

October 5, 2012 – Vol. 38, Issue 1

Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado
 Serving Youth and the Community for 36 Years

www.monacosouth.org

Editor for this Issue—John Oss



Good Morning Optimist

On this crisp cold morning greeters **Jon Wachter** and **Ron Carlson** met us with broad smile and a warm handshake.

Invocation and Pledge

Our new 2012-2013 president **Paul Simon** opened our meeting with a prayer derived from the recent celebration of the Jewish High Holy Days: Rosh Hashanah & Yom Kippur.



Paul Simon Opens First Meeting as President.

Photo John Oss

“There is Holiness when...” was followed with instances where we meet our fellow man, respecting his dignity with instances of holiness. We were all blessed by Paul’s sharing wisdom from the

core of his faith. He then invited **Randy Marcove**, our immediate past president, to lead us in the Pledge of Allegiance of the United States flag. Yes, E Pluribus Unum holds in our optimistic band. Our variety of experience and origin strengthens our unity of purpose.

Joke for the day

Paul Simon started with an announcement of welcome and a new joke policy. We get one joke before announcements. No jokes during announcements. It’s called herding cats. Editor: *Well, I guess we won’t be going to the dogs.* He instructed that jokes should be pulled from the announcements. So, **John Young** dutifully reminded us of an old truth. *A penny saved is a penny earned. Then he allowed that it is really a government oversight.*

Recognizing People Back

Paul spotted **Mike McMahon** back from Rome, and **Ron Gustas** back from Eastern and Western Europe. **Freddie Pasternak**, welcomed **Bill Wells** back and shared that he sponsored Bill twelve years ago so he had license to roast Bill. At which, **Paul Simon** chimed in saying Bill had trouble getting through TSA at the Denver airport. Editor: *Hope Bill has thick skin. Ask him about the barbs next time you see him.*



Guests

Randy Marcove introduced **Kyle Doying**, shown at right. Kyle is a new member of the newly chartered Front Range American Cancer Society Optimists club that MSOC that proudly sponsored. Another guest introduced was **David Cubner**. Welcome all!



From the Prez

Prez Paul, announced we are going to pursue establishing a **Know Brainer** project, akin to the Brain Bowl for the younger set. Fourth and Fifth graders will participate. A pilot exercise was performed in Littleton last year. **Ralph Dergance** headed up the effort and will present details at our October board meeting. Prez Paul is looking for an experienced Brain Bowl person to take the chair of this new venture —see Paul.

Off line, Paul shared news from **Dan Hugo** about his dad **Bob Hugo**. Bob has moved into the Clare Bridge of Highlands Ranch facility which provides Alzheimer’s and dementia care for seniors. He enjoys having visitors, and in fact he gave Paul Simon a tour of the facility last Thursday. Bob is enjoying living



Cont. 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******

there and says hello to his friends at Monaco South. Bob hopes to visit occasionally when he gets a ride. He has his own furniture, pictures, and prized trumpet in his room and is comfortable and recovering well from a recent fall. **Dan Hugo** thanks the Monaco South members who helped move Bob's furniture last Sunday. The Clare Bridge address is: Clare Bridge of Highlands Ranch, 9160 South University Blvd., Highlands Ranch. Phone number: 303-683-2555.

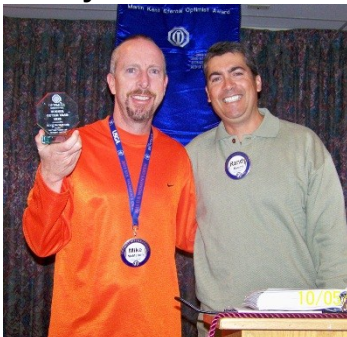
Announcements

Pat Down: **Dick Nickoloff** schooled our august crew on how to get a pat-down at DIA. Dick told the attractive young TSA agent he knew **Bill Wells**. An immediate a full pat-down followed. Considering Paul's guidance about jokes, this must certainly be true. These announcements can be really interesting.

CO/WY 1st Quarter Conference: **Donlie Smith** is setting up car pools to Colorado Springs for the Saturday conference lunch, and yes it is on the club. This year we have a bunch of guys devoting a lot of time and effort for the CO/WY district. Editor: *I'm sure they will appreciate the support of club members. I bet Donlie will help you buddy up if you email or call him.* The deadline for signing up for lunch is Tuesday. See the registration form and agenda on cover email.

