM Convention Highlights “In The Hills”

Dear DMM Optimist Friends,

THANK YOU for joining us at the 2026 DMM Optimist Convention “In the Hills!” What a wonderful time of friendship, fellowship, inspiration, laughter, learning, and Optimism! We are grateful to each of you who traveled to Rapid City and helped make our convention so memorable. The convention may be over, but we hope the ideas, friendships, and inspiration we shared continue long after you have left the Hills. (Even the Mt. Rushmore trip!)

🎵 Our Convention Playlist

One of the special pieces of the Convention was the music selected by YOU—our convention attendees! Each song was chosen individually, and together YOU created our 2026 DMM Convention Playlist.

[Listen to the 2026 DMM Convention Playlist on Spotify](#) (Click on Link)

Just like our DMM District, every selection is unique—but together they create something pretty amazing!

❤️ A Reminder About Gratitude

We also wanted to share Brother David Steindl-Rast’s inspiring message on Gratitude that Malcom shared. His message reminds us that gratitude is more than saying “thank you”—it is a way of approaching each day and recognizing the opportunities found within it.

[Watch Brother David Steindl-Rast on Gratitude](#) (Click on Link)

🐝 A Few Convention Takeaways

*We are also sharing a copy of the “[Unknown Facts](#)” activity from the convention ~ can you remember who they are?

*[Laura Armstrong](#) shared about “**BEE the Change**” and how **Optimists and Bees Have More in Common Than You Think!** She left us with this: “**Bee the Change isn't just a slogan-it's a reminder that small acts, done together with purpose and optimism, can change the world.**”

*[Malcom Chapman](#) shared the **Five Powers** during his presentation at the Banquet:

The Power of Imagination

Creating an environment that is inclusive, diverse, welcoming across differences, and open to new ideas. Imagination allows us to see possibilities and solve problems creatively.

The Power of Voice

Recognizing the value of two-way communication—listening fully to the ideas and stories of others and then having the courage to share our own.

The Power of Commitment

Fully engaging in your chosen passion and giving your best every day. Commitment builds character. If you decide to show up—show out!

The Power of Change and Transition

William Bridges, in *Managing Transitions: Making the Most of Change*, reminds us that change is situational, while transition is psychological. Change happens around us; transition is the internal process we experience as we adapt.

The Power of Teamwork/Us

The challenges facing our communities require talented, engaged people working together. As Ken Blanchard reminds us: “**No one of us is as smart as all of us.**”

💛 And a Bonus—The Five Tenets of Generosity

As researched by Thrivent Financial, generosity can take many forms:

1. Financial giving
2. Non-monetary gifts—even something as simple as giving a book
3. Hospitality
4. Volunteerism
5. Providing emotional and relational support

Generosity isn't only about what we give financially. It is about giving our time, talents, encouragement, hospitality, friendship, and ourselves.

As you return to your clubs and communities, we hope you carry a little bit of the **DMM Convention "In the Hills"** with you.

Keep sharing your Optimism.
Keep promoting growth.
Keep bringing out the best in youth, our communities, and ourselves.

And most importantly...

🐝 **BEE THE CHANGE!** 🐝

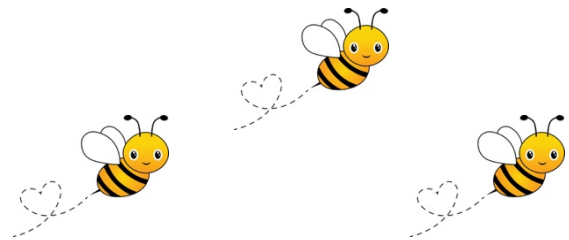
Thank you for making the 2026 DMM Convention such a special experience. We are **grateful** for **YOU** and for everything you do to make our DMM Optimist family stronger.

With gratitude and Optimism

Governor Cricket and the 2026 DMM Convention "In the Hills" Committee

Choose Optimism-BEE The Change!

