



Grandiose Utterings of Monaco South

(GUMS)

May 29, 2009

Vol. 33, Issue 35

The Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado

www.monacosouth.org

Editor for this Issue—Robert Wardlaw



Good Morning Optimists!

Greeting members this morning are **Woody Thibodeau** and **Fred Pasternack**. It is a sunny beautiful spring morning and as your editor walks into the meeting he notices a stunning Thunderbird convertible, black with white top, goodness that is a beauty!

Invocation & Pledge

President **Phil Perington** calls the meeting to order. **Mike Snipes** reads the invocation regarding a main tenant of our club. We ask for the ability to be gracious and for help to be enthusiastic about the success of others. Because we may not be as happy with ourselves, we may, at times begrudge the success of others. Let us try to enjoy their success and ask God's grace to spread that ability to others with our example. He then led us in the Pledge of Allegiance.

Guests

Ron Gustas comes to the podium to welcome special guests this morning—the ladies from the Tamarac Optimist Club. Seventeen years ago, the club was started and the group has gone on to accomplish much and spread the word of Optimism. The guests from the Tamarac Optimist Club join us this morning and brighten our meeting with their presence. Their greeting this morning was accompanied by a showing of a video that aired recently on Channel 7 recognizing community

members “doing good for their city.” **Dottie Jefferies** was recognized for her work with the BUG (*Bringing Up Grades*) program in the Holly Ridge Primary School. Each week Optimist Club of Tamarac members volunteer to help students at the school with their reading. Dottie dresses up as a giant bumble bee to help children with their reading skills. She has been part of the BUG program for five years. You can see this clip at <http://www.thedenverchannel.com/news/19046648/detail.html>.



7Everyday Hero Really Gets Into Character

Uttering from Prez Phil

President Phil announces new member **George Vassilaros**. Welcome aboard George!

President Phil tells members about an e-mail he received from Chief **Gerry Whitman**, who thanked the members for the recent recognition for Sgt. Goodfellow and the club's involvement with the Super Citizen program. The Chief's signature

Continued on next page

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

appears on the certificate given to students who win the Super Citizen award, along with the mayor and



Optimist club president. Chief Whitman hopes to attend some presentations next year and congratulates our club on the program's success. Thank you to Chief Whitman and the energy

begins to rise for this program which will complete its most successful year to date today, at McMeen and Samuels elementary schools!

On a relate note, **Don Thomson** reports this year 620 Super Citizen certificates have been awarded to deserving students. The program has gotten better and Don deserves recognition for his leadership!

Frank Middleton tells members that **Kent Gloor** recently underwent a 4½ hour surgery to alleviate a heart condition that had been ongoing. His medication had become unresponsive to his condition and doctors hope this procedure would help. Kent was sitting up and despite a sore throat he was resting in an Aurora hospital. We hope for a full and speedy recovery Kent!

Members who may have noticed Frank missing from a recent meeting will be interested to learn he attended the wedding of his son, Scott, in Ohio. Many will remember Scott from his help at the Tree Lot in years past. "*A man in love is incomplete until he is married. Then he's finished,*" according to Zsa Zsa Gabor.

Russ Paul recaps the work done at the Ronald McDonald House last Saturday. Volunteers from MSOC put up 83 head boards. Those helping included, **OC Larson, Greg Young, Steve and Susan Kady** along with their son Alex and friends, Maynard Shigley and Kathy Montbusti, **Fred Pasternack, Mike Snipes, Donlie Smith, Harry Fegley, Frank Ross, Randy Marcove** and sons Max and Charlie and friend Frank Ventola. Good work members! Russ received a nice thank you note from the house.


Joe Marci puts out the call for volunteers to assist with Optimist Jr Golf on June 12th at Flatirons Golf course in Boulder and June 15th at Fitzsimons.

Freddie Pasternack shows his Denver Nuggets colors and urges on the locals to higher ground.

Jim Easton reminds members about the June 13th fundraiser for the Holistic Community Living Center run by **David Lazaroff**. Jim's mother has been helped by David's facility and the evening looks to be quite an adventure. Tickets are available, learn more by visiting www.HolisticCommunityLiving.org.

Gary Strowbridge displays a picture he recently took at a Super Citizen presentation. Attending to support the young man are 17 family members! Do you not agree that this experience will positively impact this youngster's outlook?

Don St. John reminds us about the lunch the club will host for Sunday June 28th in Longmont. Along with members from the Tamarac Optimists, MSOC looks to feed and energize 3,000 riders who raise money to battle Multiple Sclerosis.

A slight oversight during last week's festivities was corrected by the enthusiastic serenade of **Karl Geil** for his birthday, May 31st. 

