



Grandiose Utterings of Monaco South

(GUMS)

October 9, 2009

Vol. 34, Issue 2

The Optimist Club of Monaco South

Founded in 1976 at Denver, Colorado

Serving Youth and the Community for 34 Years

www.monacosouth.org

Editor for this Issue—Ralph Pedersen



Good Morning Optimists!

Greg Young, our new treasurer, was the lone greeter today. Did he plan to be at the door to confront each member as they arrived with his hand out for dues money? Nah! He greeted all with a smile and a “Good morning.” Good work, Greg!

Remember, *Dues are Due!* You can help out Greg by getting in your dues promptly. And, it will be greatly appreciated if you can pay for the full year... if you get them in prior to December 1st, you get a \$5.00 discount!

Invocation and Pledge

Past president **Phil Perington** asked our Heavenly Father to help us “work for the best,” part of our Optimist Creed, and led us in the pledge of allegiance to the flag of the United States of America.

Welcome Guests

Phil Perington presented his father, Al, who has been with us before, and added that he is now a new member of the club. Welcome, **Al Perington!** Al is a long time Optimist, a member of South Denver Optimist Club in the 1960's. Phil also recognized the attendance of **John Greene**, who has been missing in action recently.

President's Comments

President **Ron Cisco**, absent coat and tie, continued his trivia questions. Also, he reported on

his experience with coat and tie last Friday—he *didn't get the job, and things didn't go well in court.*

Ron stated that, **O.C. Larson** won the pool among Directors for how many games the Rockies would win in the regular season: 92. He says the amount received was \$1,028 minus a \$1,000 entrance fee.

Ron also shared, that our club is mentioned on the joke page of the current *The Optimist* magazine, on page 32. “Lessons from Mothers and Fathers,” Courtesy of the Optimist Club of Denver-Monaco South, Colorado. Example: *My mother taught me about contortionism - “Look at that dirt on the back of your neck!”* And, *My father taught me about anticipation - “Just wait until we get home.”*

President Ron recognized **Paul Bernard** for being our weekly speaker coordinator. If you have ideas for speakers, please see Paul.

Announcements

Karl Geil shared that 1) He has tickets to the pancake breakfast put on by the Tamarac Club: \$7 each, and funds raised for children. And 2), The Brain Bowl is coming—readers must be retrained, but on a fast track.

Tamarac's Pancake Breakfast at Applebee's
3301 South Tamarac Drive
Date: Saturday, October 24th, 7:30 – 9:30am
Price: \$7:00

Meeting Place
American Legion Hall Post 1
5400 East Yale Avenue (Yale & I-25), Denver, Colorado
Every Friday Morning, 7:00 – 8:00 am
INVITE A FRIEND TO JOIN

Announcements Continued

Craig Eley let us know that his camera broke last week. He didn't say who did it. Scaredy cat? So come again all ye who wish and bring your best face to next version of the *Membership Roster*.



Last week, **Jack Kitchell** announced that his wife, Jan Collier, is now selling windows and siding—a #1 Rated Vinyl Window by *Consumers Digest* for the last 18 years. It qualifies for the Energy Tax Credit. Any referral provided to Jan, who buys windows and/or siding, the company will donate up to \$200 to MSOC. You can contact Jan at, 303-918-4838.

Bryce Slaby solicited signatures on a huge "card" (well it was a big sheet of paper) for **Don Thomson**, who is recuperating from back surgery. We hope to see you back soon, Don. We understand you are healing well.

Was it Joe's BD, or Wasn't It? **President Ron** asked **Joe Marci**, "How many was it?" Joe responded, "This isn't my birthday, it's January 28th." We sang(?) the happy birthday song anyway. We needed the practice. Thanks Ron!

Supermarket Sales

Cy Regan reports sales of \$1,275 with \$925 at King Soopers and \$350 at Safeway.

New members: have you

talked to Cy about your involvement? Buy cards of \$25, \$50, or \$100 at face value. The club retains 5% as a fundraiser; we will need all the funds we can get this year according to the powers that be.