Kristi "Cricket" Palmer
2025-26 DMM Governor
Rapid City Optimist Club/Sturgis Optimist Club
[605-490-3424](tel:605-490-3424)
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Optimist International *President Kendo*

Bee the Change

DMM Convention

President Tom Kendo encouraged all members to Bee the Change—and that begins with each of us. One of the most meaningful ways to share optimism is by expanding our reach. Invite someone to join you at a meeting — one simple invitation can spark a lasting connection. You might also consider starting a new Optimist club in a nearby community.

If your club is currently below its membership goal, now is the perfect time to act. Let's work together to bring your numbers back to +0—or even beyond. Each new member adds fresh energy, new ideas, and greater opportunities to serve.

I'm truly proud of everything we've accomplished this year. Let's keep the momentum going—keep inviting, keep growing, and keep bee-ing the change. We can do this.

A little bit about our President Tom Kendo...He has been a dedicated Optimist since 1993, serving for over 30 years in leadership roles at all levels of the organization, including Centennial Distinguished & Outstanding Governor of the Ohio District and Chair of several international committees. His most recent leadership roles include serving as Regional Vice President for the Northeast & Great Lakes Region in 2023-2024 before being named President of Optimist International. A committed community volunteer, he and his wife Jennifer, have co-chaired prominent local events like Oktoberfest at the Dayton Art Institute in Dayton, Ohio and Alterfest in Kettering, Ohio. The Kendos, who have been married for 35 years, live in Dayton and have two grown children, Tom and his wife Delaine and Allie and her husband James, and one grandson, Elliott.

Bee The Change – 2026 DMM Convention Highlights

GUESSWHO?

45 clues. Different stories. Great conversations.



I went to a grade school that had two classes in each classroom.

I ran for City Council (and lost).

I've been to all but two states in the US so far.

For 33 years, I read a book a week.

When I was 7 years old, my parents took me to see *Up with People*, and they got me on stage to sing *What Color Is God's Skin* with them.

Visited the Khyber Pass in Pakistan while in the Air Force.

I was in 4-H; my best in show was Gracie - she rode in the backseat of the car.

I was a college pole vaulter.

I met and shook hands with Jerry Maren, a Munchkin, who was part of the Lollipop Guild in the movie *The Wizard of Oz*.

I rode a mule down the Grand Canyon.

I was the editor of my high school and college newspapers.

I played softball for over 40+ years. I was a fast-pitch softball shortstop in Germany for 2 years. We were the Southwest USA fast-pitch champions.

Went parasailing on my honeymoon.

I don't have a middle name (but all 5 of my siblings do, and my mom had 2 middle names, plus I am a middle child. Also, my parents used me for entertainment).

I have trekked up near Mt Everest, and drove, in a submarine, more than 400 feet below the waters of Antarctica.

While on vacation in April (in Kentucky), I recognized people wearing Optimist International name tags and introduced myself. As a result, I met President Kendo!

I believe I do sound like BB King outside the shower!!

My summer job in high school was cleaning and delivering biffys.

I worked at a 700-head dairy farm doing herd health. I had to deliver a calf myself, and I had to find and pull out one leg to get the calf out.

I have NEVER eaten a "peanut & jelly sandwich".

I am an anti-hoarder.

I own 5 guitars.

I moved 26 times.

I have a Patent issued by the U.S. Patent Office for functionality in a web-based software application.

I've gone to Vegas for the first weekend of March Madness for the past 18 years with old college and high school friends, and we have no plans to stop going any time soon.

When I was five, we lived on a farm, and a bull got loose. My twin and I were in the chicken coop with an older sister to keep us safe. Our father went into the field on his horse to round up the bull.

I participated in a water ballet show 3 years in a row.

I learned to run before I learned to walk thanks to my twin brothers who kept knocking me down as soon as I pulled myself up to take a step!

At a heavy metal festival a few years ago, my friend and I helped convert a mosh pit into a Macarena dance party.

I like to play the spoons! (just two tablespoons)

I have a pilot's license, and I'm scared of heights.

I love Science Fiction, Fantasy, Natural Disaster movies, shows, books etc.

