



100% and then some...

# Grandiose Utterings of Monaco South

(GUMS)

August 10, 2012 – Vol. 37, Issue 45



100% and then some...

## Optimist Club of Monaco South

Founded in 1976 at Denver, Colorado

Serving Youth and the Community for 35 Years

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

Editor for this Issue—John Oss



### Good Morning Optimist

As we entered today, **Aaron Berry** and **Greg Young** had ready handshakes and smiles for all MSOC members and guests.

### Opening Bell

President **Randy Marcove** called our meeting to order at 7:00 a.m. and called on **Mark Metevia**, our past-president, to give the invocation. Mark expressed our love for the children; praying for blessings, protection, and freedom for all. May we bring them to know the values of love, righteousness, and kindness so they come to love and serve our God. **Ron Gutru** underlined the freedom Mark mention in his prayer by playing *America the Beautiful*, with one strong voice heard belting out his thankfulness. This editor is reaching down now to join that strong thankful voice for our being crowned with good and brotherhood.

### Today's Guests

**Ron Gustas** introduced his son-in-law Aaron Knox, and granddaughter Ellie.



Aaron Knox and Ellie, son-in-law and granddaughter of Ron Gustas joined us to talk about the JDRF "Walk to Cure Diabetes."

Photo John Oss

Aaron and Ron are working to gather support for the Juvenile Diabetes Research Foundation (JDRF). Ellie is a benefactor of their work. This editor's chemistry teacher was very proud of his former student and a cofounder of Medtronic. Now Ellie is a benefactor of JDRF and Medtronic work. See related story on next page.

### From the Prez

Prez **Randy Marcove** spotted some folks he had not seen for a while. **Tom Hoch** was at his comfortable station. There was for a short time **Todd Olson** sitting, even though he was moving fast. **Brian Williams** was visible and active. Brian endured the lineup to give a JDRF presentation. **Woody Thibodeau** brought us his broad smile. Welcome gentlemen!

**Fred Pasternack** and Randy went around a bit about the Broncos. Randy wonders if Freddie has his super bowl tickets yet. Well, watch out — with four good quarterbacks, big things can happen. So, what color was Freddie's cap?

**Jack Kleinheksel** was observed spreading raffle tickets, one for our speaker and one for Ellie. Randy called the giving random acts of kindness. It did not seem so random and the point really came home later on during the meeting. Thanks Jack!

### Lineup for Announcements

Go figure; eight projects for the year would be a blessing. How about forty plus projects and eight hot projects right now. By the way, for an updated list of our projects and activities, [CLICK HERE](#).

**Mudd Volleyball: Cy Regan** was all smiles. It seems thirteen jolly fellows directed traffic for the March of Dimes Mudd Volleyball event on August 4<sup>th</sup>. They included: **Curt Boell, Greg Hurd, Joe Marci, Donlie Smith, Russ Paul, OC Larson, Pat Sullivan, John Swick, Gary Strowbridge, Greg Young, Steve Kady, Robert Wardlaw, and Cy Regan** did a great job. Thanks to Cy! *They are not in this picture.*



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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\*\*\*\*

## Announcements Continued

### **Walk to End Alzheimer's:** Joe Marci reported that



on Saturday, September 15<sup>th</sup>, The Alzheimer's Society needs volunteers to staff its 2012 Run-Walk in City Park, Colorado Blvd. & E. 23rd Ave. Last year we

ran a water station passing out water to the runners who start at 8 a.m. and the walkers who began at 9 a.m. We can volunteer as water station workers again or if members are only available before 9a.m., or we can collect the sign up and pledge sheets from the walkers and runners. Sign-up as a volunteer at an upcoming meeting or contact Joe.

### **CROC for Kids Annual Golf tournament:** Joe

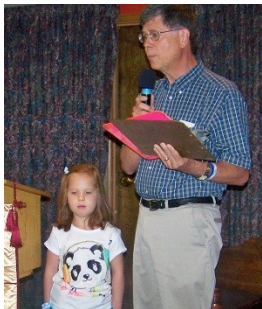
Marci also mentioned that the Castle Rock Optimist Club is holding a golf tournament at Plum Creek Golf and Country Club on Saturday, September 8<sup>th</sup>. There will be a shotgun starts beginning at 7:30 a.m. The cost is \$90. We hope to get one or two foursomes. Our member **Art Erickson** is also the president of the Castle Rock club. Let's support the Castle Rock club!

