



January 25, 2008  
Vol. 32, Issue 17



# Grandiose Utterings of Monaco South (GUMS)

Optimists Bring Out the  
Best in Children



## The Optimist Club of Monaco South

Founded in 1976

Denver, Colorado

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

Editor for this Issue— Craig Eley



## Spotlight On Cy Regan

By Robert Wardlaw

Cy Regan was born in New York City, on February 6, 1928. Cy was the oldest of six children, three boys and three girls. He grew up on Long Island, where he attended high school. Before being drafted, Cy joined the Navy in January 1946. He was stationed in Norfolk, VA for two years, attached to the Commander Air Force, Atlantic Fleet, and was honorably discharged in 1948. Cy attended Seton Hall University and graduated in 1952. International Paper Company hired Cy in 1954 as sales apprentice. This involved spending time at most of the company's 31 mills, converting operations and woodlands before returning to New York for a sales assignment. His first assignment after leaving

the New York office was to the Cleveland regional office. In Cleveland, Cy met his wife Pat, marrying in 1964. Pat was then working in Washington, D.C., while Cy was working out of the Minneapolis office. Shortly after their marriage, they were transferred to the Chicago office. In Chicago, their children Dan and Erin were born.

After three years in the Chicago office and with the Regional Sales Management position, in his future, Cy decided this position would require too much travel. Cy resigned and went into business with a good friend, who happened to be a client of his, Harry Jensen. Mr. Jensen had a paper distribution business here in Denver, and the Regan's never regretted the decision.

Prior to his business career, Cy nurtured his passion for athletics. At Bishop Laughlin Memorial High School, he was president of

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**Meeting Place**  
**American Legion Hall Post 1**  
**5400 East Yale Avenue (Yale & I-25), Denver, Colorado**  
**Every Friday Morning, 7 - 8 a.m.**

## Proceedings of the Meeting of January 25, 2008

### Invocation & Pledge

**Paul Bernard** read a prayer by primatologist Jane Goodall, in which we were urged to "keep our minds open to new ideas and shun dogma." Then he led us in the Pledge of Allegiance.

### Guests

**Tom Mauro** brought sport memorabilia dealer **Bob Fein** as a guest. **Bill Wells** brought **Ron Ritz**, his brother-in-law from Florida. Ron probably won't sign up as member, as he commented that Denver is "too cold."

### Visit From the Lt. Governor

**Dottie Jefferies**, our Zone 9 Lt. Governor, dropped by to thank the Club for its contribution to Tamarac Optimist's "I Like Me" program, and to encourage us to attend the District Second Quarter Board Meeting and Conference February 8 - 10. Dottie explained the Conference is not just for Club officers and District leaders, but is a chance for all Optimists to connect with those from other Clubs. Also, attendees will have a chance to participate in an Optimist Brain Bowl.

### Oratorical Contest

Dottie also reminded us that the Oratorical Contests are coming up. The Oratorical Contest is an opportunity for students under the age of 16 to write and deliver a speech. Each year, a different Oratorical Contest topic is selected by Optimist International. This year's topic is "Why Me? Why Not?"

First conducted in 1928, the Oratorical Contest is the second most popular Optimist International Program. Nearly 2,000 clubs participate in this program each year. The winners at the Club level receive trophies, as



do the Zone winners. Districts have the opportunity to provide two \$1,500 scholarships or a first place scholarship of \$1,500, a second place scholarship of \$1,000, and a third place scholarship of \$500. Throughout Optimist International, more than \$150,000 in scholarships are awarded each year through the Oratorical Contest.



Volunteers are needed at the competitions as scorekeepers, timekeepers and for many other tasks. The Monaco South Oratorical competition will be at 6:30 p.m. on March 12 at the Schlessman YMCA. Club members who can help should contact **Tom Hoch** at [hochster@comcast.net](mailto:hochster@comcast.net).

The Zone 9 Oratorical Contest will be held on April 11 at Windsor Gardens. If you can help with this event, contact **Dottie Jefferies** at [dottiejeff@msn.com](mailto:dottiejeff@msn.com).

### Super Citizen Report

**Don Thomson** related that the Club will soon be adding University Park Elementary School to our roster of Super Citizen schools. Those who want to take part in this rewarding activity, which presents awards to students during school assemblies, should contact **Joe Marci**, who maintains the schedule.

### Final Week Before Central Brain Bowl

It's one week to go before the Central Region Brain Bowl on Saturday, February 2, reported **Karl Geil**. It will be held at George Washington High School, and help is still needed for many jobs, including proctoring the written exam, delivering quiz questions to rooms, etc. Contact Karl at [karl\\_geil@prodigy.net](mailto:karl_geil@prodigy.net) if you can help.

