



Grandiose Utterings of Monaco South

(GUMS)

February 6, 2009

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The Optimist Club of Monaco South



Founded in 1976 Denver, Colorado

www.monacosouth.org

Editor for the month—Ralph Pedersen



Good Morning Optimists!

Today's Greeters

Robert Wardlaw and **OC Larson** gave us the warm handshake and greeting. This is a great way to start the day. These guys are good!

Invocation and Pledge

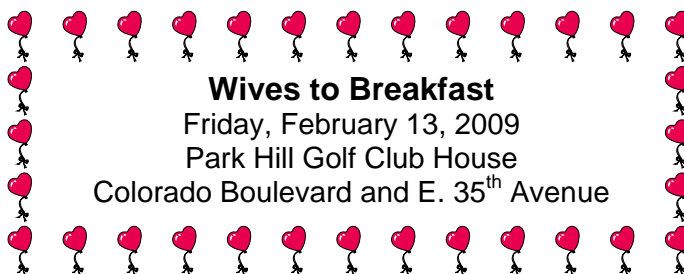
Joe Marci led us in a prayer to the Almighty to aid us in the development of youth, our future. This is what Optimism is all about. The times we are in force us to think of the future, and the youth of today. What can I do to help make this world a better place? Be a good example? Tutor a young person? Recognize an outstanding young person, and encourage him/her? You write your own idea.

Recognitions

President Phil announced the birthday of one of Colorado's statesmen, **Craig Eley**. A "Happy Birthday" song (something like that?) ensued. He also included Zha Zha Gabor, Tom Brokaw, Rip Torn (President Phil's favorite), Mr. Farrell (Mash) and Babe Ruth (Editor's addition). When Craig was asked his age, he responded, "Let's just say I will not die young after today." Someone mentioned the famous baseball player, Cy Regan, as having a birthday today also; of course that precipitated another rendition(?) of the "Happy Birthday" song. Oh how we love that song.

President's History Lesson

On this date France became a new nation, the Spanish-American War ended, 1943 Frank Sinatra burst onto the news scene, President Eisenhower shot a hole-in-one.



Wives to Breakfast

Friday, February 13, 2009

Park Hill Golf Club House

Colorado Boulevard and E. 35th Avenue

Next Week's Meeting

DON'T COME TO THE LEGION HALL. Our meeting is at Park Hill Golf Club, Colorado Boulevard and E. 35th Avenue. At this meeting, on February 13th, we will recognize our wives and significant others for their support of our mission to serve the youth of our community. Many of them are members of the *Terrific Tamaracs*, also known as the Optimist Club of Tamarac. Let's hear it for these ladies! Hip, Hip, Hooray! 3x!

Announcements 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

Announcements Cont.

District Meeting

Attend the quarterly meeting in Colorado Springs this time. The dates are Saturday and Sunday, February 14th and 15th. Our international president, Don Sievers, will be speaking.

Tri-Star Basketball

Gary Laman and **Jack Rife** are supervising the competition to be held on February 17th at 4:00 pm at Cope Boys and Girls Club, 808 Inca Street. They expect about 100 kids on this first day. Four (4) more volunteers are needed to help officiate. This is a skills competition, with winners advancing to the regional meet on February 28th. Those winners will attend the Nuggets game on March 14th, and will be recognized before the game. Volunteers and Optimist Club members will be able to attend the game for the price of \$20 payable to Jack. This is a great opportunity to see our hot NBA team.



Brain Bowl II

Karl Geil announced the second session for tomorrow! Forty-eight (48) trained readers are ready to go. Is Freddie involved? Hey Karl, give him a break; he won't mix up that word for "organization" again! Besides, our TV commercials talk about it all the time!

Super Bowl Winner

Big winners in Joe Marci's Super Bowl Brackets were **Ralph Pedersen** and **Frank Middleton**. Thanks to all who participated.



Optimist Junior Golf

Seventeen (17) members and their friends worked the Golf Expo this weekend helping to get out information to junior golfers about our tournaments. Over 12,000 duffers attended the expo at the Merchandise Mart.

Children's Cancer Project

The 7th annual Snowball Gala "Carnival" will take place February 28th at the Colorado History Museum. This event is to raise funds to bring children with cancer and other life threatening diseases from across the nation to participate in *Shining Stars Aspen Winter Games 2009*. They need our help in getting the museum set up for the event. Call **Joe Marci** if you want to help. 303-771-3748. Call Joe to attend the carnival; the cost is \$100 per person. More information about this event can be found at: <https://www.shiningstarsfoundation.com/Events>.

