CO/WY District Newsletter

2nd Quarter February 2019

CO/WY Together Tribune

Governor's Corner - Linda McDonald 2018-2019



Thoughts and Gratitude from the Governor (free registration to 3rd Quarter Conference if you are 1st to find and email me the typo in this letter)!

Our 2nd Qtr. District Conference was energetic, inspiring and informative. We hit and exceeded our goal of 100 participants for Optimist International's Centennial 100-year celebration - 106 people attended! Our many highlights of the day included:

- Informative Intergeneration Panel (Optimists from 17-93 years old!) My biggest takeaway from the panel included how much the connection and friendships formed in Optimist Clubs mean to people of all ages, as well as the desire for new members and visitors to feel welcomed and included (Sit in different seats at meetings and avoid cliques!). These things matter!
- Informative presentation about appropriate interaction with our youth in schools, projects and events - Presidents, look for an email from me with a handout addressing model behavior with youngsters in our changing world!
- Fun with beach balls and the Beach Boys...We Optimists like to have fun! Plus, we had a lively drawing for beautiful baskets, and an "Undie-Neath" underwear drive for homeless adults and children.
- Important insurance information Please look for an email addressing changes in Club By Laws required by Optimist International—this clarifies our coverage at Optimist events.
- The 3rd Quarter Conference is April 27th at Bethany Lutheran Church, and this will be your favorite: Both the District Oratorical and the Communication Contest for the Deaf and Hard of Hearing (CCDHH) finals will be presented. What a great opportunity to have our hearts warmed by witnessing youngsters compete with their presentations!
- If you've recruited a member since Oct. 1st 2018, please remember to fill out the paperwork for the "PROMISE YOURSELF" MEMBER AWARD and receive a onec-in-a- lifetime Centennial pin from Optimist International. All you need to do is recruit that member, tell your story to OI and participate in one Optimist project! The award application is online or reach me and I'll get it to you; lindamcdonald1717@msn.com

As I visit various clubs and events, I am constantly grateful and inspired by what our CO/Wyo Optimists are doing in their communities. We're having fun, helping kids and making a difference because **We're Better Together!**



Colorado/Wyoming Optimist District 2018/2019

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District Officers

Governor: Linda McDonald, Wheat
Ridge OC
 Governor-Elect: Tony Carpenter, Wheat
Ridge OC
 Secretary: Sandra McKenzie, Tamarac OC
 Treasurer: Carma Lytle, Wheat Ridge OC
 Immediate Past Gov.: John Swanborg,
Westminster, OC

Lt. Governors

Zone 1: Mary Hall, Loveland Bkft OC
Zone 2: Dennis Hutton, Buena Vista OC
Zone 3: Charles Pease, Boulder Eve OC
Zone 4: Joe Priester, Academy OC
Zone 5: Jeannine Montgomerie, Heather Gardens, OC
Zone 6: John Oss, Monaco So & DTC OC
Zone 7: Wade Hammond, Wheat Ridge OC
Zone 8: Larry Brown, Academy OC

🗌 Zone 9: Terri Kearney, Arvada Lake Arbor

Important Websites Optimist International: www.optimist.org

OI Foundation: oifoundation.org/

CO/WY District: www.optimistcowy.org/

CO/WY Brain Bowl: www.optimistbrainbowl.org/

CO/WY Junior Golf: https://sites.google.com/site/ cowyooptimistgolf/home

CO/WY District 2nd Quarter Conference Charlie Neuman

Information Central 2nd Quarter Conference:

A special Thank You to all of the organization's that came to our conference. They had a great time, and I hope that each of our members and clubs came away with an opportunity for them to speak at their club.

Here is a contact list for you to use if you were not at the conference.

