

June 7, 2013 – Vol. 38, Issue 36

Optimist Club of Monaco South



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

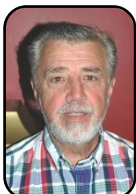
www.monacosouth.org

Editor for this Issue—Pat Bush



Good Morning Optimist

We were welcomed by **Ed Collins** and **J.R. Gieck** this morning. If you missed them here is what they look like:



Ed Collins*



J.R. Gieck*

*Photos courtesy of **Craig Eley**, our directory photographer. You too can have a photo like this, just see Craig.

Invocation & Pledge

President **Paul Simon** calls on **Don Thomson** to give the invocation. Don is so excited about the upcoming Father's Day that he centered his invocation on Father's a week early. As a father of three, I'm solidly with Don. Go big guy!

He then led us in the *Pledge of Allegiance*.

Guests

We had several guests this morning. **Al Gapuzan** introduced his guest Sargent Major Thomas Rendon and **Perry Allen** introduced a couple of relatives, Ray Brunson and Clay Schuler.

We were also blessed with a visit from Lieutenant Governor **Janette Thompson**.



Special Recognition

Monaco South President **Paul Simon** and CO-WY District, Lieutenant Governor **Janette Thompson** presented a special recognition plaque to **Greg Young** for his work as our club Treasurer. Paul indicated that the amount of work that Greg does in managing the club's finances touches all areas of the club's activities. He added that Greg has performed these duties for each of the past four years and has also volunteered to do so again next year. Paul asked what you can do for a guy like this. The membership answered, "*audit him!*"



Tom Mauro later reminded Greg that even though he has done a good job, George Karl showed that you can still be fired after a successful season. Tom also told Don Thomson and Prez Paul that since Father's day was recognized a week early, possibly we should be celebrating July 4th next week! Unfortunately Tom completely forgot that Friday, June 7th was *National Donut Day*.



Announcements

Hugh O'Brian Youth Leadership: **Paul Bernard** reminded us that the HOBY leadership conference is being held this weekend. He said that this is a wonderful opportunity for members to come meet some of the most outstanding youth leaders from around the country. This is a chance to have your faith restored that our country will be in good hands and not be going to the dogs. He invited members even if they hadn't previously signed up.



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******

Announcement Continued

National MS Society 150: The Monaco South Optimists will be manning a station at the Multiple Scleroses 150 Bikathon on Sunday, June 29th. We will be serving lunch to the participants and volunteers. **Michael Chavez** is leading our efforts and is asking for volunteers. You can contact Michael for more information and to sign-up to help.



A rider from last year's event. Photos by Craig Eley.

Community Picnic: **Greg Young** announced that a free community picnic is coming up on Saturday, June 22nd at Bible Park. There will be kid's games and food available. Monaco South will be helping with conducting the activities. Please sign-up to volunteer, or call Greg if you can help out, or just come out and support Monaco South and Councilwoman Peggy Lehmann's District 4 community.

Tamarac Optimist Club's 20th Anniversary: The Tamarac Optimist Club is celebrating their 20th anniversary this month. They were sponsored by Monaco South and many of the wives are members of Tamarac. The party will be on Tuesday, June 18th from 5:30 – 9:30 p.m. at the Franciscan Event Center. All Monaco South members are welcome even if you don't have a wife or she is not a member of Tamarac. For



details and to RSVP, see the party invitation attached to the GUMS distribution email.

Partners in Education: **Tom Mauro** announced that his committee, **Randy Marcove**, and he will be in search of outstanding partners in education to recognize. They would like help in identifying possible recipients. If you know a teacher, administrator, councilor, or any other person connected to education that has done an exemplary job, please let them know.

Walker Stapleton Visit & Speaker: **Frank Middleton** reminded the membership that Colorado State Treasurer Walker Stapleton will be with us at our meeting, June 14th. Walker will expound on a potential billion dollar tax increase to fund education—but will it? Find out next week. You won't want to miss this timely presentation.



Cancer Relay for Life: **Barry Barker** will be walking in the American Cancer Society's Relay for Life in Parker's Salisbury Park, 9200 N Motsenbocker Road. The event will take place on Saturday, July 27th at 3 p.m. He is looking for pledges and/or teammates to walk with him. He will be collecting pledges over the next month. More information can be found at http://main.acsevents.org/site/TR/RelayForLife/RFLCY13GW?pg=entry&fr_id=50728.

