

April 27, 2007
Volume 31 Issue 31



Grandiose Utterings of Monaco



South

(GUMS)

The Optimist Club of Monaco South

Founded in 1976

Denver, Colorado

www.monacosouth.org

Editor for this issue – Jim Piccinelli

Acupuncture

Our speaker was Dr. Ko Ying Chen who uses the traditional Chinese medical technique of acupuncture to help resolve problems with smoking, weight loss, insomnia, headaches, back problems and numerous other ailments. Acupuncture is a traditional Chinese medical technique for unblocking chi by inserting needles at particular points on the body to balance the opposing forces of yin and yang. Chi is an energy that allegedly permeates all things. It is believed to flow through the body along 14 main pathways called meridians. When yin and yang are in harmony, chi flows freely within the body and a person is healthy. When a person is sick, diseased, or injured, there is an obstruction of chi along one of the meridians. Traditional Chinese medicine has identified some 500 specific points where needles are to be inserted for specific effects. With the aid of the needles, the body can be used to heal itself. The practice of acupuncture is thought to be between 2000 and 5000 years old. Dr. Chen assured us that the needles didn't hurt but we don't really know because Freddie bolted as Dr. Chen approached with the needle. But we'll cut Freddie some slack because nobody else jumped up to take his place.

**Meeting Place - American Legion Hall Post No. 1
5400 E. Yale Avenue (Yale & I-25), Denver, CO.**

Club News for April 20

Invocation

Sir Francis Drake wrote the invocation and President Paul Bernard read it at our meeting. As always, members gave the pledge to our flag. Peter Dimond introduced our guest Larry Whitten.

King Sooper Certificates

A great day for King Sooper sales. Members purchased **\$1325** worth of "Gift Cards" and added a little money to the Monaco South treasury.

A Bit Late But ...

Paul presented **Jack Rife** a couple of certificates in recognition of his work as Club Treasurer for an Honor and Distinguished club a few years back.

Golf Tournament

Guest Larry Whitten talked about the golf tournament to help Beacon Center a non-profit residential and community based treatment organization for at-risk-adolescents aged 10 to 18. Raccoon Creek is the site of the tournament on June 7 with a shotgun start at 1:00pm. If interested contact Larry at 303 632-7951 or by email at Ljwhitten@aol.com.

9Health Fair

The event at Schlessman YMCA served over 800 people and club volunteers serving as cashiers took in about \$33,000. **Howard Fry** gave the names of the following members who volunteered: Donlie Smith, Fred Pasternack, Don St. John, Ron Gustas, John Stoffel, Joe Marci, Greg Young, Russ Paul, Tom McKee, and Pat Sullivan.

Zone Oratorical Contest

The Zone 9 Oratorical Contest was conducted April 26, 2007. 12 contestants participated, sponsored by the Monaco South, Tamarac, DTC, Lowry, University Hills and Windsor Gardens Breakfast Optimist Clubs. In the Boys Division, **Andrew Craig** of Thomas Jefferson High School, sponsored by Monaco South, was the winner. In the Girls Division, Elizabeth Olin of the Challenge School, sponsored by the Windsor Gardens Breakfast Optimist Club, was the winner. However, since Elizabeth will be in Spain the day of the District competition, Zone 9 will be represented by the runner-up, Titi Mpompora of Prairie Middle School, sponsored by the University Hills Optimist Club. The District Oratorical Contest will be held at The Timbers Residence Hotel, I-70 and Peoria, on Saturday, May 19, 2007 at 2:00 p.m. Monaco South members in attendance were: Paul Bernard, Tom Overton, Fred Pasternack, George Buzick, Karl Geil, and Bryce Slaby.

Sooper Citizens

About 40 MSOC Super Citizens had the opportunity to visit the "Benjamin Franklin: In Search Of a Better World" exhibit at the Denver Museum of Nature and Science. According to Don Thomson the trip was not without a few problems but the kids made it to the exhibit and got to visit with an impersonator of one of our countries founding fathers. It is the 300th year anniversary of this remarkable man of many talents and interests. The exhibit is at the museum through May 20.