Final Bell

The drawing this week was a big \$30 and no one was able to draw the 3 of diamonds; therefore, the pot keeps building.

Cy Regan tallies grocery card sales this week of \$1,000. Do you or someone you know eat food? If you do, why aren't you spending your dollars with the club, and helping it to raise money? Please consider doing so.

And as your editor leaves the meeting, he spots **Eldon and Roxie Strong** in the beautiful Thunderbird. Nice job and sweet ride indeed. Eldon we need pictures for *GUMS*.

Go forth and spread the word of Optimism!



Speaker for Today

John Moser introduces our speaker this morning: Lisa Silva is from the Colorado Clean Diesel Retrofit Program, Air Pollution Control Division Colorado Department of Public Health & Environment. She came to speak with us about the project to retrofit school buses to help curb the emissions they emit into the outside and inside the bus environment.

Diesel exhaust is an EPA-listed mobile source air toxic and probable human carcinogen. It contains thousands of compounds, including 47 listed air toxics, many of which are individually toxic. For children this means an increase danger. Developing lungs are more susceptible to exposure to air pollutants. Smaller surface area and the higher inhalation rate combine to markedly increase exposure. Child respiratory rates are much higher than those of adults: they take in 20-40 breaths per minute compared to 12-18 breaths per minute for adults; thus making them more able to breathe in higher concentrations. Studies have revealed that children living close to major highways and traffic areas showed substantial and likely permanent lung function deficits compared to children living further away from these areas. Both gasoline and diesel fuel are comprised of many pollutants, including fine



particulates and numerous carcinogenic compounds.

Diesel exhaust can aggravate or induce asthma or other pulmonary and cardiovascular diseases. A UCLA study found elevated levels of black carbon, particle bound PAH, and NO₂ inside school buses. Crankcase emissions are extremely strong source of PM 2.5 in buses. Exposures are greatest inside school buses, but also at bus stops, other bus idling areas, and in traffic areas behind buses.

The school retrofit program seeks to reduce air toxics exposure to children, drivers, parents, teachers, and the general public from idling buses at neighborhood pickups, on school grounds and in traffic. It also hopes to reduce fuel usage via engine preheat technology which will make idling unnecessary saving fuel and reducing emissions.

In the Pueblo school pilot program 110 buses were retrofitted. The study showed in-cabin particulates were reduced by 56%, and tail pipe emissions were reduced for CO of 127 tons/yr, and HC of 14 tons/yr. It also saved 30K gallons of fuel per year. The state hopes to continue to retrofit buses in outlying areas of the metro area and achieve similar results. See: <http://www.cdphe.state.co.us/ap/cleandiesel.html>.

Monaco South Calendar

Jun 5	Fri	7:00 am	Meeting, Legion Hall - Dr. Arthur Liu, Radiation Oncology
Jun 5-7	Fri/Sun		Hugh O'Brian Youth Leadership Seminar, Colorado School of Mines - see Paul Bernard
Jun 6	Sat		6th Annual Picnic with a Purpose, Eisenhower Park - see Howard Fry or Randy Marcove
Jun 12	Fri	7:00 am	Meeting, Legion Hall - Laura Eley, Peace Corps and the Philippines
Jun 12	Fri		Optimist Jr Golf District Qualifying Tournament, ages 14-18 Flatirons Golf Course, Boulder
Jun 15	Mon		Optimist Jr Golf District Qualifying Tournament, ages 10-13 Fitzsimmons Golf Course, Aurora
Jun 18	Thu	6:30 pm	Board Meeting, District 4 Council Office, 3540 S. Poplar, Room 102
Jun 19	Fri	7:00 am	Meeting, Legion Hall - Camaraderie Day
Jun 23	Tue		Ronald McDonald House - see Russ Paul
Jun 26	Fri	7:00 am	Meeting, Legion Hall - Eddie Bryan, Union Station Past & Future
Jun 28	Sun	7:00 am	Bike MS Rest Stop - see Don St. John
Jul 8-11			Optimist International Convention, Kissimmee Florida
Sep 11-13	Weekend		Honeymoon/Getaway Weekend-Colorado Arlberg Club-Winter Park
Sep 26	Sat	6:00 pm	Monaco South Year End Banquet— SAVE THE DATE!

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
Bob Avery	1989-90	Donlie Smith	2005-06
Bill Litchfield	1990-91	Paul Bernard	2006-07
Bill Walters	1991-92	Greg Young	2007-08

2008 - 2009 Officers

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Vice President	Al Gapuzan	303-770-0499
Vice President	Frank Ross	303-713-1008
Secretary	Rich Wagner	303-362-5328
Treasurer	Ron Gustas	303-770-9640

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Greg Young (Past Pres.)	303-759-3921

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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 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.

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AT DENVER, COLORADO AND

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