



Grandiose Utterings of Monaco South (GUMS)

April 1, 2016 – Vol. 40, Issue 27



Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado
Serving Youth and the Community for 39 Years
National Philanthropy Day Colorado, Outstanding Service Organization, 2012
www.monacosouth.org

Editor for this Issue—Robert Wardlaw



Good Morning Optimists



Spring has sprung in the Rocky Mountain West and we are greeted by **John Young** and **Bob Trout** on this first Friday of April — April Fools' Day.

First Bell

President **Mike Chavez** rings the bell promptly at 7.

Invocation & Pledge

Bill Morgan delivers the invocation this morning, asking for the "strength to think only for the best." Holding a grudge gnaws away at our thoughts and we ask for guidance from the almighty to show us the way. Relieve our thoughts merciful God. Bill then leads us in the Pledge of Allegiance.

From the Prez

Prez **Michael** tells us the Club received a Thank You Card from the University of Colorado Denver for the club's donation to the National History Day in Colorado. To learn more about the importance of the NHDC program watch this [short video](#) created by Boulder High School students.



CO-WY Tri Star Basketball District Finals are Saturday April 2nd, to take place at the Pepsi Center before the Nuggets game. The skills competition contestants are awarded with game tickets and a chance to compete for the best of District trophy. Photos to follow.

The rescheduled Oratorical Contest is now Monday, April 4th at Prairie Middle School. Volunteers are needed to judge and score this speech competition of high school students. The Zone 8 Oratorical contest will be held April 21 at Windsor Gardens and the CO-WY District contest will be April 30 at All Saints Lutheran Church, 15625 E. Iliff Avenue, Aurora.

The Type 1 Diabetes Optimist Club (T1 DOC) will be having an on line auction May 8-17th. If you are able to donate items, please contact **Ron Gustas**. Proceeds from this auction will help send kids with Diabetes to Camp this summer.

Friday, May 13th, from 5:30 to 9:30 p.m., is Casino Night to benefit for the CO-WY District Childhood Cancer Campaign. The event will be held at South Metro Denver Realtor Association, 4899 S. Lincoln Court. Tickets are \$35 and includes \$1000 of play chips. Food, prizes, entertainment and a whole lot of fun. Michael has tickets or you can purchase them at the door.

Saturday, May 14th, is CO-WY District 3rd Quarter Conference at Maggiano's Little Italy Restaurant, 7401 S Clinton Street. The conference will feature OI Vice President **Al Clark**. Also featured will be the CO-WY Oratorical contest and Essay winner's, along with the Communication Contest winner for the Deaf & Hard of Hearing. Channel 9 Amelia Earhart will be the keynote speaker. Early registration is \$30 before April 15th, of which the club will reimburse you \$25. Register early since the cost goes up to \$35 after April 15th and to \$40 after April 31, 2016. You can register online at the District website www.optimistcowy.org. Registration form and conference flyer are also attached to the GUMS distribution email.



Amelia Earhart

Announcements

OCMS Directory Update: **Craig Eley** tells us the new club directory is coming out in April and he invites those new members to assemble after the meeting to take a photo to include. Also, if you have updated information to add or correct information, please note in the directory Master Copy making the rounds. Those wishing to improve their current picture are to see Craig today.

Super Citizen Presentations: **Robert Wardlaw** announces there are four Super Citizen assemblies coming up this month. The assembly at Slavens on April 29th will need a presenter as **Tom Hoch** is out of town. On the schedule are Bradley, Holm, McMeen, and MPB. Unfortunately, Highline Academy canceled due to the passing of their music teacher, Ms. Susan Tobias and making up for two snow days.



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******

Continued on the next page

Announcements continued

Essay Contest Winners: Joe Marci talks about the recent Essay Contest winners. Some very strong entries were judged and winners were chosen. The winners will be joining us at our May 13th meeting.

Club Election: Pat Bush, Chairman of the of the Nomination Committee announced that election for next year's officers would be held at the regular meeting on Friday, April 22nd and announced the following slate of candidates: President – **Craig Eley**; Vice President – **Chris Dunphy, Mike McMahon, Jim VanderKamp**; Directors – **Rob Gardner, Wyatt McCallie, Matt Spampinato, Paul Stratton**, and **John Swick**.

If you are interested in any of these positions, please contact Pat Bush @ pbush@bushreese.com or 303-750-9409 by close of the Friday, April 15, 2016 meeting. See the GUMS distribution email. Members are encouraged to attend the regular meeting on April 22nd to vote for those nominated.

Safeway & King Soopers Gift Cards: Greg

Young reminds us that reloadable King Soopers and Safeway cards are available for sale from Cy Regan. The club receives a percentage back from the sales and we have received \$200-\$250 monthly from sales for groceries and gas that members purchase using these cards. John Oss also tells us these are great as gifts and he has handed them out to family members with great reaction.