April 20 News ... continued

Robert Sullivan Scholarship Winners

President Paul Bernard will speak at the TJHS Senior Awards Assembly on May 3rd at 7PM. He will present scholarship certificates to these seven outstanding seniors: Ivory Allen, Mason Bertram, Gabriella Diaz, Shanda Larson, Michael Mullin, Katelyn Shacklock and Carlos Chaparro-Yanez Jr. Each scholarship is for \$500 and will be mailed to the student's school for crediting to their college expenses. We will arrange to have the students attend a meeting in May for recognition at our club meeting. Congratulations to these fine youngsters! Gabriela Diaz finished 3rd in the District Essay Contest.

Correction and apology.

The name of Terry Shroyer's wife of 43 years is Ruth. My apology to both Terry and Ruth.

"If you think you can, you can. And if you think you can't, you're right."
Henry Ford

May CALENDAR

May 4	Fri	7:00 am	Meeting Legion Hall, Metro CareRing, Jon Holmer
May 5	Sat	5:00 am	Furry Scurry, Don St. John Pancake Breakfast, Phil Perington
May 8	Tue	1:15 pm	(and 2:00 p.m.) Super Citizen, Samuels
May 11	Fri	7:00 am	Meeting Legion Hall, AARP Driver's Course, Ron Rutter
May 15	Tue	2:30 pm	Super Citizen, Southmoor, Fred Pasternack
May 17	Thur	5:30 pm	Super Citizen, Hamilton, Eldon Strong
May 17	Thur	6:30 pm	Board Meeting, Craig Eley's Office
May 18	Fri	7:00 am	Meeting Legion Hall, Camaraderie Day
May 26	Fri	7:00 am	Meeting Legion Hall
Jun 1	Fri	7:00 am	Meeting, Legion Hall - Mike Coffman, Secretary of State
Jun 1-3	Fri-Sun		Hugh O'Brian Youth Leadership Seminar, School of Mines, Golden
Jun 8	Fri	7:00 am	Meeting, Legion Hall - Ray Mohn, Air Pollution Department
Jun 15	Fri	7:00 am	Meeting, Legion Hall - Comaraderie Day
Jun 21	Thur	6:30 pm	Board Meeting, Craig Eley's Office
Jun 22	Fri	7:00 am	Meeting, Legion Hall - Ron Mitchell, Philatelic Society

Past Presidents

Bob Rhue	1976-77	Bill Walters	1991-92
Jerry Whitlow	1977-78	Kent Gloor	1992-93
Bill Kosena	1978-79	Mark Metevia	1994-95
Duane Wehrer	1979-80	Bob Safe	1995-96
Curt Jefferies	1980-81	Tom Overton	1996-97
Frank Middleton	1981-82	Peter Dimond	1997-98
John Young	1982-83	Ralph Symalla	1998-99
Pat Bush	1983-84	Cy Regan	1999-00
Bob Hugo	1984-85	Stan Cohen	2000-01
Tom Mauro	1985-86	Don St. John	2001-02
Curt Lorenzen	1986-87	Jack Rife	2002-03
Oscar Sorensen	1987-88	Karl Geil	2003-04
Lupe Salinas	1988-89	Bryce Slaby	2004-05
Bob Avery	1989-90	Donlie Smith	2005-06
Bill Litchfield	1990-91		
Gary Strowbridge	1993-94		

Newsletter

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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 successes 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.

2005 - 2006 Officers

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Vice President	Phil Perington	303-937-0702
Vice President	Greg Young	303-759-3921
Sec:	Nick Newey	720-981-9552
Treas:	George Buzick	303-985-0655

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Donlie Smith (Past Pres.)	303-759-0380

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ITEMS
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