I used to do pencil portraits from photos.

I got my only tattoo at age 60.

Professionally, I have something in common with three of the Presidents on Mount Rushmore.

I was inducted into my high school Athletic Hall of Fame.

I dislike cooking and shopping. Thankfully, I have a spouse who enjoys both activities.

I never went to school for refrigeration, but I teach my co-workers about it every day.

The first time I ate strawberries was at lunch about 5 years ago.

I'm one of nine children.

I have a twin sister by the name of Jill.

I am a proud grandmother to two youth (ages 13 and 16) who are avid bowlers. Oldest grandson bowled a perfect game (300) when he was 12 years old.

06 was my identity for 27 years as a peace officer on the Brookings police department.

In fourth grade, when each student was to sing a solo song for grading, and after I sang my song, my teacher said: "I thought you were tone deaf."

I love to hike.

Find a fact. Find a person. Start a conversation.

Bee The Change – 2026 DMM Convention Highlights

International Foundation News

Hello DMM Optimists!

As we close out the year, I just wanted to thank everyone for your generosity. We raised \$6,647.50 at the convention, putting our grand total to date at **\$24,380.95!** And, we still have a month to go and not all donations are in! So, if you have been waiting to send in your dime-a-day donation, **now is the time.** Also, double check with your place of work to see if they might match your charitable gifts!

One of the highlights of our convention was the gorgeous quilt that was donated by St. Cloud Morning Optimist Club. It was worth far more than the money it raised! Renee Dingmann spent a lot of time making it meet the theme in fabric and quilting! Congrats to Judy Lindskov who won it.

Our Past Presidents, Secretaries, and Treasurers breakfast was postponed until the first quarter meeting in Watertown, but their donations so far have already raised \$1,920. **For those who weren't at the Convention, you can still send in your checks, but do it soon if you want them to count for the year.** A big thank you to Terry Gorman for his last minute appeal to everyone.

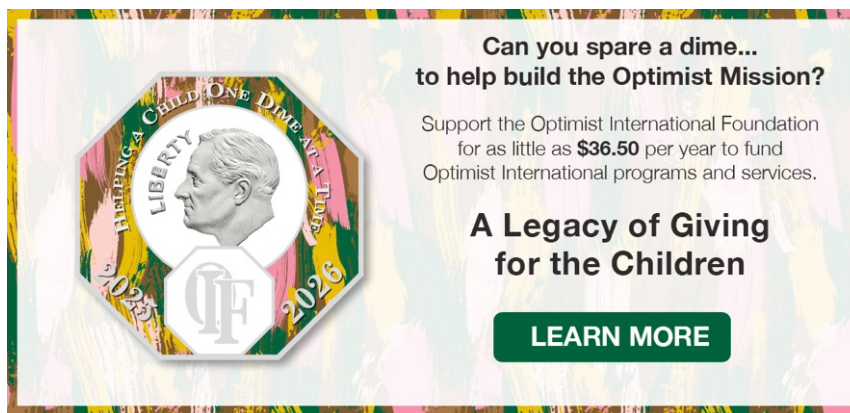
We ended up the year so far with **212 Dime A Day Optimists!** Grand Forks brought in 10 new ones at the convention. We also added three - \$365 Clubs at the convention (St. Paul, New Ulm, and Roseville). Richfield made a \$500 donation to the Childhood Cancer fund. And the year still is not over. Still time to give to get over the \$25,000 goal!

I sent out pins and patches to all the clubs that we have received so far. We will finish up at the first quarter meeting, so don't stop. Now is the time to start planning for next year. **Make it a goal for your club** to be a \$365 Club and a 100% Club. If every optimist just donated a Dime-A-Day, we would raise over \$27,000 for the Foundations! That would be great! Incoming OIF reps make it a goal for your club.

Finally, I take no credit for the year. Cricket asked us all to "Be the Change!" I asked you to donate your change. You did. Thanks to the Clubs and Optimists who brought baskets each meeting. Thanks to everyone who brought your "Fun Money". Thank you to everyone who helped with the fundraising activities. Special thanks to Sue Fix for all her support, creativity, and ideas.