Greg is also collecting money for the **Dime-A-Day Program** that benefits Childhood cancer, in the absence of **Perry Allen**. And for those who have written checks and would like a pin that comes along with payment, please see Greg.

Colorado Correctional Industries (CCI) Visit:

Bob Avery confirms that April 28th is the date for the next tour of the CCI operation in Canon City. Members will carpool down and look at how the inmates are operating a model program that teaches them work ethic, efficiency, and business operations. Those who are involved with CCI have recidivism rates 25-30%, much less than the overall average. Bob needs to have your Driver's License number ASAP, to get you access to the facility. Once he has that information, he guarantees access in, but not necessarily access out.

Denver Broncos Ticket's: Ron Cisco tells us that the recent Super Bowl victory has him thinking of *Super Broncos Fan Fred Pasternak*, and how he would have enjoyed the recent events. Ron has a pair of season tickets on the 30-yard line for a great value. If you are interested, please see him.

A Bit of Humor: Ed Collins reminds the assembled of the quote from Thomas Jefferson in a letter to John Adams on April 8, 1816. *"How much pain have cost us the evils which have never happened?"* Editor: Wise words in this election year, Ed! You can read the complete letter at *"American History: From Revolution to Reconstruction and beyond."* [CLICK HERE](#)

Drawing

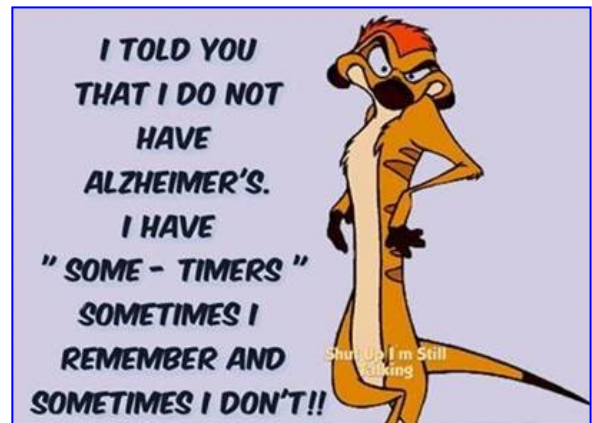
President Michael asks, "Do we have a drawing?"



And yes we do have a drawing this morning and there is a pot totaling \$30. The lucky card is the Jack of Hearts. Members who hold winning tickets this morning include **Joe Marci, Gary Strowbridge, Terry Shroyer, Scott Walker, Jack Kleinheksel**, and **Tom Mauro**

draw from the deck without drawing the winning number. **Craig Eley** then draws name from the plastic jug and Paul gets a chance to pick the lucky card but comes up empty! No winning card was drawn so the pot grows!

Some Fun Thoughts for Seniors



2016 MS Run the US Relay Team

Kaitlyn Morgan

Paul Bernard introduces **Bill Morgan** who joined us in August of 2014, and who has a personal connection to our speaker this morning. Bill introduces his daughter **Kaitlyn Morgan** who is here to speak about the MS Run the US Relay Team that she is a part of running here in Colorado. The Relay begins on April 9, 2016 in Los Angeles, CA and is completed in August 2016 in New York, NY.



A photo caricature drawing of Kaitlyn, from the MS Run the US website.

Kaitlyn will be running a 182-mile leg in six days from Steamboat Springs to Denver. That's over a marathon a day, for six days! She has been selected to run as part of the team that runs across the US to raise money and awareness to fight Multiple Sclerosis.

Kaitlyn tells us about the phone call she received in 2010 from her dad telling her that he had been diagnosed with MS. Multiple Sclerosis is an autoimmune disease that attacks the nervous system. This causes the brain's signals to the rest of the body to slow down or not happen at all. Each person who has MS has a unique set of symptoms and there is no cure, only medication and treatment to slow the progression.

For the MS Run the US each relay runner runs 5 to 10 days and seeks pledges to raise \$10,000 to donate to the MS Society. Kaitlyn is supported by a van and crew that accompany her as she runs and provides support feed and provide a place for her to sleep and rest. She trains for the event by putting in high mileage weekly including speed work and long runs on the Saturday and Sunday.

During Kaitlyn's run last year she was reminded of the discouraging aspects of the disease. Things including no known cure and the daily struggles with life living with this



Kaitlyn, with her dad Bill Morgan. Photo retrieved from Denver Post Hub, article by Jeanine Spellman on April 28, 2014. [See article by Clicking Here.](#)

disease were some of the issues she contemplated during her long days on the road. The mental anguish of putting your body through that kind of physical stress were also a large part of the event. When the body is put through extreme tests of physical limits, the stress at times can be overwhelming. Kaitlyn told us about being in such physical strain that she had to stop and was reduced to tears.

Having her mother and father there as part of her crew were emotional support factors that inspired her. At one point on day 3 of her relay leg, she was only able to continue after having her mother run with her and by telling her to put one foot in front of the other, again, and

again. She also has a "family" of people who helped her that are from the organizing group. A large part of the reward from the experience comes from the ability to let go of inhibitions that she and her family have, and through the physical experiences they have with themselves to be open and share with a new group of people.

