



Grandiose Utterings of Monaco South (GUMS)



August 14, 2015 – Vol. 41, Issue 45

Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado
Serving Youth and the Community for 39 Years
Recognized as Outstanding Service Organization in Colorado in 2012

www.monacosouth.org

Editor for this Issue—Phil Perington for Paul Stratton



Good Morning Optimist

On this warm August morning Christmas Tree Lot Commander-in-Chief, **Joe Marci** and the always optimistic and effervescent **Perry Allen** greeted us.

Pre-meeting Camaraderie And Observations

Conversations heard ranged from the Classic Car Optimist Club member **Allen Yockey** confirming the upcoming Second Anniversary and Grand Opening of the CC Optimist Clubhouse. **Tom Hoch** was being tormented for wearing shorts with one leg longer than the other and sporting some serious whisker stubble, declaring his vacation had included hanging out with pirates. **Dr. Bob** reported to **Gary Miller**, that two drawing tickets had gone missing, and he would be watching like a hawk. **Mike Chavez**, welcomed back **Ralph Pedersen** and were enjoying a conversation. **Ron Cisco** was wearing his red polo shirt a day late. **Lynn Jones** and **Alan Malask** were in a deep conversation discussing Joe Namath's \$25k Fu Manchu razor blade ad and his visionary innovation of the 5-yard quick pass in Super Bowl III. While past prez **Jon Wachter** donning his Bronco, orange shirt reminded everyone how much we will miss **Freddie Pasternack**. And **Steve Kady** had the faint wafting odor of McDonalds, but was without a potential new member in tow. Returning long-time member **Mark Goodbody** declared he had grown tired of his arthritis keeping him from hanging out with the breakfast club and was back in action. A quote from a recent showing of the poker classic "The Cincinnati Kid," and maybe even from "Tin Cup," was floating in the air. Editor: "That's what it's all about, doing the wrong thing at the right time." A true Optimist state of mind.

Breakfast Menu

Scrambled eggs, biscuits with country gravy, hash browns, fresh green grapes, and juice complemented the breakfast this morning. Still the best breakfast in the area ... be sure to pay the cashier!

Invocation & Pledge

Dr. Ron Gardner energetically presented our invocation, "... always remember the sunny side of life." And he followed up by leading us in the Pledge of Allegiance.



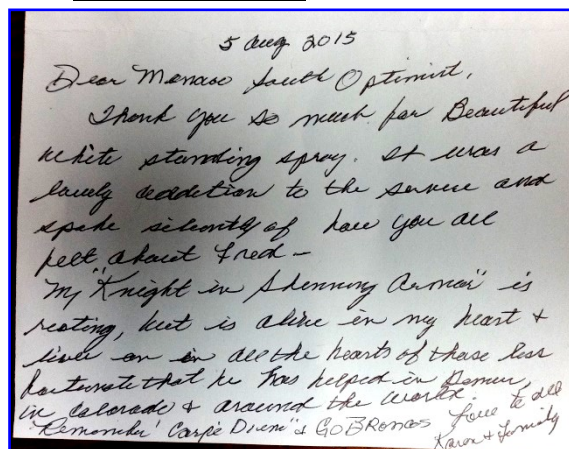
Guests

Pat Harrison, a neighbor of **Bob Avery** who, after a little good-natured coaxing from Bob and **Joe Marci** at the Seattle Mariners-Rockies game—Rockies won in bottom of 10th inning!—decided to share his morning with us. Welcome Pat!

Announcements

Celebrate Freddie's Birthday: Past member, **Bill Wells** announced Freddie may have shown up, but with no guest and he gladly was standing in for him. In addition, there will be a birthday party for Fred in his home on the 23rd, at 3300 S. Leyden Street, from 6:30 to 7:30 p.m. His son Scott attended the meeting last week and we need to follow up on getting his membership processed. Maybe a renewal application from bill will also be included.

Thank you From Karen: Prez **John Oss** share a note from **Karen Pasternack**, see below:



Continued on the 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
INVITE A FRIEND TO JOIN

From the Prez

John Oss noted that **Michael Chavez** chauffeured **Ralph Pedersen** to the meeting this morning and that **Mary Jean Sullivan** still wants the GUMS Newsletter, even though our brother and friend **Pat Sullivan** has passed on.