Thoughts and prayers for Lilley: **Kent Gloor's** eleven week old granddaughter remains in the hospital. She has a rare defect. She had surgeries on her first day, and after 4 weeks. Another is anticipated. She is using a feeding tube, and is gaining weight. Let's keep the Gloor's in our thoughts and prayers.

Rookie of 2011-12, Mike McMahon: Former Prez **Randy Marcove** called Mike up to present him with



Rookie of the Year, Mike McMahon, left with past prez Randy Marcove.
Photo Don StJohn

his plaque. Mike took the opportunity to comment. He ranked the three best things that have happened to him. Getting married, having kids, and joining Monaco South. He said, "we do everything I've always believed in and just never knew how to pull together. You can't give it away. You always get back more than you give." *This club seems to this new editor to personify the same truth.* Just look at what Mike just gave us!

Update to Membership Roster: "For a better picture, bring a better face,"



Photo John Oss

as **Craig Eley** calls it, just like it is. The directory will soon be here. If you want to send in a better face, email it to Craig; for information update give to **Tom Mauro**.

Annual Optimist Dues: Our Treasure, **Greg Young**, announced that dues invoices will be going out within the next two weeks. Dues for the year will be \$123, which is made up of International dues of \$60.93 (up \$1 from last year), District dues of \$20, and Club dues of \$41.70, for a total of \$122.63, rounded to the nearest dollar. National dues for Life Members are not increasing, so Life Members stay the same as last year, \$88.00. HOWEVER, in keeping with club policy, any member who pays full year dues in the first quarter may take a \$5.00 discount, resulting in dues of \$118 for regular members and \$83 for Life members. Members are encouraged to pay the full year's dues by the end of October to get the discount plus aid your treasurer in reducing the billing burden.

Front Range ACS Optimist Club: **Paul Simon** reported that the first meeting of the new club was held last night. Our club is the sponsor with joint participation from the American Cancer Society. **Randy Marcove** and **Paul Simon** are charter members of the club, as is **Bob Finkelmeier** who just joined. New members are welcome. Paul held this announcement to last, with an eye to the time slot we allot to announcements. We can thank him for his attention to time and the new club. Way to go!

Kids Rock – So Does Phil: **Phil Perington**, our new CO/WY Governor is leading the district in a move for more clubs. Think three or four. **Randy Marcove** and **Marc Metevia** are serving as zone leaders this year. Phil got a "holy smokes" expression from **John Young** on how many responded to Phil's request for CO/WY district leaders to stand. Beyond the formal leaders, five MSOC members are presenting at the first district quarterly. **Andy McKean, Jack Rife, Joe Marci, Ron Cisco, and Paul Simon** are all presenting part of the program. See Phil's list attached to transmittal email.



Phil Perington

News Letter Articles: Your current GUMS editor, **John Oss**, asked for announcements via email. Sending in articles spreads the work and helps all editors. John stated, *I pull articles from notes, and the audio that I capture. Spellings are missing, and details about hours, places, and dates may be missing. It makes a better newsletter when the details are double checked and presented by the real source. Let the annual dues call serve as an example. It is accurate, and saved me a lot of time listening to the recording to capture everything correctly. Think of the time you spend on the email as a donation to the club's activities. Of course you can do like Joe Marci who writes up his announcements, pitches them, and then gives them to me straight. Newsletter editors like straight fast balls. See all of the GUMS editors on page 4.*

New Board of Directors: The complete list of officers and board members for 2012-2013 is shown on page 4 of each issue of GUMS.

Guest Speaker, Devin Burns Denver Fitness Boot Camp

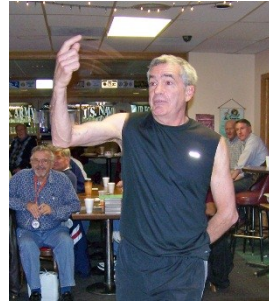


Devin puts Paul through the motions of doing burpees.
Photos Don StJohn

Paul Simon introduced Devin Burns, entrepreneur and fitness trainer. Devin is the owner and of Denver Fitness Boot Camp. Paul has found much benefit from Devin's fitness training. The program delivers guaranteed weight loss and muscle toning results! All 'impact' type of exercises are done on a spring loaded floor scientifically designed to reduce the impact by 63%. Devin shared a good bit of wisdom about nutrition and exercise. He even used Paul to illustrate how to exercise doing burpees—a full body exercise.