* **Colorado Kids Camp** Sports Director: Susie Ohle Elmer " A Sports Development Program" for Kids 2 1/2 to 18 years of age. <u>www.coloradokidscamp.com</u>

* Urban Peak Community Engagement Office: Tamar Berner "Urban Peak Ignites The

Potential in Youth to Exit Homelessness and Create Self-Determined, Fulfilled Lives <u>www.urbanpeak.org</u>

* **Rosie's Ranch** Founder: Mary Mosher-Stathes "A Therapeutic riding center for listening and spoken language development <u>www.rosiesranch.com</u>





* **Hope House** Volunteer Coordinator: Theresa Maza "Hope House of

Colorado is committed to transforming the lives of teen mothers around the world <u>www.hopehouseofcolorado.org</u>

Featured Speaker: Delores "Dee" Clark founded UndieNeath" providing brand new diapers, teens, men's, women, and children underwear to the homeless. Her family was homeless, and she shared how difficult it was to get back on their feet. Through the help of her United Airlines family, they provided a "Hand Up" and got them back on track. She provides these un-mentionables to other organizations that need her assistance. She is giving back with the most basics of



needs. Thank you to our clubs and to each and everyone of our members who supplied over a hundred packages and diapers for this worthy cause.

"YOU MADE ME PROUD TO BE AN OPTIMIST MEMBER!

CO/WY District 2nd Quarter Conference Charlie Neuman

Dear Colorado/Wyoming Optimists',

I am so excited to thank you for your donations of "new under garments" to UndieNeath the Surface! It is because of your donation we would like to make you an ambassadors! It is because of ambassadors such as yourself that U.N.T.S is continually resourced to provide new undergarments to those in need. Your generous donation of <u>1,498</u> new under garments for men, women and children including <u>additional cash donation of</u> <u>\$57.00 (to be used to purchase thermal undergarments and plus size</u> **women's undies)** is so very much appreciated! Your helpful support



has made it possible for us to meet our goal reaching out to those in need. Your donation will be divided and, distributed to the following organizations that provide direct services : The Family Tree, The Deloris Project, The Denver Voice, The Women's Bean Project, Warren Village, The Gathering Place, Aurora Warms the Night and Center for Employment Opportunities. U.N.T.S., value's your support and joining us in the campaign to "Mention the Unmention-ables".

Thank you very much! Sincerely, Dee Clark





Baskets of Love Fund Raiser







Governor Linda

Emcee

Hatty McGuire Panel Member



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Optimist International (OI) Is Celebrating 100 Years of Service



The 101st Optimist International (OI) Convention will be held at the **Galt House Hotel in Louisville, KY, 30 June 2019 - 03 July 2019.** This convention will celebrate 100 years of service to the youth of our communities.

Convention activities will include opening ceremonies, training for district and club officers, workshops designed for all Optimists, business sessions (including voting by accredited delegates on changes to OI Bylaws and Convention Resolutions), a town hall meeting with the OI Board

of Directors, exhibits in the Community Involvement Expo, and the International President's banquet and ball. Attendance at this convention also provides opportunities for fellowship, exchange of ideas, sightseeing, and other fun activities.

Charlie and Gunar Neumann are the CO/WY Optimist District Ambassadors to the International Convention, and in recognition of OI's centennial year, have set a goal to have 100 Optimists from our district participate in this convention. Travel options to Louisville include non-stop air service, Greyhound bus service, and car -- Louisville is approximately 1110 miles east of Denver via I-70/I-64 (~16 hr drive).

The OI Convention website contains pertinent information including registration, convention housing, travel options, and convention schedule/agenda. **Early registration rates are available through 01 MAY 2019** but rooms at the Galt House Hotel are rapidly filling up, so please don't delay in making your convention reservations.

If you have any questions pertaining to this convention, you may access the OI Convention website at https://www.optimist.org/convention or feel free to contact Charlie and/or Gunar Neumann as follows: 4473 S. Granby Ct., Aurora, CO 80015 Res: 303-766-9649 Cell (Charlie): 720-949-8702 Cell (Gunar): 303-829-7903 neumann-charlie@comcast.net gunarneumann@comcast.net



SAVE THE DATE for the CO/WY 3rd Quarter Conference Saturday, April 27, 2019

Bethany Lutheran Church 4500 E Hampden Ave Cherry Hills Village, CO

Watch your email for registration information Visit website: www.optimistcowy.org

"Hit the Ground Running" Award Given to Windsor Gardens Couple

Alan and Daryle Schneider have been recognized for their contributions to the Windsor Gardens Breakfast Optimist Club. After joining a year ago, they became acquainted with many members, and signed up for every possible volunteering opportunity.