He also shared that one of our newer members **Noel Hasselgren** plans to be here next week but will not be sharing his hammock exercises with us.

And that the OI Foundation Dime-A-Day program is an easy way to contribute and is a great project. We will need a new club foundation chair to replace the fantastic work Fred has done in the past.

Oh, and do not forget the CO-WY District Convention in Glenwood Springs on August 27-30 at the Hotel Colorado.

Announcements Continued

Frist LEGO League of Colorado: Ross Parrent, invited by **John Oss**, arrived late due to an I-25 delay. Ross is with Colorado First LEGO League, a science and technology, established for K-12 kids engaged in the perception of success, and how to modify their actuality by using Lego-robot technology and innovations. Ross is seeking Volunteers to assist and to serve as coaches and judges. See <http://fill.coloradofirst.org/home>.



Need MORNING GREETERS: Jon Wachter announced that he is looking for Friday morning Greeter's and that the sign-up sheet was being passed around. If you missed in it, give Jon a call.

MSOC Installation & Celebration: While **Jon** had the floor he shared that the Installation Dinner would be at Piccolos Restaurant, 3563 S. Monaco Pkwy., on Saturday, September 19th starting at 6 p.m. Tickets are \$33 per person. See Jon to make a reservation.

In Need of Table Radio: **Steve Kady** announced that FOO member **Leo Hagele** is looking for an act of kindness and is in need of a table radio. **Jack Kleinheksel** will happily contribute.

Alzheimer's Walk: **Joe Marci** standing in for **Cap Hermann**, shared that volunteers are need for the Alzheimer's Walk on Saturday, September 19th in Denver City Park. Volunteers are needed to help park cars in the parking lot west of the Museum.

Table Setups: **John Oss** is looking for 5 or 6 good workers to help him set up 20 tables, plus chairs for the annual *Frontier Airlines Picnic*, Saturday, August 22 at the *Wings Over the Rockies Air and Space Museum*. It is a fund raising and recruiting opportunity. You also get to see the museum and get a free BBQ lunch. Setup at starts at 8:30 a.m. and tear down at 3:30 p.m. Let John know if you can help ASAP—call 303-973-7934 or his cell phone at 720-210-8056.

Drawing

With the 10 of Spades needed to win the big money, \$10 this week: the draws went something like this:

Jack, is back, **Kleinheksel** (2 tickets),



Tom Hoch, **Bob Avery** (with ticket #999), **Al Gapuzan** (2nd time in 2015) **Santa Oscar Sorensen** all took the money cups. **Mark Metevia** and **Phil Perington** both lose the card draw for that 10 of Spades. And, although he won the "are you wearing your name tag draw," **Greg Young** too cannot get the lucky card. So the pot grows once again!

Welcome Back

Returning members were acknowledged by Prez John: **Neil Alderson**, **Harry Arkin**, **Al Gapuzan**, Dr. **Rob Gardner**, **Mark Goodbody**, pirate **Tom Hoch**, Dr. **Jeff Johnston**, lucky **Jack Kleinheksel**, governor elect **Curt Merrill**, **Ralph** (the banker) **Pedersen**, and lost **Billy Wells**.

Embrace the Day

INSPIRING IDEAS THAT MAKE YOUR LIFE RICHER

"In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson."

AUTHOR UNKNOWN



Listen to

A "Real America's Got Talent Show"

Score one for the Navy! 10 minutes of 60's songs. *Selections from Jersey Boys!* Turn up your speakers and roll back in time @ <https://www.youtube.com/embed/IXIHv1-YPxM?rel=0&autoplay=true>.



Sponsor a New Member

If you know someone who shares the ideals of Optimist International, consider inviting them to join the organization and help "Bring Out the Best in Kids."

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Treating Brain Damage

Drs. Penny Montgomery & Glenda Lippmann

Paul Bernard introduced Dr. Penny Montgomery who opened with, "This is the liveliest group I've spoken to at 7 a.m. in the morning for a long time!" She began with a PowerPoint slide entitled, "*What Your Brain Wants You to Know*" and explained the brain is an assembly divided into five different committees with the executive committee being the frontal lobe and acting as the designated conductor. She shared a 1971 *Life* magazine article which was presented as the first real example of a widely distributed information on the brain and how it functions.