Super Citizen Presenters for October

Day	School	Presenter
9 @ 8:30 am	Slavens	Don Thomson
15 @ 1:30 & 2:15 pm	Samuels	Joe Marci
15 @ 5:30 pm	Hamilton	Les Larson
21 @ 1:20 & 2:05 pm	McMeen	George Vassilaros
21 @ 2:30 pm	MPB	Steve Kady
23 @ 9:10 am	Holm	Dick Cohen
23 @ 3:00pm	Bradley	Howard Fry

Closing Bell

No one won the big pot today, of course we're working with a new deck of cards. Next week the pot grows to \$50.

Bill Walters shares, what love means to a 6 year old. *Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.*

First Citizenship Award Program at Slavens Elementary School, by Joe Marci

On Friday, October 9th, the first citizenship program for this year was held at Slavens Elementary School. Two of Monaco South's finest pinch hit for **Tom Hoch**, the coordinator and **Don Thomson**, the scheduled presenter. **Joe Marci** presided for Tom and shared info on what else but our upcoming Christmas Tree Lot, which funds this and all the programs we conduct yearly. He then introduced **Ralph Pedersen** who gave information on the citizenship certificates which are signed by not only our club president, but include signatures of the mayor, chief of police, school principal, and school teacher. Ralph did a great job in pronouncing all the names correctly and read a write up provided by each student's teacher. **Don St. John** took pictures of each of the award winners and their families.

The following is a sample of what one teacher wrote about her second grade student: "*Maryn Powell is the type of child that puts a smile on your face every time you look at her. Her happy, bubbly outlook on life, ability to help others, and hard work ethic makes her a delight to have in class. Maryn takes on a motherly role in our classroom by putting others wants and needs in front of her own and always going out of her way to help any child in need. Maryn is actively engaged in the classroom and works hard to grow as a learner. It is an honor to work with a child as caring and compassionate as Maryn.*"

We received many compliments about the Super Citizenship program as well as other programs our club conducts from several of the parents. Any MSOC member who wants to be a presenter at a future citizenship program should contact Joe at a meeting or by calling 303-771-3748.



File pictures taken by Don StJohn

Speaker for Today

Leap into Life: Letting Go of the Fear of Decisions and Change

Paul Bernard introduced Sally Bonkrude. Ms. Bonkrude came in this morning from above Blackhawk, CO requiring a wakeup call at 4:00am. She told of a personal experience when she had to let go of the fear of change and making decisions. Moving from Minnesota, where she had built a successful business clientele, to Ohio where she didn't know a soul, caused her to cry and feel sorry for herself. A neighbor (an Optimist no doubt) came to call on her, and noticed her emotional plight. "Let's take a walk," she said and as they walked she listened to her story. Sally now says, "We need a friend/neighbor to jar us loose from our fears." She proceeded to look at her situation with "new eyes" and started to rebuild her business in Ohio.



As children we see limitless possibilities, leaping in the Spirit of Play. Later, with responsibilities, we see limits, feel fear and feel frozen in our situation. That is when we need to leap and leap again into life. "Find Your Rhythm, Explore New Things. Remember: *A Wrong Decision takes you one step closer to a right decision.*

From Sally's website at: www.positiveinterchange.com

Sally has an extensive background in speech, theater, music and teaching which gave her many opportunities to learn the ropes in her own struggle with performance anxiety. This performance based background ignited Sally's passion for researching available resources on the subject. This research enabled her to find what really works and what doesn't. Her moment of inspiration came as a children's performer, presenting to thousands of children nationally for 15 years. It was in this practice of working with children that Sally discovered how the gifts of childhood could be reclaimed and applied by adults to master their own fearless, peak performance.

Sally continued to develop her innovative approach

through the completion of her Masters Degree in Transpersonal Counseling Psychology, her Music Therapy Certification, her Advanced Gestalt Training, her advanced training in Internal Family Systems, and extensive training in voice.

Today, Sally speaks nationally as an expert on moving from fear and anxiety to freedom and Conscious Performing. She presents PowerUp Performance Seminars that jump start people to achieve anxiety-free, successful performances. In addition, Sally works individually with people to accelerate their success.