Those helping with the Brain Bowl need to show up at 7 a.m. on competition day for training, except for those who have already been designated as readers -- they can sleep in until 7:30.

## Tri-Star Basketball is February 21

**Gary Laman** announced that this year's Monaco South Tri-Star Basketball competition will be Thursday, February 21 at 4 p.m. at the Cope Boys and Girls Club facility at 8<sup>th</sup> and Inca. Volunteers who can help with this traditional Club event should contact Gary Laman at 303-564-4723.



## Welcome Home!

**Bob Avery** is working on a reception to welcome the Air National Guard home from Iraq on February 10 at Buckley Air Force Base. The event will be from noon until 4 p.m., and volunteers are needed from Monaco South. If you can help, contact Bob at [rlaii@msn.com](mailto:rlaii@msn.com).

## Speaker

The featured speaker at the January 25 meeting was **Ryan Moore**, a research associate with the Institute for Environmental Solutions. The Institute is a non-profit science and policy study group which is funded by a number of corporations, foundations, and individuals. It's mission is to solve environmental problems without incurring undesirable side effects.

Ryan is a returned Peace Corps volunteer who studied forest ecology in college. He spoke about the study his organization has been doing on the "urban forest," trees planted in city environments. Generally, trees are considered beneficial to urban areas, because they:

- Reduce of soil erosion by controlling storm water flow;
- Increase wildlife habitat;
- Reduce city noise by absorbing high frequency sounds;

- Shade buildings and reduce energy demand for cooling;
- Cool the atmosphere through transpiration of water from leaves;
- Absorb air pollutants through leaf surfaces; and
- Sequester carbon dioxide.

The Institute has recently completed a study of the urban forest in Golden, Colorado, and has come to a number of interesting conclusions. They have found that urban trees consume more water than is saved by their shade. And while trees provide shade to residences and offices in the summer, thereby reducing electrical consumption for cooling, they also block sunlight from entering in the winter. Thus, even deciduous trees, which lose their leaves in the winter, cause winter heating bills to be higher due to less solar penetration. In fact, Ryan mentioned that when evergreen trees are planted close to a building, the shade they provide in the winter raises heating costs to the point where they cause a negative yearly effect on energy consumption.

Additionally, while trees absorb some ozone, higher emissions from more trees and other vegetation can cause more ozone.



Ryan's organization studies these competing effects of trees and tries to evaluate them in considering improvements to urban forests. Improvements in

tree and shrub selection and planting can significantly reduce water consumption with increased shade lowering irrigation requirements. Leaves and branch surfaces intercept and store rainfall. Tree canopies reduce turf water requirements.

Since trees, Ryan said, have both a positive and negative effect on energy consumption, water conservation, and air quality, the Institute helps homeowners and business determine the best type of tree and the best placement of the tree in order to achieve

desired results.

Another study on which the Institute is working concerns trace environmental contaminants. Trace contaminants are small amounts of chemicals found in water systems suspected to originate from pharmaceuticals and personal care products. Trace contaminants from people and households are making their way into streams and rivers through wastewater, and are not currently removed through the treatment processes at wastewater treatment plants.

The contaminants project will deal with pharmaceuticals in wastewater effluent. Pharmaceuticals find their way into treatment



plants in one of two ways: through direct human usage (e.g., birth control pills, angina medication) or through the disposal of unused drugs.

The Institute study team is currently conducting research on the studies that have been completed on pharmaceuticals in effluent and how they affect aquatic life. It is also researching existing drug return programs in other states to see if this is something that is feasible for Denver or Colorado. Such a program would provide people with a method of disposal for their unused pharmaceuticals.

Ryan took questions from the audience, and **Oscar Sorensen** asked why Denver prohibits Russian olive trees. Ryan surmised that it might be because the trees spread so much, edging out other more desirable vegetation. **Bill Walters**, on the other hand, had a simple explanation: "It's because they're Communist trees, Oscar! Don't you remember President Reagan saying 'Mr. Gorbachev, tear down that tree?'" Ryan seemed at a loss for words at this point, no doubt dumbstruck by the deep historical knowledge demonstrated by Monaco South

members.

More information on the Institute for Environmental Solutions can be obtained from the organization's website at [i4es.org](http://i4es.org).

## Grocery Card Sales

Once again, we topped the \$1000 mark by selling \$1375 worth of grocery cards to Monaco South members. Remember that Safeway cards can be used for discount gasoline, and the Club makes 5% of the sales. Since most of us shop at King Soopers or Safeway, buying the cards are an easy way to help the finances of the Club, and you don't even have to lift a tree!