Generally, she said, "Electricity provided by the brain and how it is used was studied by MIT and resulted in advanced technology explaining the frequency concept of neural pathways stimulated by impulses. Pathways delineate the response to the transmitted information received by brain wave patterns. This process subsequently determines the health of the brain, and resulting spikes can indicate injury 'slow patterns' that can then be used to treat dementia and other related problems."

It was noted President Reagan's Alzheimer's was misdiagnosed from a fall and head injury 10 years prior to the actual real time diagnosis. Football players are now being diagnosed by this type of brain wave analysis and treated as needed.

Some facts and misbeliefs she mentioned:

- ◇ We are born with all the brain cells we will ever have. False new ones are created every day we live.
- ◇ We use only 10% of our brain cells. False. 100% of our brain is used one way or another everyday. A lot of it outside our aware consciousness.
- ◇ Concussions heal on their own. False. The Frontal Lobe takes the beating. If damaged can cause loss of memory, irritability, sensitivity to light, inability to concentrate, moodiness, agitation, and loss of impulse control. All symptoms of concussions. Consequently, neural pathways have slowed and need



Dr. Montgomery
Photo Tom Hoch

treatment.

- ◇ Marijuana use does not effect the brain false and causes alpha waves slowing. True. Alcohol has the same effect if abused.
- ◇ Age alone will cause brain deterioration. False. "Senior moments" are the result of injuries to the brain throughout life and are the accumulated affect of changes occurring in the brain. Commingling of prescription drugs can also cause adverse effects.
- ◇ An electroencephalogram (EEG) shows little difference between 83-35 year olds in brain function. Fevers can alter brain waves. The brain needs protein to stay healthy. This should include all types of animal protein including dairy and eggs.
- ◇ Neuroplasticity in the brain can create new pathways and synapse. True. A "feedback bio function observation" by a patient can cause the brain-waves to change, so as to heal thyself from a brain injury. This type of revolutionary training can treat autism. It can last a lifetime and is being used extensively.
- ◇ Alcohol usage can also interact with brain negatively. With Sleep, deprivation alpha wave bursts are created. Poly Pharmacy (mixing drugs) causes confusion for receptacles. Migraines are caused by dilation of blood vessels and thus, cardio created. Luminosity.com is a good website good for information Frontal development is completed by 25 years.

We look forward to another visit from Dr. Montgomery and are grateful for her time spent and education with this group of 35-85 year olds.

Weekly Greeters	
8/21/15	Lynn Jones & Robert Wardlaw
Help, Help, Help — 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

Aug 20 Thu	6:30 pm	Board Meeting, Randy Marcove's Home, 4103 S. Rosemary Way
Aug 21 Fri	7:00 am	Meeting, Legion Hall - Jack Corrigan, KOA - Voice of the Colorado Rockies
Aug 22 Sat	8:30 am	Table Set Up, at Wings Over the Rockies Air and Space Museum
Aug 27-30		CO/WY 4th Qtr. Convention, Glenwood Springs, CO
Aug 28 Fri	7:00 am	Meeting, Legion Hall - TBA
Sept 4 Fri	7:00 am	Meeting, Legion Hall - Super Citizen Principals to Breakfast
Sept 11 Fri	7:00 am	Meeting, Legion Hall - Karen Moravek, Alzheimer's Association
Sept 17 Thur	6:30 pm	Board Meeting, Randy Marcove's Home, 4103 S. Rosemary Way
Sept 19 Sat	6:00 pm	MSOC Installation & Celebration, Piccolo's, 3563 South Monaco Parkway



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

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

2014 - 2015 Officers

President	John Oss	720-210-8056
Vice President	Craig Eley	303-758-9499
Vice President	Don Iley	303-840-7706
Secretary	Curt Boell	303-980-1893
Treasurer	Greg Young	303-759-3921

Board of Directors

Barry Barker	813-545-4533
Pat Bush	303-750-9409
J. R. Gieck	949-636-7614
Tom Glazier	303-522-5214
Cap Hermann	303-587-5575
Jack Kleinheksel	720-938-1760
Fred Pasternack	303-758-3754
Ralph Pedersen	303-759-3384
Jon Wachter (Past Pres.)	303-204-5645

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Ralph Pedersen	303-759-3384	r.pedersen2658@comcast.net
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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: Sept **Phil Perington**, Oct **George Buzick**, Nov **Robert Wardlaw**

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.