### **Juvenile Diabetes Foundation Bike Ride:** Dick

Cohen is looking for people to help at the JDRF Ride to Cure Diabetes rest stop. The ride is at Good Samaritan Medical Center (Start/Finish), Lafayette, CO on Sunday, September 16<sup>th</sup>. **Brian Williams** is looking for riders. Start times vary depending on route length. You can pick from 16, 32, 45, 62, and 100 mile rides. Brian is going for 32, and **Randy Marcove** is going for 100. Signup sheets were circulated for the rest stop and for the rides. Donation pledges can be made on the signup sheets. On Thursday, August 16<sup>th</sup> there will be a meet up of the JDRF bike riding team. Check with Brian for details.

### **Juvenile Diabetes Research Foundation Walk:**

**Ron Gustas** invited OCMS members to support the upcoming JDRF "Walk to Cure Diabetes." The walk will be held on Sunday, September 9<sup>th</sup> from the Coors Field main parking lot at 2001 Blake Street. Proceeds from the walk go to fund research for a cure of Type 1 Diabetes and/or develop improved treatment methods. You can walk the three miles on the 9<sup>th</sup>. Ellie is an example of modern day success. Read a very upbeat letter Ellie's parents wrote [CLICK HERE](#), and view a Video of the budding young girl [CLICK HERE](#). Help is also welcomed for walk set-up at Coors Field, on Saturday, September 8<sup>th</sup> at 11 a.m. You can call or email Ron Gustas to get involved.



Ellie with her grandfather, Ron Gustas.

Photo Don StJohn

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September 8<sup>th</sup> at 11 a.m. You can call or email Ron

Gustas to get involved.

## Closing Bell

The pot held \$15, thanks to **Wyatt McCallie's** drawing \$20 last week. Our speaker Chris Gallegos,

**Optimisms Impact on You:** John Young is putting together a presentation and recruiting brochure.

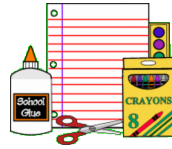


He would like to include testimonials about what it has been like in your life to be an optimist. We have a great optimist community, with many positive impacts on us. So, reflect on how your association with optimism has impacted you and share that in writing with John. You may email it to him or send it in a letter. And, tell him a bit about yourself as well.

### **Oscar Sorensen's Troubles & School Supplies:**

In humor **Oscar** said that **Cy Regan** gave him a bad address for the post Mudd Volleyball parking duty breakfast. He didn't get breakfast or beer.

However, he also shared that he has given school supplies and money for additional supplies, but he is holding off buying anything until after the prices drop. Brace yourselves for his plea for help coming on the 24<sup>th</sup>. And support his efforts.



### **OCMS Installation Dinner:** Ed Collins reminded

us to get signed up. The dinner is on Saturday, September 22<sup>nd</sup> at the Park Hill Golf Course. As of today there were thirty people signed up as the list was going around. Be sure to get on the list. *This editor didn't quite understand the ground rules and funding for a special discount for the next ten who sign up.* Get details from Ed.

**Dolls for Daughters:** Randy Marcove recognized **Mike McMahon** for volunteering to deliver Christmas presents. Certainly, our speaker from last week, Jessica Backus appreciates the new volunteer. See [www.dollsfordaughters.com](http://www.dollsfordaughters.com) and the August 3<sup>rd</sup> edition of **GUMS** for what it is all about.

**Update on Tom Overton's Son:** Prez Randy invited **Tom Overton** to share his sons healing progress from his bike accident. According to Tom, it is going good. He can now walk about 150 feet before he becomes exhausted. He is regaining ability to move his hands, arms and feet. A September release from Craig Hospital is anticipated. He is thankful for all the visits and expressions of support.

**Handsome Group:** Jack Kleinheksel, pictured below, stood in the lineup until the bitter end. **Ed Collins** had jumped the line, but Jack didn't notice. Jack then announced that he had his second cataract operation and could now see much, much better. He then shared he had no idea we were such a handsome group—end of remarks obliterated by laughter—as can be seen in the picture at right. We can only report what we can hear and see.



drew the first ticket, but **Phil Perington** drew the 8 of Clubs for the \$15 pot. Now **Jack Kleinheksel** had stacked the odds.

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**Speaker, Chris Gallegos, Public Relations Manager  
Dumb Friends League Harmony Equine Center**

**Paul Bernard** introduced Chris Gallegos, Public Relations Manager for the Dumb Friends League Harmony Equine Center.



Chris spoke with passion, using no notes. The center opened just this June. **Bob Finkelmeier** spoke up with enthusiasm recommending going to the center for a visit.