Their first event was the Annual Pancake Breakfast. They sold enough tickets to have a designated table, and were so interested in the project, they volunteered to be the Chairs in training for this year.



At the Annual Peach sale, they took active roles in all tasks,

and have volunteered to be the 2019 Chairs of the Peach sale. A major volunteer event this fall was a Colorado Feeding Kids Pack.

During months of planning, Daryle used her computer skills to design posters and flyers, posted info on social media, and both were key volunteers on the day of the pack.

They attend meetings regularly and help in many ways, including handling computer bugs, assisting in set up for programs. Plus they brought in a new member for the club. Both are active in the Windsor Gardens Community, volunteering at the library and singing in the chorus.

Everyone knows Daryle and Alan because they exemplify the Optimist Creed and members admire their willingness and dedication to the Optimist Club.

District Award Nominations Due Charlie Neumann

Chairperson Mrs. Charlie Neumann 303 766-9649 <u>neumann-charlie@comcast.net</u> Address: 4473 S. Granby Ct, Aurora, CO 80015 **Please send your nominations by April 18, 2019

<u>Rookie of the Quarter -</u> Awarded to a member who embraces the Optimist Creed along with their volunteerism during their first year of joining.

<u>**Club Project of the Quarter**</u> Awarded to a club that conducted a project that has "Brought out the Best" for the youth in our communities. The project must be completed within the current year

Optimist of the Year - Each club can submit one nomination. The nominee can be either an old or new Optimist Member who has demonstrated an exemplary example of Optimism in the club and community, the award presented by the Gov. Linda McDonald.

Boulder Evening Club of Boulder Supports the GROWE Foundation Joe Mesaros, President

The Optimist Evening Club of Boulder was proud to be able to present the **GROWE Foundation** <u>www.growefoundation.org</u> with a used truck to be used in their work with the community. This was made possible through the efforts of **Past President Charles Pease**, **Chuck and Chris Wing of Lyons Auto**.

Chuck completely went over the 2001 Ford 150 pickup truck to make sure that it was in top condition before he presented it to GROWE through the Optimist Club.

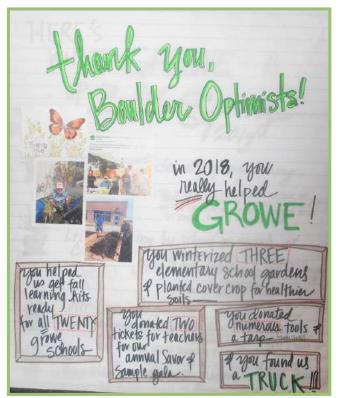
Through the efforts of many, two initiatives have been developed: the **School Food Project and the Garden to Table program.** Thanks to school and community support children benefit from our Garden to Table program. This program includes individualized Pre-K through 5th grade standard based curriculum lesson plans for the schools to foster hands-on learning, access and support to healthy eating habits, and environment stewardship. Since 2006, the GROWE Foundation has been committed to using experiential gardens as a teaching tool to educate children about the benefits of healthy eating and environmental stewardship.

Our vision is to unite people around a shared goal of creating healthier children, schools, communities and the planet.



L-R: Eddy Mansour Optimist Chair, Lisa Atallah, Executive Director, Ruth Meere, Communications Manager, Joe Mesoros, Optimist President, Laurel Smith, Garden Manager





Cheyenne Optimist Club Katherine Van Dell

In partnership with the General Federation of Women's Civic League and X-Junior Women's Club, the Cheyenne Optimist Club provided hot cocoa and homemade cookies for the participants in the Martin Luther King, Jr March on January 21, 2019.