Optimist Junior Golf: The Colorado/Wyoming District Junior Golf Tournaments will be held this month. The younger golfers will tee it up on June 18th at Fitzsimons Golf Course in Aurora and the older players will play their rounds on the 20th of June at the Foot-hills Course in Boulder. **Ron Cisco** reported that they are looking for volunteers to help on tournament days and for financial help in terms of hole sponsorships. If you can help either way, give Ron a call.



Miscellaneous Item

Retirement: **Bryce Slaby** announced that he is down to 15-days and counting until he retires. Congratulations in joining the retirement era. He also gives the movie "42" his whole hearted endorsement. (BTW, 42 is the story of Jackie Robinson, the first African-American to play in American Major League Baseball, which focus' on the first years of his life after he entered the game in 1947. [Click here to see a trailer.](#))

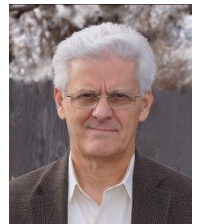


National Philanthropy Day Committee: **Randy Marcove** announced that he has accepted a position on the National Philanthropy Day committee. This is the same committee that awarded Monaco South Optimist Club the philanthropic club of the year last year.

Member Spotlight, Michael Short

Article & photo by Craig Eley

Mike Short grew up in a farming family in Salem, a town in southern Indiana about 35 miles north of Louisville, Kentucky. His father was a flying enthusiast, so he not only farmed but ran the Salem airport. When Mike wasn't helping on the family farm he learned to fly from his father, and aviation became his passion. When Mike was 17 his family moved to Orlando, Florida, where Mike finished high school.



Although accepted at college, Mike heard about a U.S. Army program called "High School to Flight School." So he joined the Army in 1969 and spent a year learning to fly helicopters. Then he was sent to Viet Nam, where, although only 19, he commanded a Huey helicopter with a crew of three. Mike spent a year in Viet Nam, a tour of duty during which, he says "at times you were shot up, at times you were lucky."

When Mike returned to the United States, he was not yet 21 and was unable to find employment as a pilot, since no one wanted to entrust millions of dollars in equipment to someone who couldn't even vote. So he worked at McDonald's for a few years until he was hired by PHI, a company that provides helicopter services to the oil and gas industry. Mike piloted helicopters to and from drilling platforms in the ocean, carrying people and supplies. For PHI and a subsequent employer he worked in South America, Africa and Australia until 2010.

In about 2010 Mike became afflicted with migraine headaches, an unusual occurrence since he had never had them before. The medicine he takes for the headaches is not approved by the FAA, so Mike was prohibited from flying. When his career prematurely ended, he was living in the Denver area, where his wife, Sheila, is employed with a mining company.

Mike and Sheila have two daughters and three grandchildren. Mike was introduced to Monaco South by Phil Perington, and joined the Club in January, 2011. He has quickly gotten involved in the life of the Club, and currently serves on the Board of Directors.

Our Speaker, Rod Winget

Bright Spots in the Silver Tsunami

Rod Winget was our speaker today delivering a most interesting talk entitled "*Bright Spots in the Silver Tsunami.*" He started with a great suspenders joke (you had to be there).

What he did not tell us: *Rodner Winget and Carol Daniel-Winget, founded Longevity Films. Longevity Films specialize in documentaries about issues and stories of senior citizens.*

Rod Winget is an adventurous artist of 76 who follows his passions. There have been a number of them, including sports (SCUBA, skiing, tennis, kayaking), photography, marine biology, story telling, entrepreneurship, biochemistry, third world economic development, and social issues. Rod holds a BA in business administration, an MS in marine biology, and a Ph.D. in biochemistry / physiology. His career as a photographic artist began with underwater photography in 1962 in California, expanded to photography for the Department of Biology, San Diego State University in 1966, sports photography in 1977, landscape photography in 2004, and professional video in 2008. Rod retired in 1997 as a university teacher in life sciences and from entrepreneurial research in the pharmaceutical industry. (From Longevity Films website @ <http://longevityfilms.com>.)

