



Grandiose Utterings of Monaco South

(GUMS)

June 29, 2012 – Vol. 37, Issue 39



Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado
Serving Youth and the Community for 35 Years

www.monacosouth.org

Editor for this Issue—George Buzick



Good Morning Optimist

In the midst of two of the most devastating fires in the history of Colorado, President **Randy Marcove** called the meeting to order. Though the invocation by **Marc Goodbody** was related to the Optimist Creed,



our prayers are with those whose family, friends and associates lost their homes in the fires which ravaged both the Colorado Springs and Ft. Collins areas.

Unfortunately, it is not always “someone else” who becomes a victim of natural disasters. We should all think

200m Backstroke World record holder, Missy Franklin.

and plan for the possibility that we too may have to evacuate our home at some point.

4th of July Coming Up

In addition to the invocation **Marc Goodbody** lead the group assembled in a song of the season, *Good Bless America*. This song, written by Irving Berlin in 1918 and revised in 1938 was made famous by Kate Smith. It has become the unofficial anthem of the United States and is still sung at many baseball games during the 7th inning stretch. Kudos to Marc for his a cappella solo on this song!



Salute to Missy Franklin

Steve Kady, who arranged for the presentation by the father of Missy Franklin a few weeks ago, asked

for volunteers for a photo to be presented to Missy as a token of support from the members of MSOC. While members held up an American flag and the letters “Go Missy”, **Don St. John** snapped a picture of the momentous occasion.



The letters spell, *Go Missy*. From the left, Frank Ross, John Young, Allen Yockey, Paul Stratton, Tom Charters, Dick Nickoloff, and Paul Bernard.
Photo Don StJohn

You will recall that when Dick Franklin spoke to us about, Missy “The Missile” Franklin she was an Olympic hopeful. Today, she is now an Olympic qualifier in three individual events and six overall and may also be swimming in some relays at the Olympics in London. Missy also set a new American record in the 100 meter back stroke. We will continue to watch Missy’s progress with pride as she pursues her dream of Olympic gold.



200m Backstroke World record holder, Missy Franklin.

Guests

Prez Randy introduced our guests for the day, both of whom already have, or have had, some connection with Optimism. **Bob Krech**, from the Gateway Optimist club, thanked members who had participated in

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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****

Guests Continued

their golf tournament, held a couple of weeks ago. Our own **Freddie Pasternak** is also a member of Gateway and makes sure we are aware of, and support, their activities. Randy also introduced Mike Shroyer, who is former member of the now defunct Skyline Optimist Club of Denver, and who happened to see the Optimist Sign and dropped in to visit. Hopefully, we will see Mike at some future date, with application in hand. We would welcome you in our ranks!

Prez Randy introduced his special guest and the person who, he claims, leads to his own tonsorial splendor. Cassandra Poldin owns her own salon on 17th Street and was giving out coupons for free haircuts and shaves. Randy's purpose in inviting Cassandra was to thank her for her efforts in providing toys to some kids who would otherwise have had a bleak Christmas. Since, it appears neither the kids nor their parents had the good grace to thank Cassandra, Randy thought our club could thank her on their behalf. Way to go Cassandra!



One of the downsides of Cassandra's visit was that she somehow won the heart of **John Young**, who vacated his standard table position across from **Ron Cisco**, in order to sit with Cassandra. This, of course, broke the heart of Mr. Cisco, who thought that, after 35 years together, he and John would never be parted. Consensus was that most anyone would rather sit with Cassandra than Ron. (*Sorry Barb!*)

Presidents Corner

Prez Randy reminded those who have pledged to support the Colorado MS Bike Ride to either pay him or bring your checkbook next week. Once again; **Randy, Eldon Strong, Brian Williams** and **Howard Fry** will be pedaling through the smoke filled environs of northern Colorado on Saturday, July 1st and Sunday, July 2nd. Have fun guys and be safe!

Prez Randy thanked **Paul Stratton** for his administration of the "*Jimmy Brown Perfect Attendance Award*" at Lowry Elementary School, including distribution of four-packs of tickets to the Rockies for those who attained this prestigious award multiple times.