## Cy Regan

(from page 1)

his senior class, captain of the baseball team and was selected by the *New York World Telegram* to the "School Boy Hall of Fame." During his years in the Navy, Cy found himself in the Special Services, a designation for those representing the Navy in athletics, entertainment, etc. During this time, he played shortstop on the 4<sup>th</sup> and 5<sup>th</sup> Naval District Baseball Champions for two years, and competed in the All Navy playoff with the top seeded team. He also played halfback on the Norfolk Station football team, that won the 4<sup>th</sup> and 5<sup>th</sup> district championships, and won the four wall handball competition at the Norfolk Naval Station.

Cy accepted a baseball scholarship to Seton Hall and played second base for three years under Owen Cairol, himself an All-American from Holy Cross. Coach Cairol also pitched professionally for the Detroit Tigers. During his years at Seton Hall, Cy was four wall handball champion for four years, participated in the University Night Musical Show, and ROTC for four years where he was a member of the rifle club, Pershing Rifle Society, and was squad and platoon leader.

It was during his college years that Cy also played with the Chesterfield Baseball Caravan. The team was formed by a WW II

war hero and was sponsored by the Chesterfield cigarettes. The team played at many of the military bases and hospitals along the east coast. They also played some of the minor league teams along the way. When the team managed to secure a major league star, they would use his name to draw crowds. Whitey Ford, then stationed at Fort Dix, New Jersey, was available most of the time and the team would go by the name, the Whitey Ford Minor League All Stars. The New York Yankee World Series hero was a great attraction. Cy spent some of his summer months, playing minor league baseball for teams including the Pittsfield Electricians and a ball team in Bastrop, Louisiana. The Brooklyn Dodgers offered Cy

a \$5000 signing bonus to play with their farm team North Dakota, but he declined the offer.



Cy Regan

During this time, Cy also played football for two years for an independent team coached by Leon "Chief" Miller, a former All American football and lacrosse player from Carlisle. At Carlisle, Miller was a teammate of Jim Thorpe.

Cy and Pat are the proud grandparents of four. He enjoys golf, biking, and skiing and sings in two chorale groups. He visits assisted living centers, retirement homes, and hospitals.

Cy was the 1999-2000 president of Monaco South, a year affectionately know as "Cy 2K."

### Monaco South Calendar

- Feb 1** Fri 7:00 am Meeting, Legion Hall - Doug Morton: *Academia and the Cost of College Textbooks.*
- Feb 2** Sat 7:00 am Central Region Brain Bowl, George Washington HS, Denver (readers show up at 7:30 a.m., everyone else at 7 a.m.).
- Feb 8** Fri 7:00 am Meeting, Legion Hall - Don Mares, Executive Director, Colorado Dept. of Labor and Employment: *Labor Trends in Colorado.*
- Feb 8-10** Fr I- Sun Second Quarter Board Meeting & Conference, Hilton Garden Inn, Highlands Ranch, 1050 Plaza Drive.
- Feb 10** Sun 12- 4 pm Welcome Home from Iraq - Buckley Air Force Base.
- Feb 15** Fri 7:00 am Wives & Friends to Breakfast. **No meeting at Legion Hall.**
- Feb 21** Thu 4:00 pm Monaco South Tri-Star Basketball - Cope Boys & Girls Club, 8<sup>th</sup> and Inca.
- Feb 22** Fri 7:00 am Meeting, Legion Hall - Camaraderie Day.
- Feb 24** Sun 6 p.m. Eagle Scout Recognition Reception.
- Feb 29** Fri 7:00 am Meeting, Legion Hall - Bill Convery: *Colorado History Day.*
- Mar 12** Wed 6:30 pm Monaco South Oratorical Contest - Schlessman YMCA.
- Mar 21** Fri 7:00 am Meeting, Legion Hall - Craig Eley: *Patrick Henry.*
- Mar 28** Fri 7:00 am Meeting, Legion Hall - Camaraderie Day.
- Apr 11** Fri Zone 9 Oratorical Contest - Windsor Gardens.

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

Bob Rhue	1976-77	Kent Gloor	1992-93
Jerry Whitlow	1977-78	Gary Strowbridge	1993-94
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
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Bill Litchfield.	1990-91	Paul Bernard	2006-07
Bill Walters	1991-92		

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Ralph Pedersen	303-759-3384	pedersen.ralph@q.com	Robert Wardlaw	303-759-0360	rlawardlaw@comcast.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 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  
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