Devin emphasized that you can get a lot more exercise quickly with burpees than with a treadmill. [Click here and](#)

[click on the video to see how it is done](#). To get on Devin's email list contact him by clicking here [Denver Boot Camp](#).



Paul does a demonstration of the Boot Camp exercises.



Our Meeting Place Heroin

Do you know Trudi? She is the one that impacts every one of our meetings. She insists that the place is in top shape. Her excellent work as janitor serves to preserve the facility and presents us with a clean pleasant environment every week. She insists that Cathy deserves a lot of credit too. Trudi is an ambitious young woman. She is an Army vet, member of American Legion Post 1, and a scholarship holder at Red Rocks Community College. Next time opportunity presents, give her that big smile, and a thank you for a job well done!



Our Special Clean-up person, Trudi.
Photo John Oss

Closing Bell

The King of Hearts, buried in a new deck of 52 cards, survived. **Woody Thibodeau, Ron Cisco, Cy Regan, Russ Paul, OC Larson, Jack Kleinheksel, Greg Young and John Oss** all had lucky numbers. However, no one found the King of hearts. **John Oss** was wearing his name badge, so he got an extra draw, and still missed the winning card a second time. *And the pot starts to grow!*



Super Citizen Rocks, OK, Highline!

Your past prez, **Randy Marcove** and **Jim Easton** drew a tear from a devoted teacher when presenting recognition. Editor: *I recommend Sue Wetzel as Monaco South Super Teacher of the month*. Her fellow teachers are very nicely presented on the Highline Elementary, [see website](#).



Weekly Greeters

Date	Greeters
10/12/12	Harry Johnson & Steve Kady
10/19/12	Tom Wos & Gary Miller
10/26/12	Aaron Beery & George Buzick
11/2/12	Phil Perington & Floyd Hussey
11/9/12	Mark Metevia & John Oss

Super Citizen Presenters for Sept. & Oct.

Oct 12 @ 9:45 & 10:15 am	Samuels	Gary Strowbridge
Oct 15 @ 2:30 pm	MPB	George Buzick
Oct 19 @ 8:30 am	Slavens	Ron Cisco
Oct 19 @ 9:30, 10:15 & 10:45 am	Holm	John Stoffel
Oct 19 3:00 pm	Bradley	Brice Slaby

Monaco South Calendar

Oct 12 Fri 7:00 am Meeting, Legion Hall - Anne Rowe & Kendra Black, DPS Board Representatives
 Oct 17 Wed 6:30 pm Board Meeting, District 4 Council Office, 3540 S. Poplar St., Suite 102
 Oct 19 Fri 7:00 am Meeting, Legion Hall - Camaraderie Day
 Oct 26 Fri 7:00 am Meeting, Legion Hall - Jim Saccomano, Bronco VP of Communication
 Nov 2 Fri 7:00 am Meeting, Legion Hall - Barbara Martin-Worley, Denver District Attorney's Office
 Nov 9 Fri 7:00 am Meeting, Legion Hall - Phil Perington & George Mills, PGI Program
 Dec 9 Sun Winter Holiday Party, Copper Fields Event Chateau - See Frank Middleton

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

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

2012 - 2013 Officers

President	Paul Simon	303-300-9940
Vice President	Craig Eley	303-758-9499
Vice President	Jon Wachter	303-204-5645
Secretary	Jack Rife	303-349-1280
Treasurer	Greg Young	303-759-3921

Board of Directors

Steve Kady	303-931-1470
Mike McMahon	303-514-5175
John Oss	720-210-8056
Allen Pierce	303-833-8506
James Riley	303-472-3652
Michael Short	970-261-6012
Ryan Thompson	303-667-0095
Scott Walker	303-517-1862
Randy Marcove (Past Pres.)	303-667-3663

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Robert Wardlaw	303-525-2532	rlawardlaw@comcast.net
Jim Piccinelli	303-721-1470	jp Piccinelli@earthlink.net	John Oss	720-210-8056	john.oss4us@gmail.com
Dick Zolman	303-796-8746	rzolman691@aol.com	Paul Stratton	303-366-6375	pcstratton@comcast.net
George Buzick	303-803-2268	gtbuzick@comcast.net	Pat Bush	720-7475482	pbush@bushreese.com

NEWSLETTER EDITORS: Oct **John Oss**, Nov **George Buzick**, Dec **Robert Wardlaw**, Jan **Pat Bush**, Feb **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.