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GRANDIOSE UTTERINGS OF MONACO SOUTH  
(GUMS)  
[www.monacosouth.org](http://www.monacosouth.org)

THE OPTIMIST CLUB OF MONACO SOUTH  
FOUNDED IN 1976



# Alternative Sports for Adults

**John and Claire Young's daughter, Tricia**, introduced our speaker today. She assists **Nate Baldwin** in operating WASA (Western Alternative Sports Association). They organize leagues of kickball, broomball, whiffle ball, dodge ball, etc. where people can have fun without the highly competitive atmosphere elsewhere. They protect this atmosphere by not allowing any type of aggressive behavior, no refs or else self refereed games, honor system, etc. If there is a dispute they use the rock-paper-scissors method of settling the question. These are fun games where the participants need not be proficient in athletics. It is a physical outlet, non competitive and mostly a social event. They do charity events (Make a Wish Foundation) and corporate events. In the future they want to start leagues for youth.

**MEETING PLACE**  
**AMERICAN LEGION HALL POST NO 1**  
**5400 E. YALE AVENUE, DENVER, CO**  
**FRIDAY MORNINGS AT 7 AM**

**THE MEETING**  
**of February 23, 2007**

**Invocation**

**Treasurer George Busick** led us in an invocation. We then renewed our pledge of allegiance to the flag of the United States of America.

**Guests**

**John Young** introduced **wife Claire** who was here to sell tickets to the Tamarac Optimist Club Annual Sock Hop, and **daughter Tricia** who introduced our speaker.

**Recognition**

**President Paul** announced that everyone who worked the tree lot (97 of them) received an eagle pin in recognition of their contribution to the club. Profits were sufficient to fund the budget for the year! Thank you **Joe Marci and crew**.

**Induction**

**President Paul** inducted **Kevin Kahlbach (Frank Middleton, sponsor)** into MSOC, the best club in the nation. Kevin moved here from Pueblo recently where he was a member of the Optimist Club. He is in the health care business.

**Oratorical Contest**

The date of March 20 was announced.

**St. Patrick's Day Parade**

Calling all Sanitation Engineers (Pooper Scoopers), **Curt Jefferies** wants YOU! March 17, 8 AM. See **Gary Strowbridge** or **Ron Carlson**.

**TAMARAC OPTIMIST CLUB**  
**ANNUAL SOCK HOP**

*Put your dancin' shoes on and join us...At the Hop!* Please support our sister club in this fund raiser March 3 at the Legion Hall. Dinner starts at 6 PM, and music of the Rock 'n Roll era is being donated by **Frank Ross** and the lovely **Marilyn Monroe**. New this year will be **FREE** dance lessons! Tickets will be on sale at our Friday morning meetings. Admission is \$12.50 pp. A meal ticket is available for \$7.50: hamburger OR cheeseburger OR chicken sandwich AND French fries AND milkshake OR soft drink. Cash bar. New white socks are being collected for the Colfax Community Network. Call **Claire Young** at **303-692-8202**.

**Tri-Star Basketball**

**Jack Rife** reported on this project which is a skills contest at the Boys and Girls Clubs held Wednesday, February 21. One hundred (100) kids competed, and the following members assisted: **Gary Laman, Ron Carlson, Ken Raak, Joe Marci, John Stoffel** who came at the wrong time, **Russ Paul, Howard Fry, John Greene, Gerry Davis**. Regional contest March 3 and finals are held during half time at a Nuggets game, March 17, playing the Phoenix Suns. Tickets are \$20. Call Jack at **303 756 8042**.

**President's Visit**

**Ronnie Dunn** will visit our club on March 30. Banquet details are forthcoming.

**Montreal 2007**

Take your European vacation and attend the 89th annual Optimist International Convention, July 4 - 7, 2007 in Montreal Quebec, Canada.

## Honeymoon Weekend

**Al Gapuzan** announced the dates of July 20 and 21 in Breckenridge. We have reserved condos at the Mountain Thunder Lodge, 2 bedrooms, 2 baths (4 persons per unit) for under \$105 per couple. A limited number of one bedroom units are available at under \$140 per night. Final room rate depends on the number who sign up. This is a premium/private accommodation located near the base of the New Breckenridge Gondola and within walking distance of main street. Your MSOC committee, **Al, Kent Gloor, Greg Young, John Young and Frank Middleton**, is working on a variety of unique and fun activities for this memorable weekend. Please sign up as soon as possible so reservations can be confirmed at this attractive rate. Please call one of the committee members.

## SUPER CITIZEN SCHEDULE

Fri. Mar 02 1:30 & 2:15 PM

McMeen **Ron Cisco**

Thur Mar 15 2:30 PM M.P.B. **Bruce Prather**

Thur Mar 15 5:30 PM Hamilton **Cy Regan**

Tue Mar 20 1:15 & 2:00 PM

Samuels **Gary Strowbridge**

Fri Mar 23 9:00 AM Holm **Frank Ross**

Fri Mar 23 3:00 PM Bradley **Ed Collins**

## Grocery Certificates

**WOW again! \$1,775** sold last week and today **\$1600** sold by **Cy Regan**. The club keeps 5%, what a deal.

**Oscar** (there's only one) announced club elections for April.

## COMING EVENTS

**Fri, Mar 02, 7 AM** meeting, Legion Hall

Mel Goldberg, Sar-El Volunteers for Israel

**Sat, Mar 03**, Regional Tri-Star Basketball

**Fri, Mar 09, 7 AM** meeting, Legion Hall  
Rev. Leon Kelly, Denver Gangs

**Fri, Mar 16, 7 AM** meeting, Legion Hall  
Camaradarie Day

**Sat, Mar 17, 8 AM** St. Patricks Day Parade

**Sat, Mar 17**, Finals, Tri-Star Basketball

**Fri, Mar 23, 7 AM** meeting, Legion Hall  
Dr. Ko Ying Chen, Chinese Accupuncture

**Fri, Mar 30, 7 AM** meeting, Legion Hall  
Dr. Richard Bryan, UPLIFT Internationale

**Fri and Sat, July 20, 21, Honeymoon  
Weekend, Breckenridge**

## Shingles Vaccine: Zostavax

**From Dr. Daniel Perlman**, recent speaker, sent an E-mail to **Paul Simon** saying, "Here's what I want you to pass on to fellow Optimists:

1. The vaccine is new so distribution lines are not fully in place. Denver Infectious Disease Specialists has some, OR it is on order. Call the office at **303-788-5900**.
2. Myron Levin, professor at UCHSC, is recruiting patients who are greater than 50 years of age and who have had one episode of shingles at least five years ago. Interested? **Call Nancy Lang, RN, at 303-315-4622**. The study will answer the question: Will the vaccine be useful in preventing second attacks of shingles. This would be a great way to get the vaccine free if some of your Optimists are interested.
3. I would be happy to talk about Avian Flu and other newsworthy infection topics later.

## Past Presidents

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

## Newsletter Committee

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Vice President	Phil Perington	303-832-4578
Vice President	Greg Young	303-759-3921
Secretary	Nick Newey	720-981-9552
Treasurer	George Buzick	303-985-0655

## Board of Directors

Al Gapuzan	303-893-4368
Russ Paul	303-750-0554
Frank Ross	303-713-1008
Scott Walker	303-409-6171
Bill Litchfield	303-782-0465
Todd Olson	303-759-4228
Bill Wells	303-757-8013
John Young	303-692-8202
Donlie Smith (Past Pres.)	303-759-0380

## 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

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