Announcements

Honeymoon Weekend: **Howdy Fry** said that there were still a couple of slots open for the Honeymoon Weekend, to be held beginning July 20-21 at *Colorado Arlberg Club* in Winter Park. For just \$170 per person, which includes two nights lodging and six meals, accommodations and tips. Call Howdy for details at 303-300-4466.

OI Junior Golf Championship: **Joe Marci** said that there were 31 players who played the Flatirons course in Boulder to support the Optimist International

Junior Gold Championship (OIJGC) and help defray the expense of \$15,000 spent to send 19 golfers to Florida. Our own Monaco South team, lead by the inimitable **Ron Cisco** was the overall winner.



Relay for Life: **Paul Simon** said he would be passing around a signup sheet for the *Relay for Life*, to be held in Parker on July 28-29th. Paul will be captaining a team of individuals who will walk throughout the night in support of March of Dimes

MS 150 Rest & Photo Shoot Stop: **Michael Chavez** reminded those who will be working the rest station for the MS Colorado Bike Ride that, because of the fires near Ft. Collins, the race will be starting a half hour early, so we need to get started by about 6:30 a.m. Michael also handed out maps and waivers to be signed by volunteers and asked for help in loading up **Bryce Slaby's** truck after the meeting this morning.

Are You Thing About Colorado Peaches: **Bob Finkelmeier** announced that the Western Slope Peaches are forthcoming and appear to be early this year due to all the warm weather and a frost that got the late varieties. He will be passing around an order form in the next few weeks. The cost will be \$25 per box/lug with four dollars per box coming back to the club.



Drawing

The pot today was \$70. Even though this was **Allen Yockey Day** — Allen's number was called not once, not twice, not thrice, but four times — Allen was unable to draw the Queen of Clubs and neither was anyone else, including **Jack Rife**, who was wearing his name tag, but drew "the other black queen." The pot continues to grow! By the Allen had made an initial investment five dollars, which is ten tickets.

Editor's Looking for Material

If you have information, quotes, jokes, etc. that you would like to share with others and are in keeping with the high standards of the Optimist Club of Monaco South, please submit them, either to the editors or to Doctor Bob and we will include them as space allows. Also, any comments as to what other things you would like to see in GUMS will be greatly appreciated and considered for future issues. *Remember, it's your newsletter; we are your humble servants.*

A bit of Humor

Here is a test that we should give to every politician today ... with every speech they give ... not naming any names, of course ... the CIA is watching, I am sure. In this video clip Johnny Carson is a politician taking a polygraph test in a Mighty Carson Art Players Skit on "The Tonight Show Starring Johnny Carson" in 1982. Go to: <http://www.youtube.com/watch?v=qbWI9xIGba4>. And have a laugh!

Speaker, Marie Connolly
Guiding Light, Patient Advocacy

Marie Connolly is the founder of Guiding Light, LLC. Marie is a Denver native who has been involved with



health care for many years. As a nurse, she has seen firsthand the lapses in healthcare that can lead to serious consequences and even death. She started Guiding Light because she felt that every patient needs an advocate to ensure that they receive

timely and proper care. Some points that Marie made during her presentation:

- Take someone with you when you visit a doctor and take notes. Statistics show that patients forget 40-80% of what is said by the health practitioner. Ask questions until you totally understand what is being said.
- Each hospital is staffed with professional patient advocates (usually 2 or 3), but each advocate may have as many as 80 to 100 patients to look after. Once you leave the hospital, it is difficult to get any assistance.
- Advanced Directives are frequently ignored by hospital staff because they do not want to become involved with the in-fighting that goes on with patients' relatives.
- There is a glitch in Medicare that will not allow payments for rehabilitation unless you have been hos-

pitalized for three overnights, so if you or your loved one is released without having spent three nights, you may have to pay out of pocket for rehab.