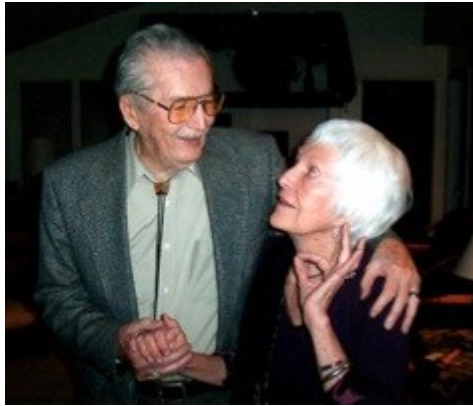
During Rod's presentation he summarized the statistics of our aging population. The Baby Boom generation is just now entering the retirement stage. By the time all of the Baby Boomers reach 65 (in 2029), 25% of the population will be retired. Rod decided to start researching the aging population. He started by reading the *Blue Zones*, book written in 2008 by Dan Buettner. It identified several areas

in the world where there seems to be high concentrations of centenarians (people over 100 years old). These were labeled the *Blue Zones* and included Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Icaria, Greece; and the Seventh Day Adventists in Loma Linda, California. After interviewing many of the centenarians in these regions, Buettner found that they did several things that seemed to extend their lives. These included a healthy, plant based diet, regular exercise, a sense of community, staying engaged, having a purpose in life, putting family first and having a spiritual relationship.

Rod also started looking at the fact that longer life spans and increased costs of health care will put strains on the financial resources of people over 65. He expects that we will see an increase in entrepreneurship in this older age group. The seniors will find ways used the interests they had developed throughout their lives and turn them into revenue streams. This entrepreneurship will also help them keep that sense of community, stay engaged, keep a purpose in life and get exercise.

Rod briefly discussed his own entrepreneur enterprise. He and his wife have started a video documentation business producing legacy films of the lives of seniors. Unfortunately, he ran out of time and was unable to finish his story but you can learn more by going to www.longevityfilms.com.

This editor thinks that a good start for extending your life is to promise yourself to talk health, happiness, and prosperity to every person you meet.



Rodner Winget and his wife Carol.
Photo retrieved from Longevity Films website.

Closing Bell

The lucky winners this week were **Carl Brown, Randy Marcove, Karl Geil, Frank Middleton, Phil Perington, Ron Cisco, John Swick, Craig Eley, and Scott Walker.** Wait a minute; there was a bonus drawing. **Tom Mauro** pulled his own number to win an authentic **Dante Bichette** bobble head and **Carl Brown** won a souvenir Rockies program.



Lieutenant Governor **Janette Thompson** led us in citing that life extending Optimist Creed.

Weekly Greeters

Date	Greeters
6/14/13	Al Gapuzan & John Oss
6/21/13	Ralph Pederson & Bryce Slaby
6/28/13	Russ Paul & Ron Carlson
7/5/13	Pat Bush & Les Larson
7/12/13	Frank Ross & Bob Avery

Monaco South Calendar

June 14 Fri 7:00 am Meeting, Legion Hall - Walker Stapleton, Colorado State Treasure
 June 19 Wed 6:30 pm Board Meeting, District 4 Council Office, 3540 S. Poplar St., Suite 102
 June 21 Fri 7:00 am Meeting, Legion Hall - Camaraderie Day

**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

Barry Barker	813-545-4533
Par Bush	720-747-5482
Michael Chavez	303-960-5304
Mike McMahon	303-514-5175
John Oss	720-210-8056
Allen Pierce	303-833-8506
Michael Short	970-261-6012
Scott Walker	303-517-1862
Randy Marcove (Past Pres.)	303-667-3663

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Ralph Petersen	303-759-3384	r.pedersen2658@comcast.net
Jim Piccinelli	303-721-1470	jpiccinelli@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	720-254-3741	pbush@bushreese.com
Robert Wardlaw	303-525-2532	rlawardlaw@gmail.com	Craig Eley	720-771-0866	craigceley@gmail.com

NEWSLETTER EDITORS: Jun **Pat Bush**, Jul **Paul Stratton**, Aug **John Oss**

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.