On day 4 of last year's event she had to let others run for her due to physical pain she was experiencing. Her mother, brother, and others were able to complete that leg and support her in the miles of that day. All to find a cure for MS, she hopes to do this until a cure is found. You run rain or shine and the miles across the US are but a reminder of the physical toll the disease takes on the suffering from it.

The club has a long history of supporting this cause, starting back some 20 years' members of this club have ridden and volunteered during aid stations in support of this living with MS. We salute Kaitlyn, Bill, and her entire family as they work to end this terrible disease.

For more insight into MS Run the US and to provide donor support see <http://www.msruntheus.com/the-2016-relay-team/> and <http://www.firstgiving.com/fundraiser/kmorgan2016/msruntheus2016relay>

Some April Fools' Day and Election Humor



April Super Citizen Presenters

April 6 @ 8:00	Highline	Canceled
April 20 @ 2:00	MPB	Paul Gibson
April 22 @ 8:15	Holm	Donlie Smith

Be a Super Citizen Presenter
See Rob Gardner, 720-263-6203
gardnerrb@gmail.com

Weekly Greeters

4/8/16	Pat Bush & Terry Shroyer
4/15/16	Don Roth & John Scarborough
4/22/16	Michael White & Don Thomson

We need Friday morning greeters,
see Jon Wachter, 303-204-5645 or
jon_wachter@msn.com

Optimist Club of Monaco South 2015-2016 40th Birthday Year — Chartered in 1976

Apr 8	Fri	7:00 am	Meeting, Legion Hall: Elizabeth Smith, Anadarko Petroleum
Apr 15	Fri	7:00 am	Meeting, Legion Hall: Brittany Saunier & Mike McMahon, Special Olympics
Apr 21	Thur	6:30 pm	Board Meeting, Randy Marcove's, 4103 S. Rosemary Way
Apr 22	Fri	7:00 am	Meeting, Legion Hall: Camaraderie Day & Club Election
Apr 29	Fri	7:00 am	Meeting, Legion Hall: Lisa Weiss, Colorado/Wyoming CCDHH



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

Bob Rhue	1976-77	Tom Overton	1996-97
Jerry Whitlow	1977-78	Peter Dimond	1997-98
Bill Kosena	1978-79	Ralph Symalla	1998-99
Duane Wehrer	1979-80	Cy Regan	1999-00
Curt Jefferies	1980-81	Stan Cohen	2000-01
Frank Middleton	1981-82	Don St. John	2001-02
John Young	1982-83	Jack Rife	2002-03
Pat Bush	1983-84	Karl Geil	2003-04
Bob Hugo	1984-85	Bryce Slaby	2004-05
Tom Mauro	1985-86	Donlie Smith	2005-06
Curt Lorenzen	1986-87	Paul Bernard	2006-07
Oscar Sorensen	1987-88	Greg Young	2007-08
Lupe Salinas	1988-89	Phil Perington	2008-09
Bob Avery	1989-90	Ron Cisco	2009-10
Bill Litchfield	1990-91	Ed Collins	2010-11
Bill Walters	1991-92	Randy Marcove	2011-12
Kent Gloor	1992-93	Paul Simon	2012-13
Gary Strowbridge	1993-94	Jon Wachter	2013-14
Mark Metevia	1994-95	John Oss	2014-15
Bob Safe	1995-96		

2015 - 2016 Officers

President	Michael Chavez	303-960-5304
Vice President	Chris Dunphy	720-297-3111
Vice President	Randy Marcove	303-840-7706
Secretary	Craig Eley	303-758-9499
Treasurer	Greg Young	303-759-3921

Board of Directors

Barry Barker	813-545-4533
Pat Bush	720-254-3741
Jim Easton	720-987-7684
Tom Glazier	303-522-5214
Cap Hermann	303-587-5575
Allen Malask	303-726-3700
Bill Morgan	303-868-4384
Allen Pierce	303-883-8506
John Oss (Past Pres.)	720-210-8056

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Ralph Pedersen	303-759-3384	r.pedersen2658@comcast.net
Jim Piccinelli	303-721-1470	jp Piccinelli@earthlink.net	Phil Perington	303-832-4578	perington@msn.com
Dick Zolman	303-796-8746	rz6267@gmail.com	Paul Stratton	303-366-6375	pcstratton@comcast.net
George Buzick	303-803-2268	gtbuzick@comcast.net	Pat Bush	720-254-3741	pbush@bushreese.com
Robert Wardlaw	303-525-2532	rlawardlaw@gmail.com	Craig Eley	720-771-0866	craigceley@gmail.com

NEWSLETTER EDITORS: Apr **Robert Wardlaw**, May **Pat Bush**, Jun **Paul Stratton**

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.