- There are frequent screw ups on medication, either because the doctor is unaware of other medications or is just plain not paying attention. Make sure you furnish the doctor with a current list of meds you are taking and check prescriptions to make sure they have been filled properly.
- The simplest, most cost effective measure you can take when hospitalized is to take your own alcohol based hand sanitizer and make sure that both staff and visitors use it while handling anything which you might later come in contact with. Don't be afraid to call to attention of staff that they need to wash their hands. Infections are frequently a result of failure to wash hands and cause millions of dollars (and some deaths).
- Because most of us don't have enough knowledge to advocate for ourselves, professional patient advocates are worth the money. Costs run around \$125/hour or between \$1200 and \$1500 for each case

Further information regarding patient advocacy can be found at www.guidinglightllc.com.

Several members shared their own stories of mishandling of medical situations of people with whom they are involved, reinforcing Marie's statements of the need for patient advocates.

Thank you Marie for an informative presentation!

Membership Roster Available

in pdf format on the
Optimist Club of Monaco South webpage at
<http://www.monacosouth.org/>

Click on *Members Only* in the left side menu
 Click on *Display Directory* in the Membership Directory box, a login box pops up:
 Username is "member"
 Password is "Denver76" without quotation marks

Weekly Greeters

Date	Greeters
7/6/12	Bob Avery & Eldon Strong
7/13/12	Paul Stratton & Art Erickson
7/20/12	Ed Collins & Aaron Berry
7/27/12	Jim Tapp & Russ Paul
8/3/12	Ralph Peterson & John Oss

Monaco South Calendar

- June 29 Fri 7:00 am Meeting, Legion Hall - Marie Connolly, Guiding Light, Patient Advocacy
- July 1 Sun 7:00 am MS 150 Rest & Photo Shoot Stop in Longmont - See Michael Chavez
- July 6 Fri 7:00 am Meeting, Legion Hall - TBA
- July 13 Fri 7:00 am Meeting, Legion Hall - TBA
- July 18 Wed 6:30 pm Board Meeting, District 4 Council Office, 3540 S. Poplar St., Suite 102
- July 27 Fri 7:00 am Meeting, Legion Hall - Colorado Center for Nursing Excellence
- July 29 Sun 7:00 am Brent's Place Pancake Breakfast

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

Bob Rhue	1976-77	Mark Metevia	1994-95
Jerry Whitlow	1977-78	Bob Safe	1995-96
Bill Kosena	1978-79	Tom Overton	1996-97
Duane Wehrer	1979-80	Peter Dimond	1997-98
Curt Jefferies	1980-81	Ralph Symalla	1998-99
Frank Middleton	1981-82	Cy Regan	1999-00
John Young	1982-83	Stan Cohen	2000-01
Pat Bush	1983-84	Don St. John	2001-02
Bob Hugo	1984-85	Jack Rife	2002-03
Tom Mauro	1985-86	Karl Geil	2003-04
Curt Lorenzen	1986-87	Bryce Slaby	2004-05
Oscar Sorensen	1987-88	Donlie Smith	2005-06
Lupe Salinas	1988-89	Paul Bernard	2006-07
Bob Avery	1989-90	Greg Young	2007-08
Bill Litchfield	1990-91	Phil Perington	2008-09
Bill Walters	1991-92	Ron Cisco	2009-10
Kent Gloor	1992-93	Ed Collins	2010-11
Gary Strowbridge	1993-94		

2011 - 2012 Officers

President	Randy S. Marcove	303-667-3663
Vice President	Frank Ross	720-210-8809
Vice President	Howard Fry	303-601-5088
Secretary	Jack Rife	303-349-1280
Treasurer	Greg Young	303-759-3921

Board of Directors

Harry Fegley	303-671-7182
Wyatt McCallie	303-759-2275
Frank Middleton	303-759-9232
John Oss	303-973-7934
Allen Pierce	303-833-8506
James Riley	303-472-3652
Jim Tapp	303-503-8043
Brian Williams	720-253-5731
Ed Collins (Past Pres.)	303-905-7572

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NEWSLETTER EDITORS: Jun **George Buzick**, July **Robert Wardlaw**, Aug **OC Larson**, Sept **Ralph Pedersen**

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.