[www.ddfl.org/equine](http://www.ddfl.org/equine) provides details.

The Equine Center provides a safe haven for Colorado horses, ponies, donkeys, and mules that have suffered from abuse and neglect. The Center receives and cares for equines that are removed from owners by law enforcement authorities. The Center is not a sanctuary for unwanted horses. It is a unique, private facility. The Center is open to potential adopters each Saturday from 11 a.m. to 3 p.m.

Some sad facts:

- Hundreds of Colorado's horses are neglected and abused. They are victims of starvation, untreated injuries and debilitating illnesses. They may be left to suffer for months or even years.
- Available evidence points to a disturbing trend, including a steady increase in complaints to government agencies for much of the past decade.
- These unfortunate animals belong to people who are either unwilling or unable to meet the minimum responsibilities for humane care described in our

state's anti-cruelty statutes. These people are in violation of the law.

- Perpetrators of equine neglect and abuse should be reported to law enforcement authorities. When authorities step in and rescue the animals, the Dumb Friends League Harmony Equine Center stands ready to receive them.

A chance to survive and thrive:

Horses find relief from suffering and opportunities for new lives at the Center. Top-quality care is provided by a knowledgeable, experienced professional staff that is on the premises seven days a week.

Horses like Commander who are owned by the Center are evaluated for rehabilitation and potential adoption. The evaluation criteria follow a set of standards established by local equine and animal-welfare professionals.

Once the animals are restored to health, they are offered to responsible new owners through an application and interview process.

See the PowerPoint Slides linked to the GUMS distribution email. If you would like to plan a tour let **Bob Finkelmeier** know and he will set it up.

Thanks Chris!



Chris Gallegos, Public Relations Manager, Dumb Friends League Harmony Equine Center  
Photo John Oss



**Closing Bell Continued:**

Little Ms. Ellie held the winning ticket. That gift of a ticket was no random act of kindness. They say never get between a mother bear and her cubs. It would be better there than between **Ron Carlson** and his winning ticket. The lost ticket was soon found when Ron began to growl. **Jack Kleinhessel** hadn't given all his tickets away. He had the last winning ticket.



Phil Perington and Prez Randy share the second big win for Phil this year.  
Photo Don St.John

Weekly Greeters	
Date	Greeters
8/17/12	Frank Ross & Art Erickson
8/24/12	Ed Collins & Aaron Berry
8/31/12	Michael Chavez & Casey Funk
9/7/12	Doc Gardner & Woody Thibodeau
9/14/12	Joe Marci & Pat Bush

**Monaco South Calendar**

- Aug 15 Wed 6:30 pm Board Meeting, District 4 Council Office, 3540 S. Poplar St., Suite 102
- Aug 17 Fri 7:00 am Meeting, Legion Hall - Super Citizen school principals
- Aug 24 Fri 7:00 am Meeting, Legion Hall - Camaraderie Day
- Aug 31 Fri 7:00 am Meeting, Legion Hall - The Adoption Exchange
- Sep 22 Sat 5:30 pm OCMS Installation Dinner, Park Hill Golf Course
- Dec 9 Sun Winter Holiday Party, Copper Fields Event Chateau - See Frank Middleton

**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

**Newsletter Committee**

Robert Finkelmeier	303-756-5829	<a href="mailto:rfinkelmeier@comcast.net">rfinkelmeier@comcast.net</a>	George Buzick	303-803-2268	<a href="mailto:gtbuzick@comcast.net">gtbuzick@comcast.net</a>
Ralph Pedersen	303-759-3384	<a href="mailto:pedersen.ralph@g.com">pedersen.ralph@g.com</a>	O.C. Larson	303-737-7432	<a href="mailto:l Larson1942@cpmcast.net">larson1942@cpmcast.net</a>
Jim Piccinelli	303-721-1470	<a href="mailto:jp Piccinelli@earthlink.net">jp Piccinelli@earthlink.net</a>	Robert Wardlaw	303-525-2532	<a href="mailto:rwardlaw@comcast.net">rwardlaw@comcast.net</a>
Dick Zolman	303-796-8746	<a href="mailto:rzolman691@aol.com">rzolman691@aol.com</a>	John Oss	720-210-8056	<a href="mailto:john.oss4us@gmail.com">john.oss4us@gmail.com</a>

**NEWSLETTER EDITORS:** Aug John Oss, Paul Stratton & Les 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.