



Grandiose Utterings of Monaco South

(GUMS)

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The Optimist Club of Monaco South

Founded in 1976 at Denver, Colorado
Serving Youth and the Community for 34 Years

www.monacosouth.org

Editor for this Issue—Ralph Petersen



Good Morning Optimists!

President Ron greeted us this morning to open the meeting. Greeters at the door **George Vassilaros** and **Russ Paul**, two of the best, assisted him. Thanks, guys, for getting us into the right Optimistic attitude!

Invocation

President Ron invited **Rich Mahony** to come to the microphone for the invocation. He addressed the God of Hope to help us banish worry and inspire us to action. "Too large for worry," as indicated in the *Optimist Creed*.

Award

President Ron presented a *Certificate of Excellence* to **Phil Perington** for his tasty chili recipe during the Christmas tree sale. Just in the nick of time, he got it in before Easter anyway! Thanks, Phil, for your sweat (not in the recipe) and hard work in preparing this savory dish.

New Member Induction

President Ron formally inducted our new member **Jim Tapp** with sponsor **Gary Strowbridge** looking on. Welcome, Jim, to the best service club west of the Mississippi; and maybe further than that! We hope that we will meet your expectations, and you will enjoy working for the betterment of kids in our community. BTW, we have a picture we think, but our chief photographer forgot to send them—hopefully next week will get them in.

Guests

Randy Marcove announced that **Jon Wachter** came today with application AND CHECK to join Monaco South Optimist Club. Good job Randy; and Jon, we hope you survive the rigorous selection process of our Board of Directors.

Announcements

Tri-Star Basketball Finals: **Jack Rife** reported on a successful Tri-Star Basketball Finals at the Pepsi Center. **Craig Eley** took several pictures throughout the evening, which included a Denver Nuggets game. Apparently the Nuggs didn't do well this time.



To the left is a photo of a young competitor from last Saturday's finals. The photo below is of the volunteers (minus photographer Craig Eley, who took the pix).



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 Cont.

9Health Fair: Howard Fry reminded us of the Channel 9Health Fair at the Schlessman YMCA on April 25th, 6:15 am to 12:00 noon. Volunteers will be cashiers during the morning. Contact Howdy Fry at 303-300-4466.

Club Directory: Craig Eley is updating our directory and renewing business card ads for \$25. Please make changes in the directory circulating or call Craig at 303-866-5581.



Junior Golf Tournament: Joe Marci announced a May 12th scramble golf tournament to fund the district Optimist Junior Golf Tournament. He also has tickets to July 6th Denver Rockies game, excellent seats, for the same reason, Optimist Junior Golf.

Morning Greeters Needed: Dick Cohen made an appeal for greeters to sign up. It appears we have many long-term members signed up, but we need newer members to participate. He tries to pair one of each type of member for the job. Here is the list:

Weekly Greeters	
Date	Greeters
4/2/10	Frank Middleton & Tom McKee
4/9/10	Robert Avery & Paul Glieditsch
4/16/10	Greg Hurd & Woody Thibodeau
4/23/10	Jim Vanderkamp & Brian Williams
4/30/10	Howard Fry & Jim Tapp

Election of 2010-2011 Officers: Oscar Sorensen again told us of the coming election, OURS. A president, two vice presidents, and several board members will be elected. His committee contacts every member to determine if they have an interest in any of these positions. Don't be shy.

Furry Scurry: Don StJohn needs more volunteers for Furry Scurry. Go to the web site <http://furryscurry2010.eventbrite.com/> to sign up.



Call Don at 303-757-2170 or 303-884-5443 (cell). Phil Perington announced the we will be selling burritos and egg McMuttons, thanks to John Marinos. Phil needs volunteers to help. Call 303-832-4578.

