



June 29, 2007
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Grandiose Utterings of Monaco South (GUMS)

The Optimist Club of Monaco South

Founded in 1976

Denver, Colorado

www.monacosouth.org

Editor for this issue – Dick Zolman



TODAY'S SPEAKER

Jack Rife introduced our speaker today, Tricia Downing. What an inspiration she is! Tricia, a Denver native, graduated from Manual High School.

Tricia began her talk by reminding us of the Program, ABC's Wide World of Sports and its opening "The Thrill of Victory – The Agony of Defeat" (Ron Carlson won the T-shirt by remembering that Jim McKay was the announcer). Tricia then, used that phrase to describe her journey as an athlete which began when she was four years old.

TRICIA DOWNING

She was paralyzed from the chest down after being struck by a car while bicycling on September 17, 2000. Her life was sports so after spending weeks in St. Anthony's Hospital and three months of rehabilitation at Craig Hospital she opted to remain an athlete. Having always been a swimmer and bicyclist she decided to continue swimming, use a hand-operated cycle and a racing chair. Obviously she had to train extensively and build up her endurance. Soon, she made her goal to compete in the Iron Man triathlon and eventually to finish it in the prescribed timeframe.

The triathlon consists of a 2.4 mile swim, 112 mile bike and a 26.2 mile run. Swimming the backstroke, using the hand cycle and a racing chair, (continued on page 3)

Meeting Place - - American Legion Hall Post 1
5400 East Yale Avenue (Yale & I-25), Denver, Colorado
Every Friday Morning, 7 - 8 a.m.

News for June 29

Invocation

Paul Bernard gave the invocation which was a prayer attributed to Sir Francis Drake (the sailors in attendance loved it) and followed it with the Pledge of Allegiance to the Flag.

Guests

Ron Carlson's guest this morning was his brother Jeff from Harrisburg, Pennsylvania.

Super Market Sales

Cy Regan continued his usual outstanding job selling those good deals from King Soopers (\$850) and Safeway (\$375). He also announced that next week he would have cards from each in \$100 and \$25 denominations. Keep buying those cards!!

Pennies from Heaven – (Optimists)

Paul Bernard says we only have one more week to collect pennies so let's make a final charge on that penny jar next week. (Paul says it is almost too heavy to carry but he will persevere)

History

Paul regaled us with lots of baseball history facts which I think was meant to help us forget what the Rockies have done recently.

MS-150 Stuff

Jack Rife encouraged us to make pledges to support all of our MS-150 riders. Two sign-up sheets were going around, but if you missed them there is always next week!. **Don St.John** reminded the volunteers to be at the Louisville Middle School rest stop at 7:00 a.m. This is one of the nicest rest stops we work and much enjoyed by the riders!!

Lowry Optimists Golf

Tom Mauro announced that the Lowry Optimist Club is sponsoring a golf outing on August 17th at the Mira Vista Golf Course. Lunch will be at 12:00 and a shotgun start at 1:00 p.m. Cost is \$75.00 per person and it supports various charities. (Play it now, as Tom says Mira Vista may be closed next year).

Junior Golf

Joe Marci said that we have 24 junior golfers competing in Florida this summer. That is the most we have ever sent! Joe and **Ron Cisco** will be escorting the group this year.

Honeymoon week-end

Al Gapuzan mentioned the Honeymoon week-end and said (I think) that it was time to start getting the money in.

District Convention

Karl Geil reminded us of the District Convention 23 to 25 August (see the Optimist Newsletter for more details). We need a good turn-out to welcome **George Buzick** as the new president and say farewell To **Sherm Phillips**.

GUMS Editors Wanted

Three of the GUMS editors are tired and retiring (some have been doing it for 5 plus years and off and on before that); therefore, we need help starting with the new administration in October. Right now we have 4 editors, so three more are needed in order to allow work every fourth month. Training, if required, and the what little know-how we have, will willingly be provided. **See Jim Piccinelli to volunteer for this interesting and fun Job!!**

(continued from page 1)

Tricia has competed in three Iron Man events. She described the competition in Coeur d'Alene, Idaho and that of 2300 participants, she was the only one in a wheelchair. When the swimming event came, the water was so choppy that 58 swimmers opted out but she did it. Her goal is to return to Hawaii for the next Iron Man competition.

Tricia has suffered the "agony of defeat" but she reminded us that life is full of small victories. She has shown us how strength, courage, and perseverance turns "I can't" into "I can".

Tricia concluded her very inspirational talk with a quote from Theodore Roosevelt:

It is not the critic that counts; not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood...who, at worst, if he fails, at least fails while daring greatly. Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much because they live in the gray twilight that know neither victory nor defeat."

Tricia Downing epitomizes one who is "in the arena" and one who has dared greatly!!

July 4th, 1777, John Paul Jones hoisted the first Stars and Stripes flag on *Ranger* at Portsmouth, NH

MONACO SOUTH CALENDAR

Wed, Jul 4 ALL DAY

INDEPENDENCE DAY – HAPPY BIRTHDAY!

Fri, Jul 6 7:00 a.m. Meeting, Legion Hall, Valerie, Coalition to Save Darfur

Sun, Jul 8 7:00 a.m. MS-150 Rest Stop, Louisville

Fri, Jul 13 7:00 a.m. Meeting, Legion Hall, David Althouse, Colorado News 2

Fri, Jul 20 7:00 a.m. Meeting, Legion Hall, Camaraderie Day

Fri-Sun Jul 20-22 2nd Honeymoon Week-end, Thunder Mtn. Lodge, Breckenridge

Fri, Jul 27 7:00 a.m. Meeting, Legion Hall

Fri, Aug 3 7:00 a.m. Meeting, Legion Hall

Sat, Aug 4 6:15 a.m. Mud Volleyball, Cy Regan

Past Presidents

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

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Carl Brown	303-758-8355
John Young	303-692-8202
Donlie Smith (Past Pres.)	303-759-0380

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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