I was humbled and honored to serve as the DFR for this year. I am not done yet and you might still get a phone call from me, but know that our district shows itself to be one of the most generous in OI consistently year after year. Thank all of you!

Optimistically yours,
Mark Kline, District Foundation Representative
413 E Anamosa
Rapid City, SD 57701



Bee The Change – 2026 DMM Convention Highlights

Self-Care for the Volunteer:

From Sue Fix...Volunteering is amazing, but let's be honest, at 50 plus your mind and body change with time. Self-care is anything you *choose* to do for your own well-being to protect your health, mental, physical, emotional and social health. **Volunteering can be rewarding** ... but it can also be exhausting. If you don't take care of yourself, stress can build up quietly...and it doesn't disappear...it just waits quietly until it explodes. **Self-care helps improve focus, mood, energy and relationships. It is showing up as a Volunteer in your best most helpful self.** **For Physical**, try getting more sleep, movement (spend time outdoors) and good nutrition (cook your favorite meal). **For Mental**, try engaging your brain, manage worry, get more rest, hobbies, quiet time, practice deep breathing or journaling. **For Emotional**, express your feelings and set boundaries. It is okay to say, "I can't take this on right now" and not feel guilty saying it. **For Social**, try spending time with friends who recharge you and lift you up. Even a little self-care each day is better than nothing at all. It is never too late to start. You don't need perfection, just consistency. **Taking care of yourself is how you stay strong for the people you love and the life you want.**

Congratulations to our DMM Members & Clubs

Congratulations to our International Visual Arts Winners & to the Clubs that supported these youth.

Anya Sazonova, age 10, South Winnipeg Optimist Club, Canada

Farhan Hanshi, age 11, St. Cloud Morning Optimist Club, Minnesota

Kari Nessler, age 11, New Ulm Optimist Club, Minnesota

We had a really good representation from the DMM. Winners received \$150 monetary award at the International level.

Congratulations to the St. Cloud Morning Optimist Club!

We are incredibly proud to announce that the **St. Cloud Morning Optimist Club** was selected as one of **three finalists for the International 2024-2025 Optimist Club of the Year!**

Thank You, Rapid City & Sturgis Optimists

A heartfelt thank you to the **Rapid City & Sturgis Optimist Clubs** for your incredible dedication and hard work in making the DMM 2026 Convention such a successful and fun event for everyone who participated!

From the **BEE Social** to the very special ending ceremony, every detail reflected your commitment to Optimism, friendship, and making people feel welcome. Your energy, hospitality, and enthusiasm helped create an experience that will be remembered for years to come.

It truly was a **memorable week of Optimism, friendship, laughter, and inspiration.** Thank you for all you did to make the DMM Convention one to remember!

You made us BEE-lieve in the power of Optimism! 🐝💛



A message from Carmen Bakken
Our new 2026-2027 DMM Governor
“All Aboard!”



I want to invite each of you to join the Optimist Movement as we begin the exciting 2026–2027 year.

Our goal is simple: work together, reach our goals, make a difference, and have FUN while doing it!

From the Dakotas to Minnesota and Manitoba, we are one team, one movement, and one family of Optimists. Every club, every member, and every volunteer have an important role to play.

Let’s bring our energy, our ideas, and our passion to the year ahead. Let’s encourage one another, celebrate our successes, and never be afraid to dream big.

When we work together, support each other, and keep our focus on serving youth and our communities, there is no limit to what we can accomplish.

So, are you ready to get on board? The train will be leaving the station, October 1st!

Let’s make this a year of growth, service, friendship, and FUN!

From the Dakotas to Minnesota and Manitoba—

YES, WE CAN!

A little about me... I have been a member of Watertown Optimist Club since 2005. Proud Mother of 3 children and 5 Grandchildren. I have served the following for our club: President in 2007-2009 and 2011-2013 and Secretary/Treasurer 2014 to present.