Brent's Place Work Day

This facility is about to open for families who have children being treated for cancer. On Tuesday, February 3rd, the following Optimists spent 6 hours putting together new furniture in 14 two bedroom apartments: **Coy Horton, Joe Marci, Russ Paul, Oscar Sorensen, John Greene, Dick Cohen, Dick Nickoloff** and friend Stan Arnold, **Ed Collins** and **Don Thomson**. Don reported that once we decided to read the instructions, the assembly went very well. Most members were given signed permission slips from their wives to use tools. Great job! We all enjoyed the day, and hope our club can continue to volunteer for similar projects in the future, he stated.

Super Market Card Sales

Cy Regan reported \$1,050 in sales this week. This is a fundraiser for our club, which everyone can participate in, painlessly. The club retains 5% of sales. We all need groceries! Get involved.

Newspaper Article

On Sunday, Feb 1st, *The Denver Post* carried an article about "pawnshop scion, Scott Pasternack." He took over from **Fred Pasternack**, our illustrious Bronco fan member. Well, Scott seems to have the same generous spirit as our friend, Fred. Scott was being commended for his philanthropy to *Augustana Arts' City Strings*, an Aurora music program for low-income children. He "galvanized" a fund raising campaign to buy new violins. Pasternack went to the Leadership Aurora Class, which is affiliated with the Aurora Chamber of Commerce. He offered to match every donation of \$10. He collected \$300, threw in \$300 of his own, and bought 12 new violins scaled for small fingers and arms. Scott says, "I believe this is another activity that will keep these kids in school, and give them something to do." The entire article can be found at: http://www.denverpost.com/lifestyles/ci_11595627.



Words of Wisdom

Light travels faster than sound. This is why some people appear bright until you hear them speak.

A friend will stop You from overreacting
A best friend will Walk beside you giggling
"Someone is gonna get it!"

We'll be friends until we are old and senile.
Then, we'll be NEW friends.

Speaker for Today

Jill Lysengen, Volunteer and Outreach Coordinator with the *Rocky Mountain Chapter of the Arthritis Foundation*, gave us information on various types of arthritis; there are 100 different types! Most common are Osteoarthritis (pain, swelling and stiffness of joints), fibromyalgia (pain all over, mostly in the muscles, can make you feel tired and unable to sleep), rheumatoid arthritis (swelling in the joints like the hands, wrists, elbows and feet, can also affect the bones and organs like your skin, eyes, heart and lungs).



The foundation offers:

- Membership at \$25 to receive Arthritis Today magazine and other benefits
- Information on the 100 different types
- Website with detailed information, resources, Experts on Call advice, etc.
- Referral to doctors who specialize in arthritis
- Aquatic Program, Exercise Program and Tai Chi using certified instructors
- Lectures and forums
- Support for research to find new treatments and cures
- Special events
- Volunteer opportunities

The Rocky Mountain Chapter of the Arthritis Foundation on the web at: <http://www.arthritis.org/>. It is located at 2280 South Albion Street in Denver, or call 303-756-8622 .

Super Citizen Photos

Below are some pictures taken at recent Super Citizen presentations. This is what the program is all about. Get involved before school ends—see Joe Marci to be a presenter. Thanks to **Don Thomson** for coordinating this super program and to **Don St John** for all of the great pictures.



Monaco South Calendar

Feb 11	Wed	1:15/2:00 pm	Super Citizen, McMeen Elementary School - Howard Fry
Feb 11	Wed	1:15/2:00 pm	Super Citizen, Samuels Elementary School - Gary Strowbridge
Feb 13	Fri	7:00 am	Wives to Breakfast, Park Hill Golf Course Restaurant
Feb 14-15			Colorado/Wyoming District Quarterly Conference, Colorado Springs
Feb 17	Tue	4:00 pm	Tri-Star Basketball, Cope Boys and Girls Club
Feb 17	Tue	6:30 pm	Board Meeting, Dist. 4 Council Office, 3540 S. Poplar St., Suite 102
Feb 18	Wed	2:30 pm	Super Citizen, Most Precious Blood - Gary Miller
Feb 20	Fri	7:00 am	Meeting, Legion Hall - Camaraderie Day
Feb 20	Fri	9:00 am	Super Citizen, Holm Elementary School - Bill Litchfield
Feb 26	Thu	1:00/2:00 pm	Super Citizen, Lowry Elementary School - Greg Young
Feb 27	Fri	7:00 am	Meeting, Legion Hall - Congresswoman Diana DeGette
Feb 27	Fri	11:00/11:30 pm	Super Citizen, University Park Elementary - John Young
Feb 27	Fri	3:00 pm	Super Citizen, Bradley International - Randy Marcove

**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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Dick Cohen	303-320-1767
Jim Easton	303-300-2431
Howard Fry	303-300-4466
Les Larson	303-755-1213
O.C. Larson	303-797-7432
Randy Marcove	303-667-3663
Gary Miller	303-751-0838
Greg Young (Past Pres.)	303-759-3921

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Ralph Pedersen	303-759-3384	pedersen.ralph@q.com	Dick Zolman	303-796-8746	rzolman691@aol.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.

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