Importance of Mentoring Abigail Nicholas

Do you remember this when you were a new Optimist Club member?

Meeting all the current club members and trying to remember their names Getting a grasp on the meeting procedures

Trying to learn about all the committees, events, projects and fundraisers

Learning the Club's traditions and the Optimist Creed

Trying to figure out the meaning of OI, FOO, OIF, CCDHH, CCC, JOI, etc.

New Members experience bewilderment and confusion during their first few months! What to do? Start a Mentoring Program at your Club.

Purpose of a Mentoring Program

Helping the New Member to gain...

Sense of belonging and fellowship

Awareness of Club activities

Sense of responsibility to participate in activities, events and meetings

Attitude of service to community and youth

Understanding of Optimism as an organization and philosophy of life

Mentor Responsibilities

During an eight week time period...

Help the new Member feel welcome Meet and sit with the new Member at meetings and club events Introduce the new Member to others Provide one-on-one guidance at meetings, projects, and events Keep good communications (in person, by phone, by email) with the new Member

Optimist International has specific information on getting a Mentoring Program started in your Club. The information in this article was extracted from their "Optimist Mentoring Program Handbook". Check it out today so that your newly "minted" member will become a happy, valuable, interested Optimist volunteer in your Club for years to come! Another resource on mentoring is your District Vitality Chair, Abigail Nicholas.

Contact info: 303-919-6569 or abigailnicholas@msn.com.



JOI NEWS- Donna Priester

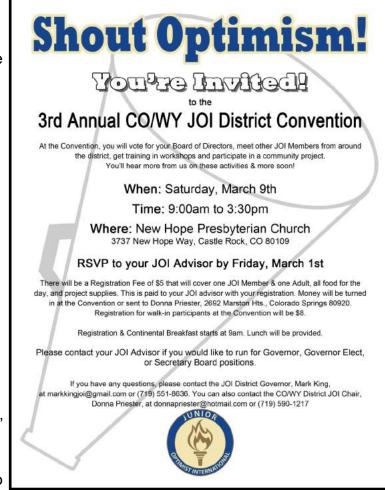
JOI Clubs from around the District are **"MAKING A DIFFERENCE"** to so many people. They will be gathering on Saturday, March 9th at New Hope Presbyterian Church in Castle Rock to share ideas, meet new JOI members, elect new CO/WY JOI District officers, and have FUN!!

Led by **Governor Mark King**, they will get to know each other, hear ideas on becoming Leaders, discuss growing their clubs, share new ways to help others, and continue to experience what it means to be a part of an International Organization that promotes Optimism.

Examples of what is going on at the moment in JOI:

Several Clubs (our newest club, **Allies Elementary** and our oldest **Keller Elementary**) are helping animal shelters and rescues by furnishing bedding, toys, and treats for the animals being helped.

"Pennies for Patients" has begun as students in schools are contributing pennies to help those who are suffering from illnesses. (Last year, **Chinook**



Elementary collected over \$1200 in this campaign!) They are at it again this year! **Scott Elementary** students are collecting items needed by the **Ronald McDonald House** that is being built in northern Colorado Springs as well as conducting a "**POP-TOP**" competition among grade levels for them.



Vista Ridge High School is making a field trip to "Mary's Home" that helps moms and children begin new lives. They will be deciding how best to get involved with them to help make a difference. Sand Creek High School made "thank you", uplifting Valentines for the entire teaching and support staff of their school. One Security Guard stopped us and said, "You even thought of me!" There are so many projects going on in our District and they haven't shared with each other.

Hopefully that will happen at the **JOI Convention in March!!** Contact Donna Priester for registration at <u>donnapriester@hotmail.com</u>

Mark King, JOI District Governor

Tamarac OC Presents Happy Bucks Dollars to 2 Non-Profits

A \$500 check was presented by **Pat Dutton** representing the Happy Bucks committee, to Maggie McHenry from **Florence Crittenton Services.** With her was Valeria Espinoza, graduate student/mother who works for Florence Crittenton.

