



August 31, 2007  
Volume 31, Issue 47



# Grandiose Utterings of Monaco South (GUMS)

The Optimist Club of Monaco South

Founded in 1976

Denver, Colorado

[www.monacosouth.org](http://www.monacosouth.org)

Editor for this issue – Jim Piccinelli

## Dealing With Stress

Our speaker was Dr. Shane Steadman from Mountain Health Chiropractic and Neurology Center who talked about the effects of stress on ones well being. Stress causes increased levels of cortisol, “the stress hormone”, to be secreted into the blood stream. Cortisol is involved in the following functions: proper glucose metabolism, regulation of blood pressure, insulin release for blood sugar maintenance, immune function, and inflammatory response. Small increases of cortisol can have a positive effect but high prolonged increases caused by chronic stress can create significant health problems. High cortisol can lead to increased abdominal fat, which is associated with heart attacks and strokes. Increased abdominal fat can also lead to the development of higher levels of “bad” cholesterol and lower levels of “good” cholesterol which can cause other health problems! Dr. Steadman suggested eating small amounts 5-6 times a day, walking 3-4 times a week for 20 minutes, taking time for yourself and your family, getting 7-8 hours of sleep every night, finding a healthy outlet for your emotions, relaxing, getting help from a qualified practitioner, and doing something to recharge your battery as ways of lowering your stress level. AND don’t expect overnight success – learn to make and achieve small goals. Fred Pasternack claims he has no stress but also said he has some memory problems. Probably just doesn’t remember the stress.

**Meeting Place - American Legion Hall Post No. 1  
5400 E. Yale Avenue (Yale & I-25), Denver, CO.  
Every Friday Morning, at 7 - 8 AM**

# Club News for August 31

## Invocation

The invocation was read by Ron Cisco giving thanks for those who have given their lives to keep our country safe and asking that we not forget their sacrifice. Members gave the pledge to our flag,

## Guests

Bob Avery introduced Alan Magnuson, a former Optimist Club member who is very active in Scouting and a potential member.

## Budget Requests

It's not too late! You can still submit requests to the Board for consideration as a part of next year's budget. If you have an unfunded project now is the time.

## District Convention Attendees

The following Monaco South members attended the district Convention: Governor Designate George Buzick, Carl Brown, Mike Snipes, Past Governor Jim Brown, Past Governor Tom Overton, Past Governor Bob Hugo, Past Governor Ron Cisco, John Young, Fred Pasternack, Paul Bernard, Ron Gustas, Lt Governor Bryce Slaby, Sgt. at Arms Don St. John, District Sec/Treas. Karl Geil, Frank Ross, Frank Middleton, and Jack Kitchell. A good representation from Monaco South.

## Rockies Tickets Available

Check out the Rockies in September as they seek a playoff slot. Thirty dollar tickets in section 137, between 3rd and home, can be had by calling Joe Marci at 303 771-3748. Joe also has a few remaining at \$20 each in section 144 which is between 3rd base and the left fielder. These support Optimist Jr. Golf.

## Super Market Sales

Sales of King Sooper cards totaled \$1200 and sales of Safeway cards totaled \$200. A good day for sales and a nice bit of change for the MSOC treasury. Thanks to Cy and those who bought.

## Bingo

Don St. John is looking for someone to work the Bingo games. One of his regulars is being transferred out of the city so a replacement is needed. The only requirement is that you are "reliable" which I think means if you sign up, show up. Contact Don if you qualify and are willing to make the commitment.

## Super Citizen Program

**Supplies** ...The club is donating \$501 worth of school supplies to 5 of the 7 schools involved in the Super Citizen Program. Notebooks, pencils, scissors, glue, calculators and other items will be given to schools for distribution to those who need them.

**School representatives** ...Gerry Davis, Tom McKee, Donlie Smith, Don Thomson, Pat Sullivan, Bob Hugo, John Stoffel, and Tom Mauro.

## Alzheimer's Memory Walk

Volunteers are needed for the Memory Walk in City Park on Sept. 15. The event starts at 7:30am and should conclude around 10:30am. You'll receive a tee shirt and coffee and rolls will be available. If you missed the sign up sheet, contact Joe Marci.

## Ailing a Bit

Ron Carlson announced that Gus Magnotta is not doing well and suggested that members give him a call to cheer him up.

**INSTALLATION BANQUET**  
**SEPT 8TH, SATURDAY NIGHT, 6:30 PM**  
**BLOSSOMS AT HEATHER GARDENS**  
**COCTAILS AT 6:15, SETTING AT 6:45, DINNER AT 7:00**

**Menu selection** ..... Donlie used a very democratic approach (voice vote) for determining how the potatoes would be prepared, what vegetable would be served, and which dessert would finish the meal. I will be attending a wedding in Kansas so unfortunately I failed to make note of the outcome. BUT rest assured it was what the majority of the 79 planning to attend wanted.

**Directions** ..... Go east on Yale across I-225 and turn into Heather Gardens at the light (Abilene) ..... or exit I-225 at Iliff, east to Blackhawk, turn right on Blackhawk and then on Harvard, south to Yale and Abilene. The entrance to Heather Gardens is on Abilene and Yale in Aurora. Keep right to the club house parking and go inside to the banquet room.

**Respect for Law**

The Volunteers in Policing Unit (VIP) needs additional volunteers for various assignments. VIP provides the Denver Police Department with qualified volunteers for many areas of the department, from the Crime Lab and district stations to other jobs assisting Officers, Detectives, and Administration. VIP also provides the volunteers for the Neighborhood COP Shops located throughout the city.

If you or a friend might be interested in assisting the police and helping reduce crime, please call The Volunteers in Policing Office at 720-913-6878, or stop by your local COP Shop or District Police Station to pick up an application. For more information on VIP, please visit <http://www.denverpolicevolunteers.com/>

**Monaco South Calendar**

Sep 7	Fri 7:00 am	Meeting, Legion Hall - Paula Purfoy
Sep 8	Sat 6:30 pm	Installation Banquet, Blossoms at Heather Gardens
Sep 14	Fri 7:00 am	Meeting, Legion Hall - Craig Eley, Constitution Day
Sep 15	Sat 7:30 am	Memory Walk, City Park
Sep 20	Thur 6:30 pm	Board Meeting, Craig Eley's Office
Sep 21	Fri 7:00 am	Meeting, Legion Hall - 100% Day, Mark McMillan, Denver Health
Sep 28	Fri 7:00 am	Meeting, Legion Hall - Camaraderie Day
Oct 5	Fri 7:00 am	Meeting, Legion Hall - Scott Henke, The Internet
Oct 12	Fri 7:00 am	Meeting, Legion Hall - Speaker TBA

### 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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Marc Goodbody	303 202-1610	mgoodbody@gmail.com
Marlin Kent	303 779-0778	
Jim Leuschner	720 851-7102	flyleusch@aol.com

### 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.

### 2006 - 2007 Officers

President	Paul Bernard	303-721-0811
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

### Board of Directors

Al Gapuzan	303-770-0499
Russ Paul	303-750-0554
Frank Ross	303-713-1008
Scott Walker	303-517-1862
Bill Litchfield	303-782-0465
Todd Olson	303-759-4228
Carl Brown	303-758-8355
John Young	303-692-8202
Donlie Smith (Past Pres.)	303-759-0380

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ITEMS  
TO THE WEEKLY EDITOR**

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