District level:

- Lt Governor/Governor Assistant: 2008-2013, 2014-2016 and 2025-2026
- District Public Relation Chair: 2010-2011 and 2015-2016
- District Childhood Cancer Chair: 2013-2014
- District Foundation Chair: 2016-2018
- District Club Fitness Advisor Chair: 2018-2019
- District Governor: 2020-2021
- District Secretary and /or Treasurer: 2022-2025
- District Audit and Policy
- OI Ad-Hov Childhood Health & Wellness Committee Member: 2022-2023

Carmen Bakken
2026-2027 DMM Governor
605-881-1348
carmenbakkendmm@gmail.com



DMM Optimist Meetings 2026-2027

October 1, 2026 – Beginning of our New Optimist Year

QUARTERLY CONFERENCES/CONVENTION: All members may attend if registered

23-24 October 2026: **DMM FALL CONFERENCE (1st QTR)** – Watertown, SD

TBA: **DMM WINTER CONFERENCE (2ND QTR)**- ZOOM Conference 10:00 - 2:00

2-3 April 2027: **DMM SPRING CONFERENCE (3rd QTR)** – Watertown, SD

20-21 August 2027: **DMM ANNUAL CONVENTION (4th QTR)** – Watertown, SD

DMM OFFICERS MEETINGS: (Governor, Sec, Treas, Gov-elect, Gov-cand., 2 past Gov's)

16 Nov 2026 Monday: DMM Officers ZOOM Meeting 6:30 PM CST

01 Feb 2027 Monday DMM Officers ZOOM meeting 6:30 PM CST

07 June 2027 Monday: DMM Officers ZOOM meeting 6:30 PM CST

EXECUTIVE COMMITTEE MEETINGS: (Officers and Asst. Governors)

07 Dec 2026 Monday: DMM Executive Committee ZOOM meeting 6:30 PM CST

08 March 2027 Monday: DMM Executive Committee ZOOM meeting 6:30 PM CST

12 July 2027 Monday: DMM Executive Committee ZOOM meeting 6:30 PM CST

BOARD OF DIRECTORS MEETINGS: (Officers, Asst. Governors and **ALL** Club Presidents)

05 October 2026 Monday: DMM ZOOM Board Meeting 6:30 PM CST

04 January 2027 Monday: DMM ZOOM Board meeting 6:30 PM CST

05 April 2027 Monday: DMM ZOOM Board meeting 6:30 PM CST

02 August 2027 Monday: DMM ZOOM Board of Directors meeting 6:30 PM CST

27 Sept 2027 Monday: DMM ZOOM Board of Directors meeting and celebration 6:30 PM CST

TBA July 2027: 109th Optimist International Convention- New Orleans

Key Dates:

DMM Oratorical Contest: 3rd QTR conference in Watertown: 02 April 2027

DMM CCDHH Contest: Deadline to submit District winners to OI is ?

DMM Essay Contest: Winner to be announced at 3rd Quarter Watertown. Deadline to submit District winners to OI is ?

DMM OIJGC Qualifying Golf Contest: June/July 2027

DMM Visual Arts Contest: Deadline to submit District winners to OI is 01 March 2027