Florence Crittenton Services is a nonprofit that educates, prepares, and empowers teen mothers and their children to become productive members of the community.



A \$500 check was presented by **Jenny Spampinato** representing the Happy Bucks Committee to Yoal Ghebremeskel, co-founder and Executive Director of **Street Fraternity**, a place of brotherhood and personal growth for urban young men.



Their goal is to atttract urban young men's voluntary participation to gain an understanding of the participants and their backgrounds. They help them identify their opportunities, challenges, and goals, to develop positive young men who understand how to balance aggression with respect, Integrity, and ethics.

Purpose Driven Optimist Club in Arvada at Standley Lake HS



Barb Casey, Purpose Driven Optimist Club in Arvada,

helped with organizing **mock interviews at** Stanley Lake High School.

The purpose of the mock interviews is to give students an opportunity to practice and to receive constructive feedback prior to them interviewing mentors for their ten hours of volunteering in the career of their choice.

Madeline Vogt (Iright picture) is reviewing the answers from the mock interviews.



Lake Arbor Optimist Club

Steve Selle and Christi Michaels of the Lake Arbor Optimist Club will continue delivering bicycles to the Colorado Homeless





Lake Arbor Optimist Club is honoring Officer Kreg Jones as the Arvada Police Officer of the Year.

Windsor Gardens Holds Oratorical Contest for JROTC Cadets Mary Grace Wake

For many years, the Windsor Gardens (WG) Breakfast Optimist Club has recognized 10 young men and women who participate in the Junior Reserve Officers Training Corps (JROTC). The students, who are from different high schools, compete in an oratorical contest. This year's theme: "*How Has JROTC Prepared Me for My Future*" The WG Optimists host this contest and judge the students. They are awarded monetary prizes at a Military Ball.

JROTC is a program offered in many Denver area high schools. The purpose of the Program is to instill patriotism, community service, positive life skills, and nourish leadership skills. The course includes physical fitness, life skills, drill instruction and rifle skills.

The students are given guidance for student achievement, self-confidence, ethics, positive attitudes and team work. The emphasis is on core values to facilitate high moral character.

The young men and women give compelling talks about their personal histories and how JROTC has changed them to be better students and persons. Some may choose to continue in the armed service or attend an Academy, but many have other goals of attending college



and becoming a success in the field of their choice. Their confidence shines, and they are very self-directed. We always comment after the contest, "Is the future ever in good hands."

Optimist Junior Golf Tour Bob Myers

2018 was another banner year for the Colorado-Wyoming District Optimist Junior Golf Program. Almost 350 junior golfers competed in the June 2018 District Junior Golf Qualifiers or the October 2018 Optimist Junior Tour Event, trying to land a spot at the Optimist International Junior Golf Championships (commonly referred to as THE OPTIMIST). For the second year in a row, there were more Colorado junior golfers at THE OPTIMIST than from any other State in the U.S.



The District Qualifiers were held in June. Friday, A total of 46 spots at THE 2018 OPTIMIST were at stake during those three District Qualifiers. Also, in June 2018, an additional 25 – 30 junior golfers participated in pre-qualifying tournaments in Loveland and Fort Morgan, sponsored by Optimist Clubs in those areas. Another 23 spots for THE 2019 OPTIMIST were at stake in October, at the Optimist Junior Tour Event at Green Valley Ranch Golf Club in Denver.

In 2019, we will hold District Qualifiers on Friday, June 7, at Overland Park Golf Course in Denver (boys ages 10 – 15); Friday, June 14, at Flatirons Golf Course in Boulder (boys 16 – 18); and Wednesday, June 19, at Meadow Hills Golf Course in Aurora (girls 10 – 18). We expect close to 300 golfers at these 2019 District Qualifiers, competing for 64 slots at THE 2019 OPTIMIST, which is moving to Trump National Doral Resort and Spa in Miami, Florida.