Golf Anyone!: Join the Tamarac and Monaco South Optimist Club members and spouses to play a 9-hole round of golf late on Tuesday afternoons—June through September. Defiantly not “serious” golf. Golfers take turns hosting, with a meal and drinks after the round as well as lining up tee times for that week. An organizational meeting will be held on April 13th. If interested call Joyce or Don Thomson, 303-757-4273 or Kathy or Jack Rife, 303-756-8042.



2010 Eagle Scout Awards Presentation:

President Ron read a letter of thanks from the Boy Scouts of America for sponsoring the Eagle Scout Recognition event, which Donlie Smith engineered.

Super Market Sales: Cy Regan reported sales of \$900; a fair amount. Let's get it over the \$1,000 mark next week. New members, talk to Cy; he sits to the left of cashier Don St.John who takes your money for breakfast. Cards are sold in \$25 denominations, good at Safeway and King Soopers.



Bill Turman Services Reminder: The memorial service for Bill Turman, Sat., April 10th, at the Trinity United Methodist Church, 1824 Broadway, 10:00 am.

Pot Drawing: Again no one drew the correct card this week. Once again the pot keeps growing.

Name Badge Drawing: In the name badge drawing, John Marinos name was called but he had apparently cleaned the kitchen and left. It is unknown whether he had been wearing a nametag.

Authors and Project Announcements Needed:

Do you want to get your project communicated in GUMS? Do you want to recognize those that assisted and carried out your project or activity? Do you just want to share a good story? Well then write it up and get it to the GUMS editor of the month. You can also just email it to Bob Finkelmeier at rfinkelmeier@comcast.net to get it published.

President Ron's Reminder: If you sign up for a project, “Show up!” It helps with all of our projects. If you can't make it call the project organizer. His name and number are in our directory.

Super Citizen Presenters for April		
Day	School	Presenter
9 @ 8:30	Slavens	Phil Perington
13 @ 9:30 & 10:30	Samuels	Bill Walters
21 @ 2:20	MPB	Dick Cohen
22 @ 1:20 & 2:05	McMeen	Bob Avery
23 @ 9:10	Holm	Frank Middleton
26 @ 8:00	Highline	Woody Thibodeau
29 @ 2:45 & 3:15	Univ. Park	Joe Marci
30 @ 3:00	Bradley	Howard Fry



Another interesting sketch from our own Executive Courier, Mr. Gary Laman.

This Weeks Speaker

Greg Young introduced Gavin Maitland, recipient of a double lung replacement. He feels that he has received a new life at the expense of another. As he was composing a letter of thanks to the donor's family, he thought this was inadequate. He decided to be open to speaking to groups about donating organs for the benefit of another. Gavin was able to run a marathon 13 months after the surgery.



After months and even years of coughing hundreds of times a day, using inhalers, etc., finally a doctor said your lungs are hardening, you need a replacement. He was surprised by the first estimate of \$500,000 for the surgery and related medial expenses. He went to Duke University who got the deal done. Lungs have a shelf life of just 5-6 hours, but after three false alarms, a donor's lungs came in just at the right time. He was in the hospital 12 days, 22 days in North Carolina. His lung capacity was 30% and after surgery is now 110%.

Gavin recommends telling your family your intentions so there is no question at the time of decision. Also sign up at renewal time of your driver license. No lungs are too old.

Gavin has written a book about his experience, below is an explanation about his book taken from his website at: <http://www.breatheandletgo.com/>.

Breathe and Let Go is a dramatic tale of perseverance and survival. Faced with certain death from a progressive and debilitating lung disease, Gavin Maitland received a double lung transplant at Duke University Medical Center on March 14th, 2008. His determination to recover and compete in a triathlon only 13 months after his surgery is an uplifting story of resilience and determination. With down-to-earth humor and honesty, Maitland recounts his six-year odyssey from robust health in his mid-thirties through the decline and despair of failing lungs, through to a successful double lung transplant and beyond. Maitland recounts the medical obstacles he encountered and circumvented while trying to diagnose the cause of his deteriorating health. In compelling detail, he captures the drama of his journey: the realization that his only option for survival was a lung transplant; the challenges of being accepted as a transplant candidate; and the lifelong tasks that he as a transplant recipient faces to continue to stay healthy—and alive.