DMM Executive Committee for 2026-2027



DMM POSITION	LAST NAME	FIRST NAME	CITY	ST	ZIP	EMAIL ADDRESS
Governor	Bakken	Carmen	Watertown	SD	57201	carmenbakkendmm@gmail.com
Secretary	Berger	Don	St. Cloud	MN	56304	dberger0632@gmail.com
Treasurer	Gitzen	Chuck	Roseville	MN	55113	cfgitzen@usfamily.net
Governor-Elect	Solem	Linnea	Lake Elmo	MN	57785	linneasolem@comcast.net
Governor Candidate						
Immediate Past Governor	Palmer	Cricket	Sturgis	SD	57785	dmmcricketpalmer@gmail.com
Past Governor	Lambert	Gary	Shakopee	MN	56304	glambert@comcast.net
Governor Assistants						
AREA 1: Manitoba						
AREA 2: Western ND	Palmer	Cricket	Sturgis	SD	57785	dmmcricketpalmer@gmail.com
AREA 3: EASTERN ND	Reiser	Kathy	Grand Forks	ND	58201	kathy@valleypetroleum.com
AREA 4: Western SD	Palmer	Cricket	Sturgis	SD	57785	dmmcricketpalmer@gmail.com
AREA 5: Eastern SD	Jurren	Arlo	Elkton	SD	57026	arlo@sellingbrookings.com
AREA 6: Southern MN	Lambert	Gary	Shakopee	MN	55379	glambert@comcast.net
AREA 7: West Metro MN	Lambert	Gary	Shakopee	MN	55379	glambert@comcast.net
AREA 8: East Metro MN	Gitzen	Chuck	Roseville	MN	55113	cfgitzen@usfamily.net
AREA9: Northern MN	Seamans	Dottie	Sauk Rapids	MN	56379	dmseamans@gmail.com

All Aboard the DMM Express

October 2026-2027 Check List

Every club is asked to participate! Plan NOW!



Visual Arts Contest: The Optimist International Visual Arts Contest gives young artists an opportunity to showcase their creativity and artistic talents. Each year, students are invited to create an original artwork based on a designated theme. It's a wonderful way for Optimist Clubs to encourage young people to express themselves through art and recognize their accomplishments. Our clubs can help make a difference by promoting the contest in our local schools and giving young artists an opportunity to be recognized for their creativity. This year's theme is: **"Stronger Together."** For questions, contact Sue Fix at fixks@newulmtel.net

Essay Contest: The Essay Contest is sponsored by Optimist International to give young people the opportunity to write about their own opinions regarding the world in which they live. The approach can encompass a young person's personal experience, the experience of their country or a more historical perspective. In addition to developing skills for written expression, participants also have the opportunity to win a college scholarship! One District Scholarship of \$2,500.00. **Topic: "Finding My Voice in a World Full of Noise". More information will follow as to the directions.** **Contact:** Wanita Parker at wanita1110@yahoo.com

Oratorical Contest: Beginning in 1928, the Oratorical Contest has become the longest-running program of Optimist International. The contest is designed for young people to gain experience in public speaking and provide them with an opportunity to compete for multiple college scholarships with a pre-assigned topic. District Scholarships: First Place: \$2,500 – Second Place: \$1,500 – Third Place: \$1,000 with a chance to win up to \$22,500 at the World Championships level. **Topic: "How My Actions Strengthen Those Around Me"** More information will follow as to the directions. **Contact:** Dottie Seamans at dmseamans@gmail.com

Communication Contest for the Deaf & Hard of Hearing: This contest offers an opportunity for students who are Deaf or Hard of Hearing to present their thoughts in the community, gaining skills, which can only come from signing or speaking to a large audience. Patterned after the Optimist Oratorical Contest, the contest offers youth the chance to compete in speech or sign language with the chance to win a college scholarship. One District Scholarship of \$2,500. **Topic: "How My Actions Strengthen Those Around Me". More information will follow as to the directions.** **Contact:** Jeri Gorman at jeri.gorman@gmail.com

Kids Speak Out! Speech Contest: All young people can compete in the Optimist Oratorical Contest. The "Kids Speak Out" contest is a "pre-Oratorical" program that provides a more equitable competition for younger speakers. Your club can choose a topic. Your club can give out prizes to participants or winners. This is **not** an international or district contest.

DMM Optimist Junior Golf Contest: The 2027 DMM Jr. Golf Qualifier will be held at Wapicada Golf Course in Sauk Rapids, MN on Tuesday, June 22, 2027. The tournament will be hosted by the St. Cloud Morning Optimist Club. Each club is asked to send at least one golfer. The divisions are: Boys 16-18 – Boys 14-15 – Boys 12-13 - Girls 15-18. Sponsors will be needed. **More information will follow as to the directions and fees.** **Contact:** Dave Erickson at dave13malung@gmail.com or Emmett Keenan at keenanan@cathedralcrusaders.org.



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.