THE OPTIMIST is one of Optimist International's major youth programs. For the past 23 years, THE OPTIMIST was held at the PGA National Resort and Spa in Palm Beach Gardens, Florida (home of the PGA's Honda Classic) with a field of almost 700 of the world's best junior golfers from more than 28 countries around the globe. Over 5,000 junior golfers compete in District Qualifiers in the United States and Canada.

The Colorado-Wyoming District Optimist Junior Golf Program is totally self-funded. We raised over \$ 35,000 to send 55 junior golfers to THE 2018 OPTIMIST. We were able to give \$1,000 to each of the seven age group winners and \$500 to the other qualifiers from the 2018 District qualifying events. With an additional 18 slots for THE 2019 OPTIMIST, we will need to raise close to \$45,000 to provide the same amount of financial assistance for the 2019 age group winners and other District qualifiers.

Various fundraisers are used to defray expenses for the local qualifying tournaments and for sending junior golfers to THE OPTIMIST. Our 2019 Adult Fundraiser Scramble/Silent Auction will be held Tuesday, June 4, at Saddle Rock Golf Course in Aurora.

Our 2019 Optimist Days at the Rockies will be Sunday, April 21, vs. the Philadelphia Phillies and Sunday, May 26, vs. the Baltimore Orioles.

We also solicit title, hole, banner, and player sponsors for the qualifying tournaments at Overland Park, Meadow Hills, and Flatirons from many Optimist Clubs, individual Optimists and Friends of Optimists, and their businesses.

Please help support the Colorado-Wyoming District Optimist Junior Golf Program to "Bring Out the Best in Kids".

For further information, please contact Bob Meyer at 303-814-5990 or <u>meyerrob@comcast.net</u>. Or visit <u>https://sites.google.com/site/cowyooptimistgolf/home</u>

Link for support donations to Jr Golf Program

https://www.gofundme.com/cowy-district-optimist-jr-golf.

Help The T1DOC Send Kid's with Type 1 Diabetes to Camp Ron Gustas



The **Type 1 Diabetes Optimist Club (T1DOC)** again this year is working on a project to help send kids with **Type 1 Diabetes (T1D)** to **Camp Colorado** conducted by the **American Diabetes Association (ADA).** The camp will be held from June 30 thru July 5, 2019 at Eagle Lake camp in the heart of the Pike National Forest located about 9 miles from Woodland Park, Colorado.

Members of the T1DOC want to thank those "Optimist Clubs" and individual

"Optimists" who helped send kids to Camp last year and also thank those who have already provided financial support to send kids to the upcoming 2019 Camp. Our goal this year is to help at least 30+ kids and their families.

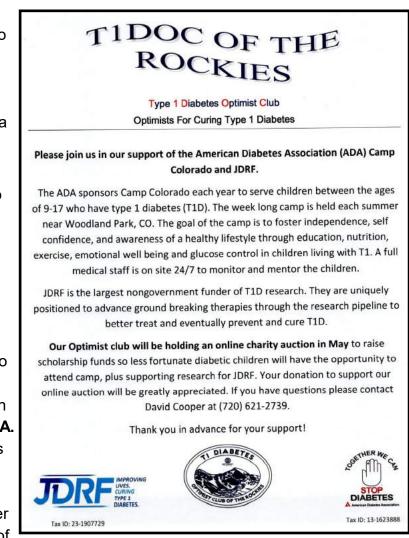
Your Club can help by:

- **Underwriting the cost of a "Campership".** A donation of \$350 covers about half of a child's cost to go to Camp. Smaller donations can be pooled with those from other donors.
- The **T1DOC** will conduct an on-line auction from May 10th to May19th hoping to raise \$10,000

to fund "**Camperships**" and support **T1D** research. "**Optimist**" members who can provide auction items are asked to contact the below **T1DOC** members. Gift cards/certificates, travel packages, wine baskets, event tickets, sports memorabilia items, lodging deals, greens fees, etc., etc. etc., make great auction items.