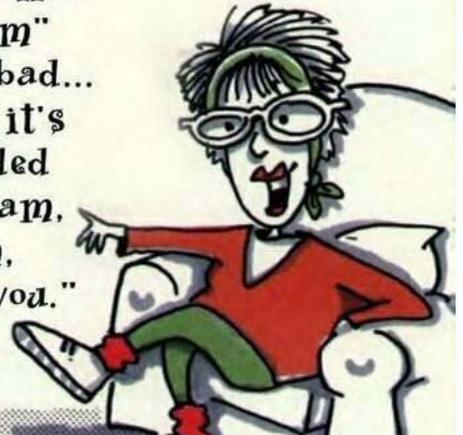
Sally is known for her natural, organic inner processes that transform the downward spiral into fear, loss of confidence and opportunities - into an upward spin of energetic, positive, performances that, in turn, lead to career advancements, money and success.

Sally can be reached at 303-717-9580 or by email at: Sally@positiveinterchange.com.

MSOC Services Directory

Attached with your email copy of GUMS, you will find a services directory that will be published in the next version of the Membership Roster scheduled for late October 2009. The goal of the services directory is to allow members to identify certain services that are available by other members in our club. Please review and contact **Jim Easton** (jim.easton@comcast.net) if you would like to be added or removed from this services

Being called
"Ma'am"
isn't so bad...
unless it's
preceded
by "Wham,
bam,
thank you."



Monaco South Calendar

Oct 16	Fri	7:00 am	Meeting, Legion Hall - Camaraderie Day
Oct 20	Tue	6:30 pm	Board Meeting, Board Meeting, 3540 S. Poplar, Suite 102
Oct 23	Fri	7:00 am	Meeting, Legion Hall - Debbie Reinberg, <i>The Conflict of Aging</i>
Oct 30	Fri	7:00 am	Meeting, Legion Hall - TBA
Nov 6	Fri	7:00 am	Meeting, Legion Hall - TBA
Nov 13	Fri	7:00 am	Meeting, Legion Hall - TBA

**Past Presidents of the
Optimist Club of Monaco South**

Bob Rhue	1976-77	Gary Strowbridge	1993-94
Jerry Whitlow	1977-78	Mark Metevia	1994-95
Bill Kosena	1978-79	Bob Safe	1995-96
Duane Wehrer	1979-80	Tom Overton	1996-97
Curt Jefferies	1980-81	Peter Dimond	1997-98
Frank Middleton	1981-82	Ralph Symalla	1998-99
John Young	1982-83	Cy Regan	1999-00
Pat Bush	1983-84	Stan Cohen	2000-01
Bob Hugo	1984-85	Don St. John	2001-02
Tom Mauro	1985-86	Jack Rife	2002-03
Curt Lorenzen	1986-87	Karl Geil	2003-04
Oscar Sorensen	1987-88	Bryce Slaby	2004-05
Lupe Salinas	1988-89	Donlie Smith	2005-06
Bob Avery	1989-90	Paul Bernard	2006-07
Bill Litchfield	1990-91	Greg Young	2007-08
Bill Walters	1991-92	Phil Perington	2008-09
Kent Gloor	1992-93		

2009 - 2010 Officers

President	Ron Cisco	303-794-0749
Vice President	Howard Fry	303-601-5088
Vice President	Frank Ross	303-713-1008
Secretary	Robert Wardlaw	303-759-0360
Treasurer	Greg Young	303-759-3921

Board of Directors

Michael Chavez	303-960-5304
Dick Cohen	303-320-1767
Jim Easton	303-300-2431
Don Iley	303-840-7706
Les Larson	303-755-1213
Randy Marcove	303-667-3663
Terry Shroyer	303-757-7944
Kale Smith	720-207-4363
Phil Perington (Past Pres.)	303-832-4578

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Jim Piccinelli	303-721-1470	jp Piccinelli@earthlink.net
Marc Goodbody	303-202-1610	mlgoodbody@gmail.com	Dick Zolman	303-796-8746	rzolman691@aol.com
Marlin Kent	303-779-0778		Phil Perington	303-832-4578	perington@msn.com
Jim Leuschner	720-851-7102	flyleusch@aol.com	George Buzick	303-803-2268	gtbuzick@comcast.net
Ralph Pedersen	303-759-3384	pedersen.ralph@q.com	Brian Williams	720-253-5731	bdw6688@yahoo.com

NEWSLETTER EDITORS Oct.: **RALPH PEDERSEN**, Nov.: **PHIL PERINGTON**, Dec.: **GEORG BUZICK**

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.

**PERIODICAL POSTAGE PAID
AT DENVER, COLORADO AND**

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