A native of Scotland, Maitland was a dedicated swimmer and marathon runner when he relocated to the United States with his American wife, Julie, in 2002. He was in the mid-thirties when he started to develop breathing difficulties, but it took several years and fruitless visits to many doctors before he was diagnosed with idiopathic pleuroparenchymal fibroelastosis – an extremely rare lung condition that was effectively shutting down his lungs. Surviving on oxygen, and faced with the realization that his only option for survival was a double lung transplant, Maitland and his wife Julie became expert navigators of the organ transplant system, with all of its intricacies and challenges.

In addition to being a dramatic and human story of love and survival, Maitland has effectively written a down-to-earth guide to the process of receiving a lung transplant as well as facing the lifelong challenges of post-transplant rehabilitation and survival. Indeed, in writing *Breathe and Let Go*, Maitland has written both a highly informative medical guide for general readers and a compelling human story.

Monaco South Calendar

Apr 2	Fri	7:00 am	Meeting, Legion Hall - Chris Sundberg, <i>Colorado History Day</i>
Apr 9	Fri	7:00 am	Meeting, Legion Hall - Nathan Bale & Jim Blair, <i>Denver Boy Scouts</i>
Apr 10	Sat		DPS's Regional History Day Tournament, Hill Campus of Arts and Sciences
Apr 10 & 11	Sat & Sun		World Sport Cup Stacking, Magness Arena University of Denver
Apr 16	Fri	7:00 am	Meeting, Legion Hall - Camaraderie Day
Apr 23	Fri	7:00 am	Meeting, Legion Hall - Susie Hayes, <i>Silencing That Inner Critical Voice</i>
Apr 30	Fri	7:00 am	Meeting, Legion Hall - Speaker Pending
May 1	Sat		State History Day Contest, Auraria Campus
May 1	Sat	5:30 am	Furry Scurry, Washington Park

Mark you calendar

Jul 4 - 9	Sun - Fri	2010 National Veterans Wheelchair Games
Jul 8 - 10	Thu - Sat	92 nd Annual Optimist International Convention, Sheraton Denver Downtown Hotel: online registration @ http://www.optimist.org/reg/convreg_member.cfm

Past Presidents of the Optimist Club of Monaco South

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

2009 - 2010 Officers

President	Ron Cisco	303-794-0749
Vice President	Howard Fry	303-601-5088
Vice President	Frank Ross	303-713-1008
Secretary	Robert Wardlaw	303-759-0360
Treasurer	Greg Young	303-759-3921

Board of Directors

George Buzick	303-803-2268
Michael Chavez	303-960-5304
Jim Easton	303-300-2431
Don Iley	303-840-7706
O.C. Larson	303-755-1213
Randy Marcove	303-667-3663
Gary Miller	303-751-0838
Terry Shroyer	303-757-7944
Kale Smith	720-207-4363
Phil Perington (Past Pres.)	303-832-4578

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Jim Piccinelli	303-721-1470	jp Piccinelli@earthlink.net
Marc Goodbody	303-202-1610	mlgoodbody@gmail.com	Dick Zolman	303-796-8746	rzolman691@aol.com
Marlin Kent	303-779-0778		Phil Perington	303-832-4578	perington@msn.com
Jim Leuschner	720-851-7102	flyleusch@aol.com	George Buzick	303-803-2268	gtbuzick@comcast.net
Ralph Pedersen	303-759-3384	pedersen.ralph@q.com	Brian Williams	720-253-5731	bdw6688@yahoo.com

NEWSLETTER EDITORS: Mar. **RALPH PEDERSON**, Apr. **PHIL PERINGTON**, May **GEORGE BUZICK**, Jun. **BRAIN WILLIAMS**

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 AND

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