- Individual "Optimists" can also help out by making a tax deductible contribution. Checks should be made
- payable to the **American Diabetes**
- Association and note "2019 Camp Colorado" on the check memo line.

To help send a kid(s) to this special Diabetes Camp please forward a check to **T1DOC** Treasurer Greg Young, 3983 S Olive, Denver, Co 80237. The checks can be made payable to either **T1DOC** or **ADA**. For more information contact Ron Gustas at 720-934-3566 or e-mail at rgustas@earthlink.net, Greg Young at gndyoung@comcast.net, or David Cooper at <u>david.cooper@edwardjones.com</u> any of



who can provide more info or arrange for receipt of auction items.

SAVE THESE DATES!



WG BREAKFAST OPTIMISTS' CLUB PANCAKE BREAKFAST



Saturday March 30, 2019 7 AM to 11 AM Blossoms Restaurant CenterPoint

ALL YOU CAN EAT PANCAKES PLUS Eggs, Sausage, Juice and Coffee

Tickets \$7 Available at the Activities Desk, from a WG Optimist Club member or at the door





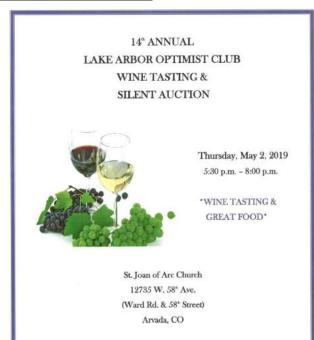


DTC Optimist Club Annual Fundraiser WINE TASTING & SILENT AUCTION

Saturday, April 6, 2019 1:00 TO 4:00PM \$25.00 Calvary Baptist Church 6500 E Girard Denver, CO

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* WINE & ADDETIZERS *
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SAVE THESE DATES!



TICKETS \$30.00 OptimistKearney@Gmail.com



2019 TRAVELOGUE FILMS

SPONSORED BY: Loveland Breakfast Optimist Club ~ www.loveoptimist.org

For Information Call: Rob Proctor, 970-481-2133 Season Tickets: Adults \$35.00, Seniors & Students \$32.00, Family \$70.00 Single Tickets: Adults \$15.00, Seniors & Students \$12.00



March 23, 2019 • 7:00PM - Loveland HS Auditorium "Promised Land: Adventures in the Middle East" - Rick Ray

The Middle East is a land of hospitality, a place where people make strangers feel at home. At the same time, it's also been witness to acts of unspeakable brutality between warring tribes throughout history. It's a world of paradoxes, one that is explored in director Rick Ray's new film "The Promised Land: Adventures In the Middle East.". "The Promised Land" represents a travel documentary through several Middle Eastern countries including Israel, Jordan and Turkey. It showcases the wonders of those lands while discussing their rich histories and cultures.





April 20, 2019 • - Loveland HS Auditorium "Germany, Switzerland, Austria" - Marlin Darrah

Travel to Germany, Switzerland, and Austria with the world's most traveled filmmaker, Marlin Darrah. We start in Munich, where locals specialize in good living. Heading into the foothills of the Alps, we tour the fairy-tale castles of "Mad" King Ludwig and then cross into the Tirol region of western Austria. After cruising the Rhine River, we travel to Rothenburg, Cologne, Baden-Baden, the Black Forest, and Berlin. Experience Germany's finest arts and Berlin's hidden remnants of its fascist and communist past. We'll also focus on an often overlooked side of Switzerland — Luzern, Bern, Zürich, and Lausanne. Enjoying the country's urban charms, we'll ponder a few Swiss innovations, from their open-minded drug policies to their hush-hush underground arsenals. And it's all before a backdrop of Switzerland's stunning natural beauty.



Academy Optimist Club is Busy!

The Academy Club has volunteered to fix dinner for the families staying at the Ronald McDonald House in Colorado Springs.



This was their first visit early in February, when they fixed a chili supper with all the fixings!

Members will be cooking for the families 4 times a year.





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.

